

Meal Plan: 2/6-2/12/17

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Monday:

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

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

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

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Tuesday:

B - [Thin Mint Shake](#) (S)

L - Deli ham on a low-carb tortilla with lettuce, mustard, mayo, cheddar cheese and onion with raw vegetables and strawberries on the side with [Cider Pop](#) to drink (S)

S - (2) Light Rye Wasa Crackers topped with a wedge of Light Laughing Cow Cheese with water to drink (FP)

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

Wednesday:

B - (2) scrambled eggs with cheddar cheese and deli ham mixed in with [Sweet & Spicy tea](#) to drink (S)

L - leftover Egg Roll in a Bowl with water to drink (S)

S - [Snickers Hot Chocolate](#) with strawberries on the side (S)

D - [No Tortilla Enchilada Bake](#) with lettuce and sour cream on the side (S) ***Use [this recipe](#) for the enchilada sauce and quadruple it

Thursday:

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

L - leftover No Tortilla Enchilada Bake with Cider Pop to drink (S)

S - (2) Light Rye Wasa crackers topped with a wedge of Light Laughing Cow Cheese with water to drink (FP)

D - Spaghetti and meat sauce with a side salad topped with Ranch dressing and water to drink (S) ***I'm using zucchini noodles as my "pasta". You can make zucchini noodle using [this gadget](#).

Friday:

B - [Berry Lemon Shake](#) (FP)

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

S - small handful of almonds, 1 oz. cheddar cheese with Cider Pop to drink (S)

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

Saturday:

B - [Cheddar, Bacon and Veggie Frittata](#) with [Sweet & Spicy tea](#) to drink (S) ***This will feed my whole family

L - out

S - 1/2 c. 2% cottage cheese with an apple and Cider Pop to drink (E)

D - [Sweet & Spicy Stir-fry](#) with water to drink (E)

Sunday:

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

L - Deli Ham on a low-carb tortilla with lettuce, mustard, mayo, cheddar cheese and onion with fresh veggies and strawberries on the side with water to drink (S)

S - small handful of almonds and 1 oz cheddar cheese with Cider Pop to drink (S)

D - [Colorful Lentil Salad](#) with boneless, skinless chicken breasts mixed in with water to drink (E)