

September Menu

Breakfasts

- 1 Fat Stripping Frappa (FP) (THM Cookbook p. 418)
- 2 cottage cheese w/ fruit (E or FP)
- 3 [Shamrock Shake \(FP\)](#)
- 4 scrambled eggs (S)
- 5 [Broccoli and Cheese Mini Omelets \(S\) \(double this recipe\)](#)
- 6 Greek yogurt with stevia and berries (FP)
- 7 Scrambled egg whites over quinoa (E)

Lunches

- 1 turkey , cheese, & veggies rolled-up w/ side of berries (S)
- 2 [Amazing Cottage Cheese Salad \(S\)](#)
- 3 [Protein Shake \(S or FP\)](#)
- 4 Big Boy Smoochie (FP) (THM Cookbook p. 414)
- 5 turkey dogs & veggies (S or FP, depending on fat content of dogs)
- 6 brown rice w/ shredded chicken (E)
- 7 Waldorf Cottage Cheese Salad (THM Cookbook p.190)

Snacks

- boiled eggs
- deli meat roll-ups
- small portions of leftovers
- protein shakes

September Menu

Dinners

1	Chicken Tacos (FP, S with toppings)
2	Crockpot Red Beans and Rice (E)
3	Salmon, green beans, and salad (S)
4	Pot roast with salad (S)
5	Dark Meat from 2 Whole Roasted Chickens w/ broccoli & cheese & salad (S) (reserve white meat for tmrw)
6	Santa Fe Quinoa Salad w/ leftover white meat (E) (double, omit tomatoes from 2nd portion and freeze)
7	Steak with garlic butter and green beans (S)
8	Baked Chicken Breasts w/ Alfredo Sauce & steamed broccoli (S) (bake chicken til cooked through; omit pasta water)
9	Chicken Fajitas (S) (quadruple to make 2 pans; freeze 2nd portion, omit cornstarch and tortillas)
10	THM Perfect Pizza (S) (THM Cookbook p. 211) w/ side salad
11	Baked Chicken Breasts w/ Baked Sweet Potatoes (E)
12	Shakshuka (Eastern Egg Dish) (S) (omit sugar, add extra eggs to feed more, plus optional side of veggies if desired)
13	Fish with buttered peas (S)
14	Frittata (S)
15	Chicken Club Salad (S) (double this recipe to feed 6-8)
16	Crockpot Carnitas (S) (omit tortillas, sub 1/4 cup orange Bai 5 or orange Sobe Zero for the whole orange)
17	Alice Springs Chicken Casserole (S) (doubled)
18	Caprese Salad with chicken and avocado (S) (double this recipe to feed 6-8), use balsamic dressing instead of reduction
19	Paleo Mediterranean Chicken (S) (double and freeze second portion); portions are smaller so I add a big salad
20	Cheeseburgers (no bun), with green fries (THM Cookbook p. 218) (S)
21	Whole roasted chicken with cheesy spaghetti squash (ignore the goldfish suggestion) (S)
22	THM Perfect Pizza (S) (THM Cookbook p. 211)
23	Taco Stack-Ups (S)
24	On-plan sausage with salad (S)
25	Loaded Sweet Potatoes (omit cheese) (E)
26	Kai Si Ming (E) (THM Cookbook p. 98)
27	Trim Healthy Pancakes (THM Cookbook p. 259) (E)
28	Frozen chicken fajitas from week 2 (S)
29	Black Bean Chicken Salad (E)
30	Frozen Paleo Mediterranean Chicken (S) (frozen from week 3)

September Week 1 Shopping List Days 1-7

PRODUCE

- spinach (for Shamrock shake)
- 1 large bag broccoli florets or 2 heads
- berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- 1 bunch green onions (lunch, day 6)
- favorite veggies to slice for lunch side
- apples (snacks & lunch)
- 1 lemon
- 1 big bunch celery (lunch, day 2)
- avocado (optional, day 1)
- 1 large bell pepper (day 2)
- 3 white onions (day 2, day 4)
- garlic (day 2)
- fruit (breakfast, lunches)
- 2 pkgs green beans (or frozen) (day 3, day 7)
- your favorite salad ingredients (3 salads)
- 2 jalapenos (day 6)
- 6 carrots (day 4)
- 2 cups cherry or grape tomatoes (day 6)

PANTRY

- 1 lb quinoa (breakfast, day 6)
- sliced olives
- 2 lbs brown rice (lunch, day 1)
- nuts
- three 15 oz. cans diced tomatoes (day 1)
- low-carb tortillas (optional, day 1, not gf)
- 15 oz can red beans (day 2)
- low-carb salad dressing (or make your own)
- 1 quart beef broth (day 4)
- 1 jar salsa (day 6)
- 2 cans black beans (day 6)

REFRIGERATED SECTION

- unsweetened nut milk
- 32 oz. low-fat cottage cheese
- 2 dozen eggs
- 1 carton egg whites
- 1 block cheddar cheese
- 1 wedge good cheese (like pecorino romano)

