

Monday:

- B - (3) scrambled eggs cooked in butter with 1/2 of a sautéed zucchini with water to drink (S)
- L - leftover [Italian White Bean and Spinach Soup](#) (from [last week's meal plan](#)) with water to drink (E)
- 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 - [Lovin' TexMex Skillet](#) with water to drink (E)

Tuesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - celery with peanut butter and 1/4 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Wednesday:

- B - (3) scrambled eggs cooked in butter with 1/2 of a sautéed zucchini with water to drink (S)
- L - leftover Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP)
- S - a handful of almonds and strawberries with [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](#)

Thursday:

- B - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - leftover Award Winning Chili Pie with a side salad and water to drink (S)
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- 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.

Friday: (Christmas Eve)

- 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 cucumber and bell pepper on the side with water to drink (S)
- S - leftover (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Grilled steak kabobs (green pepper and onions) over cauli rice with green beans on the side (S)

Saturday: (Merry Christmas!)

- B - [Cheddar, Bacon and Veggie Frittata](#) with strawberries (S) ***This frittata will feed 8-10 people
- L - Ham, sweet potatoes and [roasted veggies](#) with water to drink (XO)
- S - leftover (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - leftovers from lunch

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 - leftover ham on top of a salad with water to drink (S)
- S - leftover (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)