

Meal Plan: 10/29-11/4/18

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Monday:

B - [Peanut Butter Milkshake](#) (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 - cheese stick and bell peppers with [Cider Pop](#) to drink (FP)

D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Tuesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and [Sweet and Spicy tea](#) to drink (S)

L - leftover Cowboy Grub with water to drink (E)

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

D - [Cheesy Beef Stroganoff Casserole](#) with steamed broccoli on the side with water to drink (S)

Wednesday:

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

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

S - 1/2 c. 2% cottage cheese and strawberries with Cider Pop to drink (FP)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Thursday:

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

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

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

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

Friday:

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

L - leftover Chicken Fried Double Rice with water to drink (E)

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

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

Saturday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and [Sweet & Spicy tea](#) 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 with fresh veggies on the side and [Cherry Cola Zevia](#) to drink (S) pg. 327 in the [original THM book](#)

Sunday:

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

L - Thanksgiving themed potluck at church

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

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)