REFRIGERATED SECTION

- cheese (day 1, day 5)
- sour cream (day 1)
- 0% Greek yogurt
- sliced cheese (lunch roll-ups)
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MEAT

- deli sliced turkey (lunch, snacks)
- turkey hot dogs (lunch)
- 5 chicken breasts (lunch, day 1)
- 2 lbs lean ground turkey (day 2)
- salmon filets (day 3)
- 4-5 lb pot roast (day 4)
- 2 whole chickens (day 5)
- steaks (day 7)

FROZEN

- frozen corn (day 6)
- berries
- broccoli (day 5)

STAPLES

- unsweetened cocoa powder
- THM Super Sweet Blend
- mineral salt
- glucomannan
- protein powder
- vanilla extract
- mint extract
- olive oil
- pepper
- coconut oil cooking spray
- Za'atar (optional, but SO GOOD!)
- chili flakes
- cumin (day 1, day 6)
- dried parsley (day 2)
- Cajun seasoning (day 2)
- ground sage (day 2)
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September Week 2 Shopping List Days 8-14

PRODUCE

- spinach (for Shamrock shake)
- 1 large bag broccoli florets or 2 heads
- berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- 2 bunches green onions (lunch, day 13)
- favorite veggies to slice for lunch side
- apples (snacks & lunch)
- 1 lemon
- 1 big bunch celery (lunch)
- avocado (optional)
- fruit (breakfast, lunches)
- 5 green peppers (day 9, 1 for day 11)
- 4 onions (day 9)
- 1 package mushrooms (day 9)
- your fave. salad ingredients (day 9)
- 1 head of garlic (day 12)
- fresh parsley (optional, day 12, 14)
- 1 lemon (day 13)
- frittata veggies (zucchini, asparagus, etc) (day 14)

PANTRY

- 1 lb quinoa (breakfast)
- sliced olives
- 2 lbs brown rice
- nuts
- 1 jar salsa (day 9)
- can of parmesan cheese (day 10)
- 3 cans diced tomatoes (day 12)
- mayonnaise (day 13)
- tabasco sauce (day 13)

REFRIGERATED SECTION

- 0% Greek yogurt
- sliced cheese (lunch roll-ups)
- unsweetened nut milk
- 32 oz. low-fat cottage cheese
- 3 dozen eggs (breakfast, day 12)
- 2 cartons egg whites (breakfast, day 10)
- 1 block cheddar cheese
- 2 wedges or two pkgs pre-shredded parmesan (days 8, 13, 14)

REFRIGERATED SECTION

- butter
- 8 oz heavy cream (day 8)
- optional sour cream (day 9)
- 5 oz mozzarella cheese (day 10)

MEAT

- deli sliced turkey (lunch, snacks)
- turkey hot dogs (lunch)
- 14-18 chicken breasts (lunch, day 8, day 11)
- 4 lbs chicken tenders (day 9)
- 2 lbs skinless fish (halibut, tilapia, or mahi mahi)

FROZEN

- frozen peas (day 13)
- berries

STAPLES

- freeze dried dill (optional, day 13)
- cayenne (optional, day 12)
- paprika (day 12)
- unsweetened cocoa powder
- [THM Super Sweet Blend](#)
- [mineral salt](#)
- [THM glucomannan](#)
- [protein powder](#)
- vanilla extract
- mint extract
- olive oil
- pepper
- coconut oil cooking spray
- [Za'atar \(optional, but SO GOOD!\)](#)
- chili flakes
- fajita seasoning (day 9)
- [THM Baking Blend \(day 10\)](#)
- onion powder (day 10)
- Italian seasoning (day 10)
- [Just Like Brown Sugar \(optional, for sweet potatoes on day 11\)](#)
- chili powder (day 12)
- cumin (day 12)

September Week 3 Shopping List Days 15-21

PRODUCE

- spinach (for Shamrock shake & Day 19)
- 1 large bag broccoli florets or 2 heads
- berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- 1 bunch green onions (lunch)
- favorite veggies to slice for lunch side
- apples (snacks & lunch)
- 1 lemon
- 1 big bunch celery (lunch, day 15)
- avocado (optional)
- fruit (breakfast, lunches)
- 9 plum tomatoes (6 for day 15, 3 for day 18)
- 2 red onions (day 15, day 19)
- 3 heads of romaine lettuce (1 for day 15, 2 for day 18)
- 2 onion (day 16, day 19)
- 1 jalapeno (day 16)
- 5 avocados (day 16, day 18)
- fresh basil (day 18, day 19)
- 1 head of garlic (day 16, day 19)
- 2 1/2 lbs mushrooms (day 17, day 19)
- 4 zucchini (day 19)
- Your favorite salad ingredients (day 19)

