

Monday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- L – leftover Cowboy Grub with water to drink (E) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.
- S – a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Tuesday:

- B – [Peanut Butter Milkshake](#) (S)
- L – (3) deli meat roll ups (deli ham slices inside a long leaf of Romaine lettuce with mayo, mustard and a slice of cheese) with cucumbers and green bell peppers on the side with water to drink (S)
- S – 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)
- 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 and water to drink (S)
- L – leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S – 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Sweet & Spicy Stir-fry](#) over brown rice and water to drink (E) ***I'll be using frozen broccoli instead of fresh and doubling this recipe.

Thursday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- L – (3) deli meat roll ups (deli ham slices inside a long leaf of Romaine lettuce with mayo, mustard and a slice of cheese) with cucumbers and green 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 – Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

Friday:

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover Smoked Sausage Salad with water to drink (S)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Grape 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 cooked in butter with strawberries on the side and water to drink (S)
- L – out to eat
- S – 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Grilled chicken breasts over brown rice with broccoli on the side with water to drink (E)

Sunday:

- B – 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and water to drink (E)
- L – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- 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.