



THIS WEEK'S MENU

from Trim Healthy Table

Breakfast

Lunch

Dinner

Sun.

easiest breakfast
casserole
S, p.328

blt wraps
(serves 1, so multiply)
S, p.296

chicken fried double
rice, x2
E, p.53

Mon.

no bake breakfast
cheesecakes
S, p.334

apple tuna salad
(serves 1, so multiply)
E, p. 314

addictive greek chicken
w/ tzaziki salad
S, p.224 & p. 266

Tues.

leftover breakfast
casserole
S, p.328

leftover chicken fried
double rice

good grub w/ side
salad
S, p.64

Wed.

Wake Up, Trim Down
Banana Bars
E, p.345

trim train Italian soup,
FP, S, or E p. 160

ten minute chinese
chicken salad
S, p.199

Thurs.

pint jar chia (makes 3,
double if needed)
S, p.352

leftover good grub

award winning chili pie
w/ side salad
S, page 142

Fri.

Pepper Hole Eggs (make
enough for everyone),
S, p. 332

melissa's amish
broccoli salad
S, p.271

sweet lime taco joes
w/ side salad or rice
E, page 93

Sat.

Wake Up, Trim Down
Banana Bars

leftover award winning
chili pie

ranch hand taco salad
E, p. 200

Snacks & Desserts:

leftover Breakfast Cheesecakes (S), leftover Banana Bars (E), hardboiled eggs with salt and pepper (S), Speedy Chocolate or Strawberry Milk (FP) p. 457, Lemon Cream Pie (S) p.408





SHOPPING LIST

from Trim Healthy Table Menu

Dairy/Cold

2-3 dozen eggs
 52 oz. egg whites
 8 oz. grated favorite cheese
 three 8 oz. pkgs 1/3 less fat cream cheese
 40 oz. plain 0% Greek yogurt
 butter
 5 oz. crumbled feta cheese
 4 oz. mozzarella
 16 oz. heavy cream
 unsweetened cashew or almond milk
 16 oz. cheddar cheese
 1 container 1% cottage cheese

Produce

16 oz fresh spinach
 8 oz mushrooms
 5 large heads romaine
 {lettuce, cucumbers, and tomatoes - or your favorite salad ingredients}
 2 tomatoes
 1 pt. cherry or grape tomatoes
 avocado (optional, for BLT's & toppings)
 4 carrots
 2 bunches green onion
 2 heads of fresh garlic
 5 lemons
 1 carton blueberries or strawberries
 4 packages coleslaw mix
 3 apples
 2 large cucumbers
 2 red onions
 2 lemons
 1 banana
 fresh cilantro
 1 yellow onion
 4 red or green bell peppers
 2 heads broccoli
 3 limes

Meat & Deli

1 lb. breakfast sausage
 2 lbs. bacon
 deli meat for BLTs*
 5 1/2 lbs. boneless chicken breasts
 3 lbs. boneless breasts or thighs
 8 lbs. ground beef
 4 cups diced cooked or rotisserie chicken

Frozen

two 10 oz bags small-cut seasoning blend
 16 oz frozen peas
 24 oz. riced cauliflower
 2-3 bags frozen riced veggies called cauliflower medley
 12 oz. frozen cauliflower florets
 24 oz. frozen diced okra
 8 oz frozen or fresh raspberries or blueberries

Pantry

mayonnaise
 2 lbs. brown rice
 3 cans tuna
 1 small can sliced olives
 green can Parmesan cheese
 salsa verde
 old-fashioned rolled oats
 oolong tea
 1 quart fat-free chicken broth
 three 14.5 oz cans diced tomatoes
 6 oz. tomato paste
 two 8 oz. cans tomato sauce
 tahini, peanut, almond butter
 4 oz. slivered almonds
 sesame seeds
 chia seeds
 two 10 oz. cans mild or medium Rotel
 three 15 oz. cans pinto beans
 sunflower seeds
 1 can black beans
 1 can corn kernels

Staples

coconut oil cooking spray
 toasted sesame oil
 soy sauce
 salt
 pepper
 dried dill
 parsley
 basil
 oregano
 parsley
 garlic powder
 onion powder
 paprika
 cumin
 Creole seasoning
 peanut flour
 chili powder
 red pepper flakes
 nutritional yeast*
 gelatin
 collagen
 THM Baking Blend
 THM Gentle Sweet
 vanilla extract
 banana extract
 butter extract
 baking powder
 sunflower lecithin*
 coconut oil
 Whole Husk Psyllium Powder
 THM Super Sweet
 Pristine Whey Protein Powder
 apple cider vinegar
 rice vinegar
 ground ginger
 cayenne pepper*
 MCT Oil*
 glucomannan
 cinnamon
 Bragg's Liquid Aminos*
 THM Chocolate or Strawberry protein powder

