

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

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

D - Cabb & Saus Skillet with broccoli with water to drink (S) pg. 58 in [THM Cookbook](#)

Tuesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries on the side with water to drink (S)

L - large salad with 3 oz deli ham and Ranch dressing with water to drink (S)

S - 1/2 c. 2% cottage cheese with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Instant Pot Paprika Chicken](#) with green beans 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.

Wednesday:

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 with 3 oz deli ham and Ranch dressing with 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)

Thursday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries on the side with water to drink (S)

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

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

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

Friday:

B - small container 0% Plain Greek Yogurt mixed with 2 T. peanut butter, dash of vanilla and 1 tsp [Super Sweet](#) with strawberries on the side and water 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 - 1/2 c. 2% cottage cheese with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Saturday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries on the side with water to drink (S)

L - leftover Cowboy Grub with water to drink (E)

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

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 - [Refreshing Fruit Shake](#) (E)

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

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

D - Taste of Home Casserole with a side salad and water to drink (S) pg. 144 in [Trim Healthy Table](#)