

**Monday:**

B – 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E) \*\*\*You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

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

S – almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

D – Cabb & Saus Skillet with broccoli with water to drink (S) pg. 58 in [THM Cookbook](#)

**Tuesday:**

B – (2) scrambled eggs cooked in butter with (2) sausage links and strawberries on the side with water to drink (S)

L – large salad with 3 oz deli ham and Ranch dressing with water to drink (S)

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

D – [Instant Pot Paprika Chicken](#) with green beans on the side with water to drink (S) \*\*\*I'm using two cans of green beans and the chicken can be made in a slow cooker as well.

**Wednesday:**

B – 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E) \*\*\*You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

L – large salad with 3 oz deli ham and Ranch dressing with water to drink (S)

S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Italian White Bean and Spinach Soup](#) with water to drink (E)

**Thursday:**

B – (2) scrambled eggs cooked in butter with (2) sausage links and strawberries on the side with water to drink (S)

L – leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S – almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side and water to drink (S)

**Friday:**

B – small container 0% Plain Greek Yogurt mixed with 2 T. peanut butter, dash of vanilla and 1 tsp [Super Sweet](#) with strawberries on the side and water to drink (S)

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

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

D – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

**Saturday:**

B – (2) scrambled eggs cooked in butter with (2) sausage links and strawberries on the side with water to drink (S)

L – leftover Cowboy Grub with water to drink (E)

S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

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.

**Sunday:**

B – [Refreshing Fruit Shake](#) (E)

L – leftover [Fathead Pizza](#) with [Grape Zevia](#) to drink (S)

S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D – Taste of Home Casserole with a side salad and water to drink (S) pg. 144 in [Trim Healthy Table](#)