

**Monday:**

B - [Refreshing Fruity Shake](#) (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 in a lettuce wrap with fresh veggies on the side and water to drink (S) pg. 92 in [Trim Healthy Table](#)

**Tuesday:**

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 Buffalo Chicken in a lettuce wrap with fresh veggies on the side and water to drink (S)

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

**Wednesday:**

B - (2) scrambled eggs with strawberries on the side with water to drink (S)

L - large salad topped with pepperoni and Ranch dressing 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 - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

**Thursday:**

B - [Peanut Butter Shake](#) (S)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - Cottage Berry Whip (making a double batch and freezing half for tomorrow) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D - Smoked Sausage Salad with water to drink (S) pg. 203 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D - [Fiesta Quinoa Chicken Skillet](#) with water to drink (E)

**Saturday:**

B - (2) scrambled eggs with strawberries on the side with water to drink (S)

L - out to eat

S - 1/2 c. 2 % cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Fathead Pizza](#) with [Grape 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 - 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 Fat Head Pizza with fresh veggies on the side and water to drink (S)

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - Ranch Hand Taco Salad with water to drink (S) pg. 200 in [Trim Healthy Table](#) \*\*\*I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.