

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

D - Award Winning Chili Pie with a side salad with Ranch and water to drink (S) pg. 142 in [Trim Healthy Table](#)

Tuesday:

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 Award Winning Chili Pie with a side salad with Ranch and water to drink (S)

S - (2) leftover [Peanut Butter Cups](#) 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)

Wednesday:

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

L - large salad topped with deli ham and Ranch dressing with water to drink (S)

S - (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Thursday:

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

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

S - (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - Trim Zuppa Toscana with water to drink (S) pg. 86 in the [THM Cookbook](#)

Friday:

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

L - leftover Trim Zuppa Toscana with water to drink (S)

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

D - Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP) pg. 57 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 [Zevia Ginger Rootbeer](#) 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 strawberries on the side and water to drink (S)

L - leftover Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP)

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

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