

One Week No Stevia Trim Healthy Mama Menu Plan

SUNDAY

B - Crepes (p220), Turkey Sausage (S)
Snack - 1/2 c. Greek yogurt w/ 1 tsp. All Fruit jelly (FP)
L - Summer's Cup Soup (p289), [E style bread](#) (E)
Snack - Cheese crisps w/ salsa (S)
D - Low carb Taco Bake (look on Pinterest), Salad (S)
Snack - Joseph crackers with cheese (FP)

MONDAY

B - THM Pancakes (p223) w/ All Fruit jelly (E)
Snack - Blue corn chips & pico de gallo (E)
L - Unwich (Romaine lettuce leaf with cream cheese and meat) (S)
Snack - Cucumber slices, cottage cheese (FP)
D - [Fajita Nachos](#) (E or S)
Snack - Popcorn (p84) (E)

TUESDAY

B - Hard boiled egg, cottage cheese (S)
Snack - Chocolate Greek yogurt with nuts (p252) (S)
L - Big Mac Salad (look on Pinterest) (S)
Snack - Celery with cheese wedge (FP)
D - Turkey meatballs with brown rice (E)
Snack - THM Pan bread (p266) with cheese wedge (E)

WEDNESDAY

B - Oatmeal with berries and 1 tsp sugar (E)
Snack - Apple slices with Greek yogurt and cinnamon (E)
L - THM Pan bread (p266) with chicken, mustard, celery, pepper sticks (E)
Snack - Fajita chicken with onions and peppers (FP)
D - Pork or Beef roast, broccoli, cheesy rolls (p271) (S)
Snack - Cheesecake Berry Crunch (p373) (S)

THURSDAY

B - Spinach & Cheese Omelet (S)
Snack - Cottage cheese (FP)
L - Turkey meatballs, low carb pasta option, no sugar spaghetti sauce (E)
Snack - Fat Stripping Frappe (FP)
D - Cheeseburger Pie (p326), cabbage (S)
Snack - Handful of nuts (S)

FRIDAY

B - Hard boiled egg (S)
Snack - Cucumber slices (FP)
L - Chicken breast, Cottage berry whip (p379) (FP)
Snack - Cheese stick (S)
D - THM Pizza Bites (look on Pinterest) (S)
Snack - 1 piece of dark chocolate (S)

SATURDAY

B - Oatmeal w/ 1/2 banana, apple pie spice or cinnamon (E)
Snack - Celery w/ cheese wedge (FP)
L - Chili Relleno Casserole (p325), Cauliflower (S)
Snack - Tummy Tuck Ice Cream (p368) w/ 1 tsp. sugar (S, E, FP)
D - [Cilantro Lime Chicken & Rice](#) (E)
Snack - Apple slices, 1 tsp almond butter (E)