

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 – (2) hard-boiled eggs, bell peppers and cucumber with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Salsa Verde Chicken Soup](#) with water to drink (E)

Tuesday:

B – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L – leftover [Salsa Verde Chicken Soup](#) with water to drink (E)

S – (2) hard-boiled eggs, bell peppers and cucumber with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Easy Cheesy Stuffed Peppers](#) with a side salad and 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 peppers and cucumber with water to drink (S) pg. 112 in [THM Cookbook](#)

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

D – Spaghetti meat sauce over cauli rice and with a side salad with 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 (2) sausage links on the side and 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 – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Green Bean Chili with water to drink (FP) pg. 177 in [Trim Healthy Future](#)

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 – leftover Green Bean Chili with water to drink (FP)

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

D – [Fathead Pizza](#) with [Grape 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 – (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L – out to eat

S – deli ham slices, a dill pickle and bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)

D – Power Skillet over cauli rice with water to drink (S) pg. 66 in [Trim Healthy Table](#)

Sunday:

B – [Peanut Butter Milkshake](#) (S)

L – leftover Power Skillet over cauli rice with water to drink (S)

S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)