

Monday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

L - Just Like Campbell's Soup with fresh vegetables on the side with water to drink (S) pg. 112 in [THM Cookbook](#)

S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)

D - Zesty Southwest Chop Up with water to drink (S) pg. 182 in [THM Cookbook](#)

Tuesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L - leftover Zesty Southwest Chop Up with water to drink (S)

S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

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 [Peppermint tea](#) to drink (E)

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

S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Stew of Love with water to drink (S) pg. 101 in [Trim Healthy Table](#)

Thursday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L - leftover Stew of Love with water to drink (S)

S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

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

L - leftover Hearty Two Bean and Lentil Chili 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 - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Saturday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

L - out to eat

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

D - [Fathead Pizza](#) with [Zevia Cola](#) 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 (2) sausage links on the side and water to drink (S)

L - leftover Cowboy Grub with water to drink (E)

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)