

**Monday:**

- B - (3) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) \*\*\*This was leftover from last week's meal plan so the ingredients are NOT on this week's shopping list.
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

**Tuesday:**

- 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 Cowboy Grub with water to drink (E)
- S - a cheese stick and a handful of almonds with [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 - [Peanut Butter Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - handful of almonds and fresh strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'll be using frozen broccoli instead of fresh.

**Thursday:**

- B - [Refreshing Fruit Shake](#) (E)
- 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. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Tropical Dreams Cider Pop](#) to drink (E)
- D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

**Friday:**

- B - [Peanut Butter Cup Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - a cheese stick with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Save My Sanity Chili with water to drink (E) pg. 81 in [Trim Healthy Table](#) \*\*\*I'm omitting the meat and adding one can extra of each type of bean.

**Saturday:**

- 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 Save My Sanity Chili with water to drink (E)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Strawberry 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 fresh strawberries on the side and water to drink (S)
- L - take out
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Quinoa Goes Cajun with water to drink (E) pg. 69 in [THM Cookbook](#)