



# My Trim Healthy Mama Menu

## Breakfasts

S:  
bacon and eggs  
Peanut Butter blizzard  
veggie & egg scramble  
omelet w/ leftover bacon  
Cake Batter protein shake  
scrambled eggs w/ turkey sausage  
Double Chocolate Blender Muffins

E:  
Morning Quinoa from THM book p. 226  
scrambled egg whites  
& sprouted toast  
overnight baked oatmeal

## Lunches

S:  
turkey & 1/2 avocado on low-carb wrap  
leftovers  
Joseph's pita chips w/ hummus,  
olives, & turkey  
Canadian Bacon Pizzas  
egg salad w/ cut-up veggies

E:  
turkey sandwich on sprouted bread  
leftovers

## Snacks

S:  
low-carb chocolate chip cookie  
low-carb trail mix  
Quest bar  
almonds & string cheese  
olives w/ cheese and a boiled egg

E:  
boiled egg whites and tomato slices  
fruit & a turkey slice  
deli meat with a pickle

## Dinners

S:  
baked chicken drumsticks w/ big salad  
baked chicken thighs with Brussels sprouts  
paleo chipotle meatballs  
spaghetti Squash Picchi Pacchi w/ grilled chicken  
whole roasted chicken with salad  
grilled chicken, bacon, and avocado salad  
cheeseburgers with no bun and green fries  
Canadian Bacon pizza  
cilantro-lime shrimp w/ salad  
chicken tacos  
beef brisket with loaded cauliflower  
leftover brisket with big salad  
beef and mushrooms over spaghetti squash  
spaghetti squash carbonera  
Italian pot roast  
everything bagel hot dogs  
crockpot carnitas  
baked skin-on chicken thighs w/ buttered green  
beans  
taco stack-ups  
bruschetta chicken

E:  
taco salad  
grilled chicken breasts with quinoa  
crockpot lemon chicken with brown rice  
black bean chicken salad  
brown rice with chicken breast and steamed  
veggies  
crockpot rice and beans  
Asian chicken salad (E version)  
crockpot Cafe Rio Chicken with rice and beans  
stir-fry chicken over brown rice





# My Trim Healthy Mama Recipes

## Breakfasts

- Peanut Butter Blizzard (S)
- Cake Batter Protein Shake (S)
- Double Chocolate Blender Muffins (S)
- Overnight Baked Oatmeal (E)

## Lunches

- Canadian Bacon Pizza (S)
- [Click here for more lunch ideas!](#)

## Snacks

- Low-Carb Chocolate Chip Cookie (S)
- Low-Carb Trail Mix (S)
- [Click here for more snack ideas!](#)

## Dinners

- Paleo Chipotle Meatballs (S)
- Spaghetti Picchi Pacchi Recipe (S)  
(substitute squash or Dreamfields for regular pasta, add protein like grilled chicken).
- Grilled Chicken, Bacon, and Avocado salad (S)
- Canadian Bacon Pizza (S)
- Cilantro-Lime Shrimp (S)
- Beef Brisket (S)
- Loaded Cauliflower (S)
- Beef and Mushrooms (sub baking blend for flour, broth for wine, & spaghetti squash or Dreamfields for regular noodles) (S)
- Spaghetti Squash Carbonera (sub squash or Dreamfields for pasta) (S)
- Italian Pot Roast (sub extra broth for wine and skip noodles) (S)
- Everything Bagel Hot Dogs (S)
- Taco Stack-Ups (S) (#21 under "Dinners")
- Crockpot Carnitas (S) (I sub orange Bai drink for OJ)
- Bruschetta Chicken (S)
- Taco Salad (E)
- Crockpot Lemon Chicken (E)
- Black Bean Chicken Salad (E)
- Crockpot Rice and Beans (E)
- Asian Chicken Salad (E)
- Crockpot Cafe Rio Chicken (S, or low-fat, low-carb dressing for E)

