

WEEKEND

Breakfast: Giant Blueberry Baked Pancakes (E) p. 261 THM Cookbook

Lunch: Meal Prep Bowls/Boxes (see handout)

Dinner: **Cheeseburger Casserole (S)**

Snack: **Salted Almond Bark (S)**

WEEKEND

Breakfast: Make 1 pound of bacon & hard-boiled eggs

Lunch: Salad in a Jar (make 4) p. 189 Trim Healthy Table AND make Superfood Chocolate Chews from THM Cookbook p.382

Dinner: Pre-Make **Chili Con Carne (S)** to use for the Crockpot later (E);

Make **Bacon Ranch Casserole (S)** for dinner tonight

Snack: **Candy Bar in a Jar (S)** (if you like these, you can make several at once)

MONDAY

Breakfast: Giant Blueberry Baked Pancake (E)

Lunch: Meal Prep Bowls (S)

Dinner: leftover Cheeseburger Casserole (S) w/ side salad

SNACKS THIS WEEK

Candy Bar in a Jar (S)

Salted Almond Bark (S)

Sliced Cucumbers & a few baby carrots (FP)

Any Baby Frap from the THM books

TUESDAY

Breakfast: bacon (optional) & hard-boiled or scrambled eggs (S) & put Chili Con Carne (S) into the crockpot

Lunch: Salad in a Jar (S)

Dinner: Chili Con Carne (S)

WEDNESDAY

Breakfast: leftover Giant Blueberry Baked Pancake (E)

Lunch: Meal Prep Bowls (S)

Dinner: leftover Bacon Ranch Casserole (S) w/ side salad

THURSDAY

Breakfast: eggs with sautéed vegetables (S)

Dinner: **Cherry Cobbler Smoothie (E)**

Dinner: Rotisserie Chicken with a Side of Steamed Frozen Veggies (S)

FRIDAY

Breakfast: leftover Giant Blueberry Pancake (E)

Lunch: big, Deep S salad - veggies, hard-boiled egg or meat, and vinaigrette (S)

Dinner: Microwaved sweet potato w/ black beans, taco seasoning, and topped with 0% Greek yogurt (E)

Prep-Ahead

THM MEAL PLAN