

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 - Cottage Berry Whip (double batch and freeze half for snack Wednesday) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Lovin' TexMex Skillet](#) with lettuce on the side with water to drink (E)

Tuesday:

- B - [Refreshing Fruit Shake](#) (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Little Sweet Little Spicy Drumsticks with broccoli and a side salad and water to drink (S) pg. 221 in [Trim Healthy Table](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries with water to drink (S)
- L - leftover Little Sweet Little Spicy Drumsticks on top of a salad with water to drink (S)
- S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Thursday:

- B - [Peanut Butter Cup Shake](#) (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 - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Friday:

- B - [Thin Mint Shake](#) (S)
- 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 - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Saturday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and strawberries with water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - 1/2 c. 2% cottage cheese with an apple on the side and [Tropical Dreams Cider Pop](#) to drink (E)
- D - [Fathead Pizza](#) with [Ginger Rootbeer 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. (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 - take out
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)