

Monday:

- B – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – [Low Carb Chicken Salad](#) on top of lettuce with fresh veggies on the side and water to drink (S)
- S – a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)

Tuesday:

- B – [Peanut Butter Shake](#) (S)
- L – leftover Black Pepper Chicken over brown rice with water to drink (E)
- S – 1/2 c. unsweetened applesauce mixed with cinnamon and 1 t. [Super Sweet Blend](#) with a cheese stick and [Tropical Dreams Cider Pop](#) to drink (E)
- D – Spaghetti over [Zoodles](#) with a side salad with water to drink (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

Wednesday:

- 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 [Low Carb Chicken Salad](#) on top of lettuce with fresh veggies on the side and water to drink (S)
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#) ***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 – [Thin Mint Shake](#) (S)
- L – leftover Trim Mac Salad with water to drink (S)
- 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 – Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)

Friday:

- B – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – leftover Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Easy Slow Cooker Parmesan Wings](#) with green beans and salad on the side with water to drink (S)

Saturday:

- 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 Parmesan Wings with a side salad and water to drink (S)
- S – a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Fathead Pizza](#) with [Zevia 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 – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – out to eat
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)