

Monday:

B – [Peanut Butter Milkshake](#) (S)

L – Just Like Campbell’s Tomato Soup with bell peppers and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)

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

D – Burrito Bowls – [Chili Lime Black Beans](#) , [Brown Spanish Rice](#) and topped with lettuce and salsa 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 – leftover Burrito Bowls – [Chili Lime Black Beans](#) , [Brown Spanish Rice](#) and topped with lettuce and salsa with water to drink (E)

S – 1/2 c. 2% cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Stew of Love with water to drink (S) pg. 101 in [Trim Healthy Table](#)

Wednesday:

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 Stew of Love with water to drink (S)

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

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

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

S – (2) hard-boiled eggs with bell peppers, celery and cucumbers on the side 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 – apple with 2 T. of peanut butter with [Tropical Dreams Cider Pop](#) to drink (XO)

D – [Fathead Pizza](#) with [Cream Soda 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 – [Peanut Butter Cup Shake](#) (S)

L – out to eat

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

D – [Zesty Salsa Chicken and Black Bean Casserole](#) with water to drink (E)

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

S – [Peanut Butter Whip](#) with water to drink (S)

D – Egg Roll in a Bowl over cauli rice with water to drink (FP) pg. 62 in [THM Cookbook](#)