

Monday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Cabb & Saus Skillet with water to drink (S) ***This was on [last week's meal plan](#) so you will not find the ingredients for it on this week's shopping list.
- S - Cottage Berry Whip (I'm making a double batch) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and fresh veggies on the side and water to drink (S)

Tuesday:

- B - [Peanut Butter Shake](#) (S)
- L - Egg Salad (2 hard-boiled eggs mixed with mustard and mayo, salt and pepper) with fresh veggies on the side and water to drink (S)
- S - leftover Cottage Berry Whip from yesterday with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

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 Hearty Two Bean and Lentil Chili with water to drink (E)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Thursday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Friday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with water to drink (E)
- L - leftover Crockpot 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 - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Saturday:

- 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 - out to eat
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [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 - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Fathead Pizza with fresh veggies on the side and water to drink (S)
- S - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian White Bean & Spinach Soup](#) with water to drink (E)