

**Monday:**

- B - [Peanut Butter Shake](#) (S)
- L - Egg Salad (3 hard-boiled eggs diced and mixed with mayo, mustard, paprika and salt & pepper to taste) with fresh veggies on the side and water to drink (S)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Colorful Lentil Salad](#) with added chicken breasts and water to drink (E)

**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 - salad topped with pepperoni and Ranch dressing with water to drink (S)
- S - celery and peanut butter 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](#)

**Wednesday:**

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Ranch Hand Taco Salad with water to drink (E) 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.

**Thursday:**

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Ranch Hand Salad 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 [Tropical Dreams Cider Pop](#) to drink (E)
- D - [Slow Cooker Italian Beef and Cabbage](#) with green beans on the side with water to drink (S)

**Friday:**

- B - [Thin Mint Shake](#) (S)
- L - out to eat
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

**Saturday:**

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Fathead Pizza](#) with [Cherry Cola 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 water to drink (S)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Mexican Cauliflower Rice Skillet](#) with lettuce on the side and water to drink (S)