

**Monday:**

B - Breakfast Burrito - (2) scrambled eggs cooked in butter with cheddar cheese mixed in and wrapped in a low-carb tortilla shell with water to drink (S)

L – Whoop Whoop Soup with Cider Pop to drink (S) pg. 149 in Trim Healthy Table \*\*\*I'm making the half portion of this recipe and will eat it for lunch all week long.

S – Thin Mint Shake (S)

D – Taco Salad – ground beef on top of lettuce with cheddar cheese, salsa and sour cream on top with water to drink (S)

**Tuesday:**

B – ½ c. old fashioned oat meal mixed with ½ diced apple and cinnamon with water to drink (E)

L – leftover Whoop Whoop Soup with Cider Pop to drink (S)

S – Winter Wonderland Sip and a handful of almonds (S) pg. 404 in Trim Healthy Mama Cookbook

D – Garlic Chicken over brown rice and steamed broccoli with water to drink (E) \*\*\*I'll be using frozen broccoli

**Wednesday:**

B – Peanut Butter Cup Shake (S)

L – leftover Whoop Whoop Soup with Cider Pop to drink (S)

S – celery with peanut butter and water to drink (S)

D – Chicken Fried Double Rice with water to drink (E) pg. 53 Trim Healthy Table

**Thursday:**

B - Breakfast Burrito - (2) scrambled eggs cooked in butter with cheddar cheese mixed in and wrapped in a low-carb tortilla shell with water to drink (S)

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

S – Refreshing Fruit Shake (E)

D – leftover Garlic Chicken or Chicken Double Fried Rice with Cider Pop to drink (E)

**Friday:**

B - ½ c. old fashioned oat meal mixed with ½ diced apple and cinnamon with water to drink (E)

L – leftover Whoop Whoop Soup with Cider Pop to drink (S)

S – celery with peanut butter and water to drink (S)

D – Pizza Casserole with fresh veggies on the side and Zevia pop to drink (S) pg. 327 in Trim Healthy Mama (the original book)

**Saturday:**

B – Peanut Butter Milkshake (S)

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

S – Cottage Berry Whip with water to drink (FP) pg. 374 in Trim Healthy Mama Cookbook

D – Taco Pie with lettuce on the side and Cider Pop to drink (S) pg. 119 in Trim Healthy Table

**Sunday:**

B – (2) scrambled eggs cooked in butter with cheddar cheese and green peppers mixed in with water to drink (S)

L – Pizzeria Tomato Soup with Cider Pop to drink (S) pg. 150 in Trim Healthy Table

S – Winter Wonderland Sip and a handful of almonds (S) pg. 404 in Trim Healthy mama Cookbook

D - leftovers