

# Meal Plan: 9/12-9/18/16

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## Monday:

B - (2) scrambled eggs with 1/2 000 Strawberry Greek Yogurt with [Sweet & Spicy tea](#) to drink (S)

L - Just Like Campbell's Tomato Soup with fresh veggies with water to drink (S) pg. 112 in [new cookbook](#), pg. 292 in [old book](#)

S - cheese stick and small handful of almonds with [Cider Pop](#) to drink (S)

D - Cowboy Grub with water to drink (E) pg. 59 in the [new cookbook](#)

## Tuesday:

B - [Snickers Hot Chocolate](#) with 1/2 000 Strawberry Greek Yogurt (S)

L - deli turkey on a low-carb tortilla with lettuce, onion and mustard and fresh veggies and 1/2 a green apple with water to drink (E)

S - [Refreshing Fruity Shake](#) (E)

D - [White Chicken Lasagna Soup](#) and small side salad dressed with red wine vinegar and olive oil with water to drink (S)

## Wednesday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover White Chicken Lasagna Soup with Cider Pop to drink (S)

S - Vanilla 000 Greek Yogurt mixed with 1/4 c. blueberries with water to drink (E)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

## Thursday:

B - Strawberry Big Boy Smoothie (S) pg. 414 in the [new cookbook](#), in the [old book](#) this smoothie is called Big Boy Smoothie on pg. 242

L - leftover Hearty Two Bean and Lentil Chili with Cider Pop to drink (E)

S - cheese stick and small handful of almonds with water to drink (S)

D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

## Friday:

B - [Peanut Butter Cup Shake](#) (S)

L - Salad with two hard-boiled eggs dressed with on-plan Ranch with water to drink (S)

S - [Cottage Berry Whip](#) (FP) \*\*\*I'm making a double batch and will eat the other half for snack tomorrow.

D - [Pizza Casserole](#) in the crock pot with fresh veggies to eat and [Bai Costa Rica Clementine](#) to drink (S)

## Saturday:

B - (2) scrambled eggs with fresh strawberries on the side with Sweet & Spicy tea to drink (S)

L - deli turkey on a low-carb tortilla filled with lettuce, onion and mustard with fresh veggies on the side and Cider Pop to drink (E)

S - leftover Cottage Berry Whip with water to drink (FP)

D - Grilled Chicken Breast with Quinoa Salad with water to drink (E) pg. 232 in the [new cookbook](#)

## Sunday:

B - 0% Plain Greek Yogurt mixed with 2 T. peanut butter sweetened with 1 t. [THM Sweet Blend](#) with water to drink (S)

L - Out to eat

S - cheese stick and small handful of almonds with Cider Pop to drink (S)

D - Grilled Steak over [Simple Sesame Noodles](#) and steamed broccoli with water to drink (E)