

**Monday:**

- B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- 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 Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

**Tuesday:**

- B - [Snickers Hot Chocolate](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

**Wednesday:**

- B - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - (2) hard-boiled eggs with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Florentine over Zoodles with broccoli on the side with water to drink (S) pg. 46 in [THM Cookbook](#)

**Thursday:**

- B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L - leftover Chicken Florentine over Zoodles with a side salad and water to drink (S)
- S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Trim Zuppa Toscana with water to drink (S) pg. 86 in [THM Cookbook](#)

**Friday:**

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Cherry Cola 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 - (2) eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

**Sunday:**

- B - (2) eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - [Peanut Butter Whip](#) with water to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)