



3 WEEK MEAL PLAN

for Susanna Denninger

Note: Recipes in **bold** are clickable recipe links

WEEK 1

WEEK 2

WEEK 3

DAY 1

Keto Ribs with
**Best Broccoli of
Your Life**

DAY 8

R's No Stress Tilapia
p. 139 THF, Steamed
Buttered Green
Beans (S)

DAY 15

**Cheesesteak
Skillet (S)**

DAY 2

Baked Chicken
Thighs, Steamed
Buttered Broccoli,
Side Salad

DAY 9

**Spicy Egg Roll in a
Bowl (S)**

DAY 16

Spaghetti -
Dreamfields or
Zucchini noodles
with ground beef in
marinara sauce

DAY 3

Chicken Fried Double
Rice (E) p. 53 THT

DAY 10

Taco Salad Crunch (E)

DAY 17

Award Winning Chili
Pie (S) p. 142 (double
and freeze second
portion)

DAY 4

Sweet Potato or Baked
Potato Bar (sour cream
cheese, bacon for family;
0% Greek yogurt, salsa,
black beans, chicken breast
or other lean toppings for
you)

DAY 11

Quinoa Goes Cajun (E)
p. 69 THC

DAY 18

Salad Bar (S)

DAY 5

Wicked White Chili (E) p.
37 THM Cookbook
(double and freeze)

DAY 12

**Easy Mexican
Skillet (S)**

DAY 19

Blackened Fish Tacos in
a Bowl p. 60 THT

DAY 6

**Trim Picadillo (S, E, or
FP)**

DAY 13

Sweet Lime Taco Joes
(FP) p. 93 THT (double
and freeze second
portion)

DAY 20

FP Hangry Pocket Hangry
Pockets THT p. 320

DAY 7

Trim Train Italian Soup
(FP Option) p.160 Trim
Healthy Table (freeze
leftovers)

DAY 14

Rotisserie Chicken or
homemade baked chicken
with steamed frozen
veggies in butter (S)

DAY 21

Leftover Frozen Chili
from Day 5

Breakfast, Lunch, and Snack Ideas



BREAKFAST IDEAS

eggs and bacon (S)

Milk Chocolate Truffle Secret Shake ~ Biggie Shake (S) p. 481

Happily Ever After Omelet (FP) THF p. 87

Banana Bread Crockpot Oatmeal (E) THC p. 257

Berrylicious Oatmeal (E) THF p. 101

Giant Baked Blueberry Pancake (E) THC p. 261

LUNCH IDEAS

Protein Boxes

Sprouted bread sandwich, 1 piece of fruit, sliced raw veggies (E)

Cabbage Roll in a Bowl THT p. 57

Leftovers

Salad

Pizza Omelet

SNACK IDEAS

Ultimate E Bars, hard-boiled eggs (S), Ultimate E Bars (E) p.432 THT, protein shakes (S, E, or FP), nuts, sliced cucumbers or veggies, fruit with collagen mixed into a drink, deli meat