

Monday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***This recipe is from [last week's meal plan](#) so the ingredients are NOT included in this week's shopping list.

S – celery with a wedge of Light Laughing Cow Cheese and dill pickles with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Zesty Salsa Chicken and Black Bean Casserole](#) with water to drink (E)

Tuesday:

B – oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in 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 – almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Wednesday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)

L – leftover Crockpot Buffalo Chicken over salad with water to drink (S)

S – [Peanut Butter Whip](#) with water to drink (S)

D – Spaghetti meat sauce over cauli rice and 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 – oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in 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 and dill pickles on the side and water to drink (S)

S – celery with a wedge of Light Laughing Cow Cheese and dill pickles with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)

Friday:

B – Egg White Scrambled with onions and bell peppers mixed in with water to drink (FP)

L – leftover Trim Zuppa Toscana Soup with water to drink (S)

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

D – [Fathead Pizza](#) with [Cherry Cola 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 string cheese, deli ham slices and dill pickles with [Tropical Dreams Cider Pop](#) to drink (S)

D – Egg Roll in a Bowl Part Deux with water to drink (FP) pg. 63 in [Trim Healthy Table](#)

Sunday:

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

L – leftover Egg Roll in a Bowl Part Deux with water to drink (FP)

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

D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)