

# Meal Plan #3{THM}

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DAY	BREAKFAST	LUNCH	SNACK	DINNER	SNACK
<b>Sunday (9/15)</b>	Pumpkin Pound Cake (S) (Recipe coming soon!)	Joseph's pita filled with chicken and 1 wedge of Light Laughing Cow Cheese (FP)	Plain celery (FP)	Pork Ribs on the grill (S)	Depends if hungry
<b>Monday (9/16)</b>	Breakfast Burrito (E) on page 234	Leftover pork ribs (S)	Half of a fat-stripping frappe (FP) on page 240	Chicken Fajitas (S) on page 346	Depends if hungry
<b>Tuesday (9/17)</b>	Big Boy Smoothie (FP) on page 242	Leftover chicken fajitas (S)	Celery with 1 wedge of Light Laughing Cow Cheese (FP)	Creamy Taco Soup (E) (Recipe coming soon!)	Depends if hungry
<b>Wednesday (9/18)</b>	Cheesy Omelet (S) on page 219	Leftover creamy taco soup (E)	Pumpkin Spice Ice Cream (S) (Recipe coming soon!)	Leftover creamy taco soup (E)	Cottage Berry Whip (FP) on page 379
<b>Thursday (9/19)</b>	Fat Stripping Frappe (FP) on page 240	leftover creamy taco soup (E)	Choco Pudding (FP) on page 366	Cheeseburger Pie (S) on page 326	Depends if hungry
<b>Friday (9/20)</b>	Egg White Omelet (E) with berries on page 217	Leftover cheeseburger pie (S)	Celery (FP)	Out of town, not sure	Depends if hungry
<b>Saturday (9/21)</b>	Out of town, not sure	Out of town, not sure	Out of town, not sure	Out of town, not sure	Out of town, not sure

# Grocery List

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## Dairy:

- Light Laughing Cow Cheese
- Egg Whites
- Cheese
- Sour Cream
- Greek Yogurt
- Eggs
- Heavy Whipping Cream

## Meat:

- Grass-Fed Ground Beef
- Chicken Breasts
- Shredded Chicken

## Veggies and Fruit:

- Frozen Strawberries
- Lettuce
- Green Peppers
- Fresh Garlic
- Fresh Berries
- Celery
- Fresh Cilantro

## Pantry:

- Canned Pumpkin
- Taco Seasoning (or homemade)
- Canned Tuna
- Ezekiel Tortillas
- Chicken Stock
- Joseph's Pita Bread
- Salsa
- Diced Green Chili's
- Diced Tomatoes

## Items On Hand Already:

- Almond Milk
- Stevia

- Sea Salt
- Whey Protein Powder
- Vanilla Extract
- Grass-Fed Butter
- Coconut Oil
- Baking Soda
- Glucomannan
- Baking Powder
- White Beans
- Black Beans
- Onion Powder
- Dried Oregano
- Smoked Paprika
- Chili Powder
- Cumin