

**Monday:**

B – [Peanut Butter Milkshake](#) (S)

L – leftover Chicken Fried Double Rice 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 – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)\*\*\*Making a double batch and freezing half to use as a snack tomorrow.

D – [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side and water to drink (S)

**Tuesday:**

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

L – (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies on the side and water to drink (S)

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

D – Sweet Lime Joe's over brown rice with water to drink (E) pg. 93 in [Trim Healthy Table](#)

**Wednesday:**

B – [Refreshing Fruity Shake](#) (E)

L – leftover Sweet Lime Joe's over brown rice with water to drink (E)

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

D – Spaghetti meat sauce over cauliflower rice 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.

**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 (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies on the side and water to drink (S)

S – a handful of almonds and strawberries 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 and 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 [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. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)

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

S – a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Teriyaki Kebabs](#) on top of cauliflower rice with water to drink (S)

**Sunday:**

B – (2) 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 bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

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