

2 WEEK THM CHALLENGE

NOTES

THIS PACKET INCLUDES

- What You Need to Know
- Week 2 Prep Tips
- Week 2 Menu
- Week 2 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, 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 2 PREP TIPS

BEFORE DAY 7

- Open Week 2 Packet
- Click on menu items in **BOLD** 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.*
- **Since you'll be prepping ahead so much, please feel free to eat whatever prepped dinner sounds good to you or fits your schedule best!**
- **You'll notice that there are some repeating flavors this week (a few Mexican meals, a few Tomato Basil Italian meals). The reason for this is to save prep time for you. If you don't want to eat two meals with similar flavor profiles in the order that I've put them, again, feel free to rearrange the meals.**
- Get all of your recipes together and ready to use.
- Line two baking sheets with parchment paper and arrange bacon in a single layer on the sheets. Put in a cold oven and close the door, then set the oven to 400 degrees and set the timer for 15 minutes (mine is usually done closer to 20 minutes). Bake until cooked through (I can usually tell mine is done when there are tiny bubbles all over the bacon). Remove from oven, place on paper towels to cool, and split into two labeled freezer bags, one to refrigerate for breakfasts earlier in the week and one to freeze for breakfasts later in the week.
- Meanwhile, start 1-2 lbs brown rice cooking, either on the stovetop or in an InstantPot. Make 2 lbs if feeding a large family.
- **CHOPPING:** You'll be dicing more than one onion! 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. See Mason Jar recipes to decide which salads you want, just please make sure you stick to the THM guidelines.
- Chop 1 onion for Paleo Tomato Soup (you'll want about 1 1/2 cups of diced onions for this; I used a little more than 1 onion).
- Chop 1 onion and 1 jalapeno (seeds and ribs removed) for Carnitas.
- Chop 1 onion, 1 stalk celery, 4 medium carrots, and 3 medium zucchini for chili.
- Chop 1 onion and 3 ribs celery for One Skillet Paleo Dinner.
- Grate 2 carrots and 4 zucchini for One Skillet Paleo Dinner.
- Finely mince about 14 cloves of garlic for Slow Cooker Tomato Basil Chicken, Chili, Carnitas, and Paleo Tomato Soup.

2 WEEK THM CHALLENGE

WEEK 2 PREP TIPS

COOKING DAY (CONTINUED)

- *Brown 5 lbs. ground turkey & taco seasoning (you'll want less if you are serving fewer people for lunch - see recipe notes on the menu) in one pan. When cooked, cool, and set the turkey aside: you'll want to freeze 1lb. for a salad later in the week, and set aside 4 lbs. for Turkey Taco Bowls.*
- *Brown 2 lbs. ground beef, 1 cup diced onion, and 1/2 cup diced celery for One Skillet Paleo Dinner. Add marinara sauce, 1 cup grated carrots, 3 cups grated zucchini, basil, salt, and pepper. Simmer for 10 minutes, remove from heat, and cool. Pour into a labeled freezer bag and freeze, or refrigerate if you want to eat it sooner than Day 3.*
- *Brown 2 lbs. ground beef in a second pan. Set aside the ground beef for Paleo Tomato Soup.*
- *Brown 1 1/2 lbs. ground beef with chopped garlic for chili.*
- *In another pan (or wipe out one of the pans you just used) brown 4-5 chicken breasts (1.5 lbs.) on both sides, then brown Italian sausage as described in Italian Sausage and Chicken Bake. Follow directions to assemble the Bake in a foil pan (I line mine with parchment).*
- *Prepare a double batch of CrockPot Oatmeal, omitting the apples. You'll add apples to only half, then freeze the other half for later in the week. When thawed and ready to cook, you can add more apples or another frozen fruit)*
- *Bake (or cook in an Instant Pot) 1 medium spaghetti squash. Set aside to cool.*
- *Place all ingredients for Buffalo Chicken in a freezer bag, label, and refrigerate for Day 9 or freeze.*
- *Place all ingredients for Tomato Basil Chicken in a freezer bag, label, and refrigerate for Day 8.*
- *Place all ingredients for Crockpot Carnitas in a freezer bag, label, and freeze.*
- *Mix Pumpkin Chocolate Chip Muffins and bake according to recipe directions.*
- *Place cooled squash in a freezer bag, label, and refrigerate.*
- *Prepare boiled eggs for snacks. I make mine in an Instant Pot to save time.*
- *Grate enough cheese for salad toppings, Carnitas toppings, and chili toppings, place in a freezer bag, and refrigerate.*
- *Optional: Make THM Twixters for Dessert*
- *Assemble Taco Lunch Bowls into freezer bags and freeze half for lunch later in the week, refrigerate half.*
- *****NOTE: I didn't follow the recipe directions for the rice in the Turkey Taco Lunch Bowls. It's way easier to batch cook the rice, like we did at the beginning of the cooking session, and squeeze limes over it later. I also used store-bought salsa to save time. I also went very easy on the corn and only used about 1/4 cup per bowl to keep the carb count from going too high. I omit the cheese, but you could add a sprinkle of low-fat cheese and still have an E if desired.***
- *Assemble Chili uncooked in a labeled freezer bag and freeze.*

