

**Monday:**

- B - (2) scrambled eggs with (2) sausage links with water to drink (S)
- L - large salad topped with pepperoni and Ranch dressing 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 - [Colorful Lentil Salad](#) with added chicken breasts 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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - [Snicker's Hot Chocolate](#) (S) \*\*\*Instead of heating it up I'll just drink it cold.
- D - Crockpot Buffalo Chicken over lettuce and topped with Ranch dressing with water to drink (S) pg. 92 in [Trim Healthy Table](#)

**Wednesday:**

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Buffalo Chicken over lettuce with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Trim Zuppa Toscana with water to drink (S) pg. 86 in [THM Cookbook](#)

**Thursday:**

- B - (2) scrambled eggs with (2) sausage links with water to drink (S)
- L - leftover Trim Zuppa Toscana Soup with water to drink (S)
- S - celery and peanut butter with Tropical Dreams Cider Pop to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

**Friday:**

- 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 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 - Spaghetti with meat sauce over [zoodles](#) with a side salad (S) \*\*\*My family will eat their's over regular noodles. This is NOT reflected on the shopping list.

**Saturday:**

- B - [Thin Mint Shake](#) (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Watermelon Lime Bai Bubbles](#) 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: \*Happy Mother's Day to my USA readers\***

- B - (2) scrambled eggs with (2) sausage links with water to drink (S)
- L - grilled steak, green beans topped with butter and [roasted vegetables](#) with water to drink (S)
- S - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with Cider Pop to drink (E)
- D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)