

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 - leftover Crock Pot Buffalo Chicken wrapped in lettuce with fresh veggies on the side and water to drink (S)

***This is leftover from [last week's meal plan](#) so the ingredients are not on this week's shopping list.

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 tomorrow's snack.

D - Pizzeria Tomato Soup with water to drink (S) pg. 150 in [Trim Healthy Table](#)

Tuesday:

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

L - leftover Pizzeria Tomato Soup with water to drink (S)

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

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

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

D - [Low Carb Philly Cheesesteak Casserole](#) with broccoli on the side with water to drink (S)

Thursday:

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

L - leftover [Low Carb Philly Cheesesteak Casserole](#) with a side salad and Ranch 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 - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

Friday:

B - (3) Sausage links with kale sauteed in butter and [Peppermint tea](#) to drink (S)

L - salad topped with (2) hard boiled eggs and Ranch dressing with water to drink (S)

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

D - Insanely Simple Chicken Fiesta Soup with water to drink (E) pg. 151 in [Trim Healthy Table](#)

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

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 - [Thin Mint Shake](#) (S)

L - leftover Insanely Simple Chicken Fiesta Soup with water to drink (E)

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Cheddar, Bacon & Veggie Frittata](#) with salad on the side and water to drink (S)