

Monday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S) ***I like to add a scoop of [Integral collagen](#) to my tea, but it isn't necessary for success on THM, just some good extra protein and nutrients.

L - leftover Burrito Bowls with lettuce and salsa on the side with water to drink (E) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.

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

D - Pizzeria Tomato Soup with water to drink (S) pg. 150 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) ***I like to add a scoop of [Integral collagen](#) to my tea, but it isn't necessary for success on THM, just some good extra protein and nutrients.

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

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

D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)

Wednesday:

B - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (E)

L - leftover Black Pepper Chicken over brown rice with water to drink (E)

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

D - Spaghetti with meat sauce over cauli rice with a side salad and water to drink (S) ***My family will eat their's over regular pasta and this is NOT reflected on the shopping list.

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

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)

Friday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

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

S - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (E)

D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)

Saturday:

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

L - out to eat

S - 1/2 c. 2% cottage cheese 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 - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover White Chicken Chili with water to drink (E)

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

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