

2 WEEK THM CHALLENGE

NOTES

THIS PACKET INCLUDES

- What You Need to Know
- Week 1 Prep Tips
- Week 1 Menu
- Week 1 Shopping List

WHAT YOU NEED TO KNOW

1. 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.
2. Don't be stressed by the length of the shopping list! I tried to include every single ingredient you could possibly need, and it's very likely that you already have many of these items in your kitchen.
3. This shopping list and menu are designed to feed 6-8. **If you need to feed fewer people, reduce the protein for each meal and freeze leftovers when you can. If you need to feed more people, or if you feel like this won't be enough food for you, round out your S meals with crossovers for the kids (rice, beans, and off-plan potatoes), or extra salads or veggies for you.**
4. This is a great time to review the basics in the Trim Healthy Mama books! Make sure you're spacing your meals correctly, and filling up on the good stuff so you don't get hungry between meals.
5. If you need help finding some of the Staples, please check out my Resources Page.
6. Most Important: If you are new to Trim Healthy Mama, the letters next to the meal types and words like "on plan" on the shopping list will likely not make sense to you. That's OK! You can still enjoy the meals and menu, but I highly recommend reading the Trim Healthy Mama Plan book so you can understand the meal plan.
7. Our **2-Week Challenge Facebook Community** voted to make this menu a prep-ahead menu. Not all menus take as much weekend time as this one! If you don't have time to prep-ahead, you can choose any one of the free menus that looks good to you at workingathomeschool.com and still participate in the challenge.

2 WEEK THM CHALLENGE

WEEK 1 PREP TIPS

BEFORE DAY 1

- Open Week 1 Packet
- Click on **BOLDED** menu items and print recipes needed.
- See if there are any recipes that you'll want to double. While you're prepping ahead, you may as well make a second dish and freeze it! If you do, make sure you add more ingredients to the shopping list for the meal you want to double so you can cook once and eat twice.
- Print Menu & Shopping List
- Shop for Groceries

COOKING DAY

- Note: This Cooking Day is unique to this menu. Most of my menus don't require prep-ahead time like this, but our Facebook group asked for a menu to reduce cooking time during the week. If you don't have time to prep ahead, either choose just a few of the instructions below to follow (which will still save lots of time during the week!), or go ahead and just cook every recipe as it comes up in the menu during the week.
- Get all of your recipes together and ready to use.
- Put two pans on the stove and brown 2 lbs. breakfast sausage and 1.5 lbs. ground beef (Don't get the two mixed up; please keep them separate. I speak from experience on this, lol!). When cooked, you'll remove to cool and freeze. You'll want to divide the ground beef in half, and place in two separate freezer bags. One labeled "Enchilada Casserole" and the other "Cheesy Taco skillet." Place the cooked sausage in two separate freezer bags (just label them both "Breakfast Sausage") and freeze all of the cooked meat.
- Preheat oven to 325.
- Mix up Pumpkin Bread and start it baking in the oven.
- Prepare Breakfast Casserole and bake when the pumpkin bread is done (you'll need to change the temperature).
- Chop about 6 cups of raw chicken breasts into bite-sized pieces.
- Prepare Italian Chicken Meal Prep (use 2 cups of the chicken you just cut up), following directions on recipe. Please reduce olive oil to 1 Tablespoon if you plan to serve this with rice for an E.
- At the same time that the Italian Chicken Meal Prep is baking, put the rest of the chopped chicken breasts (about 4 cups) on a parchment-lined baking sheet. Sprinkle with salt and pepper to taste, and bake until cooked through. Cool, then put in a freezer bag labeled "for Bacon Chicken Caesar Casserole", and freeze.
- Prepare 4 cups of quinoa (this is a lot, so if you have a smaller family you'll want to reduce the amount). My Instant Pot makes this super quick, but it only takes about 20 minutes on the stovetop.
- Prepare 4 cups of brown or wild rice (add more if you'll want to add it as a side dish for crossovers for your kids). Again, this is a great one to do in the Instant Pot.
- Prepare boiled eggs for snacks. Last time, I promise - INSTANT POT! ;) I use mine over and over again on a cooking day, and it saves lots of time!
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2 WEEK THM CHALLENGE

WEEK 1 PREP TIPS

COOKING DAY (CONTINUED)

