

Monday:

- B - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (S)
- L - leftover [Sweet & Spicy Stir-fry](#) over brown rice(from [last week's meal plan](#)) with water to drink (E)
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Burrito Bowls – black beans (I'm using 2 cans for my size family)and [Brown Spanish Rice](#) with salsa and lettuce on top with water to drink (E)

Tuesday:

- B - 1/2 c. old fashioned oats 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 bell peppers and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

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 - leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Spaghetti meat sauce over cauli rice and with a side salad and water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Thursday:

- B - 1/2 c. old fashioned oats 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, cheese, mayo, mustard rolled up in a romaine lettuce leaf – with cucumbers and bell peppers on the side with water to drink (S)
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

- B - [Refreshing Fruity Shake](#) (E)
- L - (3) deli meat roll ups – 3 oz lean deli meat, cheese, mayo, mustard rolled up in a romaine lettuce leaf – with cucumbers and bell peppers on the side with water to drink (S)
- 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 - handful of almonds with cucumbers and bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Sunday:

- B - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - a cheese stick and an apple with [Tropical Dreams Cider Pop](#) to drink (E)
- D - Black Pepper Chicken over cauliflower rice with water to drink (FP) pg. 68 in [Trim Healthy Table](#)