

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

S - 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

D - [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side with water to drink (S) ***I'm using tomato sauce instead of marinara sauce, oil in place of the butter.

Tuesday:

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

L - cheese quesadilla (made with a low carb tortilla shell) with salsa, fresh veggies and strawberries on the side and water to drink (S)

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

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

Wednesday:

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

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

S - 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

D - Spaghetti with meat sauce over cauliflower rice and a side salad with water to drink (S) ***My family will eat their spaghetti over regular pasta. 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 - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

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

Friday:

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

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

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm making a double batch of this and will freeze half for tomorrow's snack. Take it out of the freezer about 5-10 minutes before you want to eat it.

D - [Creamy Taco Soup](#) with water to drink (S)

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 - cheese quesadilla (made with a low carb tortilla shell) with salsa, fresh veggies and strawberries on the side and water to drink (S)

S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Fathead Pizza](#) with [Grape 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 - out to eat

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

D - [Zesty Salsa Black Bean Casserole](#) with water to drink (E)