

Monday:

B – [Peanut Butter Shake](#) (S)

L – Egg Salad (3 hard-boiled eggs diced and mixed with mayo, mustard, paprika and salt & pepper to taste) with fresh veggies on the side and water to drink (S)

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

D – [Colorful Lentil Salad](#) with added chicken breasts and water to drink (E)

Tuesday:

B – 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)

L – salad topped with pepperoni and Ranch dressing with water to drink (S)

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

D – Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side and water to drink (S) pg. 92 in [Trim Healthy Table](#)

Wednesday:

B – [Refreshing Fruity Shake](#) (E)

L – leftover Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S)

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

D – Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

Thursday:

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

L – leftover Ranch Hand Salad with water to drink (E)

S – 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)

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

Friday:

B – [Thin Mint Shake](#) (S)

L – out to eat

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

D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Saturday:

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

L – leftover Chicken Fried Double Rice 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 [Cherry Cola 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 – 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)

L – leftover Fat Head Pizza with water to drink (S)

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

D – [Mexican Cauliflower Rice Skillet](#) with lettuce on the side and water to drink (S)