

Monday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. strawberries 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 – celery with peanut butter and [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 – [Refreshing Fruity Shake](#) (E)
L – leftover taco salad with water to drink (S)
S – a cheese stick with bell pepper slices and [Tropical Dreams Cider Pop](#) to drink (FP)
D – [Instant Pot Kielbasa and Cabbage](#) with a side salad and water to drink (S)

Wednesday:

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 [Instant Pot Kielbasa and Cabbage](#) with a side salad and water to drink (S)
S – 1/2 c. 2% cottage cheese with cucumber and bell pepper slices on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
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 – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
D – [Two Bean Zucchini Salad](#) topped with grilled chicken and water to drink (E)

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 – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
S – a handful of almonds and 1/2 c. blueberries with [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 – [Peanut Butter Milkshake](#) (S)
L – out to eat
S – a cheese stick with bell pepper slices and [Tropical Dreams Cider Pop](#) to drink (FP)
D – Little Sweet Little Spicy Drumsticks with Tzatziki Cucumber salad on the side and water to drink (S) pg. 221 (chicken) and pg. 266 in [Trim Healthy Table](#)

Sunday:

B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
L – leftover Little Sweet Little Spicy Drumsticks and a side salad with water to drink (S)
S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (FP)
D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)