

Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Hot Cinnamon Spice tea](#) to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in the [THM Cookbook](#)
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and [Cider Pop](#) to drink (FP)
- D - We are having dinner at a friend's house. I'm going to be sticking to S options.

Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - 1/2 c. 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)

- D - Easy Mixed Rice & Beans with lettuce on the side and water to drink (E) pg. 121 in [Convenient Food](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Mixed Rice & Beans with water to drink (E)
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and [Cider Pop](#) to drink (FP)
- D - Crockpot Buffalo Chicken wrapped in Romaine lettuce and topped with Ranch dressing and steamed broccoli on the side with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Thursday:

- B - 1/2 c. 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L - leftover Buffalo Chicken wrapped in Romaine lettuce with Ranch dressing on top and fresh veggies on the side with Cider Pop to drink (S)
- S - [Peanut Butter Whip](#) with water to drink (S)
- D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Hot Cinnamon Spice tea](#) to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in the [THM Cookbook](#)
- S - 1/2 c. 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- D - Black Pepper Chicken with water to drink (FP) pg. 68 in [Trim Healthy Table](#)

Saturday:

- B - [Refreshing Fruity Shake](#) (E)
- L - out to eat
- S - celery with peanut butter and Cider Pop to drink (S)
- D - Easy Pizza Casserole with fresh veggies on the side and [Black Cherry Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Sunday:

- B - 1/2 c. 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L - leftover Black Pepper Chicken from Friday with water to drink (FP)
- S - [Snickers Hot Chocolate](#) (S)
- D - Creamy Verde Chicken Chili with water to drink (S) pg. 78 in [Trim Healthy Table](#)