

Monday:

- B – [Peanut Butter Milkshake](#) (S)
- L – leftover [Sweet & Spicy Stir-fry](#) with water to drink (E)
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. pg. 374 in [THM Cookbook](#)
- D – [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side and water to drink (S)

Tuesday:

- B – [Refreshing Fruity Shake](#) (E)
- L – Egg Salad (3 hard-boiled eggs mixed with mustard and mayo) with cucumbers and bell peppers on the side and water to drink (S)
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. pg. 374 in [THM Cookbook](#)
- D – [Chicken and Rice](#) with broccoli on the side and water to drink (E)

Wednesday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)
- L – leftover [Chicken and Rice](#) with broccoli on the side and water to drink (E)
- S – a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Chicken Florentine over cauli rice with water to drink (S) pg. 46 in [THM Cookbook](#)

Thursday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover Chicken Florentine over cauli rice with water to drink (S)
- S – 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

Friday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (E)
- L – leftover Ranch Hand Taco Salad with water to drink (E)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (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.

Saturday:

- B – [Refreshing Fruity Shake](#) (E)
- 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 – [Marinated Steak](#) with [“Mashed Potatoes”](#) and green beans (S) ***I’m using canned green beans.

Sunday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – out to eat
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (E)
- D – Cabb & Saus Skillet with salad and water to drink (S) pg. 58 in [THM Cookbook](#)