

Meal Plan: 10/8-10/14/18

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Monday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with [Peppermint tea](#) to drink (S)
L - leftover Chicken Fried Double Rice with water to drink (E) ***This was leftover from [last week's meal plan](#)
S - 2 T. peanut butter with celery and [Cider Pop](#) to drink (S)
D - Spaghetti with Meat Sauce over Zoodles with a side salad with Ranch and water to drink (S) ***Use [this gadget](#) to make your zoodles. Also, my family will eat their's over regular pasta but that is NOT reflected on the shopping list.

Tuesday:

B - Dannon 000 Vanilla yogurt mixed with a diced apple and cinnamon with water to drink (E)
L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
S - 1 oz. cheddar cheese and a small handful of peanuts with Cider Pop to drink (S)
D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Wednesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with [Peppermint tea](#) to drink (S)
L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)
S - [Peanut Butter Shake](#) (S)
D - [White Chicken Lasagna](#) over Zoodles with water to drink (S) ***Use [this gadget](#) to make your zoodles.

Thursday:

B - [Peanut Butter Cup Shake](#) - (S)
L - leftover White Chicken Lasagna with water to drink (S)
S - 1/2 c. 2% cottage cheese and bell peppers with Cider Pop to drink (FP)
D - [Sweet & Spicy Stir-fry](#) with water to drink (E)

Friday:

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 - 1 oz. cheddar cheese and a small handful of peanuts with Cider Pop to drink (S)
D - Cabbage Roll in a Bowl with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Saturday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and water to drink (S)
L - out to eat
S - Dannon 000 Vanilla yogurt mixed with a diced apple and cinnamon with water to drink (E)
D - Pizza Casserole and fresh veggies on the side with [Blackberry Bai Bubbles](#) to drink (S) pg. 327 in the [Original THM Book](#)

Sunday:

B - [Thin Mint Shake](#) (S)
L - leftover Cabbage Roll in a Bowl with water to drink (FP)
S - 2 T. peanut butter and celery with Cider Pop to drink (S)
D - 10 Minute Chinese Chicken Salad with water to drink (S) pg. 199 in [Trim Healthy Table](#)