

**Monday:**

- B – (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E) \*\*\*This is leftover from last [week's meal plan](#) and the ingredients are NOT included on this week's shopping list.
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)

**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 [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)
- S – [Peanut Butter Cup Shake](#) (S)
- D – [Zesty Salsa Chicken & Black Bean Casserole](#) with water to drink (E)

**Wednesday:**

- 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 – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S – [Thin Mint Shake](#) (S)
- D – Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S) pg. 92 in [Trim Healthy Table](#)

**Thursday:**

- B – (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L – leftover Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S)
- S – 1/2 c. 2% cottage cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Creamy Taco Soup](#) with water to drink (S)

**Friday:**

- B – [Thin Mint Shake](#) (S)
- L – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

**Saturday:**

- 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 – out to eat
- S – 1/2 c. 2% cottage cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 – (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L – leftover Fathead Pizza with water to drink (S)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Burrito Bowls – [Chili Lime Black Beans](#), [Brown Spanish Rice](#), lettuce and salsa with water to drink (E)