

Monday:

B – [Refreshing Fruity Shake](#) (E)

L – large salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)

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

D – Award-Winning Chili Pie with a side salad and water to drink (S) pg. 142 in [Trim Healthy Table](#)

Tuesday:

B – (3) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)

L – leftover Award-Winning Chili Pie with a side salad and water to drink (S)

S – Cottage Berry Whip (I'm making a double batch and will freeze half for tomorrow) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)

D – [Italian White Bean and Spinach Soup](#) with water to drink (E)

Wednesday:

B – [Peanut Butter Cup Shake](#) (S)

L – leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)

D – Spaghetti with meat sauce over cauli rice with a side salad and water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

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) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

L – Just Like Campbell's Tomato Soup with cucumbers and bell peppers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)

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

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

Friday:

B – [Refreshing Fruity Shake](#) (E)

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

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

D – [Cheddar, Bacon and Veggie Frittata](#) with a side salad and 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) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

L – out to eat

S – [Peanut Butter Cup Shake](#) (S)

D – [Fathead Pizza](#) with [Grape 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 – (3) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)

L – large salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)

S – 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

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