

FEBRUARY MENU

Notes & Instructions

Hello! I hope you enjoy this menu as much as my family did when we were testing it out! To get started, you'll need some THM Staples for protein shakes and a few recipes. You can see where I buy these staples on my Resources Page.

For this menu, I used:

- protein powder
- Just Gelatin
- Sunflower Lecithin (optional, for Collagen Berry Whip)
- Integral Collagen (optional, for Collagen Berry Whip)
- THM Sweet Blend or stevia of choice
- MCT Oil or coconut oil
- pure stevia extract powder
- Just Like Brown Sugar

Please Note:

- This menu isn't like the menus in my *book*, which include detailed instructions and recipes. In this menu, please note that only the recipes that are in bold have clickable links. For the others, like scrambled eggs or burgers, just use your favorite recipe or a simple recipe from Pinterest.
- The instructions are always necessary! Many linked recipes need a swap or two to make them THM-compliant. Please make sure you check the notations (if any) next to the recipe before you start cooking!
- As always, please note that my menu planning system includes repeating breakfasts, lunches, and snacks throughout the month for simplicity. That means there are 7 breakfasts, 7 lunches, and a handful of snacks included on this menu. My kids and I enjoy the routine of knowing that on Monday we will be eating a certain thing for breakfast and a certain thing for lunch – it definitely saves time in the kitchen!
- I've marked a few recipes that I double to freeze the second portion for later in the month. This definitely saves time and energy later in the month as things get busier.
- Some of the dinners filled us up, but it just might be us – feel free to add a side salad or round out your meals as desired.
- Remember that THM is SO ADAPTABLE! There are more E meals this month because I needed to save money and my body has been responding well to E meals, but you may need to swap out E for S, or switch things up during the week. Don't be afraid to mix up your fuel types and keep your body guessing!
- This menu and the shopping lists that go with it feed my family of 7, but my oldest is 11. If you have bigger kids, or big eaters, you may want to add more protein, rice, and veggies to your shopping list. It doesn't hurt the recipes to add an extra chicken breast or 1/2 lb of ground beef to make a meal stretch, and you can always add extra rice or veggies or salads as side dishes for the kids. When money's tight, I'll grab a bag of potatoes and give the kids a baked potato lunch when I'm eating a salad, or serve them as dinner sides that I avoid.
- If you have a smaller family you may want to make the meals as directed but freeze half (if it's freezable), or just eat the leftovers for lunch.

That's it! Have a great month!  Jen

FEBRUARY MENU

Week 1

Breakfast:

Banana Bars (E)

GF & DF Peanut Butter Blizzard (S)

Scrambled eggs and bacon (S)

Coconut Flour Waffles (if you're dairy free, otherwise any THM-approved waffle recipe will work here) (S)

(I recommend toasting these)

Breakfast sausage (S)

Egg whites scrambled with chives and served with orange slices (E)

Oatmeal with apples, cinnamon, and stevia (E)

Lunch:

Chicken breasts w/ quinoa (E)

Deli meat roll-ups, boiled eggs, and sliced veggies with dressing (S)

leftovers

salad w/ meat or boiled eggs (S)

Protein Shake of your choice (I like DashingDish.com)

Chicken and Rice for One (E) (I'll share with my kids if they ask, but while I'm eating this they like to have brown rice with chicken and cheese for a crossover)

Baked sweet potatoes w/ 1 tsp butter and Just Like Brown Sugar, with canned or grilled chicken on the side (if you grill your chicken, please make sure you don't use too much oil for an E!).

Snacks:

nuts, Collagen Berry Whip (THM Cookbook p. 375), protein shakes, avocado w/shredded or canned chicken & balsamic vinegar, hardboiled eggs, small portions of leftovers

February 1

Whole Roasted Chicken w/ Steamed Veggies & Rice for Kids (S)

February 2

Leftover chicken with Mexican Caesar Salad (S)

(for dairy-free option, use vinaigrette)

February 3

Egg Roll in a Bowl (THM Cookbook p. 62) with 2 lbs ground turkey

(cook 4 extra lbs ground turkey for tomorrow) (S, E, or FP)

February 4

Cowboy Grub (THM Cookbook p. 59) (make two, freeze one) (E)

February 5

Garlic Soup, salad w/ diced hardboiled eggs for protein (S)

(I'm adding Garlic Soup to the menu because we've been fighting colds)

February 6

Salsa Verde Crockpot Chicken (E) – Put 1 1/2 lbs thawed chicken in a crockpot and pour a jar of salsa verde over them. Cook on high for four hours or until done. About 1 hour before the chicken is done, make a big batch of brown rice to serve with the chicken.

FEBRUARY MENU *Week 2*

Breakfast:

Banana Bars (E)

GF & DF Peanut Butter Blizzard (S)

Scrambled eggs and bacon (S)

Coconut Flour Waffles (if you're dairy free, otherwise any THM-approved waffle recipe will work here) (S)
(I recommend toasting these)

Breakfast sausage (S)

Egg whites scrambled with chives and served with orange slices (E)

Oatmeal with apples, cinnamon, and stevia (E)

Lunch:

Chicken breasts w/ quinoa (E)

Deli meat roll-ups, boiled eggs, and sliced veggies with dressing (S)

leftovers

salad w/ meat or boiled eggs (S)

Protein Shake of your choice (I like *DashingDish.com*)

Chicken and Rice for One (E) (I'll share with my kids if they ask, but while I'm eating this they like to have brown rice with chicken and cheese for a crossover)

Baked sweet potatoes w/ 1 tsp butter and Just Like Brown Sugar, with canned or grilled chicken on the side (if you grill your chicken, please make sure you don't use too much oil for an E!).

