

Monday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Chicken Fried Double Rice (leftover from last week's meal plan) with water to drink (E)
- S - a cheese stick with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Deconstructed Fajitas over brown rice with water to drink (E) pg. 56 in [Trim Healthy Table](#)

Tuesday:

- B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries on the side and water to drink (S)
- L - leftover Deconstructed Fajitas over brown rice with water to drink (E)
- S - a handful of almonds with strawberries and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Succulent Barbacoa Beef over salad with water to drink (S) pg. 108 in [Trim Healthy Table](#)

Wednesday:

- B - 1/2 c. old fashioned 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 Succulent Barbacoa Beef over salad with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Slow Cooker Italian Beef & Cabbage](#) with water to drink (S)

Thursday:

- B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries on the side and water to drink (S)
- L - (3) deli meat roll ups (3 oz lean deli meat, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with cucumbers, bell peppers and dill pickles on the side and water to drink (S)
- S - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Quinoa, Kale & White Bean Soup](#) with water to drink (E)

Friday:

- B - 1/2 c. old fashioned 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 and water to drink (S) pg. 112 in [THM Cookbook](#)
- 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 - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - out to eat
- S - a handful of almonds with strawberries and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Award Winning Chili Pie with a side salad and water to drink (S) pg. 142 in [Trim Healthy Table](#)

Sunday:

- B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries on the side and water to drink (S)
- L - leftover Award Winning Chili Pie with a side salad and water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Black Pepper Chicken over cauliflower rice with water to drink (FP) pg. 68 in [Trim Healthy Table](#)