

Monday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Chicken Fried Double Rice ([from last week's meal plan](#)) with water to drink (E)
- S - peanut butter and celery with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Taco Salad – [ground beef](#), lettuce, cheddar cheese, salsa and sour cream with water to drink (S)

Tuesday:

- 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 cucumber and bell peppers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - (2) hard-boiled eggs with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Instant Pot Kielbasa and Cabbage](#) with a side salad and water to drink (S)

Wednesday:

- B - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S)
- S - peanut butter and celery with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

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 - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - Easy Pizza Casserole with [Grape Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Saturday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - out to eat
- S - (2) hard-boiled eggs with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Egg Roll in a Bowl Part Deux with water to drink (FP) pg. 63 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 Egg Roll in a Bowl Part Deux with water to drink (FP)
- S - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- D - [Chicken Lettuce Wraps with Peanut Sauce](#) and broccoli on the side with water to drink (S)