

Monday:

B - Hash 'N' Eggs with Peppermint tea to drink (S) pg. 335 in [Trim Healthy Table](#) ***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](#). The ingredients are NOT reflecting on this week's shopping list.

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 – Trim Zuppa Toscana with water to drink (S) pg. 86 in [THM Cookbook](#)

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 Trim Zuppa Toscana with water to drink (S)

S – [Peanut Butter Cup Shake](#) (S)

D – [Smothered Pork Chops with Bacon and Caramelized Onions](#) over cauliflower rice and a side salad and water to drink (S) ***I'm doubling the pork chop recipe.

Wednesday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 2 T. peanut butter, 1 tsp. [Super Sweet](#) and a dash of vanilla extract and water to drink (S)

L – leftover pork chop on top of a salad 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 – [Quinoa, Kale & White Bean Soup](#) with water to drink (E)

Thursday:

B – Hash 'N' Eggs with Peppermint tea to drink (S) pg. 335 in [Trim Healthy Table](#)

L – leftover [Quinoa, Kale & White Bean Soup](#) with water to drink (E)

S – [Peanut Butter Cup Shake](#) (S)

D – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Friday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 2 T. peanut butter, 1 tsp. [Super Sweet](#) and a dash of vanilla extract and water to drink (S)

L – large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)

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

D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe.

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 – [Peanut Butter Cup Shake](#) (S)

(S)D – [Fathead Pizza](#) with [Zevia Cola](#) 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 – Hash 'N' Eggs with Peppermint tea to drink (S) pg. 335 in [Trim Healthy Table](#)

L – leftover [Fathead Pizza](#) with [Zevia Cola](#) to drink (S)

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

D – Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa with water to drink (E)