

Meal Plan: 1/30-2/5/17

darciesdish.com

Monday:

B - [Refreshing Fruity Shake](#) (E)

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

S - an apple, 1/2 c. of 2 % cottage cheese with [Cider Pop](#) to drink (E)

D - Lazy Lasagna and steamed broccoli (I will be using frozen) with water to drink (S) pg. 140 in the [THM cookbook](#) **This meal makes enough for my whole family to have two complete meals.

Tuesday:

B - (2) Mufflets with [Sweet & Spicy tea](#) to drink (S) pg. 237 in the [THM cookbook](#) **This makes enough for my whole family to have two complete breakfasts.

L - leftover Lazy Lasagna with water to drink (S)

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

D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and Cider Pop to drink (E)

Wednesday:

B - leftover (2) Mufflets with Sweet & Spicy tea to drink (S)

L - Cheese quesadilla on a low-carb tortilla with fresh veggies, salsa and guacamole on the side with water to drink (S)

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

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

Thursday:

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

L - leftover Two Bean and Lentil Chili with Cider Pop to drink (E)

S - [Cottage Berry Whip](#) (FP) ***I'm making a double batch, freezing half and eating it tomorrow

D - Taco Salads - lettuce, ground beef seasoned with [taco seasoning](#) and topped with cheese, salsa, guacamole and onion with water to drink (S)

Friday:

B - 1/2 c. old fashioned oats mixed with 1/2 an apple, cinnamon and a tiny bit of [sweetener](#) with water to drink (E)

L - Just Like Campbell's Tomato Soup with strawberries on the side and water to drink (S) pg. 112 in the [THM Cookbook](#)

S - leftover Cottage Berry Whip with water to drink (FP)

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

Saturday:

B - (2) scrambled eggs topped with cheddar cheese and strawberries on the side with Sweet & Spicy tea to drink (S)

L - out

S - almonds and fresh veggies with Cider Pop to drink (S)

D - Cheese quesadilla on a low-carb tortilla with salsa, guacamole and fresh veggies on the side with water to drink (S)

Sunday:

B - 1/2 c. old fashioned oats mixed with 1/2 an apple, cinnamon and a tiny bit of [sweetener](#) with water to drink (E)

L - [Chicken Noodle Soup](#) with water to drink (E) ***I'll be using brown rice in mine

S - Dannon 000 Vanilla yogurt mixed with 2 T. peanut butter with water to drink (S)

D - family birthday party