

Monday:

Breakfast: [Gwen's Orange Muffin \(FP\)](#)

Lunch: Chicken Salad over lettuce, extra vegetables (S)

Supper: Out to eat (will be an S fuel)

Snacks: Bust-A-Myth Banana Cake (E)

Tuesday:

Breakfast: [Crispy Blueberry Pancakes w/Homemade Whipped Cream \(S\)](#)

Lunch: Chicken Chile Casserole, Fried Okra (S)

Supper: [Coney Island Casserole](#), Green Fries, Side Salad (S)

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

Wednesday:

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

Lunch: Lean deli ham wrapped around pickles, crudités, deviled eggs (S)

Supper: [Ham & Broccoli Braid](#), sautéed zucchini, Light & Lovely Coleslaw (S)

Snacks: Deviled eggs (S)

Thursday:

Breakfast: [Power Yogurt Bowl](#) (S)

Lunch: Chicken breast, sweet potato fries (E)

Supper: [Mrs. Criddle's Sour Cream Enchiladas](#), Salad (S)

Snacks: Fat Strippin' Frappa (FP)

Friday:

Breakfast: Scrambled eggs with lots of vegetables, sprinkle of Parmesan (S)

Lunch: Sandwich (Lean Deli Meat, LLCC, vegetables on Sprouted bread);
cucumbers, berries and low-fat cottage cheese. (E)

Supper: [Chicken Bacon Caesar Casserole](#), salad, green beans (S)

Snacks: [Peanut Butter Chocolate Chip Cookie Dough](#) (S)

Saturday:

Breakfast: [Pumpkin Chocolate Chip Muffin in a Mug](#) (S)

Lunch: Buffalo Chicken Dip with crudités (S)

Supper: Dreamfields Spaghetti with meat sauce, Caesar salad, Broccoli (S)

Snacks: [Cinnamon Roll Smoothie](#) (E)

Sunday:

Breakfast: [Cinnamon Roll In a Mug](#) (S)

Lunch: Pork chops, Broccoli Salad, Mashed Cauliflower (S)

Supper: Leftovers

Snacks: Power O's with 1/2 banana (E)

Desserts:

Bust-A-Myth Banana Cake (E)

[Theresa's Gooey Brownies](#) (S)