

Monday:

- B – (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L – leftover Egg Roll in a Bowl 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 – (2) [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Lovin' TexMex Skillet](#) with lettuce on the side and 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) ***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 – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S – (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Western Omelet Quiche](#) with water to drink (S)

Wednesday:

- B – (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L – large salad topped with deli ham and Ranch dressing with water to drink (S)
- S – (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Hearty Two Bean and Lentil Chili](#) 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 – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S – (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Spaghetti with meat sauce over cauli rice with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Friday:

- B – (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L – large salad topped with deli ham and Ranch dressing 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 – [Italian White Bean and Spinach Soup](#) 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 – leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S – [Peanut Butter Whip](#) with [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 – out to eat
- S – [Peanut Butter Cup Shake](#) (S)
- D – Black Pepper Chicken over brown rice and water to drink (E) pg. 68 in [Trim Healthy Table](#)