

Meal Plan: 6/5-6/11/17

darciesdish.com

Monday:

B - (2) eggs scrambled in butter and strawberries with water to drink (S)

L - Big salad with half a chicken breast and Ranch dressing with [Cider Pop](#) to drink (S)

S - Cottage Berry Whip with water to drink (FP) pg. 374 in the [THM Cookbook](#) ***I'm making a double batch and putting the other half in the freezer for snack tomorrow.

D - Taco Salad with cheese and [enchilada sauce](#) on top with water to drink (S) ***Use this [taco seasoning](#) in place of store bought.

Tuesday:

B - Omelet cooked in butter filled with green peppers, onion and zucchini and water to drink (S)

L - leftover Taco Salad with Cider Pop to drink (S)

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

D - [Bacon Chicken Caesar Casserole](#) and steamed broccoli with Cider Pop to drink (S)

Wednesday:

B - (2) eggs scrambled in butter and strawberries with [Sweet & Spicy tea](#) to drink (S)

L - leftover Bacon Chicken Caesar Casserole with small side salad with water to drink (S)

S - Oikos Triple Zero Greek Strawberry Yogurt with handful of almonds with Cider Pop to drink (S)

D - Cowboy Grub with water to drink (E) pg. 59 in the [THM Cookbook](#)

Thursday:

B - Oikos Triple Zero Greek Vanilla yogurt mixed with a diced apple and cinnamon with water to drink (E)

L - leftover Cowboy Grub with water to drink (E)

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

D - [Jalapeno Popper Chicken Casserole](#) with lettuce and salsa on the side with Cider Pop to drink (S)

Friday:

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

L - leftover Jalapeno Popper Casserole with water to drink (S)

S - 1/2 c. 2% cottage cheese with strawberries and raspberries on the side with water to drink (FP)

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

Saturday:

B - [Refreshing Fruity Shake](#) (E)

L - Just Like Campbell's Tomato Soup with fresh veggies on the side with water to drink (S) pg. 212 in the [THM Cookbook](#)

S - 1/2 of an avocado with 1/2 c. of 2% cottage cheese with Cider Pop to drink (S)

D - out

Sunday:

B - Omelet cooked in butter with onion, green pepper and zucchini with water to drink (S)

L - [Colorful Lentil Salad](#) with a can of black beans mixed in and water to drink (E) ***If you are using canned beans, make sure you rinse them before adding them to the salad.

S - Oikos Triple Zero Greek Strawberry Yogurt with handful of almonds with water to drink (S)

D - [Quinoa, Kale & White Bean Soup](#) with water to drink (E)