

# Monthly Menu

THM-Friendly Meal Plan from [thewellplannedkitchen.com](http://thewellplannedkitchen.com)

## January 1

Omelet (S) (to make this dairy-free, skip the goat cheese if you can't tolerate it, and use coconut oil spray instead of butter) (this is a single-serving, although it was too much for just me, but I would triple this recipe to feed the whole family)

Quinoa w/ 1 tsp butter, salt, and pepper (E)

Steak w/ Brussels sprouts (S)

## January 2

Bacon and eggs (S)

Leftovers

Whole Roasted Chicken w/ Green Beans (S) - I like [Ina Garten's Recipe](#), and for the side dish we like to boil fresh green beans for 4-6 minutes and add butter, salt, and pepper.

## January 3

Egg Muffins (S) – I substitute cashew or almond milk for buttermilk/kefir (omit the cheese to keep it dairy-free) – you can double or triple this recipe and freeze the rest to eat for breakfast in the following weeks

Leftovers

White Bean Chicken Chili (E) (double the recipe to make 2, freeze 1 - use chicken breasts instead of thighs and omit sour cream topping)

## January 4

Peanut Butter Blizzard (S)

Crockpot Verde Chicken and rice (E) – In the morning (at around 7am), I put three thawed chicken breasts in the crockpot and cover them with salsa verde and cook them on high. At around 11am, I start some brown rice cooking. By the time the rice is done, the chicken is cooked (watch your crockpot, I suspect mine might run slowly)

Broccoli and ham bake (S) – You can skip the cheese to make it dairy-free

## January 5

Overnight Oatmeal (E) – to THM-ify this, I use the Greek Yogurt option and use Gentle Sweet or pure stevia extract to taste

Deli meat roll-ups with veggies (S)

Crockpot Rice and Beans (E) – to THM-ify this, I reduce the oil to 1 Tablespoon and use brown rice instead of white rice. OR for an easier and faster recipe, [try this recipe](#).

## January 6

Dashing Dish Shake (S)

Leftovers

Ham and Bean Soup (E)

## January 7

Trim Healthy Pancakes (E) (Trim Healthy Mama Cookbook page 259)

Salad w/ chicken (S)

Spaghetti Squash w/ chicken breast (S) – Use your favorite method (Instant Pot, Oven, Crockpot) to cook a spaghetti squash and seasoned chicken breasts all at the same time (check for instructions on Pinterest to cook them to your taste!), then toss it with olive oil, salt and pepper. Optional: add goat cheese or parmesan.

## January 8

Omelet (S)

Quinoa w/ 1 tsp butter, salt, and pepper (E)

Paleo Hawaiian Crockpot Chicken (E) (serve with brown rice) (make 2, freeze 1) to THM-ify this recipe, I substitute [Just Like Brown Sugar](#) for coconut sugar.

## January 9

Bacon and eggs (S)

Leftovers

Ground Beef Tacos or Taco Stack Ups (S) – #21 Under “Dinners”

## January 10

Egg Muffins (S) – I substitute cashew or almond milk for buttermilk/kefir

Leftovers

The Best Thai Coconut Soup (S) - sub Just Like Brown Sugar for Coconut Sugar

## January 11

Peanut Butter Blizzard (S)

Crockpot Verde Chicken and rice (E) – In the morning (at around 7am), I put three thawed chicken breasts in the crockpot and cover them with salsa verde and cook them on high. At around 11am, I start some brown rice cooking. By the time the rice is done, the chicken is cooked.

Grassfed burgers w/ salad (S)

## January 12

Overnight Oatmeal (E) – to THM-ify this, I use the Greek Yogurt option and use Gentle Sweet or pure stevia extract to taste

Deli meat roll-ups with veggies (S)

Jalapeno Popper Soup (S) (Trim Healthy Mama Cookbook Page 90)

## January 13

Dashing Dish Shake (S)

Leftovers

Balsamic Chicken w/ brown rice (E) (Trim Healthy Mama Cookbook page 56)

## January 14

Trim Healthy Pancakes (E) (Trim Healthy Mama Cookbook page 259)

Salad w/ chicken (S)

Loaded Sweet Potatoes (E) – these are so good! You get your protein from the black beans (I use about 3 Tbsp), and I melt 1 wedge of laughing cow cheese into the potato instead of using the cheese called for in the recipe to keep it as an E. Instead of the oil, I lightly spray my pan with coconut oil.

