

**Monday:**

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)
- S – a cheese stick and ham slices with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) with 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 – leftover [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)
- S – a cheese stick with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side with water to drink (S)

**Wednesday:**

- B – [Reese Peanut Butter Cup Shake](#) (S)
- L – leftover [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)
- S – (2) hard-boiled eggs and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Chicken Cacciatore](#) over cauliflower rice with salad and water to drink (FP)

**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 and dill pickles 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 – [Creamy Taco Soup](#) 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 – a handful of almonds and some strawberries 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 – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – out to eat
- S – a cheese stick with bell peppers and cucumbers 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](#)

**Sunday:**

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover Chicken Fried Double Rice with water to drink (E)
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with water to drink (E)
- D – [Chicken Lettuce Wraps with Peanut Sauce](#) and broccoli on the side with water to drink (S)