

Monday:

- B - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L - leftover ham (from Easter) on top of a salad with Ranch dressing and water to drink (S)
- S - celery with peanut butter and [Cider Pop](#) to drink (S) ***[Baobab Powder](#) makes an awesome addition to Cider Pop or GGMS. If you haven't tried it yet, you should! I add 2 tablespoons to my drink.
- D - Cabb & Saus Skillet with water to drink (S) pg. 58 in [THM Cookbook](#)

Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover ham (from Easter) on top of a salad with Ranch dressing and water to drink (S)
- S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Italian White Bean & Spinach Soup](#) with water to drink (E)

Wednesday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with strawberries on the side and [Sweet & Spicy tea](#) to drink (E)
- L - leftover Italian White Bean and Spinach Soup with water to drink (E)
- S - [Snicker's Hot Chocolate](#) (S) ***Instead of heating it up I'll just drink it cold.
- D - Spaghetti with meat sauce over [zoodles](#) with a side salad with water to drink (S) ***My family will eat their's over regular noodles. This is NOT reflected on the shopping list.

Thursday:

- B - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L - salad topped with (3) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - celery with peanut butter and [Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Friday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - [Snicker's Hot Chocolate](#) (S) ***Instead of heating it up I'll just drink it cold.
- D - [Lovin' TexMex Skillet](#) with lettuce and salsa on the side with water to drink (E)

Saturday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with strawberries on the side and [Sweet & Spicy tea](#) to drink (E)
- L - out to eat
- S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - Taco Salad - [ground beef](#), lettuce, sour cream, salsa and cheddar cheese with water to drink (S) ***This will feed my whole family.
- S - 1/2 c. 2% cottage cheese with bell peppers on the side with Cider Pop to drink (FP)
- D - Chicken Bacon Rice Casserole with a side salad and water to drink (S) pg. 140 in [Trim Healthy Table](#)