## January 15

Omelet (S)

Quinoa w/ salt and pepper (E)

Crockpot Chicken Tacos (S) (make 2, freeze one)

## January 16

Bacon and eggs (S)

Leftovers

Beef and Broccoli Stir-Fry (S)

## January 17

Egg Muffins (S) – I substitute cashew or almond milk for buttermilk/kefir

Leftovers

Grilled Chicken Souvlaki Salad (S) – NO PITA unless it's a Joseph's low carb pita...and skip those if you can't have gluten! To make the dressing safe for a THM S, I used heavy cream instead of milk.

## January 18

### Peanut Butter Blizzard (S)

**Crockpot Verde Chicken and rice (E)** – In the morning (at around 7am), I put three thawed chicken breasts in the crockpot and cover them with salsa verde and cook them on high. At around 11am, I start some brown rice cooking . By the time the rice is done, the chicken is cooked (watch your crockpot, I suspect mine might run slowly)

### Crustless Quiche (S)

## January 19

**Overnight Oatmeal (E)** – to THM-ify this, I use the Greek Yogurt option and use Gentle Sweet or pure stevia extract to taste

### **Deli meat roll-ups with veggies (S)**

**Cowboy Grub (E)** (Trim Healthy Mama Cookbook page 59) (this is another great recipe to double and freeze, but I didn't include enough ingredients in the shopping list to double it, so you'll need to double on your own if you want to do that).

## January 20

### Dashing Dish Shake (S)

### **Leftovers**

**Paleo Hawaiian Crockpot Chicken (E)** (from frozen)

## January 21

**Trim Healthy Pancakes (E)** (Trim Healthy Mama Cookbook page 259)

### **Salad w/ chicken (S)**

### Pot roast w/ green beans (S)

## January 22

### Omelet (S)

### **Quinoa w/ salt and pepper (E)**

**White Bean Chicken Chili (E)** (frozen from week 1)

## January 23

### **Bacon and eggs (S)**

### **Leftovers**

**Baked Chicken Thighs w/ Steamed Veggies (S)**

## January 24

Egg Muffins (S) – I substitute cashew or almond milk for buttermilk/kefir

Out after church

Eggroll in a bowl (S) (Trim Healthy Mama Cookbook page 62)

## January 25

Peanut Butter Blizzard (S)

Crockpot Verde Chicken and rice (E) – In the morning (at around 7am), I put three thawed chicken breasts in the crockpot and cover them with salsa verde and cook them on high. At around 11am, I start some brown rice cooking . By the time the rice is done, the chicken is cooked (watch your crockpot, I suspect mine might run slowly)

Cobb Salad (S)

## January 26

Overnight Oatmeal (E) – to THM-ify this, I use the Greek Yogurt option and use Gentle Sweet or pure stevia extract to taste

Deli meat roll-ups with veggies (S)

Slim Sloppy Joes (S) (Trim Healthy Mama Cookbook page 63)

## January 27

Dashing Dish Shake (S)

Leftovers

Chili (S)

## January 28

Trim Healthy Pancakes (E) (Trim Healthy Mama Cookbook page 259)

Salad w/ chicken (S)

Baked Chicken Breasts w/ Fresh Green Bean Casserole (S)

## January 29

Omelet (S)

Quinoa w/ salt and pepper (E)

Burrito Bowls (E) – leftover rice, canned beans, chicken breasts, and salsa

## January 30

Bacon and eggs (S)

## Leftovers

Oven Chicken Stew (S) –omit the potatoes, or serve them to the kids to keep this an S

## January 31

Egg Muffins (S) – I substitute cashew or almond milk for buttermilk/kefir

## Out after church

Crockpot Chicken Tacos (S) – from  
frozen earlier this month