

Meal Plan: 3/13-3/19/17

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Monday:

B - 1/3 c. steel cut oats mixed with a diced apple, cinnamon and 1 t. [sweetener](#) with water to drink (E)
L - large salad topped with (2) hard boiled eggs and [Dijon Balsamic Vinaigrette](#) with water to drink (S)
S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in the [THM Cookbook](#)
D - [Slow Cooker Fiesta Chicken](#) served over [Spanish Brown Rice](#) and lettuce with water to drink (E) ***I'm using boneless skinless chicken breasts to keep this meal in E territory.

Tuesday:

B - [Peanut Butter Milkshake](#) (S)
L - leftover Fiesta Chicken and Spanish Brown Rice with water to drink (E)
S - (3) leftover Pay Off Day candies with Cider Pop to drink (S)
D - [Slow Cooker Italian Beef & Cabbage](#) and a side salad dressed with leftover Dijon Balsamic Vinaigrette with water to drink (S)

Wednesday:

B - (2) scrambled eggs and (2) bacon slices with strawberries on the side with [Sweet & Spicy tea](#) to drink (S)
L - leftover Italian Beef & Cabbage with fresh veggies on the side with water to drink (S)
S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
D - Cabb & Saus Skillet with water to drink (S) pg. 58 in the [THM Cookbook](#) ***I'm going to put all the ingredients in my crockpot on low for 3-4 hours

Thursday:

B - Vanilla Dannon 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
L - large salad topped with (2) hard boiled eggs and leftover Dijon Balsamic Vinaigrette with water to drink (S)
S - (3) leftover Pay Off Day candies with Cider Pop to drink (S)
D - Taco Salad - [ground beef taco meat](#) with lettuce, sour cream, salsa and cheddar cheese with water to drink (S)

Friday:

B - [Peanut Butter Cup Shake](#) (S)
L - Just Like Campbell's Tomato Soup with strawberries and fresh veggies on the side with Cider Pop to drink (S) pg. 112 in the [THM Cookbook](#)
S - [Cottage Berry Whip](#) with water to drink (FP) **I'm making a double batch. The half I don't eat, I will freeze and then pull it out of the freezer about 10 minutes before I want to eat it tomorrow.
D - Pizza Casserole with fresh veggies on the side with [Dr. Zevia](#) to drink (S) pg. 327 in the [old THM book](#)

Saturday:

B - (2) scrambled eggs with (2) slices of bacon and strawberries on the side with [Sweet & Spicy tea](#) to drink (S)
L - out to eat
S - leftover Cottage Berry Whip with water to drink (FP)
D - [GAPS Style Chili](#) with Cider Pop to drink (S) ***This makes a TON of chili. If you are a smaller family you will want to cut this in half. This feeds my family two full meals.

Sunday:

B - Vanilla Dannon 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
L - leftover GAPS Style Chili with water to drink (S) ***There are enough leftovers to serve my whole family again.
S - cheese stick and a small handful of almonds with Cider Pop to drink (S)
D - church function where dinner is served