

**Monday:**

B – [Peanut Butter Milkshake](#) (S)

L – Egg salad (3 hard-boiled eggs mixed with mustard, mayo, paprika, salt & pepper) with cucumbers and bell peppers on the side and water to drink (S)

S – a cheese stick, handful of almonds and sliced strawberries with [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. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)

L – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D – [Paprika Chicken](#) over cauli rice with green beans on the side and water to drink (S) \*\*\*I'm using canned green beans.

**Wednesday:**

B – [Refreshing Fruity Shake](#) (E)

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 cheese stick, handful of almonds and sliced strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – Cabb & Saus Skillet with broccoli on the side and water to drink (S) pg. 58 in [THM Cookbook](#)

**Thursday:**

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)

L – leftover Cabb & Saus Skillet with water to drink (S)

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

D – Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

**Friday:**

B – (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L – leftover Ranch Hand Taco Salad with water to drink (E)

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 – [Reese Peanut Butter Cup Shake](#) (S)

L – leftover [Fathead Pizza](#) with [Grape Zevia](#) to drink (S)

S – a handful of almonds with sliced strawberries and 1/4 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Colorful Lentil Salad](#) with grilled chicken breasts on top and green beans on the side and water to drink (E) \*\*\*I'm using canned green beans.

**Sunday:**

B – (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L – out to eat

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

D – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)