

**Monday:**

B – [Reese Peanut Butter Cup Shake](#) (S)

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

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

D – Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) with water to drink (E)

**Tuesday:**

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

L – large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)

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

D – [Chicken and Chickpea Stew](#) with water to drink (E)

**Wednesday:**

B – [Thin Mint Shake](#) (S)

L – leftover [Chicken and Chickpea Stew](#) with water to drink (E)

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

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

**Thursday:**

B – (2) scrambled eggs with onions, bell pepper and spinach sautéed in with water to drink (S)

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

S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and a diced apple sprinkled with cinnamon with water to drink (E)

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

**Friday:**

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

L – large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with 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 with onions, bell pepper and spinach sautéed in with water to drink (S)

L – out to eat

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

D – Shepherd's Pie Skillet with water to drink (S) pg. 132 in [Trim Healthy Future](#)

**Sunday:**

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and a diced apple sprinkled with cinnamon with water to drink (E)

L – leftover Shepherd's Pie Skillet with water to drink (S)

S – (2) hard-boiled eggs with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (S)

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