

Monday:

- B - (2) scrambled eggs with (2) sausage links with water to drink (S)
- L - leftover Chicken Bacon Rice Casserole with water to drink (S)
- S - celery and peanut butter with [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 - [Sweet & Spicy Stir-fry](#) with water to drink (E)

Tuesday:

- 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 - large salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and Cider Pop to drink (FP)
- D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Wednesday:

- 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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S) ***Instead of heating it up I'll just drink it cold.
- D - [Slow Cooker Italian Beef & Cabbage](#) with water to drink (S)

Thursday:

- B - [Thin Mint Shake](#) (S)
- L - large salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and Cider Pop to drink (FP)
- D - Hubby Lovin' Chicken with a side salad and broccoli with water to drink (S) pg. 218 in [Trim Healthy Table](#) ***I'll be using frozen broccoli.

Friday:

- 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 Hubby Lovin' Chicken with a side salad and water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S) ***Instead of heating it up I'll just drink it cold.
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Saturday:

- B - (2) scrambled eggs with (2) sausage links with water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - 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)
- D - [Fathead Pizza](#) (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 - [Peanut Butter Milkshake](#) (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and Cider Pop to drink (FP)
- D – Garlic Butter Steak Tips with cauli rice and salad on the side (S) pg. 210 in [Everyday Ketogenic Kitchen](#)