

Meal Plan 7/9-7/15/18

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Monday:

B – [Refreshing Fruity Shake](#) (E)

L – Egg Salad with fresh veggies on the side with [Cider Pop](#) to drink (S) ***To make the egg salad, I used (2) hard-boiled eggs and mixed it with 1 T. mayo and 1 t. yellow mustard and added a dash of salt and pepper.

S – (3) Pay-Off Day Candies with water to drink (S) pg. 381 in the [THM Cookbook](#)

D – Cowboy Grub with water to drink (E) pg. 59 in the [THM Cookbook](#) ***I'm going to cut the recipe in half, and that will still leave enough leftovers for me to have lunch tomorrow.

Tuesday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover Cowboy Grub with fresh veggies and water to drink (E)

S – (3) leftover Pay-Off Day Candies with Cider Pop to drink (S)

D – Cabb & Saus Skillet and a side salad with Ranch with water to drink (S) pg. 58 in the [THM Cookbook](#)

Wednesday:

B – [Cottage Banana Whip](#) with water to drink (E)

L – leftover Cabb & Saus Skillet with water to drink (S)

S – (3) leftover Pay-Off Day Candies with Cider Pop to drink (S)

D – out for my birthday

Thursday:

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

L – Egg Salad with fresh veggies on the side and Cider Pop to drink (S) ***See Monday's lunch for instructions.

S – (3) leftover Pay-Off Day Candies with water to drink (S)

D – "Spaghetti" with Meat Sauce and a side salad with Ranch and water to drink (S) ***My family will eat regular pasta, but I will be having zucchini noodles made with this [cool gadget called a Troodle](#). 1-2 medium zucchini is enough to fill me up.

Friday:

B – Orange Creamsicle Shake (S) pg. 409 in the [THM Cookbook](#)

L – Big salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing on top with water to drink (S)

S – Cheese stick and a small handful of almonds with Cider Pop to drink (S)

D – Pizza Casserole with fresh veggies on the side with [Grapefruit Bai Bubbles](#) to drink (S) pg. 327 in the [OLD THM Book](#)

Saturday:

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

L – Power Skillet with fresh veggies on the side and water to drink (S) pg. 66 in [Trim Healthy Table](#) ***I'm going to make a half batch

S – [Cottage Berry Whip](#) with Cider Pop to drink (FP) ***I'm making a double batch and will eat the rest for snack tomorrow.

D – [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

Sunday:

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

L – leftover Power Skillet with fresh veggies on the side and water to drink (S)

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

D – [Taco Salad](#) with cheddar cheese, sour cream and salsa on top with water to drink (S)