

**Monday:**

PB – [Peanut Butter Milkshake](#) (S)

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

S – handful of almonds and 1 oz cheddar cheese with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Italian White Bean and Spinach Soup](#) with water to drink (E)

**Tuesday:**

B – 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

L – leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S – [Reeses' Peanut Butter Cup Shake](#) (S)

D – [Low Carb Beef & Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

**Wednesday:**

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

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

S – 1/2 c. 2% cottage cheese with fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

**Thursday:**

B – 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

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

S – [Reeses' Peanut Butter Cup Shake](#) (S)

D – [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)

**Friday:**

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

L – leftover [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)

S – 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (S)

D – Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)

**Saturday:**

B – [Reeses' Peanut Butter Cup Shake](#) (S)

L – leftover Wicked White Chili with water to drink (E)

S – 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (S)

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 – (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L – out to eat

S – 1/2 c. 2% cottage cheese with fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D – Cabbage Roll in a Bowl with broccoli on the side with water (FP) pg. 57 in [Trim Healthy Table](#)