

# Meal Plan: 10/3-10/9/16

## Monday:

- B - Dannon 000 Vanilla Greek Yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - Ham Wrap - Deli ham (I like Never Any! brand from Aldi, or Hormel Naturals) wrapped in a low carb tortilla with mustard, mayo, lettuce and onion with fresh veggies on the side with [Cider Pop](#) to drink (S)
- S - [Peanut Butter Milkshake](#) (S)
- D - [Quinoa, Kale & White Bean Soup](#) with water to drink (E)

## Tuesday:

- B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover Quinoa, Kale & White Bean Soup with water to drink (E)
- S - [Snickers Hot Chocolate](#) with strawberries on the side (S)
- D - Taco Salad - [ground beef taco meat](#) on top of lettuce and topped with cheddar cheese, sour cream and [enchilada sauce](#) with Cider Pop to drink (S)

## Wednesday:

- B - Strawberry Big Boy Smoothie (FP) pg. 414 in the [THM Cookbook](#)
- L - Salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - [Cottage Berry Whip](#) (FP) \*\*\*I'm making a double batch and will eat the rest Friday. Just freeze it and then when you're ready to eat it, take it out of the freezer 10 minutes before you'd like to eat it.
- D - [Slow Cooker Italian Beef & Cabbage](#) with steamed broccoli on the side with Cider Pop to drink (S) \*\*\*I'm using frozen broccoli.

## Thursday:

- B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side with water to drink (S)
- L - leftover Italian Beef & Cabbage (S)
- S - celery & peanut butter with Cider Pop to drink (S)
- D - [Crock Pot Spinach Lasagna](#) and a side salad with Ranch with water to drink (S)

## Friday:

- B - Dannon 000 Vanilla Greek Yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - leftover Spinach Lasagna with Cider Pop to drink (S)
- S - leftover Cottage Berry Whip with water to drink (FP)
- D - Pizza Casserole with fresh veggies on the side with [Blue Sky Root Beer](#) to drink (S) pg. 327 in the [OLD THM book](#)

## Saturday:

- B - [Berry Lemon Shake](#) (FP)
- L - out
- S - 1 oz. cheddar cheese with a small handful of almonds and Cider Pop to drink (S)
- D - Salad topped with grilled chicken and Ranch dressing with water to drink (S)

## Sunday:

- B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side with [Sweet & Spicy tea](#) to drink (S)

L - Ham Wrap - deli ham on a low carb tortilla with mustard, mayo, lettuce and onion with fresh veggies on the side and water to drink (S)

S - celery & peanut butter with Cider Pop to drink (S)

D - small group at church ~ It's Mexican night so I will be making myself a taco salad (S)