

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 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.

2 WEEK THM CHALLENGE

WEEK 2 MENU

DAY 8

Breakfast: Oven Baked Omelet (S)

Lunch: Italian White Bean Soup (E)

Dinner: Cheesy Bacon Chicken w/ Side Salad (S)

DAY 9

Breakfast: Cooked Breakfast Sausage w/ good quality cheese (S)

Lunch: Deli meat & cheese roll-ups w/ sliced veggies (S)

Dinner: Slow Cooker Pork Carnitas Paleo Tacos (S)

DAY 10

Breakfast: Eggs scrambled w/ cottage cheese (S)

I add just 2 T before scrambling for extra-creamy and protein-packed eggs

Lunch: Chopped Cobb Mason Jar Salad (S)

Dinner: One Pan Salmon and Asparagus (S) (omit beans/peas)

DAY 11

Breakfast: Fried eggs w/ leftover sausage (S)

Lunch: 2 cans heated refried beans with 2 cups cooked brown rice

& sprinkle of low-fat cheese (serves 6) (E)

Dinner: Italian Drip Beef w/ THM Swiss Bread & Side Salad (S)

Make extra Swiss Bread or Nuke Queen Bread for lunch tomorrow

DAY 12

Breakfast: Berries w/ Cottage Cheese or THM's Cottage Berry Whip (FP)

Lunch: Egg Salad on leftover Swiss Bread (S)

Dinner: Shrimp & Sausage Paleo Skillet (doubled) (S)

DAY 13

Breakfast: Scrambled Egg Whites & Fruit (E)

Lunch: Easy Tuscany Tomato Soup, tea w/ collagen (FP)

Dinner: Slow Cooker Chicken & Quinoa Chili (E)

DAY 14

Breakfast: Chocolate Covered Cherry Protein Shake (E)

Lunch: Quinoa (seasoned to taste) w/ 1 tsp butter or parmesan (E)

Dinner: One Pan Pesto Chicken and Veggies (doubled) (S)

DESSERTS & SNACKS

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

3-Ingredient Chocolate Fudge Dip w/ Berries (S)

Easy Low-Carb Cheesecake (S)

I subbed 1 TBSP + 1 tsp THM Gentle Sweet for Splenda; please add just a little and sweeten to taste!

S Snack Ideas:

1/2 protein shake

nuts

boiled eggs

deli meat

small portion leftover cooked meat

WATER



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

2 WEEK THM CHALLENGE

WEEK 2 PREP TIPS

BEFORE DAY 8

- Open Week 2 Packet
- Click on **BOLDED** menu items and print recipes needed.
- Print Menu & Shopping List
- Shop for Groceries
- Mix Oven Baked Omelet so it's ready to pop in the oven (optional)
- Shred 8 oz. cheese, if you didn't buy pre-shredded
- Chop veggies for snacks and salads
- Pre-cook breakfast sausage for Day 9
- Pre-pan fry pork chops (see recipe for directions) for Day 9 Dinner (optional)
- Make 3-Ingredient Chocolate Fudge Dip (optional)
- Pre-cook rice for Day 11 lunch
- Thaw meat for Days 8-11

DAY 11

- Make Cheesecake (optional)
- Boil eggs for snacks & Egg Salad
- Thaw meat for days 12-14
- Pre-make Tuscany Tomato Soup (optional)
- Pre-cook quinoa for Day 14 lunch

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WEEK 2 SHOPPING LIST

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PRODUCE

favorite salad ingredients for 3-4 salads
(lettuce tomatoes, cucumbers, peppers, etc)
+ 3 heads romaine (for 5 jar salads)
cherry tomatoes (1 quart for 5 jar salads)
+ 1 extra quart for Day 14
5 mini cucumbers (for 5 jar salads)
1 small red onion
2 avocados
favorite taco toppings (lettuce, tomatoes, onions, avocados, etc)
1 head of butter or romaine lettuce for pork lettuce tacos
favorite snacking veggies for lunch & snacks
3 yellow onions
2 green bell peppers
1 red bell pepper
2 large carrots
1 medium zucchini
1 head of garlic
1 small package fresh spinach
1 lime
4 bunches asparagus
1 lb green beans (you can sub these in for some of the asparagus
in the salmon & asparagus dish, but you'll still need some for Day
14)
1 lemon
berries for breakfast & dessert
apples, oranges, or other E fruit for breakfast
fresh parsley (optional)
green onions or jalapeños (optional, for chili)

DAIRY/REFRIGERATED SECTION

4 dozen eggs (plus extra for snacks, if desired)
butter
good quality cheese for snacking, meat roll-ups, & breakfast
sour cream & cheese for lettuce tacos (optional)
1 large container low-fat cottage cheese
1 large carton egg whites
low-fat shredded cheese
sliced provolone cheese (for Italian Drip Beef)
light laughing cow cheese (optional, for soup or chili)
0% Greek yogurt (optional, for chili)
8 oz. cream cheese
8 oz. heavy cream

FROZEN

Halo Top or other on-plan store-bought ice cream
frozen pitted cherries
berries for Cottage Berry Whip (optional)

PANTRY & STAPLES

wide-mouth quart-sized mason jars (optional, you can also
make the salad in a bowl)
on-plan blue-cheese or ranch dressing (I used Ken's)
coconut oil
olive oil
2 cans of full-fat coconut milk
salt
pepper
three 14 oz. cans diced tomatoes
64 oz. crushed tomatoes
one 6 oz. can tomato paste
two 15 oz. cans Great Northern or Cannellini beans
Italian seasoning (at least 4 Tablespoons)
bay leaves
onion powder
garlic powder
dried basil
dried thyme
dried oregano
red pepper flakes (optional)
seasoning rub (any rub with salt, garlic powder, onion
powder, & paprika will work)
low-carb barbecue sauce (optional, or make your own- I
skipped it)
4 quarts chicken broth
apple cider vinegar
chili powder
cayenne pepper
1 lb. brown rice
2 cans refried beans
2 15 oz. cans black beans
16 oz jar pepperoncini peppers
mayonnaise
mustard
favorite ingredients for egg salad
Old Bay Seasoning
tea
collagen
chili seasoning
1 lb. quinoa
canned parmesan cheese (optional)
protein powder
THM Gentle Sweet
cocoa powder
1 small jar sun-dried tomatoes
1 jar basil pesto (check for added carbs)
nuts for snacking
1 cup Lily's chocolate chips or other sugar-free or on-plan
chocolate chips
pure vanilla extract

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WEEK 2 SHOPPING LIST

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FOR SWISS BREAD OR NUKE QUEEN BREAD:

THM Baking Blend
1 carton egg whites
THM Super Sweet Blend
aluminum free baking powder
coconut oil spray

Click here for a link to Nuke Queen's Awesome Bread
THM Swiss Bread can be found in the THM Cookbook

MEAT & FISH

3 lbs bacon
8-9 chicken breasts
2 lbs. boneless, skinless chicken thighs
2 lbs breakfast sausage (watch out for added sugar or carbs)
deli meat - turkey & ham for Cobb Salad & Deli Roll-Ups
4 lbs pork chops
6-8 salmon fillets
2.5 - 4 lbs. beef chuck roast
2 lbs. medium or large peeled & deveined shrimp
12 oz. pre-cooked on-plan smoked sausage