

**Monday:**

B – (2) scrambled eggs cooked in butter with (2) sausage links and strawberries with 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 – a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)

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

**Tuesday:**

B – [Thin Mint Shake](#) (S)

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

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

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

**Wednesday:**

B – 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)

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

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

D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

**Thursday:**

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

L – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

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 – [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side and 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.

**Friday:**

B – 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)

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

S – leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I’ll be using frozen broccoli instead of fresh.

**Saturday:**

B – [Refreshing Fruit Shake](#) (E)

L – Take out!

S – a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Fathead Pizza](#) with [Zevia Ginger Root Beer](#) 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 – 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)

L – leftover Fathead Pizza with fresh veggies on the side and [Zevia Ginger Root Beer](#) to drink (S)

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

D – Spaghetti with meat sauce over cauli rice and with a side salad and water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.