

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 simple, easy, and convenient. Not all menus include as many store-bought foods as this one! This is still a very healthy menu, and can be tweaked to your tastes, but if you're more interested in Whole 30 type meals, stick with me for next month's menu.*

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WEEK 1 PREP TIPS

BEFORE DAY 1

- Open Week 1 Packet
- Click on **BOLDED** menu items and print recipes needed.
- Print Menu & Shopping List
- Shop for Groceries
- Cook bacon for a quick breakfast on Day 1 (optional)
- Cook rice for Day 1, plus extra for E sides or XO sides for the rest of the family if desired (I use my Instant Pot to make brown rice in half the time)
- Shred rotisserie chicken for use on Day 1 & Day 2 lunches
- Prepare overnight crockpot oatmeal (make sure to add sweetener to taste)
- Boil eggs for snacks (optional)
- Chop veggies for salads
- Thaw meat (if needed)

DAY 3

- Make Fudgy No-Bake Cookies
- Make sweetened whipped cream to eat with berries
- Cook bacon for Day 4
- Chop veggies for salads
- Thaw meat (if needed)
- Grate mozzarella for Day 5
- Mince garlic for Day 6
- Slice mushrooms for Day 5 and Day 6

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WEEK 1 MENU

DAY 1

Breakfast: Scrambled Eggs & Bacon (Deep S)

Lunch: Burrito Bowls: Layer shredded chicken breasts, 1 can beans, 2 cups rice, and salsa, season to taste (E)

Dinner: Bunless burgers, salad, & steamed veggies (S)

DAY 2

Breakfast: Overnight Crockpot Oatmeal (E)

I added 1 small pinch pure stevia; sweeten as desired

Lunch: Salad w/ shredded chicken & veggies (S)

Dinner: Taco Stack-Ups (S)

DAY 3

Breakfast: Cake Batter Protein Shake (S) (omit pudding mix)

Lunch: Quinoa Salad (omit avocado, reduce oil to 1 T) (E)

Dinner: Lazy Spinach Artichoke Chicken Breasts (S) w/ salad

DAY 4

Breakfast: Fried Eggs w/ Bacon (S)

Lunch: Deli Meat Roll-Ups w/ Sliced Cheese & lots of veggies (S)

Dinner: 5 Ingredient Broccoli & Cheese Soup w/ salad (S)

DAY 5

Breakfast: Breakfast Bowls (S) (single serve recipe)

Lunch: Big salad w/ sliced deli meat (S)

Dinner: Low-Carb Deconstructed Pizza w/ Steamed Veggies (S)

DAY 6

Breakfast: Scrambled Egg Whites & Fruit (E)

Lunch: 4 Ingredient Crockpot Mexican Soup (S)

Dinner: Garlic & Mushroom Quinoa (E)

DAY 7

keep to 2 T parmesan for the whole dish to keep it an E

Breakfast: Leftovers (S or E)

Lunch: Snack Lunch (favorite deli meat, veggies, dip, leftovers, 1/2 protein shake of choice) (S)

Dinner: Southwest Casserole (S) (You can omit beans and double ground beef OR put 1 can of black or pinto beans in - the carb count will stay low enough for an S)

DESSERTS & SNACKS

Halo Top or other on-plan store-bought ice cream

Fudgy No-Bake Cookies (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

WATER



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

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WEEK 1 SHOPPING LIST

PRODUCE

favorite salad ingredients for five salads
(lettuce tomatoes, cucumbers, peppers, etc)
favorite taco toppings (lettuce, tomatoes, onions, avocados, etc)
favorite snacking veggies for lunch & snacks
1 onion
onions, tomatoes, or other favorite burger toppings
2-3 apples (any kind, for crockpot oatmeal)
fruit of choice for breakfast
1 1/2 cups cherry or grape tomatoes
fresh cilantro
1 lime
2 heads of garlic
4 cups broccoli
2 lbs cremini mushrooms (sliced is fine)
1 jalapeno pepper
1 bunch green onions
fresh berries

MEAT & FISH

2 lbs. bacon (reserve 3 pieces for Day 7 dinner)
no-sugar-added breakfast sausage (4 oz. per person)
1-2 rotisserie chickens (can cook your own)
Burger patties, or form your own from ground beef (1-2 per person)
4 lbs. ground beef
3 lbs. chicken breasts
deli meat (enough for 2 lunches)
20 oz. uncooked turkey Italian sausage
15 slices pepperoni
1 1/2 lbs. boneless skinless chicken (thighs or breasts)

DAIRY/REFRIGERATED SECTION

3 dozen eggs (plus extra for snacks, if desired)
butter
sliced cheese (optional, for Day 1 Dinner & Day 4 lunch)
cheese, sour cream, or other favorite taco toppings (optional)
1 carton unsweetened almond milk (32 oz)
1/2 cup low-fat cottage cheese per person
1 package cream cheese
16 oz shredded mozzarella (for Days 3 & 5)
16 oz heavy cream (8 oz for dinner, 8 oz for dessert)
5 cups pre-shredded cheddar cheese for Day 4, Day 5, and Day 7
1 carton egg whites
12 oz monterey or pepper jack cheese (divided over 2 dinners)

PANTRY & STAPLES

on-plan salad dressing
3 - 4 cans of black beans (1 is optional, for Day 7 dinner)
2 lbs. brown rice
one 16 oz. jar of salsa
one 16 oz. jar chunky salsa
favorite taco or Mexican seasoning for burrito bowl Day 1 (I use 1 teaspoon cumin, 1/2 teaspoon chili powder)
cumin
crushed red pepper flakes
sugar-free or homemade ketchup
favorite burger condiments (pickles, etc)
pure stevia extract
truvia or equivalent sweetener
salt
pepper
cinnamon
1 - 2 lbs. old fashioned rolled oats
2 packets taco seasoning (or make your own)
14.5 oz tomato sauce
sliced olives (optional, for Day 2 Dinner)
protein powder
pure vanilla extract
butter or almond extract
xanthan gum (optional)
at least 16 oz quinoa
olive oil
oregano
dried thyme
paprika
cayenne pepper (optional)
1 can quartered artichoke hearts
1 can of parmesan cheese
dried minced garlic
dried minced onion
48 oz. chicken broth
12 oz. beef broth
two 14.5 oz cans diced tomatoes (NOT petite dice)
on-plan dip or ingredients to make your own (or just use ranch dressing - I like Ken's)
nuts for snacking
tea & collagen (optional, to drink with snacks)
coconut oil
cocoa powder
defatted peanut flour
shredded coconut (optional, for cookies)

FROZEN

3-4 packages frozen veggies
(about 1 cup per person), divided over 2 meals)
1 package frozen corn
10 oz frozen spinach
Halo Top or other on-plan store-bought ice cream