

Monday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links with water to drink (S)
- L – leftover Taste of Home Casserole with cucumbers and bell peppers on the side with water to drink (S) ***This is leftover from [last week's meal plan](#) and then ingredients are NOT on this week's shopping list.
- S – Cottage Berry Whip (double batch and freeze half for snack tomorrow) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Tuesday:

- B – [Peanut Butter Cup Shake](#) (S)
- L – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S – leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Wednesday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links with water to drink (S)
- L – large salad topped with deli ham and Ranch dressing with water to drink (S)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Cabbage Roll Soup](#) with water to drink (E)

Thursday:

- B – [Peanut Butter Milkshake](#) (S)
- L – leftover [Cabbage Roll Soup](#) with water to drink (E)
- S – almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'll be using frozen broccoli instead of fresh.

Friday:

- B – 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink and [one scoop of collagen](#) added for some extra protein (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 deli ham and Ranch dressing with water to drink (S)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side with water to drink (S) ***I'm using tomato sauce instead of marinara sauce, oil in place of the butter and serving with two cans of green beans.

Saturday:

- B – 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink and [one scoop of collagen](#) added for some extra protein (E) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.
- 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 – [Refreshing Fruit Shake](#) (E)
- D – [Fathead Pizza](#) with [Zevia Cola](#) 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 – (2) scrambled eggs cooked in butter with (2) sausage links with water to drink (S)
- L – Grilled steak (using 2 lbs for my family) with roasted broccoli and cauliflower and sautéed Brussel sprouts on the side with water to drink (S)
- S – 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa and water to drink (E)