

Monday:

Breakfast: Trim Healthy Pancakes with Greek Yogurt and Berry Sauce (Page 259, THM Cookbook) (E)

Lunch: Chef Salad with olive oil/vinaigrette (S)

Supper: Dreamfields spaghetti with meat sauce, tossed salad, green beans (S)

Snacks: [Secret Ingredient Chocolate Peanut Butter Milkshake](#) (FP)

Tuesday:

Breakfast: Eggs and Avocados (Page 245, THM Cookbook), [Secret Ingredient Hot Chocolate](#) (S)

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

Supper: Out to eat (Will likely be "S" fuel)

Snacks: Praline Protein Bars (Page 371, THM Cookbook) (FP)

Wednesday:

Breakfast: [Brownie Batter Oatmeal](#) (E)

Lunch: Lean deli meat in Joseph's pita, crudités, Collagen tea (FP)

Supper: [Beef Stroganoff Casserole](#), broccoli, side salad (S)

Snacks: Chocolate Moisties (Page 321, THM Cookbook), Greek Yogurt (S)

Thursday:

Breakfast: Nana's Fluffy omelet (Page 239, THM Cookbook) (S)

Lunch: Leftover Beef Stroganoff Casserole, [Southern Fried Okra](#) (S)

Supper: Chicken Pot Pie (Page 137, THM Cookbook), Roasted Cauliflower, [Cucumber and Tomato Salad](#) (S)

Snacks: Apple with [Chocolate Peanut Butter](#) (E)

Friday:

Breakfast: Sprouted toast (1) with Light Laughing Cow Cheese, Polaner jam, Greek yogurt with berries, Collagen coffee (E)

Lunch: Perfect Pizza (Page 211, THM Cookbook), Roasted Nonstarchies (Page 227, THM Cookbook) (S)

Supper: [Cheeseburger Salad](#) (S)

Snacks: Tummy Spa Ice Cream (Page 361, THM Cookbook) (FP)

Saturday:

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

Lunch: Leftovers, [Roasted okra](#) (S)

Supper: [Rice and beans](#), Salad (E)

Snacks: Chocolicious Thin Thick (Page 423, THM Cookbook) (FP)

Sunday:

Breakfast: Sprouted toast (1) with Light Laughing Cow Cheese, Polaner jam, Greek yogurt with berries, Collagen coffee (E)

Lunch: Roasted whole chicken, mashed cauliflower, Caesar salad, brussels sprouts (S)

Supper: Leftovers

Snacks: [Secret Ingredient Hot Chocolate](#), Chocolate Moisties (Page 321, THM Cookbook) (S)

Desserts:

Chocolate Moisties (Page 321, THM Cookbook)

[Butterfinger Bars](#) (S)