

Meal Plan: 4/17-4/23/17

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Monday:

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

L - Loaded Potato Soup and side salad with drizzle of EVOO and red wine vinegar with water to drink (S) pg. 117 in the [THM Cookbook](#)

S - [Cottage Berry Whip](#) with water to drink (FP) ***I always double this and freeze it so I have snack for another day as well.

D - [Copycat Olive Garden Minestrone Soup](#) with [Cider Pop](#) to drink (E) ***Reduce oil to 1 T. and omit pasta, or use [Dreamfield's pasta](#)

Tuesday:

B - (2) eggs scrambled with green peppers and onions and cooked in coconut oil with hot peppermint tea to drink (S)

L - leftover Olive Garden Minestrone Soup with water to drink (E)

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

D - Taco Salad - [seasoned ground beef](#) with lettuce, cheese, sour cream and salsa with Cider Pop to drink (S)

Wednesday:

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

L - Waldorf Cottage Cheese Salad (E) pg. 190 in the [THM Cookbook](#)

S - Hard-boiled egg with celery, some grape tomatoes and cucumber slices with Cider Pop to drink (S)

D - [Marinated Steak](#), [roasted asparagus](#), broccoli with a pat of butter and water to drink (S)

Thursday:

B - (2) eggs scrambled with green peppers and onions and cooked in coconut oil with [Cinnamon Spice tea](#) to drink (S)

L - Just Like Campbell's Tomato Soup with side veggie salad drizzled with EVOO and red wine vinegar with water to drink (S) pg. 112 in the [THM Cookbook](#)

S - (2) Light Rye Wasa Crackers topped with (2) slices of lean deli turkey and mustard with Cider Pop to drink (FP)

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

Friday:

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

L - Big salad topped with strawberries, almonds and [Tangy and Sweet Vinaigrette](#) with Cider Pop to drink (S)

S - 0% Plain Greek Yogurt, sweetened to taste and mixed with a diced apple and cinnamon with water to drink (E)

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

Saturday:

B - [Crustless Quiche](#) with fresh strawberries on the side with water to drink (S) ***This will feed my whole family

L - Big salad topped with strawberries, almonds and Tangy and Sweet Vinaigrette with Cider Pop to drink (S)

S - 1/2 c. 2% cottage cheese with fresh veggies with water to drink (FP)

D - We are going to a cookout and I'm bringing [Mediterranean Pasta Salad](#) (S)

Sunday:

B - 0% Plain Greek Yogurt sweetened to taste and mixed with 2 T. peanut butter with water to drink (S)

L - Grilled hamburger with fresh veggies and [Crunchy and Tangy Bacon Coleslaw](#) with water to drink (S) ***This will feed my whole family

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

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