

**Monday:**

B – [Refreshing Fruity Shake](#) (E)

L – leftover Chicken Fried Double Rice with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.

S – (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)

D – [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side and water to drink (S)

**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 – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S – leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

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

**Wednesday:**

B – [Peanut Butter Milkshake](#) (S)

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

S – leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Baked Spaghetti "Zoodle" Casserole](#) with a side salad and water to drink (S)

**Thursday:**

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 – (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 – leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

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

**Friday:**

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

S – leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

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

**Saturday:**

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

L – out to eat

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 – Beef & Veggie Skillet with broccoli on the side and water to drink (S) pg. 130 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 Beef & Veggie Skillet with broccoli on the side and water to drink (S)

S – a cheese stick with cucumber and bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Sesame Fix over cauli rice with broccoli on the side with water to drink (S)\*\*You can use almond flour in place of the Baking Blend\*\* pg. 119 in [Trim Healthy Future](#)