

Meal Plan: 9/4-9/10/17

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Monday:

B - (2) Mufflets with strawberries on the side with [Sweet & Spicy tea](#) to drink (S) pg. 237 in the [THM cookbook](#) **The Mufflets recipe makes 16. I will be eating them for a couple of days, as well as my husband a couple of my kids. Easy grab and go breakfast on busy mornings!

L - Just Like Campbell's Tomato Soup with fresh veggies on the side with water to drink (S) pg. 112 in the THM cookbook

S - (2) [Chunky Cream Pops](#) with water to drink (S) pg. 374 in the [OLD THM book](#) **These make a lot, so be prepared to have your family or friends eat some too.

D - Grilled chicken, brown rice and steamed broccoli with [Cider Pop](#) to drink (E)

Tuesday:

B - (2) leftover Mufflets with strawberries on the side with Sweet & Spicy tea to drink (S)

L - Salad with leftover grilled chicken (from Monday night) topped with Cesar dressing with water to drink (S)

S - (2) leftover Chunky Cream Pops with Cider Pop to drink (S)

D - [Lovin' TexMex Skillet](#) with lettuce on the side with water to drink (E)

Wednesday:

B - (2) leftover Mufflets with strawberries on the side with water to drink (S)

L - [Hearty Two Bean and Lentil Chili](#) with water to drink (E) ***This makes a lot!!! This will feed my family of 6 two full meals. If you are a smaller family you may want to cut the recipe in half or freeze and reheat later.

S - (2) leftover Chunky Cream Pops with water to drink (S)

D - [Sweet & Spicy Stir-fry](#) over quinoa with Cider Pop to drink (E)

Thursday:

B - Vanilla 000 Yogurt mixed with a diced apple and cinnamon with water to drink (E)

L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)

S - (2) leftover Chunky Cream Pops with Cider Pop to drink (S)

D - Cabb & Saus with green beans on the side with water to drink (S) pg. 58 in the [THM cookbook](#)

Friday:

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

L - Waldorf Salad with water to drink (E) pg. 190 in the [THM cookbook](#)

S - (2) leftover Chunky Cream Pops with Cider Pop to drink (S)

D - Pizza Casserole with fresh veggies on the side with [Grapefruit Zevia](#) to drink (S)

Saturday:

B - Vanilla 000 Yogurt mixed with a diced apple and cinnamon with water to drink (E)

L - out

S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in the [THM cookbook](#) **I'm making a double batch, freezing half and will eat the rest tomorrow. Take it out of the freezer about 10 minutes before you want to eat it.

D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in the THM cookbook **This makes enough to serve my family two full meals.

Sunday:

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

L - leftover Trim Zuppa Toscana Soup with water to drink (S)

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

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