

Meal Plan: 9/24-9/30-18

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Monday:

B – (2) Mufflets with strawberries on the side with [Sweet & Spicy tea](#) to drink (S) pg. 237 in the [THM cookbook](#) **The Mufflets recipe makes 16. I will be eating them for a couple of days, as well as my husband and a couple of my kids. Easy grab and go breakfast on busy mornings!

L – Just Like Campbell's Tomato Soup with fresh veggies on the side with water to drink (S) pg. 112 in the [THM cookbook](#)

S – (2) [Chunky Cream Pops](#) with water to drink (S) pg. 374 in the [OLD THM book](#) **These make a lot, so be prepared to have your family or friends eat some too. I'm cutting the recipe in half and it will still be a lot.

D – Totally Dope Chicken in a lettuce wrap with steamed broccoli and fresh veggies on the side with [Cider Pop](#) to drink (S) pg. 104 in [Trim Healthy Table](#)

Tuesday:

B – (2) leftover Mufflets with strawberries on the side with Sweet & Spicy tea to drink (S)

L – leftover Totally Dope Chicken with fresh veggies on the side and water to drink (S)

S – (2) leftover Chunky Cream Pops with Cider Pop to drink (S)

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

Wednesday:

B – (2) leftover Mufflets with strawberries on the side with water to drink (S)

L – [Hearty Two Bean and Lentil Chili](#) with water to drink (E) ***This makes a lot!!! This will feed my family of 7 a full meal with a bit of leftovers.

S – (2) leftover Chunky Cream Pops with water to drink (S)

D – [Sweet & Spicy Stir-fry](#) over brown rice with Cider Pop to drink (E)

Thursday:

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

L – leftover Hearty Two Bean and Lentil Chili with water to drink (E)

S – (2) leftover Chunky Cream Pops with Cider Pop to drink (S)

D – Cabb & Saus with green beans on the side with water to drink (S) pg. 58 in the [THM cookbook](#)

Friday:

B – [Refreshing Fruity Shake](#) (E)

L – Waldorf Salad with water to drink (E) pg. 190 in the [THM cookbook](#)

S – (2) leftover Chunky Cream Pops with Cider Pop to drink (S)

D – Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in the [THM cookbook](#) **I'm cutting the recipe in half.

Saturday:

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

L – out

S – Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in the [THM cookbook](#) **I'm making a double batch, freezing half and will eat the rest tomorrow. Take it out of the freezer about 10 minutes before you want to eat it.

D – Pizza Casserole with fresh veggies on the side with [Black Cherry Zevia](#) to drink (S)

Sunday:

B – [Thin Mint Shake](#) (S)

L – leftovers or salad

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

D – Grilled chicken breasts with [roasted vegetables](#) and green beans on the side with water to drink (S)