2 WEEK THM CHALLENGE

WEEK 2 PREP TIPS

COOKING DAY ACCOMPLISHMENTS

If you prepared everything listed above, you should have:

- *Crockpot Oatmeal - one ready to put in the crockpot and one to put in the freezer for later in the week.*
- *Mason Jar Salads for two days of the week*
- *Bacon for two breakfasts*
- *Brown rice for sides for kids, E sides, salads, and optional E dinner on Day 14*
- *Taco Lunch Bowls refrigerated or frozen for two lunches this week*
- *Paleo Tomato Soup mostly prepared for lunch (you'll want to finish it up the day of or the night before)*
- *Pumpkin Chocolate Chip Muffins for breakfast*
- *Buffalo Chicken refrigerated or frozen for dinner*
- * Tomato Basil Chicken refrigerated for dinner*
- *Spaghetti squash refrigerated for Tomato Basil Chicken*
- *One Skillet Paleo Dinner, frozen*
- *Italian Sausage & Chicken Bake, frozen, to be thawed and baked*
- *Crockpot Carnitas, frozen, with refrigerated grated cheese for a topping*
- *Chili, frozen, with refrigerated grated cheese for a topping*
- *THM Twixters (optional)*

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 2 MENU

DAY 8

Breakfast: Slow Cooked Oatmeal (E) **add stevia to taste

Lunch: Mason Jar Salad (S)

Dinner: Tomato Basil Chicken w/ steamed spaghetti squash (S)

DAY 9

Breakfast: Bacon & Eggs (S)

Lunch: Mason Jar Salad (S)

Dinner: Buffalo Crockpot Chicken w/ Steamed Veggies & Rice (E)

DAY 10 **use 2 lbs. chicken; reduce butter to 1 T; & this is my favorite recipe for ranch

Breakfast: Pumpkin Chocolate Chip Muffins (S)

Lunch: Turkey Taco Lunch Bowls (E) (makes 4 servings, double to feed four twice this week, quadruple to feed 6-8 twice this week)

Dinner: One Skillet Paleo Dinner (S) (doubled)

DAY 11

Breakfast: Peanut Butter Protein Shake (S)

Lunch: Paleo Beef Tomato Soup (S) (doubled; can make in slow cooker if you don't have an IP)

Make sure you read the serving day directions for the soup and prep the night before if necessary

Dinner: Italian Sausage Chicken Bake w/ Salad & Veggies (S)

DAY 12

Breakfast: Slow Cooked Oatmeal (E) **add stevia to taste

Lunch: Turkey Taco Lunch Bowls (E)

Dinner: Crockpot Carnitas w/ salsa, sour cream, cheese, avocado (S)

DAY 13

**I use a small amount of Bai 5 Costa Rica Clementine or Sobe Zero Blood Orange instead of the orange

Breakfast: Scrambled Egg Whites & Fruit (E)

Lunch: Salad w/ ground turkey & rice (E)

Dinner: Chili (S)

DAY 14

Breakfast: Fried Eggs & Bacon (S)

Lunch: Leftover Meat or Soup w/ Salad

Dinner: Leftover Carnitas over Salad (S) or over Rice & Beans if you used lean pork (E)

DESSERTS & SNACKS

THM Twixters (S)

