

## Meal Plan: 7/23-7/29/18

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### Monday:

B - [Peanut Butter Cup Shake](#) (S)

L - Egg Salad with fresh veggies and water to drink (S) \*\*\*To make the egg salad I use 2 hard-boiled eggs and mix with mustard and mayo (to your taste) and sprinkle with paprika and salt & pepper.

S - a handful of almonds and strawberries with [Cider Pop](#) to drink (S)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'm using frozen broccoli and peas.

### Tuesday:

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

L - Egg Salad & fresh veggies with water to drink (S)

S - [Refreshing Fruit Shake](#) (E)

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

### Wednesday:

B - (2) scrambled eggs with strawberries on the side with water to drink (S)

L - [Italian White Bean and Spinach Soup](#) with water to drink (E) \*\*\*I'm using the leftover for my lunch for a few days.

S - celery with 2 T. peanut butter with Cider Pop to drink (S)

D - [Salsa Verde Chicken](#) with green beans on the side and water to drink (S) \*\*\*I'm using canned green beans.

### Thursday:

B - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [Super Sweet Blend](#) with water to drink (E)

L - leftover Italian White Bean and Spinach Soup with water to drink (E)

S - a handful of almonds and a cheese stick with Cider Pop to drink (S)

D - [Slow Cooker Italian Beef & Cabbage](#) and a side salad with Ranch with water to drink (S)

### Friday:

B - (2) scrambled eggs with strawberries and water to drink (S)

L - leftover Italian White Bean & Spinach Soup with water to drink (E)

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

D - Pizza Casserole with fresh veggies on the side and [Cherry Cola Zevia](#) to drink (S) pg. 327 in the [old THM book](#)

### Saturday:

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

L - leftover Italian White Bean and Spinach Soup with water to drink (E)

S & D - we will be at a family reunion. I'm planning on bringing [Mediterranean Pasta Salad](#)

### Sunday:

B - (2) scrambled eggs with strawberries on the side and water to drink (S)

L - [Zesty Salsa Black Bean Casserole](#) with water to drink (E) \*\*\*This normally has chicken in it, but I'm subbing an extra can of black beans in place of it.

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

D - [5 Ingredient Chicken Parmesan](#) over [Zoodles](#) with a side salad with Ranch and water to drink (S)