

Master Meal Prep

How to Access Your Master Class

Please access your Master Class at this link:

[Meal Prep Class with Coach Jen](#)

Here are some of the links and bonus printables I mentioned in class – every idea and recipe is THM-friendly!

[Protein/Bento Box Idea Worksheets](#)

Freezer Cooking Printable Instruction Packets:

[Freezer Cooking Session 1](#)

[Freezer Cooking Session 2](#)

Here are images and links to the protein boxes I use – they are about halfway down the page:

<https://thewellplannedkitchen.com/amazon/>

Thank you!



Coach Jen



COACH JEN'S
MASTER
MEAL PREP
CLASS
FOR TRIM HEALTHY MAMAS



Class Printables

MEAL PREP PLAN

MONDAYS

PREP AHEAD

TUESDAYS

PREP AHEAD

WEDNESDAY

PREP AHEAD

THURSDAY

PREP AHEAD

FRIDAY

PREP AHEAD

Lean Protein Ideas



Collagen



*Light
Cottage Cheese*



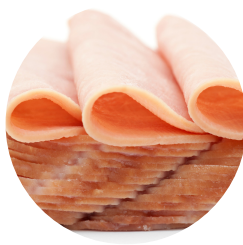
*Whey Protein
Powder*



Egg Whites



*Egg Whites,
Hard-Boiled*



*Lean
Deli Meat*



*96% Lean
Ground Beef*
(rinsed with hot water)



*Chicken Breast
Turkey Breast*



*Lean Ground
Chicken
Lean Ground
Turkey*



*Lean Fish or
Shellfish*



*Lean
Pork Tenderloin*



*0% Greek
Yogurt*

"S"-Friendly Protein Ideas



Collagen



*Light
Cottage Cheese*



*Whey Protein
Powder*



Egg Whites



*Egg Whites,
Hard-Boiled*



*Lean
Deli Meat*



*96% Lean
Ground Beef*
(rinsed with hot water)



*Chicken Breast
Turkey Breast*



*Lean Ground
Chicken
Lean Ground
Turkey*



*Lean Fish or
Shellfish*



*Lean
Pork Tenderloin*



*0% Greek
Yogurt*

"S"-Friendly Protein Ideas



Salami (watch for hidden carbs)



Cottage Cheese



Turkey (Any pieces with skin on if desired)



Whole Eggs, any style



Sausage (watch for hidden carbs)



Deli Meat



Beef



Chicken (Any pieces with skin on if desired)



Ricotta Cheese



Fish, including cuts of salmon with more fat



Pork



Plain Yogurt

FREEZER MEAL MENU

Meal	#
Chili (S)	
Baked Chicken Breasts (FP)	
Artichoke Chicken Thighs (S)	
Beef Stew (S)	
Meatballs (S)	
Chicken Fajitas (S, E, or FP)	
Ground beef for Tacos (S)	

FREEZER MEAL MENU

Meal	#

action plan

Date:

Fridge Items:

Shop By:

Complete By:

Baked Items:

Freezer Items:

weekly action plan checklist

- Check your refrigerator for foods that need to be used up. Prepare these foods so they are not wasted.
- Check your freezer and pantry inventory sheets to make sure they are up to date.
- Look over your meal plan for the week and identify items that can be prepped ahead and prepare them.
- Choose a protein and prepare it (if needed).
- Choose snacks and desserts and prep one or two for the week.

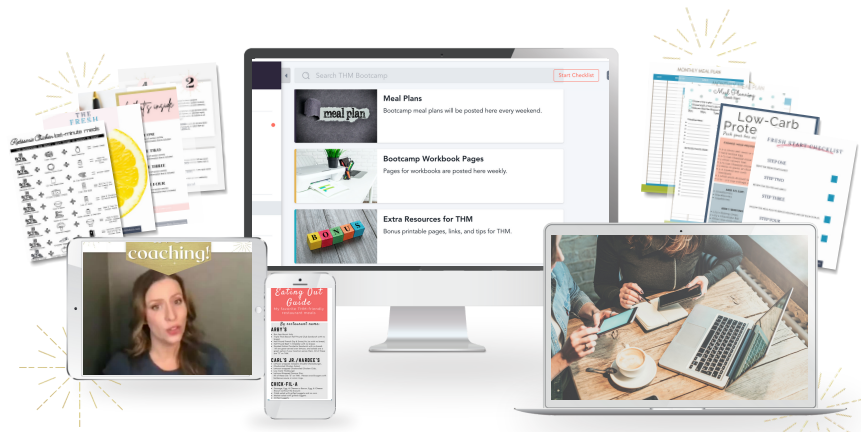
THANK YOU!

NEXT STEPS

I'm ready to help you have a breakthrough on your THM Journey - you can make Trim Healthy Mama your EASIEST option at all times! Learn tips, strategies, and hacks to simplify THM and make real progress in my five-star rated THM Bootcamp!

You'll receive \$17 off of Bootcamp with the coupon code **masterclass1**

SIX WEEK THM BOOTCAMP



with Coach Jen

[JOIN BOOTCAMP](#)



THEWELLPLANNEDKITCHEN.COM

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 1/4 CUP:

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

ADD 1 SERVING:

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

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!

Low-Fat Protein Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices lean deli meat
- hard-boiled eggs (whites only)
- 1/3 cup chopped chicken or turkey breast
- 1 small fish filet
- 1 small pack drained tuna (in water)
- Oikos Triple Zero yogurt
- 1/4 - 1/2 cup low-fat cottage cheese
- 1/4 - 1/2 cup 0% Greek yogurt
- collagen
- Turkey Chomps stick

CHOOSE ONE*:

- 1/4 cup cooked brown rice
- 1/4 cup cooked quinoa
- cubed, toasted sprouted bread
- 1 serving Baked Tostitos
- 1 serving sprouted pretzels
- 1 serving Popcorners (plain)
- 1 serving popcorn (on-plan)
- 1 brown rice cake
- Wasa crackers (2 of an on-plan variety)

*The carb count for the entire protein box should be 45 grams or under. If you don't choose to have fruit, you can have more or double the rice or quinoa from this box.

ADD:

- strawberries
- blackberries
- raspberries
- cherries
- blueberries
- mango slices
- apple slices
- orange slices
- melon
- small stone fruit (apricot, plum, nectarine, etc)
- mandarin orange

ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- celery
- carrots
- grape tomatoes

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!