

**Monday:**

- B – (2) scrambled eggs with onions, bell pepper and spinach sautéed in with water to drink (S)
- L – leftover Teriyaki Beef & Broccoli over cauliflower rice (leftover from [last week's meal plan](#)) with water to drink (S)
- S – 1/2 c. 2% cottage cheese with bell peppers and cucumber on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side and water to drink (E)

**Tuesday:**

- B – [Reese Peanut Butter Cup Shake](#) (S)
- L – leftover [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side and water to drink (E)
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. pg. 374 in [THM Cookbook](#) \*\*\*I'm making a double batch and will freeze half for Thursday's snack.
- D – [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side with water to drink (S)

**Wednesday:**

- 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 – Just Like Campbell's Tomato Soup with bell pepper and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S – leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side with water to drink (S)

**Thursday:**

- B – [Thin Mint Shake](#) (S)
- L – large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S – 2 oz deli ham, a cheese stick and a dill pickle with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

**Friday:**

- B – (2) scrambled eggs with onions, bell pepper and spinach sautéed in with water to drink (S)
- 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 [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 – [Reese Peanut Butter Cup Shake](#) (S)
- L – out to eat
- S – 2 oz deli ham, a cheese stick and a dill pickle with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Cancun Chicken over cauli rice with water to drink (FP) pg. 117 [Trim Healthy Future](#)

**Sunday:**

- 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 – leftover Cancun Chicken over cauli rice with water to drink (FP)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Black Pepper Chicken over cauliflower rice and water to drink (FP) pg. 68 in [Trim Healthy Table](#)