

**Monday:**

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

L - leftover [Black-Eyed Pea "Gumbo"](#) with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT reflected on this week's shopping list.

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

D - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side with water to drink (S)

**Tuesday:**

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

L - Egg Salad (3 hard-boiled eggs diced and mixed with mayo, mustard, salt, pepper and paprika) with fresh veggies on the side and water to drink (S)

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

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

**Wednesday:**

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 tsp of [Super Sweet](#), 2 T. peanut butter and a dash of vanilla extract with water to drink (S)

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

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

D - [Instant Pot Paprika Chicken](#) with green beans and a salad on the side with water to drink (S) \*\*\*I'm using two cans of green beans and the chicken can be made in a slow cooker as well.

**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) \*\*\*You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

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 - [Snickers Hot Chocolate](#) (S)

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

**Friday:**

B - [Cinnamon Roll Smoothie](#) - (E)

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

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

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

**Saturday:**

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 tsp of [Super Sweet](#), 2 T. peanut butter and a dash of vanilla extract with water to drink (S)

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

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

D - [Fathead Pizza](#) with [Zevia 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 - 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 - leftover Fathead Pizza with water to drink (S)

S - celery with peanut butter and [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)