

Monday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with water to drink (S)
- L – leftover Egg Roll in a Bowl over brown rice with water to drink (E) ***This was from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.
- S – celery with Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Chicken Enchilada Stuffed Spaghetti Squash with water to drink (S) pg. 132 in [Trim Healthy Table](#)

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 – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Succulent Barbacoa Beef over salad with water to drink (S) pg. 108 in [Trim Healthy Table](#)

Wednesday:

- B – egg white scrambled with bell peppers and onions with water to drink (FP)
- L – leftover Succulent Barbacoa Beef over salad with water to drink (S)
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Tuscan Cream Chicken over cauli rice with a salad on the side with water to drink (S) pg. 72 in [Trim Healthy Table](#)

Thursday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with water to drink (S)
- L – leftover Tuscan Cream Chicken over cauli rice with a salad on the side with water to drink (S)
- S – 3 oz lean deli ham, dill pickles and fresh vegetables with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

- 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 [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Black Cherry 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 – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – out to eat
- S – a handful of almonds and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Award Winning Chili Pie with a side salad and water to drink (S) pg. 142 in [Trim Healthy Table](#)

Sunday:

- 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 – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – [Peanut Butter Whip](#) with water to drink (S)
- D – Chicken Fried Double Rice with [Tropical Dreams Cider Pop](#) to drink (E) pg. 53 in [Trim Healthy Table](#)