

Meal Plan: 10/31-11/6/16 darciesdish.com

Monday:

B - (2) Mufflets with Winter Wonderland Sip to drink (S) Mufflets on are pg. 237 in the [NEW THM cookbook](#) and the Winter Wonderland Sip is on pg. 405 in the NEW THM cookbook. **This recipe will serve my family of 6 for two breakfasts.

L - Quinoa Salad with a can of black beans added in with water to drink (E) pg. 232 in the [NEW THM cookbook](#). **I'm making half the recipe and this will feed me for 3 meals.

S - [Pumpkin Muffin](#) with water to drink (S)

D - [Crock Pot Barbacoa Beef](#) over lettuce and topped with sour cream, cheddar cheese and on-plan salsa with [Cider Pop](#) to drink (S) ***I'm freezing the leftovers to use on a night that I need a quick meal.

Tuesday:

B - (2) leftover Mufflets with Winter Wonderland Sip to drink (S)

L - leftover Quinoa Salad with water to drink (E)

S - leftover Pumpkin Muffin with water to drink (S)

D - [Zesty Chicken and Black Bean Casserole](#) with Cider Pop to drink (E)

Wednesday:

B - Dannon 000 Vanilla Greek Yogurt with a chopped apple and cinnamon mixed in with [Sweet & Spicy tea](#) to drink (E)

L - leftover Quinoa Salad with water to drink (E)

S - leftover Pumpkin Muffin with Cider Pop to drink (S)

D - Spaghetti with meat sauce over zucchini noodles and a small side salad dressed with Ranch dressing with water to drink (S) You can make zucchini noodles using [this gadget](#), or one similar. **Only my husband and I will be eating zucchini noodles. My kids will be eating regular spaghetti noodles. Regular spaghetti noodles are NOT included on the shopping list.

Thursday:

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

L - Just Like Campbell's Tomato Soup and fresh veggies on the side with water to drink (S) pg. 112 in the [NEW THM cookbook](#) and pg. 292 in the [OLD THM book](#)

S - leftover Pumpkin Muffin with water to drink (S)

D - [Copycat Olive Garden Minestrone Soup](#) with Cider Pop to drink (E) ***omit the pasta or use Dreamfield's and use only 1 T. of oil

Friday:

B - Dannon 000 Vanilla Greek yogurt with a chopped apple and cinnamon mixed in with water to drink (E)

L - leftover Olive Garden Minestrone Soup with water to drink (E)

S - leftover Pumpkin Muffin with Cider Pop to drink (S)

D - Pizza Casserole with fresh veggies on the side and [Mountain Zevia](#) to drink (S) pg. 327 in the OLD THM book

Saturday:

B - (2) leftover Pumpkin Muffins with strawberries on the side and Sweet & Spicy tea to drink (S)

L - [Comforting Chicken Noodle Soup](#) with water to drink (E) ***I'm using brown rice in the recipe. This is enough to feed my family of 6.

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

D - dinner at a friend's house; I'm responsible for bringing a large salad

Sunday:

B - Dannon 000 Vanilla Greek Yogurt with a chopped apple and cinnamon mixed in with a Winter Wonderland Sip to drink (E)

L - Sandwich wrap made with a low-carb tortilla, deli ham, cheddar cheese, mustard, mayo, lettuce and onion with fresh veggies and strawberries on the side with Cider Pop to drink (S)

S - celery and peanut butter with water to drink (S)

D - Cabb & Saus skillet with water to drink (S) pg. 58 in the [NEW THM Cookbook](#)