

**Monday:**

- 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 - (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 - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Pizzeria Tomato Soup with water to drink (S) pg. 150 in [Trim Healthy Table](#)

**Tuesday:**

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Pizzeria Tomato Soup with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 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 Black Pepper Chicken over brown rice with water to drink (E)
- S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Spaghetti with meat sauce over cauli rice with a side salad and water to drink (S) \*\*\*My family will eat theirs over regular pasta. This is NOT reflected on the shopping list.

**Thursday:**

- 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 - 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 - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

**Friday:**

- B - (3) scrambled eggs cooked in butter with strawberries 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 - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)

**Saturday:**

- B - [Strawberry Grapefruit Smoothie](#) (E)
- L - leftover Wicked White Chili with water to drink (E)
- S - 3 oz lean deli meat with dill pickles on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Black Cherry 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.

**Sunday:**

- 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 - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)