

Monday:

B - [Reese Peanut Butter Cup Shake](#) (S)

L - leftover Black Pepper Chicken (from [last week's meal plan](#)) over cauliflower rice with water to drink (FP)

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' Tex Mex Skillet](#) with lettuce on the side and 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)

D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Wednesday:

B - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (S)

L - leftover [Slow Cooker Chicken and Quinoa Chili](#) 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 - [Tomato Basil Chicken](#) over cauliflower rice and green beans on the side with water to drink (FP)

Thursday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover [Tomato Basil Chicken](#) over cauliflower rice and green beans on the side with water to drink (FP)

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Friday:

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 - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

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 - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (S)

L - out to eat

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)

D - Award Winning Chili Pie with a side salad and water to drink (S) pg. 142 in [Trim Healthy Table](#)

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 - 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 - [Chicken Stir-fry](#) (I'm using (2) bags of frozen stir-fry veggies, 2 lbs of chicken and doubling the sauce recipe) over cauliflower rice with water to drink (FP)