

# Meal Plan: 11/28-12/4/16 [darciesdish.com](http://darciesdish.com)

## Monday:

B - Vanilla Dannon 000 Greek Yogurt mixed with an apple, cinnamon with water to drink (E)

L - Just Like Campbell's Tomato Soup and a small side salad with Ranch dressing with water to drink (S) pg. 112 in the [THM Cookbook](#). I'm making a double batch of the soup and will have the leftovers tomorrow.

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

D - Spaghetti with meat sauce with fresh veggies on the side with [Cider Pop](#) to drink (S) \*\*\*I'm using [Dreamfield's pasta](#)

## Tuesday:

B - [Reese Peanut Butter Cup Shake](#) (S)

L - leftover Just Like Campbell's Tomato Soup with fresh veggies on the side with water to drink (S)

S - cheese stick and a handful of almonds with Cider Pop to drink (S)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

## Wednesday:

B - (3) scrambled eggs with strawberries on the side with [Sweet & Spicy tea](#) to drink (S)

L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)

S - an apple with 1 t. of peanut butter with Cider Pop to drink (E)

D - [Paprika Chicken](#) served over zucchini noodles with steamed broccoli on the side and water to drink (S) \*\*\*Use [this gadget](#) to make your zucchini noodles.

## Thursday:

B - Vanilla Dannon 000 Greek Yogurt mixed with an apple and cinnamon with water to drink (E)

L - leftover Paprika Chicken and steamed broccoli with water to drink (S)

S - cheese stick and handful of almonds with Cider Pop to drink (S)

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

## Friday:

B - [Strawberry Grapefruit Smoothie](#) (E)

L - Large salad topped with (2) hard boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)

S - an apple with 1 t. of peanut butter with Cider Pop to drink (E)

D - Pizza Casserole with fresh veggies on the side with [Bai5 Bubbles Jamaican Blood Orange](#) to drink (S) pg. 327 in the [original THM book](#)

## Saturday:

B - (3) scrambled eggs with strawberries on the side with Sweet & Spicy tea to drink (S)

L - out

S - (2) Light Rye Wasa Crackers with wedge of Light Laughing Cow Cheese with Cider Pop to drink (FP)

D - [Egg Roll in a Bowl](#) with water to drink (S)

## Sunday:

B - [Snickers Hot Chocolate](#) (S)

L - Grilled chicken breasts served over brown rice with green beans and peas on the side with water to drink (E)

S - (2) Light Rye Wasa Crackers with wedge of Light Laughing Cow Cheese with Cider Pop to drink (FP)

D - Appetizer night at our small group, I will be making this [Buffalo Chicken Dip](#)