

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 Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)

S - handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

D - Totally Dope Chicken in a lettuce wrap with fresh veggies on the side and water to drink (S) pg. 104 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 [Peppermint tea](#) to drink (E)

L - leftover Totally Dope Chicken in a lettuce wrap with fresh veggies on the side and water to drink (S)

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

D - World's Laziest Lasagna Skillet with a side salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Wednesday:

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

L - leftover World's Laziest Lasagna with a side salad and water to drink (S)

S - [Snicker's Hot Chocolate](#) (S)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

Thursday:

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 - Egg Salad (3 hard-boiled eggs mixed with mayo, mustard, salt & pepper) with fresh veggies on the side and water to drink (S)

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

D - [Italian White Bean & Spinach Soup](#) with water to drink (E)

Friday:

B - [Snicker's Hot Chocolate](#) (S)

L - leftover Italian White Bean and Spinach Soup 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 [Peppermint tea](#) to drink (E)

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

Saturday:

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

L - out to eat

S - a cheese stick with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)

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

L - leftover Fathead Pizza with water to drink (S)

S - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and peanut butter and water to drink (S)

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)