

Monday:

B - [Snickers Hot Chocolate](#) (S)

L - leftover Ranch Hand Taco Salad ([from last week's meal plan](#)) with water to drink (E) pg. 200 in [Trim Healthy Table](#)

S - a cheese stick with strawberries and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Chicken Fajita Rice Bowl](#) with water to drink (E)

Tuesday:

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

L - leftover [Chicken Fajita Rice Bowl](#) with water to drink (E)

S - (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)

D - [Italian Sausage & Squash Soup](#) with water to drink (S)

Wednesday:

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

L - leftover [Italian Sausage & Squash Soup](#) with water to drink (S)

S - (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - World's Laziest Lasagna Skillet with salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

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

L - leftover World's Laziest Lasagna Skillet with salad and water to drink (S)

S - (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)

Friday:

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

L - leftover Trim Zuppa Toscana Soup with water to drink (S)

S - (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Fathead Pizza](#) with [Black Cherry 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 - [Thin Mint Shake](#) (S)

L - out to eat

S - (2) hard-boiled eggs and with strawberries and [Tropical Dreams Cider Pop](#) to drink (S)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Sunday:

B - [Snickers Hot Chocolate](#) (S)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - an apple and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (E)

D - [Taco Salad Crunch](#) with water to drink (E)