Snacks:

nuts, Collagen Berry Whip (THM Cookbook p. 375), protein shakes, avocado w/shredded or canned chicken & balsamic vinegar, hardboiled eggs, small portions of leftovers

February 7

Spaghetti Squash w/ meat sauce (S) - I brown ground beef and add a jar of no-sugaradded marinara (like Blue Parrot brand)///(make 1 lb of ground beef with sauce for today, brown an extra two pounds of ground beef for Tuesday)

February 8

Italian Chicken and Green Beans (S) **This is not THM-approved as-written. I serve the potatoes to my kids OR skip the potatoes altogether and add another 2 cups of green beans and extra chicken instead**

February 9

Korean Beef w/ Cauliflower Rice (S) (use beef from Sunday)

February 10

Baked chicken thighs w/ favorite veggies (S) - I just drizzle bone-in, skin-on chicken thighs with olive oil and season with salt and pepper (sometimes I add rosemary or thyme), then bake at 425 until my meat thermometer reaches 165 degrees fahrenheit.

February 11

One Pan Cilantro Lime Rice and Beans (E)**to make this recipe work, I use coconut oil instead of canola (the small amount, when spread among so many servings, is still fine for an E meal). I cook brown rice ahead of time and use it in this dish, which calls for minute white rice. If you pre-cook the rice, you don't need to cook this for quite as long. I also add an extra can of black beans and an extra chicken breast.

February 12

Low-Carb Chili (S) (make two, freeze one)

February 13

Buffalo Chicken Casserole (S) (I double the meat in this recipe to make it serve 6-8, and lately ground turkey has been cheaper than chicken so I substitute that instead)

FEBRUARY MENU

Week 3

Breakfast:

Banana Bars (E)

GF & DF Peanut Butter Blizzard (S)

Scrambled eggs and bacon (S)

Coconut Flour Waffles (if you're dairy free, otherwise any THM-approved waffle recipe will work here) (S)
(I recommend toasting these)

Breakfast sausage (S)

Egg whites scrambled with chives and served with orange slices (E)

Oatmeal with apples, cinnamon, and stevia (E)

Lunch:

Chicken breasts w/ quinoa (E)

Deli meat roll-ups, boiled eggs, and sliced veggies with dressing (S)

leftovers

salad w/ meat or boiled eggs (S)

Protein Shake of your choice (I like *DashingDish.com*)

Chicken and Rice for One (E) (I'll share with my kids if they ask, but while I'm eating this they like to have brown rice with chicken and cheese for a crossover)

Baked sweet potatoes w/ 1 tsp butter and Just Like Brown Sugar, with canned or grilled chicken on the side (if you grill your chicken, please make sure you don't use too much oil for an E!).

Snacks:

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February 14

Valentine's Day! **Easy Tuscan Tomato Soup** (I'm serving with grilled chicken breasts for protein) (S)

February 15

Crockpot Sloppy Joes w/ sweet potatoes (E)

February 16

Whole Roasted Chicken (I make 2 to get leftovers) w/ salad and veggie side (S)

February 17

Use leftover chicken from yesterday in **Nourishing Chicken Soup (S)**

February 18

Taco Salad Crunch (E)

February 19

Low-Carb Shake n' Bake w/ side salad (S)

February 20

Crockpot Marinated Pork Loin w/ Steamed Veggies (S)

FEBRUARY MENU

Week 4

Breakfast:

Banana Bars (E)

GF & DF Peanut Butter Blizzard (S)

Scrambled eggs and bacon (S)

Coconut Flour Waffles (if you're dairy free, otherwise any THM-approved waffle recipe will work here) (S) (I recommend toasting these)

Breakfast sausage (S)

Egg whites scrambled with chives and served with orange slices (E)

Oatmeal with apples, cinnamon, and stevia (E)

Lunch:

Chicken breasts w/ quinoa (E)

Deli meat roll-ups, boiled eggs, and sliced veggies with dressing (S)

leftovers

salad w/ meat or boiled eggs (S)

Protein Shake of your choice (I like *DashingDish.com*)

Chicken and Rice for One (E) (I'll share with my kids if they ask, but while I'm eating this they like to have brown rice with chicken and cheese for a crossover)

Baked sweet potatoes w/ 1 tsp butter and Just Like Brown Sugar, with canned or grilled chicken on the side (if you grill your chicken, please make sure you don't use too much oil for an E!).

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February 21

Marvelous Mini-Meatloaves w/ Salad (S)

February 22

Cowboy Grub (E) (frozen from week 1)

February 23

Slow Cooker Chicken, Quinoa, and Sweet Potato Soup (E)

February 24

Crockpot Barbacoa Beef w/ side salad (S)

February 25

Jambalaya (S, E, or FP)

February 26

Rotisserie Chicken from the grocery store w/ side of sautéed green beans (S)

February 27

Chicken Tacos w/ diced avocado (S)

February 28

Chicken Tortilla Soup (E - skip the cheese and sour cream garnish)

(I top it with baked blue corn chips)