

**Monday:**

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 Buffalo Chicken on lettuce with water to drink (S) This was leftover from [last week's meal](#) plan so the ingredients are NOT included on this week's shopping list.

S – celery with 2 T. peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D – [Barbacoa Beef](#) over lettuce and topped with cheddar cheese and sour cream with water to drink (S)

**Tuesday:**

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

L – leftover Barbacoa Beef over lettuce with water to drink (S)

S – cheese stick with bell peppers and cucumbers and [Tropical Dreams Cider Pop](#) to drink (FP)

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

**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 Chicken Fried Double Rice with water to drink (E)

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

D – Egg Roll in a Bowl with water to drink (S) pg. 62 in [THM Cookbook](#)

**Thursday:**

B – [Peanut Butter Shake](#) (S)

L – leftover Egg Roll in a Bowl with water to drink (S)

S – (2) hard-boiled eggs with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Lovin' TexMex Skillet](#) with water to drink (E)

**Friday:**

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 – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 [THM Cookbook](#)

S – celery with 2 T. peanut butter and [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.

**Saturday:**

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

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

S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) \*\*\*I'm making a double batch and freezing half for snack tomorrow.

D – [Fathead Pizza](#) with [Grape Zevia](#) (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 – [Peanut Butter Cup Shake](#) (S)

L – out to eat

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

D – Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)