

3 WEEK MEAL PLAN

for Susanna Denninger

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

WEEK 1

DAY 1

Italian Baked Chicken (S)

DAY 2

Grilled Flank Steak with Steamed Veggies
(4 lb steak, double the marinade) (S)

DAY 3

Quick and Easy Chili (E Version)

DAY 4

Wipe Your Mouth
BBQ (E) p. 43
THM Cookbook

DAY 5

Burrito Bowls (E)
shredded chicken, brown rice, beans, salsa, and lime juice piled in a bowl.

DAY 6

Chili Lime Pork with Side Salad (S)

DAY 7

Cucumber Greek Salad (S)
(add rotisserie chicken & double lettuce)

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

WEEK 2

Parmesan Squash (S)
(double the recipe)

Baked or Grilled
Chicken with Salad

Lemon Butter Chicken w/ Steamed Veggies (S)

Mediterranean Chicken Bake (S)

Beef Fajitas w/ Low-Carb Tortilla (S)

Tomato Basil Chicken w/ On-Plan Noodles or Zucchini (S)

Turkey Lettuce Wraps (S)

DAY 15

DAY 16

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

WEEK 3

On-Plan
Meatballs (your favorite recipe)

Bunless Cheeseburgers w/ Coleslaw (S)

Mushroom Chicken (S)
(sub broth for wine)

Black Bean Chicken Salad (E)

Tacos (S) - your favorite recipe; I just brown ground beef with taco seasoning & stack with favorite veggie & S toppings

Cafe Rio Crockpot Chicken over cooked beans and rice (E)

Chicken and Avocado Salad (S)
Double and omit bread/croutons

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WEEK 1

WEEK 2

NOTES:

DAY 21

Alfredo Casserole
with Steamed
Frozen Veggies (S)

DAY 28

Spaghetti Squash
Carbonera with side
salad (S)

DAY 22

Mediterranean Grilled
Chicken with Side
Salad (S)
Double the recipe

DAY 29

Taco Lime Grilled
Chicken - serve with
cooked rice and
beans (E)

DAY 23

Italian Drip Beef
(#1) on THM-
friendly Bread (S)

DAY 30

Artichoke Roasted
Salmon w/ Fresh
Cooked Green
Beans (S)

DAY 24

Sausage and
Peppers (S)

DAY 31

Leftovers

DAY 25

Cilantro Lime Chicken
with Avocado Salsa (S)
Double this Recipe

DAY 26

Easy
Crockpot
Gumbo (S)
(omit rice)

DAY 27

Mexican Cobb Salad
(S) (omit beans,
tortillas, and corn)



Breakfast, Lunch, and Snack Ideas



BREAKFAST IDEAS

turkey sausage and eggs (S),
Stovetop Crunch Granola THM cookbook p. 254 (E),
Paleo Egg Cups (S),
Baked Oatmeal (E), Greek yogurt with stevia and berries (FP),
scrambled eggs (S), on-plan protein shake of your choice

LUNCH IDEAS

leftovers, brown rice with baked chicken breasts (E),
big salad w/ protein (S),
meat roll-ups (deli meat and cheese) and veggies (S),
Perfect Pizza THM Cookbook p. 211 (S),
baked sweet potatoes (E)
quinoa (I usually add salt, pepper, 1 tsp of butter per serving, and
whatever lean meat I have in the fridge) (E)

SNACK IDEAS

hard-boiled eggs (S), deli meat (FP, depending on fat content),
protein shakes (S, E, or FP), nuts, sliced cucumbers or veggies, fruit
with collagen mixed into a drink