

Meal Plan: 11/14-11/20/16 darciesdish.com

Monday:

- B - (3) scrambled eggs topped with cheddar cheese and (2) pieces of bacon with water to drink (S)
- L - [Peanut Butter Milkshake](#) with strawberries on the side (S)
- S - (2) Lite Rye Wasa Crackers with wedge of Light Laughing Cow Cheese with [Cider Pop](#) to drink (FP)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Tuesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Slow Cooker Chicken and Quinoa Chili with water to drink (E)
- S - (2) Lite Rye Wasa Crackers with wedge of Light Laughing Cow Cheese with Cider Pop to drink (FP)
- D - Spaghetti with Meat Sauce served over [Dreamfield's pasta](#) with a small side salad and Ranch dressing and water to drink (S)

Wednesday:

- B - (3) scrambled eggs topped with cheddar cheese and (2) pieces of bacon with [Sweet & Spicy tea](#) to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side with water to drink (S) pg. 112 in the [NEW THM Cookbook](#)
- S - (3) Pay Off Day Candies with Cider Pop to drink (S) pg. 381 in the [NEW THM Cookbook](#)
- D - [No Tortilla Enchilada Bake](#) served with lettuce and sour cream on the side with water to drink (S) ***Use this [enchilada sauce](#) (or a store bought one without added sugar) in place of the one in the original recipe

Thursday:

- B - [Berry Lemon Shake](#) (FP)
- L - leftover No Tortilla Enchilada Bake served with lettuce and sour cream on the side with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Rich & Tender Stew with water to drink (S) pg. 38 in the [NEW THM Cookbook](#) ***This makes A LOT, so if you have a smaller family and/or don't want leftovers, cut it in half.

Friday:

- B - Vanilla Dannon 000 Greek Yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - leftover Rich & Tender Stew with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Pizza Casserole with fresh veggies on the side and [Bai Costa Rica Clementine](#) to drink (S) pg. 327 in the [OLD THM Book](#)

Saturday:

- B - (3) scrambled eggs topped with cheddar cheese and (2) pieces of bacon with [Sweet & Spicy tea](#) to drink (S)
- L - leftover Rich & Tender Stew with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - out to eat

Sunday:

- B - Vanilla Dannon 000 Greek yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - Large Salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - [Reese Peanut Butter Cup Shake](#) (S)
- D - Mexican food night at Small Group at church, I'm bringing [Spanish Brown Rice](#) and will make a taco salad to eat while there