

THM MENU WEEK 2

WHAT YOU NEED TO KNOW

THIS PACKET INCLUDES:

- *Open Week 1 Packet*
- *Click on **BOLDED** menu items and print recipes needed.*
- *Print Menu & Shopping List*
- *Shop for Groceries*
- *Be prepared to start the crockpot chicken for lunch on Day 8 on the morning of Day 8, or cook ahead of time if needed.*
- *Thaw chicken breasts for Day 8 Dinner, if you bought all frozen*
- *Cook brown rice for Day 9 Dinner*
- *Cook bacon for BLT wraps for Day 10 Lunch*
- *Thaw ground beef for day 10 Dinner, if needed*
- *Note: The Easy Crockpot Chicken on Day 8 makes a lot! You'll be using leftovers for several other meals.*

DAY 11

- *Boil eggs for snacks*
- *Chop veggies for salads & snacks*
- *Make Pumpkin Bread*

DAY 13

- *Prepare soup in advance (if desired)*

THM MENU WEEK 2

WEEK 2 PREP TIPS

BEFORE DAY 8

- *Open Week 1 Packet*
- *Click on **BOLDED** menu items and print recipes needed.*
- *Print Menu & Shopping List*
- *Shop for Groceries*
- *Be prepared to start the crockpot chicken for lunch on Day 8 on the morning of Day 8, or cook ahead of time if needed.*
- *Thaw chicken breasts for Day 8 Dinner, if you bought all frozen*
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- *Cook bacon for BLT wraps for Day 10 Lunch*
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- *Note: The Easy Crockpot Chicken on Day 8 makes a lot! You'll be using leftovers for several other meals.*

DAY 11

- *Boil eggs for snacks*
- *Chop veggies for salads & snacks*
- *Make Pumpkin Bread*
- *Prepare overnight oatmeal for Day 12*

DAY 13

- *Prepare soup in advance (if desired)*

2 WEEK THM CHALLENGE

WEEK 2 MENU

DAY 8

Breakfast: Easy Egg Muffins (S)

Lunch: Easy Crockpot Shredded Chicken w/ Canned Black Beans (E)

Dinner: Tomato Basil Artichoke Chicken (double to feed 6-8) (S)

DAY 9

Breakfast: Fried Eggs in Butter w/ Breakfast Sausage (S)

Lunch: Baked Sweet Potatoes w/ Leftover Chicken (E)

Dinner: Burrito Bowls (E)

Layer leftover crockpot chicken, canned beans, cooked brown rice, & salsa. Season to taste.

DAY 10

Breakfast: 0% Greek Yogurt w/ stevia to taste & berries (FP)

Lunch: Low-Carb BLT Wraps (S) (add protein shake if needed)

Dinner: Taco Stack Ups (S)

DAY 11

Breakfast: Cake Batter Protein Shake (FP) (single serve)

Lunch: Fiesta Chicken Bake (E) (ignore Freezing Directions)

Dinner: Greek Roasted Pork Tenderloin w/ Salad & Steamed Veggies (S)

DAY 12

Breakfast: Brownie Batter Overnight Oatmeal (E)

Lunch: Salad w/ Sliced Deli Meat & Veggies (FP)

Dinner: Crockpot Chicken Cacciatore (S)

DAY 13

Breakfast: Scrambled Eggs w/ Cheese (optional) (S)

Lunch: Chicken & White Bean Soup (E)

Dinner: Individual Meatloaf Balls w/ Steamed Frozen Veggies (S)*

Note: This recipe has been reviewed as "too salty" when made as directed. Try reducing the salt and seasoning to taste

DAY 14

Breakfast: Scrambled Egg Whites w/ Orange Slices (E)

Lunch: Leftover Soup w/ Salad (S if Day 12 soup, E if Day 13)

Dinner: Bacon Wrapped Mediterranean Chicken w/ Side Salad (S)

DESSERTS & SNACKS

Single Serve Cottage Berry Whip (FP)

**Single Serve Chocolate Brownie
Mug Cake (S)**

Low-Carb Pumpkin Bread (S)

