

Meal Plan: 9/19-9/25/16

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Monday:

B - Vanilla Dannon 000 Yogurt with a diced apple and cinnamon mixed in with water to drink (E)

L - leftover Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in the [THM Cookbook](#) ***I made this for dinner last night so the ingredients are NOT on the shopping list for this week.

S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in the [THM Cookbook](#)

D - Taco Salads - [ground beef](#), lettuce, cheddar cheese, sour cream and no sugar added salsa with water to drink (S)

Tuesday:

B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side with [Harney & Son's Hot Cinnamon Spice tea](#) on the side (S)

L - leftover Trim Zuppa Toscana Soup with water to drink (S)

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***For the veggies I'll be using frozen broccoli, frozen peas, carrots and a red bell pepper.

Wednesday:

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

L - Salad with (2) hard boiled eggs, cheddar cheese and Ranch dressing on top with water to drink (S)

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

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

Thursday:

B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side and water to drink (S)

L - Salad with (2) strips of crispy bacon topped with Ranch dressing with Cider Pop to drink (S)

S - (3) leftover Pay Off Day Candies with water to drink (S)

D - [Egg Roll in a Bowl](#) with water to drink (S)

Friday:

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

L - Just Like Campbell's Tomato Soup with strawberries on the side and water to drink (S) pg. 112 in the [THM Cookbook](#)

S - [Cottage Berry Whip](#) with Cider Pop to drink (FP)

D - Pizza Casserole with fresh veggies on the side and [Malawi Mango Bai](#) to drink (S) pg. 327 in the [old THM book](#)

Saturday:

B - [Caramel Apple Smoothie](#) (E)

L - out to eat

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

D - Grilled burgers wrapped in lettuce with steamed broccoli with butter and green beans with butter on the side with water to drink (S) ***I'm using frozen broccoli and green beans.

Sunday:

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

L - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

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

D - leftovers or a salad with (2) hard-boiled eggs with water to drink