

Monday:

- 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 Great Wall Skillet in lettuce wraps with fresh veggies on the side and water to drink (S) pg. 134 in [Trim Healthy Future](#)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

- B - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (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. 0% plain Greek yogurt mixed with a diced apple, cinnamon and 1 t. [Super Sweet](#) with [Tropical Dreams Cider Pop](#) to drink (E)
- D - Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) pg. 85 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 Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Save Your Waistline Crockpot Lasagna with a side salad and water to drink (S) pg. 86 in [Trim Healthy Table](#)

Thursday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Save Your Waistline Crockpot Lasagna with a side salad and water to drink (S)
- S - a handful of almonds with cucumber and green bell pepper on side with [Tropical Dreams Cider Pop](#) to drink (S)
- 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - 3 oz lean deli meat with dill pickles on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Quinoa Goes Cajun with water to drink (E) pg. 69 in [THM Cookbook](#)

Sunday:

- 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 Quinoa Goes Cajun with water to drink (E)
- S - [Thin Mint Shake](#) (S)
- D - Sesame Fix over cauli rice with broccoli on the side and water to drink (S)**You can use almond flour in place of the Baking Blend** pg. 119 in [Trim Healthy Future](#)