

Monday:

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

L - leftover Quinoa Goes Cajun with water to drink (E) ***This is leftover from [last week's meal plan](#) so that ingredients will NOT be included on this week's shopping list. You can find the recipe on pg. 69 in [THM Cookbook](#)

S - a cheese stick and bell pepper and cucumber slices with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Paprika Chicken](#) over cauliflower rice and green beans on the side with water to drink (S)

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 - 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 - [Zesty Salsa Black Bean Casserole](#) with water to drink (E) ***I'm omitting the chicken and adding an extra can of black beans

Wednesday:

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

L - leftover [Zesty Salsa Black Bean Casserole](#) with water to drink (E)

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

D - [Cheddar, Bacon and Veggie Frittata](#) with a side salad and water to drink (S)

Thursday:

B - 1/2 c. old fashioned oats with 1 t. [Super Sweet](#) and blueberries with [Peppermint tea](#) with a scoop of [collagen](#) stirred in to drink (E)

L - (2) fried eggs cooked in butter with strawberries on the side with water to drink (S)

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

D - Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

Friday:

B - [Thin Mint Shake](#) (S)

L - leftover Smoked Sausage Salad with water to drink (S)

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

D - [Refried Bean Burritos](#) with fresh veggies and strawberries on the side with water to drink (E)

Saturday:

B - (2) fried eggs cooked in butter with strawberries on the side with water to drink (S)

L - out to eat

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

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 - 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 [Strawberry Zevia](#) to drink (S)

S - a handful of almonds with strawberries on the side and [Tropical Dreams Cider Pop](#) to drink (S)

D - Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)