

Meal Plan: 10/1-10/7/18

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Monday:

B - (2) scrambled eggs and (2) sausage links with [Peppermint tea](#) to drink (S)

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

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

D - Wet Beef Burritos - [Taco meat](#) inside of a low-carb tortilla shell and topped with [enchilada sauce](#) and cheddar cheese with lettuce and sour cream on the side and water to drink (S)

Tuesday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Wet Burrito with lettuce and sour cream on the side and water to drink (S)

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

D - Lazy Lasagna with a side salad with Ranch dressing with water to drink (S) pg. 140 in [THM Cookbook](#)

Wednesday:

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

L - leftover Lazy Lasagna with fresh veggies on the side and water to drink (S)

S - Dannon 000 Vanilla yogurt mixed with a diced apple and cinnamon with water to drink (E)

D - [Lovin' TexMex Skillet](#) with lettuce on the side and Cider Pop to drink (E)

Thursday:

B - (2) scrambled eggs and (2) sausage links with Peppermint tea to drink (S)

L - [Colorful Lentil Salad](#) with water to drink (E) ***I'm making a half batch.

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

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

Friday:

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

L - leftover Jalapeno Chicken Bacon Chowder with water to drink (S)

S - (2) hard-boiled eggs with some green peppers and cucumbers on the side with Cider Pop to drink (S)

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

Saturday:

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

L - out to eat

S - 1/2 c. 2% cottage cheese with green bell peppers on the side with water to drink (FP)

D - Pizza Casserole with fresh veggies on the side and [Grape Zevia](#) to drink (S) pg. 327 in the [original THM Book](#)

Sunday:

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

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

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

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)