

Monday:

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 – leftover Black Pepper Chicken over cauliflower rice with water to drink (FP) ***This is from [last week's meal plan](#), so the ingredients are NOT included on this week's shopping list.

S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

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

S – 1/2 c. 2% cottage cheese with an apple and [Tropical Dreams Cider Pop](#) to drink (E)

D – [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Wednesday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

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

D – World's Laziest Lasagna Skillet with salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

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 – leftover World's Laziest Lasagna Skillet with salad and water to drink (S)

S – (2) hard-boiled eggs and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Creamy Taco Soup](#) with water to drink (S)

Friday:

B – [Thin Mint Shake](#) (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 – 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 – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L – out to eat

S – a handful of almonds with cucumbers and bell pepper slices and [Tropical Dreams Cider Pop](#) to drink (S)

D – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Sunday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover Cowboy Grub with water to drink (E)

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

D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family of 8