

Meal Plan: 5/22-5/28/17

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Monday:

- B - (2) eggs scrambled in butter and strawberries with water to drink (S)
- L - Big salad with half a chicken breast, cheddar cheese and Ranch dressing with [Cider Pop](#) to drink (S)
- S - [Cottage Berry Whip](#) with water to drink (FP) ***I'm making a double batch and putting the other half in the freezer for snack tomorrow.
- D - Taco Salad with cheese, sour cream and [enchilada sauce](#) on top with water to drink (S) ***Use this [taco seasoning](#) in place of store bought.

Tuesday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [Pyure Sweetener](#) with water to drink (S)
- L - leftover Taco Salad with Cider Pop to drink (S)
- S - Cottage Berry Whip with water to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) with Cider Pop to drink (E) ***I'm using frozen broccoli and peas

Wednesday:

- B - (2) eggs scrambled in butter and strawberries with [Sweet & Spicy tea](#) to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies and water to drink (S) pg. 112 in the [THM Cookbook](#)
- S - 1/2 c. % Plain Greek Yogurt mixed with diced strawberries, 1 t. Pyure Sweetener and almonds with Cider Pop to drink (S)
- D - [White Chicken Lasagna](#) and side salad dressed with oil and red wine vinegar with water to drink (S)

Thursday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [Pyure Sweetener](#) with water to drink (E) pg. 250
- L - leftover White Chicken Lasagna with Cider Pop to drink (S)
- S - [Avocado Dip](#) with green bell peppers and celery with water to drink (S) ***I'm sharing this dip with my kids. You can have 1/2 an avocado in an S setting
- D - [Spicy Bean Soup](#) and a small side salad topped with Red Wine Vinegar with water to drink (E) ***I'm omitting the chicken from the soup and making this a meatless meal.

Friday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 2 T. peanut butter and 1 t. [Pyure Sweetener](#) with water to drink (S)
- L - leftover Spicy Bean Soup with water to drink (E)
- S - 1/2 of an avocado with 1/2 c. of 1% cottage cheese with water to drink (S)
- D - Pizza Casserole with fresh veggies and [Lemon Lime Zevia](#) to drink (S) pg. 327 in the [Old THM book](#)

Saturday:

- B - [Cheddar, Bacon & Veggie Frittata](#) with Sweet & Spicy tea to drink (S) ***I've been making this up the night before and then baking it off in the morning and it comes out beautifully. This will feed my whole family.
- L - out
- S - 1/2 of an avocado with 1/2 c. of 1% cottage cheese with Cider Pop to drink (S)
- D - Cheeseburger Pie with steamed broccoli (I'm using frozen) on the side and water to drink (S) pg. 149 in the [THM Cookbook](#)

Sunday:

- B - [Peanut Butter Milkshake](#) (S)
- L - [Simply Delicious Grilled Steak](#), [roasted vegetables](#) and green beans (I'm using frozen) with butter and Cider Pop to drink (S)
- S - 1/2 c, 0% Plain Greek Yogurt mixed with a diced apple, cinnamon, and 1 t. [Pyure Sweetener](#) with water to drink (E)
- D - leftover Cheeseburger Pie with small side salad dressed with Ranch and water to drink (S)