

Monday:

B - [Refreshing Fruity Shake](#) (E)

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

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

D - Dreamy Chicken Lazone over cauliflower rice with green beans on the side with water (S) pg. 50 in [Trim Healthy Table](#)

Tuesday:

B - (3) scrambled eggs cooked in coconut oil with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover Dreamy Chicken Lazone over cauliflower rice with 1/4 c. blueberries on the side and water to drink (S)

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

D - Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Wednesday:

B - [Reese Peanut Butter Cup Shake](#) (S)

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

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

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

Thursday:

B - (3) scrambled eggs cooked in coconut oil with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)

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

S - [Peanut Butter Whip](#) 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 - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

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

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

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe. The ingredients are doubled on the shopping list as well.

Saturday:

B - [Refreshing Fruity Shake](#) (E)

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

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

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 - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

L - out to eat

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

D - Burger Bombs over salad with water to drink (S) pg. 212 in [Trim Healthy Table](#)