

# THM-Friendly and Dairy-Free December Menu

- 1 Cowboy Grub (E) (make two, freeze one) (page 59, Trim Healthy Mama Cookbook)
- 2 Whole Roasted Chicken (reserve as much white chicken as possible for dinner tomorrow) and baked brussels sprouts (S)
- 3 Leftover white chicken (or supplement with baked chicken breasts) over quinoa or brown rice with 1 tsp butter per serving, salt, and pepper (E)
- 4 Spaghetti squash (or Dreamfields pasta if you're not GF), with tomato sauce and ground beef (S)
- 5 Chicken Fajita Soup (FP)
- 6 Crockpot Salsa Chicken over brown rice (E) (I just put chicken breasts in the crockpot, cover with green salsa, and cook on low heat 4-6 hours. Then I shred the chicken and serve over brown rice).
- 7 Egg Roll in a Bowl (S)
- 8 Mama's Meatloaf (S) (make two, freeze one) (page 157, new Trim Healthy Mama Cookbook)
- 9 Pot Roast w/ veggies (S)
- 10 Brazilian Shrimp Stew Moqueca (S)
- 11 Paleo Hawaiian Crockpot Chicken (E) I substituted Just Like Brown Sugar for the coconut sugar and served with a side of brown rice
- 12 Chicken Tacos with avocado (no tortillas) (S) (for those not dairy-free, you can also serve with cheese and sour cream).
- 13 Turkey Soup (E) (make two and freeze) \*I use leftover frozen turkey from Thanksgiving, but you can substitute chicken breasts or cook a turkey breast
- 14 Slow-Cooker Chicken, Squash, and Sweet Potatoes (I add extra chicken to this recipe for my family) (E) (make 2, freeze one)
- 15 Low-Carb Greek Soup (S)
- 16 Slow-Cooked Carnitas (S) (no tortillas, and I sub Bai5 Clementine drink for orange juice, but it's such a small amount that you don't have to do that)
- 17 Pan-roasted chicken with leeks (S) (substitute baking blend for flour and unsweetened almond or cashew milk for half-and-half to keep it dairy free).
- 18 Beef and Mushroom Stew (S) \*substitute baking blend for flour and serve with non-starchy veggie sides or spaghetti squash noodles
- 19 Baked chicken thighs with skin and frozen veggies on the side (S)
- 20 Zesty Salsa Chicken and Black Bean Casserole (E)
- 21 Whole roasted chicken with buttered steamed broccoli and salad (S)
- 22 Big dinner salad w/ leftover chicken (S)
- 23 Ground beef taco stack-ups (S)
- 24 Christmas Eve Dinner with Family
- 25 Christmas Dinner with Family (the ingredients for these holiday meals are not included on the shopping lists)
- 26 Cowboy Grub (E) (frozen from Dec 1)
- 27 Mexican Lime Chipotle Soup (S) \*omit tortilla chips
- 28 Slow-Cooker Chicken, Squash, and Sweet Potatoes (E) (frozen from Dec 14)
- 29 Turkey soup (E) (frozen from Dec 13)
- 30 Meatloaf (S) (frozen from Dec 8)
- 31 New Years' Eve - Dinner with Friends

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## Breakfasts

- quinoa w/ scrambled egg whites (E)
- scrambled eggs with bacon (S)
- Coconut Yogurt with berries (S)
- Fried Eggs (S)
- Peanut Butter Blizzard (S)
- Chocolate Banana Muffins (E) (p. 283 THM Cookbook)
- Baked Western Omelet (S) - To make this dairy free, I substitute the regular milk for unsweetened almond or cashew milk. I also omit the cheese, but sometimes add a few Tablespoons of nutritional yeast to get a cheesy taste. To save money, I just use one bell pepper instead of several different colors.

## Lunches

- Sliced veggies w/ Italian dressing and roast beef (S)
- Quinoa w/ Greek seasoning, grilled chicken, and 2 or 3 thinly sliced kalamata olives (E)
- Wonder Wraps (p. 204 THM cookbook) with sliced chicken breasts and Italian dressing (S)
- Dinner leftovers
- Thin Thick (S) (p. 423 THM cookbook)
- Crockpot rice and beans (E)
- Tuscan soup (E)

## Snacks/Desserts

- Collagen Berry Whip (p. 375 THM Cookbook)
- Low-Carb Pumpkin Bread (S)
- boiled eggs
- sliced veggies with dressing (S)
- protein shakes (S, E, or FP)
- rolled-up deli meat (S)