

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 - leftover Buffalo Chicken on lettuce with water to drink (S) This was leftover from [last week's meal](#) plan so the ingredients are NOT included on this week's shopping list.
- S - celery with 2 T. peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Barbacoa Beef](#) over lettuce and topped with cheddar cheese and sour cream with water to drink (S)

Tuesday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Barbacoa Beef over lettuce with water to drink (S)
- S - cheese stick with bell peppers and cucumbers and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

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 - leftover Chicken Fried Double Rice with water to drink (E)
- S - almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Egg Roll in a Bowl with water to drink (S) pg. 62 in [THM Cookbook](#)

Thursday:

- B - [Peanut Butter Shake](#) (S)
- L - leftover Egg Roll in a Bowl with water to drink (S)
- S - (2) hard-boiled eggs with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' TexMex Skillet](#) with water to drink (E)

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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 [THM Cookbook](#)
- S - celery with 2 T. peanut butter and [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.

Saturday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Ranch Hand Taco Salad with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm making a double batch and freezing half for snack tomorrow.
- D - [Fathead Pizza](#) with [Grape Zevia](#) (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 - out to eat
- S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)