

# Meal Plan: 9/26-10/2/16

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## Monday:

- B - Dannon 000 Vanilla Greek Yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - Salad with (2) hard boiled eggs, cheddar cheese and Ranch dressing with strawberries on the side with water to drink (S)
- S - [Snickers Hot Chocolate](#) (S)
- D - [Egg Roll in a Bowl](#) with [Cider Pop](#) to drink (S)

## Tuesday:

- B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side and [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Egg Roll in a Bowl and a small side salad with Ranch dressing with Cider Pop to drink (S)
- S - cheese stick and a handful of almonds with water to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

## Wednesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - [Colorful Lentil Salad](#) with a diced chicken breast mixed in with Cider Pop to drink (E) \*\*\*This will be enough for me to eat for 3 lunches.
- S - (2) hard boiled eggs with bell pepper and cucumber slices and water to drink (S)
- D - Spaghetti with meat sauce and a small side salad with Ranch with water to drink (S) \*\*\*For my noodles I will be eating zucchini noodles made with [this gadget](#). My family will eat them over regular pasta, that is NOT reflected on the shopping list.

## Thursday:

- B - [Strawberry Grapefruit Smoothie](#) (E)
- L - leftover Colorful Lentil Salad with water to drink (E)
- S - cheese stick and a handful of almonds with Cider Pop to drink (S)
- D - [Zesty Salsa Chicken and Black Bean Casserole](#) with lettuce on the side and water to drink (E)

## Friday:

- B - (2) scrambled eggs cooked in butter and topped with cheddar cheese and strawberries on the side with [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Colorful Lentil Salad with Cider Pop to drink (E)
- S - Dannon 000 Vanilla Greek Yogurt mixed with a diced apple and cinnamon with water to drink (E)
- D - Pizza Casserole with fresh veggies on the side and [Gimbi Pink Grapefruit Bai5 Bubbles](#) to drink (S) pg. 327 in the [old THM book](#)

## Saturday:

- B - Fields of Green Omcake with water to drink (S) pg. 240 in the [THM Cookbook](#)
- L - out
- S - cheese stick and a handful of almonds with Cider Pop to drink (S)
- D - Chicken Jalapeno Popper Soup with water to drink (S) pg. 90 in the [THM Cookbook](#) \*\*\*This makes A LOT of soup. If you have a smaller family, you may want to cut it in half. This will feed my family of 6 two full meals.

## Sunday:

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

L - leftover Chicken Jalapeno Popper Soup with water to drink (S)

S - 1/2 c. 2% cottage cheese with fresh veggies on the side with Cider Pop to drink (FP)

D - Vegetarian Burrito Bowl - black beans, [Brown Spanish Rice](#), lettuce and salsa mixed together with water to drink (E)