

Monday:

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

L - Egg salad (3 hard-boiled eggs mixed with mustard, mayo, paprika, salt & pepper) with cucumbers and bell peppers on the side and water to drink (S)

S - a cheese stick, handful of almonds and sliced strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E) ***I'm adding a can of corn.

Tuesday:

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)

L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

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

D - [Paprika Chicken](#) over cauli rice with green beans on the side and water to drink (S) ***I'm using canned green beans.

Wednesday:

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

L - (3) deli meat roll ups (deli ham slices inside a long leaf of Romaine lettuce with mayo, mustard and a slice of cheese) with cucumbers and green bell peppers on the side with water to drink (S)

S - a cheese stick, handful of almonds and sliced strawberries 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](#)

Thursday:

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)

L - leftover Cabb & Saus Skillet with water to drink (S)

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

D - Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

Friday:

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

L - leftover Ranch Hand Taco Salad with water to drink (E)

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

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.

Saturday:

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

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

S - a handful of almonds with sliced strawberries and 1/4 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Colorful Lentil Salad](#) with grilled chicken breasts on top and green beans on the side and water to drink (E) ***I'm using canned green beans.

Sunday:

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

L - out to eat

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](#)