

**Monday:**

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- L - leftover Cowboy Grub with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.
- S - a handful of almonds and strawberries 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)

**Tuesday:**

- B - [Peanut Butter Milkshake](#) (S)
- 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 - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)
- D - Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

**Wednesday:**

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S - 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice and water to drink (E) \*\*\*I'll be using frozen broccoli instead of fresh and doubling this recipe.

**Thursday:**

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- 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 handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

**Friday:**

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Smoked Sausage Salad with water to drink (S)
- 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 - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Grilled chicken breasts over brown rice with broccoli on the side with water to drink (E)

**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 water to drink (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - (2) [Vegetable Quiche Cups](#) with a side salad and water to drink (FP) \*\*I'm using a drizzle of red wine vinegar on my salad for the dressing.