

Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with water 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) ***[Baobab Powder](#) makes an awesome addition to Cider Pop or GGMS. If you haven't tried it yet, you should!
- D - Trim Mac Salad with water to drink (S) pg. 181 in [Trim Healthy Mama Cookbook](#)

Tuesday:

- 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 Trim Mac Salad with water to drink (S)
- S - (2) Pay Off Day Candies with Cider Pop to drink (S) pg. 381 in the [THM Cookbook](#)
- D - Creamy Lemon Chicken & Quinoa Soup with water to drink (E) pg. 147 in [Trim Healthy Table](#)

Wednesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Creamy Lemon Chicken & Quinoa Soup with water to drink (E)
- S - (2) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Fiesta Casserole with water to drink (S) pg. 72 in [Convenient Food](#) ***I'm cutting the recipe in half.

Thursday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with [Sweet & Spicy tea](#) to drink (E)
- L - Egg Salad with fresh veggies - I'm using 3 hard-boiled eggs mixed with mayo, mustard and salt and pepper with water to drink (S)
- S - (2) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Cabb & Saus Skillet and green beans on the side with water to drink (S) pg. 58 in [Trim Healthy Mama Cookbook](#)

Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L - leftover Cabb & Sausa Skillet with water to drink (S)
- S - (2) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Saturday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with [Sweet & Spicy tea](#) to drink (E)
- L - out to eat
- S - [Snicker's Hot Chocolate](#) (S)
- D - [Fathead Pizza](#) with fresh veggies on the side and [Orange Zevia](#) to drink (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sunday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - celery with peanut butter and Cider Pop to drink (S)
- D - [Italian White Bean & Spinach Soup](#) with water to drink (E)