Cake Batter Shake (vanilla extract option) (FP)

S Snack Ideas:

1/2 protein shake

nuts

boiled eggs

deli meat

small portion leftover cooked meat

E Snack Ideas:

Fruit w/ cottage cheese

lean deli meat w/ small portion rice

WATER



☐ DAY 8 ☐ DAY 9 ☐ DAY 10 ☐ DAY 11 ☐ DAY 12 ☐ DAY 13 ☐ DAY 14

2 WEEK THM CHALLENGE

WEEK 2 SHOPPING LIST

PRODUCE

favorite salad ingredients for six salads
(lettuce tomatoes, cucumbers, peppers, etc)
Add ingredients for Mason Jar salads if there's a specific salad you want to try
favorite taco toppings (lettuce, tomatoes, onions, avocados, etc)
4 apples for oatmeal (or other E fruit for oatmeal)
2 heads of garlic
2 cups cherry or grape tomatoes
1 bunch fresh basil
2 limes
5 large onions
1 bunch of celery
6 carrots
7 medium zucchini
1 bunch fresh basil
fresh veggies of choice for side dish with Italian Casserole - I like
fresh green beans or asparagus
1 medium spaghetti squash
avocado (topping for Carnitas & Chili)
favorite fruit for E breakfast and snacks

DAIRY/REFRIGERATED SECTION

2 cartons unsweetened almond, coconut, or cashew milk
1 lb. butter
3 dozen eggs for breakfast
additional eggs or 1 carton egg whites for E breakfast
1-2 cups low-fat cheese (optional, for turkey taco bowls)
8 oz sliced provolone or mozzarella cheese
sour cream
at least 1 lb. cheddar cheese for toppings
1 small container low-fat cottage cheese for snacks & shakes
8 oz. heavy cream

MEAT & FISH

2 lbs. bacon
7 1/2 lbs. boneless skinless chicken breasts
5 lbs. lean ground turkey
5 1/2 lbs. ground beef
1 lb. of on-plan sausage, casings removed
2 lbs. pork shoulder OR lean pork (use a lean roast if you want to make an E meal with the leftovers at the end of the week)
lean deli meat (optional, for snacks)

FROZEN

favorite frozen veggies (enough for one side for the family)

2 WEEK THM CHALLENGE

WEEK 2 SHOPPING LIST

PANTRY & STAPLES

gallon-sized freezer bags
quart-sized freezer bags
1 foil pan to freeze make-ahead casserole
Mason jars for salads
parchment paper (optional)
on-plan salad dressing
low-fat on-plan salad dressing for E salad (or make your own)
60 oz. canned diced tomatoes
1 15-ounce can tomato puree or tomato sauce
1 15-ounce can diced tomatoes
16 oz. canned coconut milk
1 bottle Bai Costa Rica Clementine or Sobe Life Water Zero (you'll just use 1/8 cup for Carnitas)
2 cans black beans or other favorite beans (optional, buy only if you used lean pork and plan to have an E with rice and beans)
1 bottle of hot sauce (I like Frank's)
1 quart chicken stock/broth
2 lbs. brown rice

PANTRY & STAPLES (CONT'D)

pure stevia extract
protein powder
mineral salt
garlic salt
pepper
cinnamon
8 cups old-fashioned rolled oats
olive oil
balsamic vinegar
dried parsley
dried dill
garlic powder
onion powder
dried basil
dried oregano
chili powder
cayenne pepper (optional, for chili)
ground cumin
4 packets taco seasoning, or ingredients to make your own
almond flour
baking powder
baking soda
xylitol (or equivalent)
1 can pumpkin puree
Lily's or other sugar-free chocolate chips
2 cans of corn
1 jar of salsa
1 large jar (32 oz) marinara sauce PLUS
8 oz. additional marinara sauce (40 oz. total, for two different recipes)
coconut oil
MCT oil for Peanut Butter Protein Shake (can sub coconut oil)
cocoa powder
creamy peanut butter
optional ingredients for shake of choice from DashingDish.com for snacks
THM Baking Blend (you'll need 1 cup)
THM Gentle Sweet
vanilla extract
blackstrap molasses
xanthan gum
caramel extract (optional)
2 oz. unsweetened baking chocolate
butter or almond extract