

# THE FRESH START PLAN





# FRESH START MEAL PLAN

## WELCOME

SOMETIMES ALL IT TAKES TO GET  
BACK ON TRACK IS TAKING SOME OF  
THE THINKING OUT OF IT!

AS A CERTIFIED THM LIFESTYLE  
COACH, I OFTEN TELL MY CLIENTS  
THAT THE MORE AUTOMATIC THM  
BECOMES, AND THE MORE  
SYSTEMATIC YOUR MEAL PLANNING  
PROCESS, THE MORE LIKELY YOU ARE  
TO STICK WITH IT FOR GOOD! I HOPE  
THIS PACKET IS HELPFUL TO YOU AS  
YOU RECOMMIT WITH A FRESH NEW  
START.



# FRESH START CHECKLIST

## STEP ONE

PRINT THE FRESH START PACKET



## STEP TWO

REVIEW THE TEN TIPS AND APPLY !



## STEP THREE

FOLLOW THE MEAL PLAN TO REDUCE CRAVINGS AND GET BACK ON PLAN.



## STEP FOUR

AFTER YOU'VE FINISHED THE MEAL PLAN, REINTRODUCE FREESTYLING AND JUGGLING FUEL TYPES.





# TOP TIPS FOR RECOMMITTING TO THM

1. Start with breakfast. When I started THM, I was a bit overwhelmed. By starting with just one on-plan meal a day, I was able to adjust more easily, and really understand what true “S” and “E” meals are by keeping it simple. Bacon and eggs is a great, easy S, and an excellent way to start Trim Healthy Mama. Once I had breakfast down, I started eating only on-plan snacks, then I added lunches, then dinners, and before I knew it the weight was melting off!

2. Makeover recipes you already use. I'm as tempted by Pinterest as the next girl. And when I started looking at online forums, I knew I'd have a hard time figuring out which meals I could eat. I also started to feel like I was spending hours in the kitchen. So I started looking at recipes I already used, and that my family already loved, and realized that I could THM-ify our favorite meals with little effort.

For example, if I made tacos I could just skip the tortilla for an S. If I made steak, potatoes, and veggies, I could let my growing kids have the potatoes and stick to steak and veggies for myself. Instead of ground beef, rice, and beans (crossover), I switched to chicken breast, brown rice, and beans (E, swapping a leaner protein for the fattier ground beef). Favorite salads were naturally good S meals, and my all-time favorite Alfredo sauce recipe from Pioneer Woman still worked as a heavy S over Dreamfields noodles or spaghetti squash for a gluten-free option. By making over recipes that we already used, I learned that THM can be simple and easy.

3. A little prep goes a long way! If I spend about 1/2 an hour to an hour in the kitchen every week, I can bake some chicken to keep on hand for easy salads or wraps. I can make a dessert, or slice some cheese cubes and veggies for snacks, and have it all in the fridge, ready to go. One of my favorite things to do is make a few batches of Oopsie Roll Eclairs from the original THM book, omitting the chocolate. They freeze well, so I can keep a half dozen in the fridge and the rest in the freezer to eat with berries for a quick, protein-packed snack when I'm in a rush. Even better, I make three dinners instead of one at a time which helps me to stock my freezer with healthy dinners. I have meal ideas, menus, and shopping lists in the Menus and Meal Planning section of TheWellPlannedKitchen.com if you want them!

4. Eat at home. I'm not saying you can never eat out as a Trim Healthy Mama. Not at all! In fact, I have a free dining out guide to help! But for me, when I'm eating out, I have a much harder time dealing with temptation. Eating at home as much as possible keeps me on track and aware of what I'm eating, without the extra temptation of fries and sugary desserts.

5. Speaking of desserts, find a favorite! I have a few go-to desserts that keep me sane (and from driving to Cold Stone whenever I get the urge). My all-time favorites are from AllDayIDreamAboutFood.com, or my Brownie Batter in a Mug from TheWellPlannedKitchen.com.

6. Stock up on drinks! If you're a soda addict, you probably need to keep a few alternatives in your fridge.

7. Exercise. You can do it! Even if it's just walking, getting moving will help you a ton! It improves your energy levels and keeps you motivated to eat healthy. There are great suggestions in the Trim Healthy Mama book!

8. Keep convenience foods for emergencies. ALWAYS have healthy snacks available! It could save your waistline and your health! I keep Quest bars in my cavernous, already over-stuffed diaper bag, and before I was totally gluten-free I used to buy Dreamfields pasta and Joseph's Pita Bread.

9. Consider hiring a Certified THM Lifestyle Coach. When I first started THM, I felt a little lost and a lot confused. I wished someone had told me about the accidental crossovers I didn't realize I was eating! I need a little extra encouragement and motivation, but didn't know too many people following the plan so I didn't have anywhere to turn. As a Certified THM Lifestyle Coach, I get to help others with accountability and it is such a pleasure to see them reach their goals! If you need just a little extra help, coaching might be a factor in your success on plan! You can contact me at [coaching@thewellplannedkitchen.com](mailto:coaching@thewellplannedkitchen.com) if you need a little extra help!

# FRESH START MENU

This is a simple, one-day menu of Deep S meals to help you get back on track!

Breakfast: bacon and scrambled eggs

Snack: 2 glasses of water and cucumber slices

Lunch: salad with baked salmon – lettuce, cucumbers, a few green beans (cooked and chopped), baked salmon seasoned with lemon pepper (I put a filet in at 400 for 20 minutes).

Snack: leftover bacon

Dinner: chicken thighs, green beans, and salad

Chicken thighs – I put bone-in chicken thighs on a parchment-lined baking sheet, sprinkled with olive oil, salt, and pepper, and baked at 375 for 15 minutes each side, or until juices run clear.

I boil the green beans for 7-10 minutes and serve with melted butter, salt, and pepper.

Dessert – Skinny chocolate (from the Trim Healthy Mama book) and decaf coffee.