

Meal Plan: 6/25-7/1/18

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Monday:

B – [Peanut Butter Milkshake](#) (S)

L – Salad with (2) hard-boiled eggs and Ranch Dressing with water to drink (S)

S – 1 oz. cheddar cheese with small handful of almonds with [Cider Pop](#) to drink (S)

D – [Lovin' TexMex Skillet](#) with water to drink (E) ***I'm adding a can of corn to make the meal go a little further.

Tuesday:

B – 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet Blend](#) with [Sweet & Spicy tea](#) to drink (S)

L – [Easy Zucchini Noodles for One](#) with a (2) pieces of bacon and strawberries on the side with water to drink (S)

***Use [this tool](#) to make the zucchini noodles.

S – Cottage Berry Whip with water to drink (FP) pg. 374 in [Trim Healthy Mama Cookbook](#) ***I'm making a double batch and eating the rest for snack tomorrow. Just pull it out of the freezer about 7-10 minutes before you want to eat it.

D – [Zesty Salsa Chicken & Black Bean Casserole](#) with lettuce on the side with Cider Pop to drink (E)

Wednesday:

B – (2) eggs scrambled with (2) pieces of bacon with [Sweet & Spicy tea](#) to drink (S)

L – Just Like Campbell's Tomato Soup with strawberries on the side with water to drink (S) pg. 112 in the [Trim Healthy Mama Cookbook](#)

S – leftover Cottage Berry Whip with water to drink (FP)

D – [Cheesy Bacon Chicken](#) with steamed broccoli and a small salad with Ranch dressing on the side with water to drink (S) ***I'm only using 3 chicken breasts and frozen broccoli

Thursday:

B – [Strawberry Grapefruit Smoothie](#) (E)

L – Salad with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S – 1 oz. cheddar cheese with a handful of almonds and water to drink (S)

D – Award-Winning Chili Pie with a small side salad with Ranch dressing on the side with water to drink (S) pg. 142 in [Trim Healthy Table](#)

Friday:

B – 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. of [THM Super Sweet Blend](#) with water to drink (E)

L – leftover Award-Winning Chili Pie with water to drink (S)

S – celery with peanut butter and Cider Pop to drink (S)

D – Easy Pizza Casserole with fresh veggies on the side with [Black Cherry Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Saturday:

B – 0% Plain Greek Yogurt mixed with 2 T. of peanut butter and 1 t. of [THM Super Sweet Blend](#) (or sweetener of your choice) with water to drink (S)

L – Taco Salad (ground beef) topped with cheddar cheese, sour cream and onion with [Black Cherry Zevia](#) to drink (S)

***Save a buck and reduce additives by making your own [taco seasoning](#). This meal will feed my whole family.

S – 1/2 c. 2% cottage cheese with strawberries on the side with Cider Pop to drink (FP)

D – Crockpot Buffalo Chicken on a low-carb tortilla with green beans (with a pat of butter) and water to drink (S) pg. 92 in [Trim Healthy Table](#)

Sunday:

B – 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet](#) with [Sweet & Spicy tea](#) to drink (S)

L – Out ~ We'll be eating at Qdoba and I'm getting a burrito bowl with brown rice, chicken, fajita veggies, pico de gallo, salsa verde, their hot salsa (can't remember the name) and lettuce. I split this with my son, otherwise, it's WAY too much food. (E)

S – string cheese with a small handful of almonds with Cider Pop to drink (S)

D – leftover Crockpot Buffalo Chicken on a low-carb tortilla with green beans and water to drink (S)