

Monday:

B - (2) eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L - leftover Chicken Fried Double Rice with water to drink (E) ***This is leftover from [last week's meal plan](#) and the ingredients are NOT included on this week's shopping list.

S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side 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 - a cheese stick, dill pickle and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [White Chicken Chili](#) with water to drink (E)

Wednesday:

B - (2) eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L - leftover [White Chicken Chili](#) with water to drink (E)

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

D - Spaghetti meat sauce over cauli rice and with a side salad with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Thursday:

B - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

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 - [Thin Mint Shake](#) (S)

D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

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 - Just Like Campbell's Tomato Soup with fresh veggies with water to drink (S) pg. 112 in [THM Cookbook](#)

S - deli ham slices, dill pickle and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Fathead Pizza](#) with [Root Beer Zevia](#) (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 - [Snickers Hot Chocolate](#) (S)

L - out to eat

S - a cheese stick, dill pickle and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Cabbage Roll in a Bowl with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Sunday:

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 Cabbage Roll in a Bowl with water to drink (FP)

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

D - Sesame Fix over cauli rice with broccoli on the side with water to drink (S)**You can use almond flour in place of the Baking Blend** pg. 119 in [Trim Healthy Future](#)