

Monday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover Chicken Fried Double Rice from last night's dinner with water to drink (E) pg. 53 in [Trim Healthy Table](#)

S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Zesty Salsa Chicken and Black Bean Casserole](#) with water to drink (E)

Tuesday:

B – [Refreshing Fruity Shake](#) (E)

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

S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D – Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Wednesday:

B – (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L – leftover Crockpot Buffalo Chicken over salad with water to drink (S)

S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm making a double batch and will have the rest tomorrow for snack.

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

Thursday:

B – (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

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

S – leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)

Friday:

B – oatmeal 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 Trim Mac Salad with water to drink (S)

S – celery with a wedge of Light Laughing Cow Cheese with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Fathead Pizza](#) with [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. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L – out to eat

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

D – Beef & Veggie Skillet with broccoli on the side with water to drink (S) pg. 130 in [Trim Healthy Future](#)

Sunday:

B – (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L – Just Like Campbell's Tomato Soup with bell pepper and cucumbers on the side and water to drink (S) pg. 112 in [THM Cookbook](#)

S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D – Egg Roll in a Bowl with water to drink (S) pg. 62 in [THM Cookbook](#)