

## **Monday**

Breakfast - [Cherry Kefir Smoothie](#) (E)

Lunch - Chef Salad with [Rohnda's Ranch](#) (S)

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

Snack - [2 Minute Double Chocolate Truffles](#)

## **Tuesday**

Breakfast - BAM Muffins with [Chocolate Peanut Butter](#) (E)

Lunch - Ham & Cheese Rollups, Deviled Eggs, Sliced Cucumbers (S)

Supper - [Alfredo Chicken Casserole](#), Broccoli, Tossed Salad (S)

Snack - [Secret Ingredient Chocolate Peanut Butter Milkshake](#) (FP)

## **Wednesday**

Breakfast - Scrambled Eggs, Bacon

Lunch - Leftovers (S) or (E)

Supper - [Instant Pot Chicken & Rice](#) (E) (Can also be made on the stovetop or possibly the oven.)

Snack - Cheesestick, Mini Peppers with [Rohnda's Ranch](#) (S)

## **Thursday**

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

Lunch - Chef Salad with [Rohnda's Ranch](#) (S)

Supper - Bunless Burgers, [THM Friendly Macaroni Salad](#), Fried Cabbage (S)

Snack - Sprouted Toast with [Chocolate Peanut Butter](#) (E)

## **Friday**

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

Lunch - Sandwich on Sprouted Bread, Small Apple with [Chocolate Peanut Butter](#) (E)

Supper - Spaghetti (w/Dreamfields noodles or spaghetti squash), Green Beans, Tossed Salad (S)

Snack - Deviled Eggs (S)

## **Saturday**

Breakfast - BAM Muffins with [Chocolate Peanut Butter](#) (E)

Lunch - Leftovers (S) or (E)

Supper - Baked Chicken Breast (boneless, skinless), Sweet Potato Fries, [Marinated Cucumbers](#) (E)

Snack - [Peanut Butter Cookie Dough Greek Yogurt](#) (FP)

## **Sunday**

Breakfast - [Secret Ingredient Chocolate Peanut Butter Milkshake](#) (FP)

Lunch - [Cheesy Cabbage and Sausage Skillet](#) (S)

Supper - [Low Carb Stromboli](#), Salad (S)

Snack - Apple with [Chocolate Peanut Butter](#) (E)