

Monday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L – (3) ham roll ups (deli ham, 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 – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E) ***I'm adding a can of corn.

Tuesday:

- 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 – (3) ham roll ups (deli ham, 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 – almonds and 1/4 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Totally Dope Chicken over salad with water to drink (S) pg. 104 in [Trim Healthy Table](#)

Wednesday:

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover Totally Dope Chicken over salad with water to drink (S)
- S – Peanut Butter Whip with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Thursday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L – leftover Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP)
- 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 – Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)

Friday:

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover Trim Mac Salad with water to drink (S)
- S – leftover Cottage Berry Whip with [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 – 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 – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Little Sweet Little Spicy Drumsticks with broccoli and a side salad with water to drink (S) pg. 221 in [Trim Healthy Table](#)

Sunday:

- B – oatmeal mixed with 1 t. [Super Sweet](#) and strawberries with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L – leftover Little Sweet Little Spicy Drumsticks and a side salad with water to drink (S)
- S – Peanut Butter Whip with [Tropical Dreams Cider Pop](#) to drink (S)
- S – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)