

# QUICK & EASY THM MEAL PLAN

for people who don't like to follow a meal meal plan!

## Breakfasts

PB Blizzard (S)  
Bacon and eggs (S)  
Oatmeal (E)  
Sausage & eggs (S)  
Smoothies (FP)  
Greek yogurt (FP)  
Sprouted Toast (E)

## Lunches

Pita Pockets (S)  
Protein boxes (S)  
Sandwiches (E or S)  
Salad (S, E, or FP)  
Progresso Soup (FP)  
Leftovers  
Deli meat & cheese  
roll-ups w/ sliced  
cucumbers and  
bellpeppers (S)

## Dinners

Chicken Tacos  
(S or FP)  
Spaghetti with Meat  
Sauce (S)  
Burrito Bowls (E)  
Baked Chicken w/  
Veggies (S)  
Sweet Potato Bar  
(E)  
Sheet Pan Fajitas (S)  
Cobb Salad (S)



## Snacks

Fruit with collagen tea (E or FP, depending on the fruit)  
Strawberry or chocolate protein powder with almond milk (FP)  
OOO yogurt (S, E, or FP)  
Deli meat rolled up with cream cheese and pickles (S)  
Nuts, cheese, and olives (S)

I did it! I stayed on plan: 

M

T

W

TH

F

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S

# "No Recipe" Recipes

## Breakfast

***Peanut Butter Blizzard*** (Website Link)

***Bacon and Eggs*** (Website Link for Bacon, make your eggs any style)

*Oatmeal* - use your favorite THM-friendly recipe, like p. 257 of the THM Cookbook

*Sausage* - use any on-plan sausage (look for no added sugars or carbs)

*Smoothies* - choose any from the Trim Healthy Table Cookbook, p.488

*Greek yogurt* - swirl with stevia to taste, berries, and sliced almonds (almonds make it an S)

*Sprouted toast* with lean protein (egg whites, FP shake, etc)

## Lunch

*Pita Pockets* - stuff Joseph's pitas with deli meat, cheese, mayonnaise, mustard, and sliced veggies. Or try tuna with mayonnaise, or egg salad, or another favorite.

*Protein Boxes* - see attachment to this handout for ideas!

*Sandwiches* - E = Sprouted bread, mustard, smear of light mayo or Light Laughing Cow and veggies. S = THM Wonderful White Blender Bread with mayonnaise, cheese, and veggies.

*Salad* - your favorite recipe with on-plan ingredients.

*Progresso Soup* - look for Light Progresso Soups that are broth-based.

*Leftovers* - great for easy lunches!

*Deli Meat Roll-Ups* - SO easy! Just deli meat rolled up with your favorite cheese - I eat 3-4 with sliced veggies on the side.

*More recipe instructions next page*



# "No Recipe" Recipes

## Dinner

### **Easy Chicken Tacos (Website Link)**

*Spaghetti with Meat Sauce* - use Dreamfields pasta, THM's Not-Naughty Noodles, or cooked spaghetti squash. Serve with store-bought marinara (look for no added-sugar) and add cooked ground beef seasoned with salt and pepper for protein.

*Burrito Bowls* - Pre-cooked frozen chicken breast strips or rotisserie chicken with brown rice and seasoned black beans. Serve with Greek yogurt and salsa.

*Baked Chicken and Veggies* - To make this come together in under ten minutes, buy a rotisserie chicken and serve with steamed frozen veggies on the side.

*Sweet Potato Bar* - Cook sweet potatoes in the crockpot or Instant Pot. Serve with Greek yogurt, salsa, beans, and cooked chicken.

### **Easy Sheet Pan Fajitas (Website Link)**

*Cobb Salad* - toss salad greens hard-boiled eggs, bleu cheese, sliced green onions, black olives, and leftover chicken or rotisserie chicken with on-plan ranch dressing.

# Low-Carb Protein Boxes

*Pack your box with one from each category:*

## CHOOSE YOUR PROTEIN:

- 2-3 slices deli meat or salami
- hard-boiled egg
- 1/3 cup chopped steak
- 1 small salmon filet
- 1/3 cup chopped chicken
- 1 bone-in piece of chicken
- 1-2 cooked low-carb meatballs
- 1 small pack drained tuna
- 1/4 - 1/2 cup cottage cheese

## CHOOSE 1/4 CUP:

- nuts: almonds, pistachios, walnuts, pecans, peanuts.
- seeds: pumpkin seeds, sunflower seeds
- pickles
- olives - black or green (spicy olives are a great addition)
- artichoke hearts
- cheese (string cheese or other favorite cheese)

## ADD 1/4 CUP:

- strawberries
- blackberries
- raspberries

## ADD 1 SERVING:

- Lily's Baking Chips
- Lily's Chocolate Bar
- Other low-carb chocolate (like Trim Healthy Mama Brand)
- dark chocolate

## ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- or 1/2 of an avocado

**Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.**

**Make 3 at a time for several healthy grab-and-go meals throughout the week!**

# Meal Plan

MON	TUE	WED	THU	FRI	SAT	SUN