

## Meal Plan: 6/18-6/24/18

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### Monday:

- B - (2) scrambled eggs with cheddar cheese and ham with water to drink (S)
- L - [Colorful Lentil Salad](#) with strawberries on the side with water to drink (E)
- S - celery with 2 T. peanut butter with [Cider Pop](#) to drink (S)
- D - Taco Salad - [seasoned ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

### Tuesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover Colorful Lentil Salad with strawberries on the side and water to drink (E)
- S - (2) Pay-Off Day Candies with Cider Pop to drink (S) pg 381 in [Trim Healthy Mama Cookbook](#)
- D - Spaghetti with Meat Sauce over zoodles (zucchini noodles), small side salad with Ranch and water to drink (S) \*\*\*Use [this gadget](#) to make the zoodles

### Wednesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [Trim Healthy Mama Cookbook](#)
- S - (2) leftover Pay-Off Day Candies with Cider Pop to drink (S)
- D - Cowboy Grub with lettuce on the side and water to drink (E) pg. 59 in [Trim Healthy Mama Cookbook](#)  
\*\*\*This is enough to feed my family of 7 two full meals.

### Thursday:

- B - (2) scrambled eggs with cheddar cheese and ham with strawberries on the side with water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - (2) leftover Pay-Off Day Candies with Cider Pop to drink (S)
- D - [White Chicken Lasagna](#) over zoodles (zucchini noodles) with water to drink (S) \*\*\*Use [this gadget](#) to make the zoodles

### Friday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 1 t. [Super Sweet Blend](#) and 2 T. peanut butter with water to drink (S)
- L - leftover White Chicken Lasagna with water to drink (S)
- S - (2) leftover Pay-Off Day Candies with Cider Pop to drink (S)
- D - Pizza Casserole with fresh veggies on the side and [Black Cherry Bai Bubbles](#) to drink (S)

### Saturday:

- B - (2) scrambled eggs with cheddar cheese and ham with strawberries on the side with water to drink (S)
- L - out
- S - Speedy Chocolate Milk with a handful of peanuts (S) pg. 457 in [Trim Healthy Table](#)
- D - (2) [Chicken Lettuce Wraps with Spicy Peanut Sauce](#) with Cider Pop to drink (S)

### Sunday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 1 t. [Super Sweet Blend](#) and 2 T. peanut butter with water to drink (S)
- L - large salad topped with (2) hard boiled eggs, cheddar cheese and Ranch with water to drink (S)
- S - Baby Cinnamon Bun Shake (S) pg. 469 in [Trim Healthy Table](#)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)