

Monday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover Chicken Fried Double Rice with water to drink (E) ***This was leftover from last week's meal plan. The ingredients are NOT included in this week's shopping list.

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

D – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

Tuesday:

B – (2) scrambled eggs cooked in butter with (2) sausage links on the side with 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](#) ***I'm making a double batch and will freeze half for Thursday's snack.

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

Wednesday:

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

S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D – Chicken Alfredo over zoodles with broccoli on the side with water to drink (S) pg. 67 in [THM Cookbook](#)

Thursday:

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

L – leftover Chicken Alfredo over zoodles with a side salad and water to drink (S)

S – leftover 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 – 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 – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D – Easy Pizza Casserole with [Black Cherry Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Saturday:

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

L – out to eat

S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)

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

Sunday:

B – oatmeal mixed with 1 t. [Super Sweet](#) and half of a banana with [Sweet & Spicy tea](#) and a [scoop of collagen](#) mixed in to drink (E)

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

S – 3 oz lean deli ham, dill pickles and fresh vegetables with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S) pg. 82 in [Trim Healthy Table](#)