PANTRY

- 1 lb quinoa (breakfast)
- sliced olives
- 2 lbs brown rice
- nuts
- light mayonnaise (day 15)
- white wine vinegar (day 15)
- 1 bottle Sobe LifeWater Zero (day 16)
- 2 jars low-carb alfredo sauce (day 17)
- 1 bottle low-carb balsamic dressing (day 18) 16 oz
- jar roasted red peppers (day 19)
- 1 jar of parmesan (day 20)
- 16 oz jarred artichoke hearts (day 19)
- 5 oz. sliced kalamata olives (day 19)

MEAT

- deli sliced turkey (lunch, snacks)
- turkey hot dogs (lunch)
- 8 lbs chicken breasts (lunch, days 14, 17, 20)
- 1 lb bacon (day 15)
- 2 lbs boneless pork shoulder (day 16)
- 1/2 lb lean ham (day 17)
- ground beef patties (enough for the fam., day 20)
- 1 pre-cooked chicken + 1 whole chicken to roast (day 19, 21)

FROZEN

- berries
- 32 oz frozen green beans (day 20)

STAPLES

- unsweetened cocoa powder
- [THM Super Sweet Blend](#)
- mineral salt
- [THM glucomannan protein powder](#)
- vanilla extract
- mint extract
- olive oil
- pepper
- coconut oil cooking spray
- [Za'atar \(optional, but SO GOOD!\)](#)
- garlic powder (day 20)
- chili flakes
- nutritional yeast (day 20)
- dried oregano (day 16, day 19)
- ground cumin (day 16)
- dried sage (day 17)
- dried thyme (day 17)
- onion powder (day 17)
- garlic salt (day 21)
- balsamic vinegar (day 19)
- dried parsley (day 19)

September Week 3 Shopping List (continued)

REFRIGERATED SECTION

- unsweetened nut milk
- 32 oz. low-fat cottage cheese
- 2 dozen eggs
- 1 carton egg whites
- 1 block cheddar cheese
- 1 wedge good cheese (like pecorino romano)
- 0% Greek yogurt
- sliced cheese (lunch roll-ups)
- sour cream (day 16, day 17)
- 1 lb shredded mozzarella (day 17)
- 1 lb fresh mozzarella (day 18)
- 8 oz four-cheese Mexican blend (day 17)
- 1 small container feta cheese (day 21)
- 1 lb butter

September Weeks 4 & 5 Shopping List Days 21-30

PRODUCE

- spinach (for Shamrock shake)
- 1 large bag broccoli florets or 2 heads
- berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- 2 bunches green onions (lunch, day 29)
- favorite veggies to slice for lunch side
- apples (snacks & lunch)
- 1 lemon & 2 limes
- 1 big bunch celery (lunch)
- avocado (day 23)
- fruit (breakfast, lunches)
- favorite pizza toppings (day 22)
- favorite side salad ingredients (day 22, 24)
- fresh tomatoes, cilantro, lime wedges (opt., day 23) sweet
- potatoes (enough for the family) (day 24)
- chives (optional, day 24)
- 2 heads of cabbage (day 26) 2
- onions (day 26)
- fresh cilantro (day 29)

PANTRY

- 1 lb quinoa (breakfast)
- sliced olives
- 2 lbs brown rice
- nuts
- grated parmesan
- no-sugar-added pizza sauce (day 22)
- salad dressing (or make your own)
- 14.5 oz can tomato sauce (day 23)
- black olives (optional, day 23)
- 4 cans black beans (day 24, 29)
- 3 cups gf oats (day 27)

REFRIGERATED SECTION

- unsweetened nut milk
- 50 oz. low-fat cottage cheese
- 2 dozen eggs
- 2 large cartons egg whites (day 22, 27)
- 1 block cheddar cheese

REFRIGERATED SECTION

- 0% Greek yogurt
- sliced cheese (lunch roll-ups)
- 1 lb part skim mozzarella (day 22)
- sour cream (optional, topping for day 23)
- 1 wedge good cheese (like pecorino romano)
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MEAT

- deli sliced turkey (lunch, snacks)
- turkey hot dogs (lunch)
- 6 large chicken breasts (lunch, day 29)
- 5 lbs ground beef (day 23, 26)
- on-plan sausage or bratwurst (day 23)
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FROZEN

- berries
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September Weeks 4 & 5 Shopping List (continued)

STAPLES

- unsweetened cocoa powder
- [THM Super Sweet Blend](#)
- [mineral salt](#)
- [THM glucomannan](#)
- [protein powder](#)
- vanilla extract
- mint extract
- olive oil
- pepper
- coconut oil cooking spray
- [Za'atar \(optional, but SO GOOD!\)](#)
- red wine vinegar (day 29)
- baking powder (day 27)
- dried basil
- chile flakes
- [THM Baking Blend](#)
- onion powder (day 22, 26)
- Italian seasoning (day 22)
- 2 packets taco seasoning (or make your own) (day 23)
- chile powder (day 24)
- garlic powder (day 26)
- nutritional yeast (day 26)
- cayenne pepper (day 26)
- soy sauce or Bragg's liquid aminos (day 26)