

Monday:

Breakfast: Sprouted toast with LLCC and Polaner Jam, collagen coffee (E)

Lunch: Salad with Chicken breast and vegetables, Olive oil (Deep S)

Supper: Cornbread Crusted Mexican Casserole (THM Cookbook, page 132),  
Green Beans (S)

Snacks: Peanut Butter Caramel Shake (Necessary Food, Page 188)

Tuesday:

Breakfast: Overnight Oatmeal (E)

Lunch: Pita with deli meat, vegetables, and spicy brown mustard,  
cucumbers (FP)

Supper: Chicken Jalapeno Popper Soup (THM Cookbook, page 90) (S)

Snacks: Bust-A-Myth Banana Cake (THM Cookbook, page 298) (E)

Wednesday:

Breakfast: Baked Chocolate Oatmeal (E)

Lunch: Leftover chicken Jalapeno Popper Soup (S)

Supper: Taco Salads (S)

Snacks: Secret Ingredient Chocolate Peanut Butter Milkshake (FP)

Thursday:

Breakfast: Power Yogurt Bowl (S)

Lunch: Salad with Chicken Breast, vegetables, and olive oil (Deep S)

Supper: Cowboy Grub (THM Cookbook, page 59) (E)

Snacks: Cottage Berry Whip (THM Cookbook, page 374) (FP)

Friday:

Breakfast: Scrambled Eggs, Bacon (S)

Lunch: Sweet Potato Fries, Chicken Breast (E)

Supper: Lazy Lasagna (THM Cookbook, page 140), Caesar Salad, Broccoli (S)

Snacks: Loaded Peanut Butter Protein Bars (S)

Saturday:

Breakfast: Trim Healthy Pancakes (E) with Greek Yogurt and Berry Sauce

Lunch: Leftover Lazy Lasagna (S)

Supper: Cheeseburger Salad (S)

Snacks: Cottage Berry Whip (THM Cookbook, page 374) (FP)

Sunday:

Breakfast: Cinnamon Roll In a Mug (S)

Lunch: Roasted whole chicken, Mashed Cauliflower, Green Fries (S)

Supper: Leftovers

Snacks: Caramel Greek yogurt with Apple Slices (E)

Desserts:

2 Ingredient Fudge (S)

Pay Off Day Candies (THM Cookbook, page 381) (S)

Theresa's Goey Brownies (S)