

**Monday:**

- B - (3) scrambled eggs cooked in butter with a sautéed zucchini and water to drink (S)
- L - leftover Egg Roll in a Bowl over cauli rice with water to drink (FP) \*\*\*This was from last week's meal plan.
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Taco Chicken Chili with water to drink (E) pg. 186 in [Trim Healthy Future](#)

**Tuesday:**

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Taco Chicken Chili with water to drink (E)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Totally Dope Chicken in a lettuce wrap with fresh veggies (bell pepper and cucumbers) and broccoli on the side (S) pg. 104 in [Trim Healthy Table](#)

**Wednesday:**

- 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 Totally Dope Chicken in a lettuce wrap with fresh veggies (bell pepper and cucumbers) on the side with water to drink (S)
- S - 1/2 c. plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and frozen mixed berries with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Spaghetti meat sauce over cauli rice and with a side salad with water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

**Thursday:**

- B - (3) scrambled eggs cooked in butter with a sautéed zucchini and water to drink (S)
- L - (3) deli meat roll ups (3 oz lean 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 - [Thin Mint Shake](#) (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 - Easy Pizza Casserole with [Zevia Cola](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

**Saturday:**

- B - 1/2 c. plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and frozen mixed berries with water to drink (FP)
- L - out to eat
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Company Casserole with a side salad and water to drink (S) pg. 158 in [Trim Healthy Future](#)

**Sunday:**

- B - [Refreshing Fruity Shake](#) (E)
- L - Just Like Campbell's Tomato Soup with cucumbers and bell peppers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'm doubling this recipe for my family size.