

Trim Healthy Mama Weekly Menu

● Week of _____ ●

	Breakfast	Lunch	Dinner	Snacks
Sunday	Scrambled eggs (S)	Leftovers after church	Spaghetti Squash w/ tomato cream sauce (S)	2 Cuties + 2 slices turkey (E)
Monday	Muffin in a Mug (S)	Turkey Sandwich on Sprouted Bread (E) or wrapped in lettuce (FP)	Crockpot Chili (S)	Cucumbers w/ Ranch + Almonds (S)
Tuesday	THM Pancakes (E)	Chef Salad (S)	Chicken Tacos (S)	Fat-Stripping Frappa
Wednesday	Scrambled Eggs w/ Cheese (S)	Just Like Campbell's Soup (S)	Sausages and Salad (S)	Almonds and String Cheese (S)
Thursday	Peanut Butter Blizzard (S)	Asian Chicken Salad (S, E, or FP)	Roast w/ Veggies (S)	Cottage Cheese Toast (E)
Friday	Overnight Oats (E)	Dinner Leftovers	Low Carb Zuppa Toscana Soup (S)	THM Choc. Chews (S)
Saturday	Eggs and Bacon (S)	Joseph's Pita Pizza	Crockpot rice and beans (E)	Big Boy Smoothie (FP)

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● Week of _____ ●

	Breakfast	Lunch	Dinner	Snacks
Sunday	Scrambled eggs (S)	Leftovers after church	Spaghetti Squash with Alfredo Sauce (S)	2 Cuties + 2 slices turkey (E)
Monday	Muffin in a Mug (S)	Turkey Sandwich on Sprouted Bread (E) or wrapped in lettuce (FP)	Crockpot Chicken (S)	Cucumbers w/ Ranch + Almonds (S)
Tuesday	THM Pancakes (E)	Chef Salad (S)	Taco Stack-Ups (S)	Fat-Stripping Frappa
Wednesday	Scrambled Eggs w/ Cheese (S)	Just Like Campbell's Soup (S)	Store-bought roasted chicken and veggies (S)	Almonds & String Cheese (S)
Thursday	Peanut Butter Blizzard (S)	Asian Chicken Salad (S, E, or FP)	Quinoa w/ leftover white chicken from Wed. (E)	Cottage Cheese Toast (E)
Friday	Overnight Oats (E)	Dinner Leftovers	Low Carb Taco Soup (S)	Oopsie Roll Eclairs (S)
Saturday	Eggs and Bacon (S)	Joseph's Pita Pizza	Crockpot Carnitas (S)	Big Boy Smoothie (FP)