

**Monday:**

- B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries with 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 - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

**Tuesday:**

- B - [Thin Mint Shake](#) (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cabb & Saus Skillet with broccoli on the side and water to drink (S) pg. 58 in [THM Cookbook](#)

**Wednesday:**

- B - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

**Thursday:**

- B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries with water to drink (S)
- L - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - Cottage Berry Whip (double batch and freeze half for snack tomorrow) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- 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.

**Friday:**

- B - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'll be using frozen broccoli instead of fresh.

**Saturday:**

- B - [Refreshing Fruit Shake](#) (E)
- L - Take out!
- S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Zevia Ginger Root Beer](#) 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. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)
- L - leftover Fathead Pizza with fresh veggies on the side and [Zevia Ginger Root Beer](#) to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Spaghetti with meat sauce over cauli rice and with a side salad and water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.