- *CHOPPING: You'll be dicing a lot of onions! If you want to do them all at once, or in a food processor, you can check each recipe and portion them out as you need them. The instructions below have you chopping each one separately for each recipe so you don't get them mixed up, but it's totally up to you and what you think will save you the most time.*
- *Chop salad ingredients and store in mason jars or in freezer bags.*
- *Chop 1/4 onion and 1/4 green bell pepper, place them in a small freezer bag and label "Enchilada Casserole."*
- *Chop 4 carrots, 3 stalks of celery, 2 red bell peppers, 1 zucchini, and 1 onion (or throw it all in a food processor and pulse a few times until roughly diced). Put in a freezer bag, label with "Black Bean Mexican Stew", and freeze.*
- *Dice 1 large yellow onion, 2 green bell peppers, and 2 zucchinis (you could chop these in the food processor as well, if desired). Put in a freezer bag, label with "Cheesy Taco Skillet", and freeze.*
- *Chop 1 onion and set aside for Chicken Taco Soup.*
- *Grate 1 cup muenster and 1/2 cup cheddar (or all cheddar) and store in the refrigerator in a zipped bag labeled "Enchilada Bake." Grate an additional 1 1/2 cups cheddar/jack cheese mix and label "Cheesy Taco Skillet." And I recommend hiding it from your kids, if your kids are anything like mine. ;)*
- *Add all Slow Cooker Chicken and Rice ingredients to a gallon-sized freezer bag, label, and freeze).*
- *Add all Chicken Taco Soup ingredients to a gallon-sized freezer bag (use whole chicken breasts - it's really easy to shred them in the slow cooker when it's done, and saves lots of prep time). Label and freeze.*
- *Bake 2 lbs bacon, chop 1 lb and freeze for Bacon Chicken Caesar Casserole. Freeze the 2nd lb for Day 7's breakfast.*
- *Mix Meatballs and bake. When cooled, you'll want to put them in a freezer bag, label, and freeze.*
- *Optional: make Carmelitas dessert (this is optional, as it's a bit time-consuming, but it's really good! You might want to wait and make this later in the week when you'll have more time).*
- *Optional: whip heavy cream with a pinch of pure stevia extract until it reaches a stiff consistency, or your preferred consistency for whipped cream. This is to serve with pumpkin bread for breakfast, but it's just as good with served warm with butter.*

2 WEEK THM CHALLENGE

WEEK 1 PREP TIPS

COOKING DAY ACCOMPLISHMENTS

If you prepared everything listed above, you should have:

- *Baked Omelet ready to eat for breakfast on Day 1.*
- *Italian Meal Prep Chicken ready for lunch on Day 1.*
- *All ingredients chopped/prepped and ready to throw together for Enchilada Bake on Day 1.*
- *Pumpkin Bread ready for breakfast on Day 2 (this filled us up, but feel free to add some boiled eggs or additional protein if needed).*
- *Eggs boiled for snack lunch on Day 2.*
- *Chicken Taco Soup, ready to thaw for Day 2.*
- *Veggies chopped for Salad on Day 3.*
- Frozen baked chicken breasts and frozen bacon prepped and ready to throw together for Bacon Chicken Caesar Casserole on Day 3, which veggies pre-chopped for a big side salad.*
- *Cooked breakfast sausage on Day 4.*
- *All veggies chopped for Day 4's Black Bean Chicken Stew.*
- *Cooked quinoa for lunch on Day 5.*
- *Frozen meatballs ready to thaw for Day 5.*
- *Ground beef cooked and ready, cheese grated, and veggies chopped to put into Quick & Easy Cheesy Taco Skillet on Day 6. (I just slice up the green onions as a garnish on the day that I'm cooking).*
- *Quinoa cooked for Day 7's lunch. Salad veggies usually don't last 7 days for me, so I'll re-chop some salad ingredients towards the middle or end of the week. It doesn't take long.*
- * Frozen Slow Cooker Chicken and Rice, ready to thaw for Day 7.*
- *Optional Carmelitas Dessert*
- *Optional Whipped Cream*

Please don't forget to thaw your frozen foods a day or two before you'll need them!

I set a reminder on my phone to help me remember.

2 WEEK THM CHALLENGE

WEEK 1 MENU

DAY 1

Breakfast: Baked Omelet (S)
Lunch: Italian Chicken Meal Prep Bowls (FP) add rice for (E)
Dinner: Three Cheese Enchilada Bake w/ Side Salad (S)

DAY 2

Breakfast: Low-Carb Pumpkin Bread w/ Stevia Whipped Cream (S)
Lunch: Snack Lunch with protein shake, nuts, boiled eggs, etc. (S)
Dinner: Chicken Taco Soup (E)

DAY 3

Breakfast: Leftover Baked Omelet with Berries (S)
Lunch: Salad w/ Leftover Italian Chicken & Veggies (S)
Dinner: Bacon Chicken Caesar Casserole w/ Side Salad (S)

DAY 4

Breakfast: Breakfast Sausage with Scrambled Eggs (S)
Lunch: Leftover Chicken Taco Soup (E)
Dinner: Black Bean Mexican Stew (E)

DAY 5

Breakfast: Low-fat Cottage Cheese with Berries & Stevia (FP)
Lunch: Quinoa w/ Black Beans and Salsa (E)
Dinner: Paleo Meatballs w/ Sauce & Buttered Green Beans (S)

