

**Monday:**

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (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 - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) with water to drink (E)

**Tuesday:**

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#), a diced apple and cinnamon with water to drink (E)
- 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 - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Chicken and Chickpea Stew](#) with water to drink (E)

**Wednesday:**

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover [Chicken and Chickpea Stew](#) with water to drink (E)
- S - a cheese stick with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Chicken Florentine over zoodles with broccoli on the side with water to drink (S) pg. 46 in [THM Cookbook](#)

**Thursday:**

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#), a diced apple and cinnamon with water to drink (E)
- L - leftover Chicken Florentine over zoodles with a side salad and water to drink (S)
- S - (3) oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

**Friday:**

- B - [Peanut Butter Milkshake](#) (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 - [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 - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - out to eat
- 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 - Shepherd's Pie Skillet with water to drink (S) pg. 132 in [Trim Healthy Future](#)

**Sunday:**

- 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 - (3) oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I double this recipe for my family of 8.