

**Monday:**

- B - oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L - leftover Black Pepper Chicken over cauliflower rice with water to drink (FP) \*\*\*This is from [last week's meal plan](#), so the ingredients are NOT included on this week's shopping list.
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side and water to drink (S)

**Tuesday:**

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies and dill pickles on the side and water to drink (S)
- S - 1/2 c. 2% cottage cheese with an apple and [Tropical Dreams Cider Pop](#) to drink (E)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

**Wednesday:**

- B - [Snickers Hot Chocolate](#) (S)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - celery with a wedge of Light Laughing Cow Cheese and dill pickles with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - World's Laziest Lasagna Skillet with salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

**Thursday:**

- B - oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L - leftover World's Laziest Lasagna Skillet with salad and water to drink (S)
- S - (2) hard-boiled eggs and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Creamy Taco Soup](#) with water to drink (S)

**Friday:**

- B - [Thin Mint Shake](#) (S)
- L - (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies and dill pickles on the side and water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - out to eat
- S - a handful of almonds with cucumbers and bell pepper slices and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

**Sunday:**

- B - [Snickers Hot Chocolate](#) (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - celery with a wedge of Light Laughing Cow Cheese and dill pickles with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'm doubling this recipe for my family of