

**Monday:**

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover Cabbage Roll in a Bowl with green beans on the side (FP) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT included in this week's shopping list.
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D -Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa and water to drink (E)

**Tuesday:**

- 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 – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Mississippi Pot Roast](#) with broccoli and salad on the side with water to drink (S)

**Wednesday:**

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover [Mississippi Pot Roast](#) with broccoli and salad on the side with water to drink (S)
- S – celery with peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – World's Laziest Lasagna Skillet with salad on the side and water to drink (S) pg. 69 in [Trim Healthy Table](#)

**Thursday:**

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover World's Laziest Lasagna Skillet with salad on the side and water to drink (S)
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- D – Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

**Friday:**

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with water to drink (E)
- L – leftover Smoked Sausage Salad with water to drink (S)
- S – celery with peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Zevia Cream Soda](#) 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 – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover [Fathead Pizza](#) with [Zevia Cream Soda](#) to drink (S)
- S – 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Grilled chicken on top of [Colorful Lentil Salad](#) with water to drink (E)

**Sunday:**

- B – [Peanut Butter Cup Milkshake](#) (S)
- L – out to eat
- S – 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)