

Monday:

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) ***I like to add a scoop of [Integral collagen](#) to my tea, but it isn't necessary for success on THM, just some good extra protein and nutrients.

L – leftover Black Pepper Chicken over brown rice with water to drink (E) ***This is leftover from last week's meal plan so the ingredients are NOT on this week's shopping list.

S – [Peanut Butter Milkshake](#) (S)

D – [Carnitas](#) over lettuce with sour cream and salsa on top and water to drink (S)

Tuesday:

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

L – leftover Carnitas with water to drink (S)

S – 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

D – Cabb & Saus Skillet with a side salad and water to drink (S) pg. 58 in [THM Cookbook](#)

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

S – [Peanut Butter Milkshake](#) (S)

D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Thursday:

B – (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L – leftover Hearty Two Bean and Lentil Chili with water to drink (E)

S – 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

D – Crockpot Buffalo Chicken in (3) lettuce wraps with fresh veggies on the side and water to drink (S) pg. 92 in [Trim Healthy Table](#)

Friday:

B – (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L – leftover Crockpot Buffalo Chicken in (3) lettuce wraps with fresh veggies on the side and water to drink (S)

S – a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

Saturday:

B – [Refreshing Fruity Shake](#) (E)

L – out to eat

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

S – a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)

D – Creamy Tuscan Chicken with broccoli on the side and water to drink (S) pg. 72 in [Trim Healthy Table](#)