

Monday:

B - [Thin Mint Shake](#) (S)

L - leftover [Chicken Stir-fry](#) (from [last week's meal plan](#)) with water to drink (FP)

S - a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side with water to drink (S)

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 - (3) deli meat roll ups (deli meat, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers, cucumbers and dill pickles on the side with water to drink (S)

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

D - Chicken breasts with [Barley Beans and Greens](#) on the side with water to drink (E)

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 - egg salad (3 hard-boiled eggs mixed with mustard, mayo, salt & pepper) with cucumbers and bell peppers on the side with water to drink (S)

S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Turkey Tomato Florentine Soup](#) with water to drink (E)

Thursday:

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

L - leftover [Turkey Tomato Florentine Soup](#) with water to drink (E)

S - 1/2 c. applesauce with a cheese stick on the side and [Tropical Dreams Cider Pop](#) to drink (E)

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

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 [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

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

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.

Saturday:

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

L - out to eat

S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Colorful Lentil Salad](#) with 1 lb cooked boneless skinless chicken breasts added in with water to drink (E)

Sunday:

B - [Peanut Butter Milkshake](#) (S)

L - (3) deli meat roll ups (deli meat, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers, cucumbers and dill pickles on the side with water to drink (S)

S - 1/2 c. applesauce with a cheese stick on the side and [Tropical Dreams Cider Pop](#) to drink (E)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family size.