Nuts & Sliced Deli Meat (S)

Boiled Eggs (S)

WATER



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

2 WEEK THM CHALLENGE

WEEK 2 SHOPPING LIST

PRODUCE

1 small bunch green onions
8 oz. veggies for breakfast muffins (broccoli, mushrooms, bell peppers, etc)
1 small bunch fresh basil
3 large Roma tomatoes (1 for BLT wraps)
1 head of garlic
sweet potatoes (1 per person for lunch)
1 or 2 cartons of berries for breakfast
favorite taco toppings (shredded lettuce, avocado, onion, fresh tomatoes, etc)
1 small bunch fresh cilantro
favorite salad veggies (enough for three salads)
favorite fresh or frozen veggies for steaming (enough for two or more sides)
frozen berries (1/2 cup per person for Cottage Berry Whip)
1 lemon
1 yellow bell pepper and 1 green bell pepper
4 small onions
3 bunches or 1 medium box fresh baby spinach
3-4 carrots
1 small bunch celery
8 oz mushrooms
oranges (1/2 to 1 per person for breakfast)

MEAT & FISH

8 oz. diced ham, bacon, or sausage
2 lbs. bacon
6 lbs frozen boneless, skinless chicken breasts
7 to 8 lbs. fresh or thawed boneless, skinless chicken breasts
2.5 - 3 lbs. boneless skinless chicken thighs
1 lb. breakfast sausage
2 lbs. deli turkey meat (for BLT wraps)
4 lbs. ground beef
4-5 lb. pork tenderloin or lean pork roast

DAIRY/REFRIGERATED SECTION

4 dozen eggs + extra to boil for snacks
1 carton egg whites OR additional eggs to separate for egg whites
8 oz. cheddar cheese (optional, for eggs)
1-2 cups shredded cheese
8 oz. grated parmesan
16 oz. grated or shredded mozzarella
16 oz. fresh mozzarella cheese, sliced
1 lb. butter
1 large container low-fat cottage cheese (1/2 cup per person for shakes + 1/2 cup per person for Cottage Berry Whip)
0% Greek yogurt
optional favorite dairy taco toppings (sour cream, cheese)
fat free sour cream (can sub Greek yogurt)
1 carton unsweetened almond or cashew milk

PANTRY & STAPLES

THM Super Sweet Blend
THM Gentle Sweet
Spike seasoning (or other seasoning blend that would work well for eggs)
onion powder
garlic powder
salt
black pepper
3-4 cans of black beans
favorite seasoning for beans (I like taco seasoning, or cumin & chili powder)
Italian seasoning
two 14 oz cans artichoke hearts
Just Like Brown Sugar (for sweet potatoes, optional)
or other brown sugar substitute (optional)
1 jar of salsa
2 lbs. brown rice
on-plan protein powder
pure stevia extract or other on-plan sweetener
unsweetened cocoa powder
almond extract
butter extract (can sub vanilla extract)
on-plan mayonnaise
2 packets taco seasoning (gluten-free if needed)
one 14.5 oz can tomato sauce
cumin
chili powder
chili pepper flakes
dried onion flakes
10 oz enchilada sauce
10 oz diced tomatoes with chiles
one 15 oz can pinto beans, drained
on-plan salad dressing
dried oregano
dried parsley
dried basil
dried thyme
4 oz dry red cooking wine (I subbed chicken broth)
4 oz tomato juice
1 small can tomato paste
1 large can whole peeled tomatoes
4-5 cups cooked or canned white beans
liquid aminos
Mediterranean or Greek seasoning
nuts for snacking
almond flour
coconut flour
Truvia (for mug cake - can sub other sweetener, but check a conversion chart)
vanilla extract
cocoa powder
baking soda
baking powder
90% Lindt dark chocolate (for mug cake)
pecans (optional)
1 can of pumpkin
1/2 cup liquid coconut oil (I melted mine in the oven)
Trim Healthy Mama Baking Blend
ground cloves
nutmeg
ginger
allspice
cinnamon
Lily's baking chips or sugar-free chocolate chips (optional)