DAY 6

Breakfast: Scrambled Egg Whites & Fruit (E)
Lunch: Snack Lunch (favorite deli meat, veggies, dip, leftovers, 1/2 protein shake of choice) (S)
Dinner: Quick and Easy Cheesy Taco Skillet (S)

DAY 7

Breakfast: Fried Eggs & Bacon (S)
Lunch: Salad w/ lettuce, quinoa, veggies, & low-fat dressing (E)
Dinner: Slow Cooker Chicken & Rice (E)

DESSERTS & SNACKS

Carmelitas (S)
Creamy Low-Carb Frosty Shake (S)
Berries w/ Homemade Whipped Cream
& tea w/ collagen for protein

S Snack Ideas:
1/2 protein shake
nuts
boiled eggs
deli meat
small portion leftover cooked meat

E Snack Ideas:
Fruit w/ collagen tea
lean deli meat w/ small portion rice or quinoa

WATER



☐ DAY 1 ☐ DAY 2 ☐ DAY 3 ☐ DAY 4 ☐ DAY 5 ☐ DAY 6 ☐ DAY 7

2 WEEK THM CHALLENGE

WEEK 1 SHOPPING LIST

PRODUCE

favorite salad ingredients for four salads
(lettuce tomatoes, cucumbers, peppers, etc)
favorite taco toppings (lettuce, tomatoes, onions, avocados, etc)
6 onions (only two MUST be yellow,
but you could get all yellow if you want to)
4 green bell peppers
4 red bell peppers
1 yellow bell pepper
1 1/2 cup broccoli florets
1 small red onion
1 cup plum or grape tomatoes
4 large zucchini
1 head of garlic
berries (to serve with two breakfasts)
4 carrots
3 stalks of celery
fresh green beans
favorite E fruits for breakfast (bananas, oranges, apples.
Make sure you stick to just 1/2 a banana if you choose bananas)
3 cups baby kale/spinach mixture
1 small bunch green onions
1 small bunch cilantro

MEAT & FISH

2 lbs. bacon
2 lbs breakfast sausage
6 lbs. boneless skinless chicken breasts
4 lbs ground beef
1 lb. ground pork
deli meat (for snacks and lunch)

DAIRY/REFRIGERATED SECTION

3 or 4 dozen eggs (plus extra for snacks, if desired)
coconut milk (canned works well if you want to use that instead)
unsweetened almond milk
two 8 oz. packages cream cheese
4 oz. sour cream
8 oz. muenster cheese (block or shredded)
8 oz. cheddar cheese (block or shredded)
8 oz. monterey jack cheese (block or shredded)
2 oz. mozzarella (block or shredded)
1 large container heavy whipping cream
0% Greek yogurt (optional topping for Chicken Taco Soup)
1 large container low-fat cottage cheese
2 lbs. butter
xanthan gum

FROZEN

one 10-12 oz. frozen spinach

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WEEK 1 SHOPPING LIST

PANTRY & STAPLES

gallon-sized freezer bags
quart-sized freezer bags
on-plan salad dressing
low-fat on-plan salad dressing for E salad (or make your own)
coconut oil
olive oil
sea salt
pepper
dried basil
garlic powder
dried minced onion
dried parsley
onion powder
oregano
cumin
chili powder
marjoram
rosemary
thyme
paprika
one 14 oz can Hatch 5 Pepper Enchilada Sauce
(I subbed another sauce with no added sugar and it was fine)
2 lbs. brown rice
1 cup canned pumpkin
Trim Healthy Mama Gentle Sweet
Trim Healthy Mama Baking Blend
baking soda
teaspoon baking powder
ground cloves
nutmeg
ginger
allspice
cinnamon
½ cup chopped nuts (optional, I usually don't put nuts in)
Lily's stevia sweetened chocolate chips or other low-carb choc. chips
coconut oil spray

PANTRY & STAPLES (CONT'D)

pure stevia extract
protein powder
your favorite protein shake ingredients from DashingDish.com
nuts for snacking
five 15 oz. cans black beans
one 15 oz. can fat-free refried beans
one 15 oz. can chili beans
taco seasoning
20 oz. Rotel (I use mild) PLUS
one 12 oz. can Rotel
2 cans Diced tomatoes, or 1 can Rotel and 1 can regular diced tomatoes
8 oz. tomato sauce
1-2 jars of salsa
1 small container mayonnaise
1 can grated parmesan
1 lb. quinoa
1-2 jars no-sugar-added marinara sauce
1 small Can Tomato Paste
1 can Chickpeas, drained and rinsed
1 can Corn
tea
collagen
1 cup flaked unsweetened coconut
¾ cup sliced almonds
1 cup almond flour
Swerve Sweetener (you can look online for a conversion chart if you need to substitute)
3 tbsp coconut flour, divided
blackstrap molasses
nuts for snacking
vanilla extract
cocoa powder