

# 7-Day Meal Plan

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DAY 1	FAT STRIPPING FRAPPA (FP) THM COOKBOOK P. 418	TEA W/ COLLAGEN AND SKINNY CHOCOLATE (S) THM COOKBOOK P. 377	LOADED FOTATO SOUP (FP) THM COOKBOOK P. 117	1 PIECE OF FRUIT & TEA W/ COLLAGEN (E)	<b>SPANISH CHICKEN AND RICE (E)</b>	<b>THM TWIXTER BARS (S)</b>
DAY 2	FIELD OF GREENS OMCAKE (S) THM COOKBOOK P. 240	TRIMMACINO RICH (S) THM COOKBOOK P. 430	LEFTOVER SOUP W/ SALAD (FP)	1 WASA CRACKER W/ LIGHT LAUGHING COW + 1 PIECE OF DELI MEAT (FP)	<b>EGG ROLL IN A BOWL (S)</b>	TUMMY TUCKING ICE CREAM THM COOKBOOK P. 363
DAY 3	BACON AND EGGS (S) (YOU MAY MAKE 2-3 PKGS BACON TO USE THROUGHOUT THE WEEK)	1 CUP CELERY , CUCUMBERS, OR 1/2 CUP CARROTS WITH LIGHT LAUGHING COW (FP)	ZUCCHINI PIZZA BITES (S) P. 315 TRIM HEALTHY TABLE	DELI MEAT ROLL-UPS W/ LIGHT LAUGHING COW CHEESE (FP)	<b>LOW-CARB DIRTY RICE (S)</b>	COTTAGE OR COLLAGEN BERRY WHIP (FP) THM COOKBOOK, P. 375
DAY 4	CHOCO CHIP BABY FRAP (FP) THM COOKBOOK P.421 PLUS ONE SCRAMBLED EGG (S)	LEFTOVER TWIXTER BARS (S)	LEFTOVER RICE AND BEANS (E)	LEFTOVER BACON W/ SLICED CUCUMBERS (S) (ADD GUACAMOLE IF DESIRED)	<b>HANGRY POCKETS (S, E, OR FP)</b>	TEA W/ COLLAGEN & FRUIT (E)
DAY 5	BERRY CREAMY GRAINS (E) THM COOKBOOK P.252	LEFTOVER ICE CREAM (FP)	WALDORF COTTAGE CHEESE SALAD (E) THM COOKBOOK P. 190	STRAWBERRY MUFFINS (FP) THM COOKBOOK, P. 281	<b>CREAMY JALAPENO POPPER CHICKEN (S)</b>	TUMMY TUCKING ICE CREAM THM COOKBOOK P. 363
DAY 6	BACON AND EGGS (S)	TRIMMACINO RICH (S) THM COOKBOOK P. 430	BIG SALAD W/ VEGGIES, DELI MEAT OR CHICKEN & ON-PLAN DRESSING (S)	DELI MEAT ROLL-UPS W/ LIGHT LAUGHING COW CHEESE (FP)	<b>ONE PAN SALMON AND ASPARAGUS (S)</b>	SALTED CARAMEL GLUCCIE PUDDING (FP) THM COOKBOOK P. 351
DAY 7	<b>APPLE PIE BAKED OATMEAL (E)</b>	SKINNY CHOCOLATE (S) THM COOKBOOK P. 377	<b>TRIM TRAIN TACO SOUP W/ 1/2 AN AVOCADO (S)</b>	STRAWBERRY MUFFINS (FP) THM COOKBOOK, P. 281	SWEET POTATO OAT SOUP (E) THM COOKBOOK P. 102	TEA W/ COLLAGEN & FRUIT (E)

