

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

D - M – Spaghetti with meat sauce over cauli 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

Tuesday:

B - (3) scrambled eggs cooked in butter with (2) pieces of bacon on the side and [Sweet & Spicy tea](#) to drink (S)

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

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

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

Wednesday:

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

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

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

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

Thursday:

B - (3) scrambled eggs cooked in butter with (2) pieces of bacon on the side and [Sweet & Spicy tea](#) to drink (S)

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

D - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa with water to drink (E)

Friday:

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

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

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

D - Little Sweet Little Spicy Drumsticks with broccoli and a side salad with water to drink (S) pg. 221 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) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

L - leftover Little Sweet Little Spicy Drumsticks and a side salad with water to drink (S)

S - (2) hard-boiled eggs and bell peppers 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 - (3) scrambled eggs cooked in butter with (2) pieces of bacon on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover [Fathead Pizza](#) with [Grape Zevia](#) to drink (S)

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

D - [Black-Eyed Pea "Gumbo"](#) with water to drink (E) ***You will need to add some water or broth after soaking and draining your beans. I add water up to almost the top of my slow cooker.