

Meal Plan

1/15-1/21/18

Monday:

- B - 1/2 c. Dannon Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - celery and peanut butter with [Cider Pop](#) to drink (S)
- D - Zuppa Toscana Soup with water to drink (S) pg. 86 in [Trim Healthy Mama Cookbook](#) ***I'm making a half batch of the soup and omitting the okra since I didn't have any on hand.

Tuesday:

- B - Pint Oat Jars with water to drink (E) pg. 343 in [Trim Healthy Table](#) ***This makes 3 jars.
- L - Just Like Cambell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [Trim Healthy Mama Cookbook](#)
- S - (1) hard-boiled egg with fresh veggies on the side and Cider Pop to drink (S)
- D - Burrito Bowl - [Refried Beans](#), lettuce, salsa, onion and a dollop of plain greek yogurt with water to drink (E) ***I use dry beans when I make the refried beans, but feel free to use canned beans. Make sure you reserve the liquid in the cans.

Wednesday:

- B - leftover Pint Oat Jar with water to drink (E)
- L - large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - [Snickers Hot Cocoa](#) (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [Trim Healthy Mama Cookbook](#) ***I'm making a half batch of the recipe.

Thursday:

- B - leftover Pint Oat Jar with water to drink (E)
- L - Cheese Quesadilla made with a low-carb tortilla shell and fresh veggies on the side with water to drink (S)
- S - celery and peanut butter with Cider Pop to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

- B - (2) scrambled eggs cooked in butter with cheddar cheese on top and [Peppermint tea](#) to drink (S)
- L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)
- S - [Peanut Butter Milkshake](#) (S)
- D - Pizza Casserole with fresh veggies on the side with [Zevia Cola](#) to drink (S) pg. 327 in the [original THM book](#)

Saturday:

- B - 1/2 c. Dannon Vanilla 000 yogurt mixed with 2 T. of peanut butter with water to drink (S)
- L - [Sriracha Egg Salad](#) with fresh veggies on the side with Cider Pop to drink (S) ***I'm making a double batch.
- S - One wedge of Light Laughing Cow Cheese spread on celery with a small handful of almonds and Cider Pop to drink (S)
- D - Spaghetti with meat sauce and a small side salad with Ranch dressing (S) ***I'm serving mine over zucchini noodles made with [this gadget](#), the rest of my family will use regular pasta. Regular pasta is NOT on the shopping list.

Sunday:

- B - 1/2 c. Dannon Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - Taco Pie with lettuce on the side and water to drink (S) pg. 119 in [Trim Healthy Table](#)
- S - One wedge of Light Laughing Cow Cheese spread on celery, a clementine and Cider Pop to drink (FP)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)