

## Monday

Breakfast: Leftovers (I had upside down peach oatmeal) (E)  
Lunch: Chef Salad (S)  
Supper: Low Carb Waffles, Scrambled Eggs, Bacon (S)  
Snack: Deviled Eggs (S)

## Tuesday

Breakfast: Scrambled Eggs, Roasted Okra (S)  
Lunch: Ham, Pickle & Cheese Roll-ups, Boiled Eggs, Cucumbers (S)  
Supper: Instant Pot Spaghetti, Green Beans, FP Rolls (S)  
Snack: Cookie Dough Protein Bar (FP) ~ page 428 in THT

## Wednesday

Breakfast: Trim Healthy Pancakes (E)  
Lunch: BLT Wraps (with Romaine), Deviled Eggs (S) ~ Wraps page 297 THT  
Supper: Chili Pie, Broccoli (S)  
Snack: Strawberry Happy Bites ~ page 427 THT

## Thursday

Breakfast: Smoothie - I just blend some low fat cottage cheese or Greek yogurt with frozen berries, sweetener, and a little almond milk. (FP)  
Lunch: Leftovers  
Supper: Chicken Sausage Gumbo, FP Rolls (E) ~ Gumbo page 89 THT  
Snack: Secret Ingredient Chocolate Peanut Butter Smoothie (FP)

## Friday

Breakfast: Baked Pineapple Upside Down Oatmeal (E)  
Lunch: Chef Salad, Boiled Eggs (S)  
Supper: Hot Wings (S)  
Snack: Cottage Berry Whip (FP)

## Saturday

Breakfast: Yogurt Power Bowl (S)  
Lunch: Leftovers  
Supper: Bacon Jalapeno Popper Pizza, Tossed Salad (S)  
Snack: Strawberry Happy Bites ~ page 427 THT

## Sunday

Breakfast: Peanut Chocolate Whip (FP) ~ page 442 THT  
Lunch: Roasted Chicken, Sweet Potatoes (E)  
Supper: Lazy Lasagna, Tossed Salad, Green Fries (S)  
Snack: Kitchen Sink Cookie, Collagen Coffee (S)

## Desserts:

Caramel Apple Bam Cake (E) ~ page 384 THT  
Pay Off Day Candies (S)