

Meal Plan: 10/22-10/28/18

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Monday:

B - [Thin Mint Shake](#) (S)

L - leftover Barbacoa Beef over lettuce from [Sunday's dinner](#) with water to drink (S)

S - cheese stick and celery with peanut butter and [Cider Pop](#) to drink (S)

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

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 - cheese stick with bell peppers and cucumbers with Cider Pop to drink (FP)

D - Spaghetti with Meat Sauce over Zoodles, small side salad with Ranch and water to drink (S) ***Use [this gadget](#) to make the zoodles. My family will be eating their's over regular pasta but that is NOT reflected on the shopping list.

Wednesday:

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

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

S - [Peanut Butter Whip](#) with water to drink (S)

D - Chicken Bacon Rice Casserole with steamed broccoli on the side and water to drink (S) pg. 140 in [Trim Healthy Table](#)

Thursday:

B - (2) scrambled eggs cooked in butter with (2) pieces of bacon and water to drink (S)

L - leftover Chicken Bacon Rice Casserole with water to drink (S)

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

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

Friday:

B - [Thin Mint Shake](#) (S)

L - 1/3 c. cooked brown rice mixed with 1/4 c. black beans, salsa and lettuce with water to drink (E)

S - [Snickers Hot Chocolate](#) (S)

D - Whoop Whoop Soup with Cider Pop to drink (S) pg. 149 in [Trim Healthy Table](#)

Saturday:

B - (2) scrambled eggs cooked in butter with (2) slices of bacon and water to drink (S)

L - out to eat

S - [Peanut Butter Whip](#) with Cider Pop to drink (S)

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

Sunday:

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

L - leftover Whoop Whoop Soup with water to drink (S)

S - [Snickers Hot Chocolate](#) (S)

D - [Easy Broccoli Cheese Soup](#) with water to drink (S)