

**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 - grilled burgers over lettuce, fresh veggies and [Crunchy & Tangy Bacon Coleslaw](#) with water to drink (S)
- S - cheese stick with a handful of almonds and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Trim Zuppa Toscana with water to drink (S) pg. 86 in [THM Cookbook](#)

**Tuesday:**

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams 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 - [Peanut Butter Milkshake](#) (S)
- L - Just Like Campbell's Tomato Soup with bell peppers and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - cheese stick with a handful of almonds and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Colorful Lentil Salad](#) with added grilled chicken breasts with water to drink (E)

**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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Crockpot Buffalo Chicken wrapped in lettuce with water to drink (S) pg. 92 in [Trim Healthy Table](#)

**Friday:**

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Buffalo Chicken wrapped in lettuce with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' TexMex Skillet](#) with water to drink (E)

**Saturday:**

- B - [Refreshing Fruity Shake](#) (E)
- L - out to eat
- S - veggies and hummus and [Tropical Dreams Cider Pop](#) to drink (S Helper) \*\*\*I'm using the garlic hummus from Aldi.
- D - [Fathead Pizza](#) with [Blackberry 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:**

- B - [Peanut Butter Cup Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing 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 water to drink (E)
- D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)