

Monday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover [Taco Salad Crunch](#) ([this is from last week's meal plan](#)) with water to drink (E)

S – strawberries and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

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 – (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 – an apple and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (E)

D – Totally Dope Chicken with salad and water to drink (S) pg. 104 in [Trim Healthy Table](#)

Wednesday:

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

L – leftover Totally Dope Chicken with salad and water to drink (S)

S – 1/2 c. of 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Spaghetti meat sauce over cauli rice and 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 – (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 – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D – [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

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 – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)

S – deli ham slices, a cheese stick and dill pickles with [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 – [Reese Peanut Butter Cup Shake](#) (S)

L – out to eat

S – strawberries and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Sunday:

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 broccoli on the side with water to drink (FP)

S – an apple and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (E)

D – Grilled chicken on top of [Colorful Lentil Salad](#) with water to drink (E)