

Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	bacon & eggs (S)	WWBB Toast w/ Choco Chip Baby Frap THC p. 421 & THT p. 242 (FP)	Chocolate Nut Crunch Granola THC p. 255 (E)	No-Bake Breakfast Cheesecakes THT p. 334 (S)	fried eggs w/ sautéed veggies* (Deep S)	Berry Creamy Grains THC p. 252 (E)	Strawberry Big Boy Smoothie THC p. 414 (FP)
Lunch	snack lunch* (S)	leftover fried rice (E)	<u>Cherry Almond Smoothie</u> (E)	salad w/ protein & light vinaigrette* (FP)	ham & pickle deli roll-ups* (S)	baked sweet potatoes* (E)	salad w/ protein & light vinaigrette* (FP)
Dinner	Chicken Fried Double Rice THT p. 53 (E)	<u>Chicken Tacos</u> (S)	ham, deviled eggs, green beans* (S)	leftover chicken taco meat over salad* (E)	<u>Slow Cooker Crack Chicken</u> * (S)	Good Grub THT p. 64 (S)	<u>Slow Cooker Spanish Chicken and Rice</u> (E)

* See recipe notes for instructions

Key:

THT - Trim Healthy Table

THC - Trim Healthy Cookbook

Menu Notes

Day One

Lunch: I like to make an antipasto platter of salami, cubed cheese, olives, and nuts. Sometimes I'll add hardboiled eggs for extra protein.

Day Three

Dinner: I made basic deviled eggs (any recipe without added carbs or sugar would be fine), with a baked ham from Costco (I skipped the glaze). I boiled fresh haricot verts for about 7 minutes and tossed with butter and salt.

Day Four:

Lunch: I make a big green, leafy salad with diced cucumbers, tomatoes, and shredded cabbage. I'll either use white chicken, lean deli meat, tuna, or hardboiled egg whites for protein. My simple dressing for an FP salad is 1 Tablespoon vinegar (balsamic or red wine), 1 Tablespoon water, 1 teaspoon olive oil, and salt, pepper, and Italian seasoning to taste.

Dinner: Since the chicken taco recipe makes so much, it's perfect for a taco salad the next day! I'll put the leftover chicken over a big bowl of lettuce with drained and rinsed black beans and 1/2 cup frozen corn, thawed and drained. I like to squeeze one lime over the salad and serve with a basic vinaigrette. This feeds my family of six pretty easily, but sometimes I'll give the kids tortilla chips on the side.

Day Five:

Breakfast: I chop 2 small zucchinis with 1 small package of mushrooms and sautee in butter with salt and pepper to taste. Once the veggies are soft, I push them to the side of the pan and scramble eggs. This is super filling, and amazing with a fresh grating of Pecorino Romano cheese!

Lunch: Ham and Pickle Deli Roll-Ups are super easy! I take deli ham or leftover ham, top with cheese (or spread with a thin layer of cream cheese), put a pickle in the middle and roll them up. These are pretty filling, but occasionally I'll make a small THM shake or a shake from DashingDish.com on the side.

Dinner: Slow Cooker Crack Chicken doesn't need any additions, but I do substitute the THM ranch seasoning from THC p. 92.

Day Six:

Lunch: Bake sweet potatoes at 400 degrees for about 45 minutes. Serve with diced chicken, tuna, or another favorite lean protein.

Grocery List

Meat/Deli:

- 2 lbs. bacon
- salami/favorite deli meat for snack lunch
- 13 boneless skinless chicken breasts
- 1 ham
- deli meat (ham, but you can substitute another deli meat if you prefer)
- 2 lbs. ground beef

Produce:

- 1 small bunch green onions
- 1 head of garlic
- 1 lemon
- 2 zucchini
- 8 oz mushrooms
- 2 carrots
- avocados (optional, for S Chicken Tacos)
- fresh berries for No-Bake Cheesecakes
- cilantro (optional, for Chicken Tacos)
- fresh green beans (enough for a side dish for your family)
- your favorite non-starchy salad veggies (lettuce, cucumbers,

tomatoes, etc.) – enough for three salads)

- sweet potatoes (1 per person)
- stoplight bell peppers (1 green, 1 yellow, 1 red)
- 1 yellow onion
- 1 small bunch cilantro

Dairy/Refrigerated:

- butter
- 8 oz. heavy cream
- unsweetened almond or cashew milk
- 3 dozen eggs
- Pecorino Romano or parmesan cheese
- 1 large carton egg whites (you need at least 3 cups)
- Greek yogurt cream cheese
- 4 packages 1/3 less fat cream cheese
- favorite cheese for snack lunch or deli meat roll-ups
- at least 24 oz. 0% Greek yogurt
- sour cream (optional, for S Chicken Tacos)
- cheddar cheese (optional, for S Chicken Tacos)
- low-fat cottage cheese

Staples:

- coconut oil cooking spray
- coconut oil
- cinnamon
- creole seasoning
- taco seasoning
- salt & pepper
- nutritional yeast (optional)
- crushed red pepper flakes (optional)
- xanthan gum
- THM Baking Blend
- Plain protein powder
- aluminum-free baking powder
- THM Super Sweet Blend
- Cumin
- Garlic powder
- Dried parsley
- Dried minced onion
- Vanilla extract
- Almond extract
- Glucomannan
- Gelatin
- Collagen
- Sunflower lecithin (optional)

Grocery List

Pantry:

- Olives
- Dill pickles
- nuts
- toasted sesame oil
- olive oil
- 2 pounds brown rice
- soy sauce
- 1 package old-fashioned rolled oats
- unsweetened cocoa powder
- THM peanut flour (or defatted peanut flour)
- 85% dark chocolate
- 1 small can tomato paste
- 1 can chickpeas
- 1 can corn
- 2 cans black beans
- five 15.5 oz cans diced tomatoes
- tuna (optional, to serve as protein with sweet potatoes)
- vinegar (balsamic or red wine for vinaigrette)

Frozen:

- 8 oz. frozen peas
- 1 small bag frozen corn (optional)
- 12 oz. frozen riced cauliflower
- 20 oz. frozen riced veggies (cauliflower medley or plain cauliflower)
- 1 bag frozen cherries
- 1 bag frozen blueberries or mixed berries
- 1 bag frozen strawberries

Snack Ideas

- hardboiled eggs
- nuts
- deli meat or salami
- cheese
- protein shakes (8 oz unsweetened almond milk, 1 scoop protein powder, strawberries, sweetener)
- I LOVE to blend 8 oz. unsweetened almond milk with THM Chocolate Protein Powder or THM Strawberry Protein Powder if you already have some on hand
- berries & tea with collagen
- berries or sliced veggies with cottage cheese
- 0% Greek yogurt w/ stevia and fresh or frozen berries
- deli meat roll-ups
- sliced veggies and ranch dip (using Greek yogurt + dip mix from Trim Healthy Mama)
- bacon & sliced avocado