

THM MENU WEEK 1

WHAT YOU NEED TO KNOW

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 baked chicken thighs, 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. *This menu starts with 2 days of Deep S meals to help you to reduce cravings and detox from sugar (just a bit!). These first two days might be a bit tougher, but feel free to add Trim Healthy Mama snacks (according to their guidelines), or to swap out a meal and change up the Trim Healthy Mama fuel types if 2 days of Deep S is too much.*
6. *If you need help finding some of the Staples, please check out my Resources Page.*
7. ***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.***

THM MENU WEEK 1

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*
- *Bake all of the chicken thighs at dinner time and reserve enough for lunch on Day 2*
- *Chop veggies for salads throughout the week*
- *Make Skinny Chocolate*

DAY 3

- *Optional: Make desserts for the week*
- *Optional: Bake chicken breasts for Tacos, Chili, and Pepperoni Chicken*
- *Prep for Baked Blueberry Oatmeal*

DAY 5

- *Cook brown rice and chop veggies for Chicken and Brown Rice Soup*

THM MENU WEEK 1

WEEK 1 MENU

DAY 1

Breakfast: Scrambled Eggs & Bacon (Deep S)

Lunch: Salad w/ Bacon, Boiled Egg, & Vinaigrette

Dinner: Baked Chicken Thighs, Veggies w/ Butter, Salad (Deep S)

DAY 2

Breakfast: Fried Eggs in Butter (Deep S)

Lunch: Salad w/ Baked Chicken Thighs & Vinaigrette (Deep S)

Dinner: Mexican Skillet Dinner (Deep S)

DAY 3

Breakfast: Peanut Butter Protein Shake (S)

Lunch: Hearty Chicken Chili (E)

Dinner: Baked Salmon w/ Steamed Veggies (S)

DAY 4

Breakfast: Baked Blueberry Oatmeal (E)

Lunch: Organic Turkey Dogs w/ Sliced Veggies (S)

Dinner: Easy Chicken Tacos (FP)

DAY 5

Breakfast: Cinnamon Crockpot Granola (E)

Lunch: Deli Meat Roll-Ups w/ Sliced Veggies (S)

Dinner: Pepperoni Chicken (doubled) w/ Side Salad (S)

DAY 6

Breakfast: Scrambled Eggs & Bacon (S)

Lunch: One Pot Mexican Quinoa (double & omit avocado) (E)

Dinner: Chicken and Brown Rice Soup (E)

DAY 7

Breakfast: Leftover Granola or Oatmeal (E)

Lunch: Garlic Parmesan Chicken (S)

Dinner: Creamy Bacon Swiss Chicken Bake (S)

DESSERTS & SNACKS

Skinny Chocolate (Deep S)

Single Serve Chocolate Chip Cookie (S)

Chocolate Fudge Crumb Bars (S)

Sliced lean deli meat & veggie sticks (FP)

Boiled Eggs (S)

I DRANK WATER TODAY:



2 WEEK THM CHALLENGE

WEEK 1 SHOPPING LIST

PRODUCE

4 -5 heads of lettuce
favorite salad veggies (cucumbers, tomatoes, etc)
favorite snack veggies for lunch
1 head of green cabbage
1 green bell pepper
2 onions
1 carton blueberries (can sub frozen)
optional: avocado for S taco topping
fresh parsley
fresh cilantro
1 head of garlic
2 jalapeno peppers
1 lime
1 small bunch carrots
1 small bunch celery
1 bag of peas (frozen is best)
favorite veggies for steaming (green beans)
at least 4 cups fresh spinach

MEAT & FISH

4 or 5 lbs. bacon (enough for two breakfasts, 1 lb. for dinner, leftovers for lunch)
2-3 chicken thighs PER PERSON
2 lbs ground beef
1 lb ground chicken
21 boneless skinless chicken breasts
1-2 packages organic or natural turkey or all-beef hot dogs
favorite deli-meat for roll-ups
7 oz pepperoni slices
1 salmon fillet per person

DAIRY/REFRIGERATED SECTION

4 dozen eggs (breakfast, lunch, and dessert)
1 lb. butter
unsweetened vanilla almond milk
1 block 1/3 less fat cream cheese
at least 9 slices Swiss cheese
8 slices mozzarella cheese
optional S toppings for tacos: sour cream, cheese
favorite cheese for roll-ups
1 cup parmesan cheese
16 oz heavy whipping cream

PANTRY & STAPLES

on-plan salad dressing
favorite seasoning for chicken thighs
cumin
salt
pepper
chili powder
onion powder
garlic powder
coconut oil
on-plan protein powder
ground thyme
THM Super Sweet Blend
THM Baking Blend
almond flour (finely ground works best)
low-carb chocolate chips
THM Gentle Sweet
pure stevia extract powder
MCT Oil
cocoa powder
creamy peanut butter
1 packet ranch dressing mix
1 packet chili seasoning
4 cans black beans
2 cans kidney beans
1 can pinto beans
2 cans corn
2 cans Rotel (I like mild)
4 oz. can sliced mushrooms
liquid smoke
6 cups gluten-free old-fashioned oats
4 oz. unsweetened applesauce
vanilla extract
blackstrap molasses
ground cinnamon
baking powder
three 15 oz. cans diced tomatoes
two 15 oz. cans fire-roasted diced tomatoes
1 lb. brown rice
optional E sides for tacos: additional beans, rice
optional: low-carb tortillas for tacos OR, if GF, ingredients for THM Wonder Wraps
mayonnaise, mustard, or other on-plan spreads for roll-ups
olive oil
48 oz. on-plan marinara sauce
2 cups quinoa
16 oz. vegetable broth
48 oz. chicken broth
Just Like Brown Sugar or other on-plan brown sugar sub.
unsweetened shredded coconut
Swerve (both regular and powdered; can sub THM sweeteners, please check conversion chart online)
6 oz. good quality unsweetened baking chocolate
xanthan gum