

**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 Creamy Garlic Spinach Spaghetti with water to drink (S) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients will NOT be included on this week's shopping list.

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

D – Pizzeria Tomato Soup with water to drink (S) pg. 150 in [Trim Healthy Table](#)

**Tuesday:**

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

L – leftover Pizzeria Tomato Soup 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 – [Zesty Salsa Black Bean Casserole](#) with water to drink (E) \*\*\*I'm omitting the chicken from the recipe and adding an additional can of black beans.

**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 – Egg Salad – (3) hard-boiled eggs mixed with mustard and mayo – with fresh veggies on the side and water to drink (S)

S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D – Cabb & Saus Skillet (S) pg. 58 in [THM Cookbook](#)

**Thursday:**

B – (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) 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 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

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

**Friday:**

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

L – leftover Chicken Fried Double Rice with water to drink (E)

S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Creamy Taco Soup](#) with water to drink (S)

**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 – handful of almonds with cut up strawberries 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 – (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)

L – leftover Fathead Pizza 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 – Egg Roll in a Bowl (S) pg. 62 in [THM Cookbook](#)