

Monday

Breakfast - [Bacon and Eggs Cottage Casserole](#) (S)

Lunch - [Healthy Chicken Salad](#) in Lettuce Wraps (FP)

Supper - Taco Salads (S)

Snack - [Chocolate Chip Peanut Butter Cookie Dough](#) (S)

Tuesday

Breakfast - [Cinnamon Roll Protein Smoothie](#) (E)

Lunch - [Pizza in a Bowl](#) (S)

Supper - [Sweet and Sour Chicken](#) (E)

Snack - [Loaded Peanut Butter Protein Bars](#) (S)

Wednesday

Breakfast - Bacon and Eggs Cottage Casserole (S)

Lunch - Leftovers (S) or (E)

Supper - [Salsa Verde Chicken](#) (add green beans and salad with FP dressing) (FP)

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

Thursday

Breakfast - [Peanut Butter Oatmeal](#) (E)

Lunch - Healthy Chicken Salad in Lettuce Wraps (FP)

Supper - [Biscuits](#) and [Gravy](#), Scrambled Eggs (S)

Snack - Low Fat Cottage Cheese with berries (keep blueberries to less than 1/2 cup) (FP)

Friday

Breakfast - [Maple Apple Oatmeal](#) (E)

Lunch - Leftovers (S) or (E)

Supper - [Sausage and Cheese Calzones](#), [Roasted Broccoli](#) (S)

Snack - Loaded Peanut Butter Protein Bars (S)

Saturday

Breakfast - [Apple Pie Pancakes](#) (E)

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

Supper - Bunless Hamburgers, [Cucumber & Tomato Salad](#), Green Beans (S)

Snack - [Peanut Butter Milkshake](#) (FP)

Sunday

Breakfast - [Orange Creamsicle Smoothie](#) (E)

Lunch - [Speedy Zucchini Bacon Alfredo](#) (S)

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

Snack - Low Fat Cottage Cheese with and orange (E) or berries (FP)