

Meal Plan: 10/17-10/23/16

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Monday:

- B - Dannon Oikos 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 water to drink (S)
- S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in the [THM Cookbook](#)
- D - Taco Salad - [ground beef taco meat](#) on top of lettuce with cheddar cheese, sour cream and salsa with water to drink (S)

Tuesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - Just Like Campbell's Tomato Soup and small side salad with Ranch dressing with water to drink (S) pg. 112 in the [THM Cookbook](#)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - [Southwest Chicken in the Crockpot](#) with water to drink (E) ***I'm cutting the recipe in half.

Wednesday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover Southwest Chicken in the Crockpot with water to drink (E)
- 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)

Thursday:

- B - Dannon Oikos 000 Vanilla Greek Yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - (3) Ham and Lettuce Wraps with fresh veggies on the side - deli ham wrapped in a Romaine lettuce leaf with mustard, mayo and onion inside with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Friday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Chicken and Quinoa Chili with water to drink (E)
- S - handful of almonds and 1 oz. cheddar cheese with Cider Pop to drink (S)
- D - Pizza Casserole and fresh veggies on the side with [Grape Zevia](#) to drink (S) pg. 327 in the [OLD THM book](#)

Saturday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - (3) Ham and Lettuce Wraps with fresh veggies on the side - deli ham wrapped in a Romaine lettuce leaf with mustard, mayo and onion inside with water to drink (S)
- S - [Cottage Berry Whip](#) with water to drink (FP) ***I'm making a double batch of this and will eat the rest tomorrow for snack.
- D - Grilled cheeseburgers with roasted vegetables and green beans with Cider Pop to drink (S)

Sunday:

- B - [Refreshing Fruity Shake](#) (E)
- L - Salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - leftover Cottage Berry Whip (FP)
- D - [Hearty Two Bean & Lentil Chili](#) with water to drink (E)