

# Meal Plan: 2/20-2/26/17

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## Monday:

- B - Dannon 000 Vanilla Yogurt mixed with a diced apple and cinnamon with [Sweet & Spicy tea](#) to drink (E)
- L - large salad with (2) hard-boiled eggs, deli ham and Ranch dressing with water to drink (S)
- S - [Refreshing Fruity Shake](#) (E)
- D - Zuppa Toscana Soup with water to drink (S) pg. 86 in the [THM Cookbook](#)

## Tuesday:

- B - (2) scrambled eggs with cheddar cheese mixed in and strawberries on the side with Sweet & Spicy tea to drink (S)
- L - leftover Zuppa Toscana Soup with [Cider Pop](#) to drink (S) \*\*\*There are enough leftover to feed my family of 6.
- S - [Cottage Berry Whip](#) with water to drink (FP) \*\*\*I'm making a double batch and will eat the rest tomorrow.
- D - [Slow Cooker Italian Beef & Cabbage](#) with a small side salad and water to drink (S)

## Wednesday:

- B - small container of 0% plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [sweetener](#) with water to drink (S)
- L - (1) low-carb tortilla with deli ham, lettuce, cheddar cheese, mustard and mayo with fresh veggies and strawberries on the side with Cider Pop to drink (S)
- S - leftover Cottage Berry Whip with water to drink (FP)
- D - [Barbacoa Beef](#) on top of lettuce with salsa, sour cream, green onion and cheddar cheese on top with water to drink (S)

## Thursday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Barbacoa Beef on top of lettuce with salsa, sour cream, green onion and cheddar cheese on top with Cider Pop to drink (S)
- S - Dannon 000 Vanilla yogurt mixed with a diced apple and cinnamon with water to drink (E)
- D - [Slow Cooker Chicken & Quinoa Chili](#) with water to drink (E)

## Friday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Chicken & Quinoa Chili with water to drink (E)
- S - cheese stick and small handful of almonds with water to drink (S)
- D - Slow Cooker Pizza Casserole with fresh veggies on the side and [Dr. Zevia](#) to drink (S) pg. 327 in the [old THM book](#) and then just layer it in a slow cooker and cook on low until the cheese is melted.

## Saturday:

- B - (2) scrambled eggs mixed with cheddar cheese and deli ham with water to drink (S)
- L - out to eat
- S - almonds and 1/4 c. blueberries with Cider Pop to drink (S)
- D - [Crock Pot Spinach Lasagna](#) with steamed broccoli on the side with water to drink (S) \*\*\*I'm using jarred sauce and 1 lb. of ground beef. If you want to make the sauce according to the recipe, you will need to add those items to the shopping list. I'm using frozen broccoli and steaming.

## Sunday:

- B - [Cran Orange Smoothie](#) (FP)
- L - [Lovin' Tex Mex Skillet](#) with lettuce on the side with Cider Pop to drink (E) \*\*\*I'm substituting 1 lb. of boneless skinless chicken breasts in place of 1 lb. ground beef.
- S - small container 0% Plain Greek yogurt mixed with 2 T. peanut butter and 1 t. [sweetener](#) with water to drink (S)
- D - leftovers or a large salad