

Monday:

- B – (2) scrambled eggs cooked in butter with onions, bell pepper and spinach sautéed in with water to drink (S)
- 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 – celery with Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Lovin' Tex Mex Skillet](#) with lettuce on the side and 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 – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- 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 Wednesday's snack.
- D – Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Wednesday:

- B – (2) scrambled eggs cooked in butter with onions, bell pepper and spinach sautéed in with water to drink (S)
- L – leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S – leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Spaghetti meat sauce over cauli rice and with a side salad and water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Thursday:

- B – (2) scrambled eggs cooked in butter with onions, bell pepper and spinach sautéed in 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 – celery with Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Flexible Fajita Soup with water to drink (E) pg. 180 in Trim Healthy Future [Trim Healthy Future](#)

Friday:

- B – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using a frozen blend) with water to drink (FP)
- L – leftover Flexible Fajita Soup with water to drink (E)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Zevia Root Beer](#) 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 – [Refreshing Fruity Shake](#) (E)
- L – out to eat
- S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Company Casserole with green beans (I'm using canned) on the side and water to drink (S) pg. 158 in [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 Company Casserole with green beans (I'm using canned) on the side and water to drink (S)
- S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using a frozen blend) with water to drink (FP)
- D – Ham, mashed potatoes and green beans with water to drink (XO)