

250+ FP IDEAS





FP Breakfast Ideas

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

Eggalicious Muffin Cups (with egg whites) p. 329

Big Bowl Egg Scram (with egg whites, no seeds, just a sprinkle low fat cheese) p. 331

Quick Fix Egg White Muffins p. 332

Can-Do Cereal p. 347

Cream of Treat Hot Porridge p. 353

Cinnamon Sugar Toast p. 358

WWBB French Toast (egg whites, limit butter to 1 tsp) p. 360

Incredible Peanut Butter Cookie Muffins with Handy Chocolate Syrup p. 371

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

Fussless Fuel Pull Quiche p. 151

Eggatable Scramble p. 242

Sweet Dreams Cookie Bowl Oatmeal p. 249

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

Happily Ever After Omelet (FP Option) p. 86

Berrylicious Oatmeal (just 1/2 serving for FP) p. 101



FP Shake, Smoothie , & Sipper Ideas

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

Hello Health Sipper p.452

Converted Sailor Toddy p. 454

Lemonade p. 456

Iced Vanilla Fat Burning Tea p. 456

Speedy Chocolate Milk/Speedy Strawberry Milk p. 457

Frozen Mocha (skip cream) p. 458

Ruby Sparkler p. 458

Shockingly Simple Milk Kefir p. 459

Beautiful Beet Kvass p. 461

Prep-Ahead Healing Trimmy Mix p. 463

Frothy Hot Mocha (skip cream) p. 464

Matcha Spice Trimmy p. 465

Lazy Collagen Coffee p. 466

Prep-Ahead Healing Hot Cocoa Trimmy Mix p. 467

Cinnamon Bun Shake (skip cream cheese) p. 469

Cheesecake Shake Down p. 470

Frisky (S version, but omit the cream and peanut butter) p. 470

Lemon-Blueberry Cheesecake Shake (skip cream cheese) p. 474

Triple Berry Power Shake (skip cream) p.475

Chai Chaga Smoothie p. 476

Mocha Secret Big Boy p. 479

Gingerbread Secret Big Boy p. 480

Milk Chocolate Truffle Secret Shake (skip cream) p. 481

Peanutty, Chocolatey, Banana-y Secret Shake (substitute banana extract for banana) p. 482

Minty Tummy-Soother Shake p. 486

Bloat Be Gone Smoothie p. 488

Chocolate Quickie Kefir Smoothie p. 491



FP Shake, Smoothie , & Sipper Ideas

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

Strawberry Quickie Kefir Smoothie p. 492

Beet It Creamy Smoothie p. 493

Yuck Yum Bitty p.497

From the THM Cookbook (please be sure to follow FP instructions on the recipes):

Trimquick p. 494

Healing Trimmy Light p. 430

Choco Secret Big Boy p. 415

Secret Big Boy p. 415

Chocolate Fat Stripping Frappa p. 418

Collagen Tea p. 436

Salted Caramel Creamy Oolong p. 434

Lemon-lime Trim Pop p. 443

Lemon Fat Stripping Frappa p.419



FP Shake, Smoothie , & Sipper Ideas

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

Just Like Orange Juice p. 39

Just Like Grapefruit Juice p. 42

Super Swig p. 42

Sparkling Cran Ginger p.43

Creamy Pina Colada p. 45

Tummy Soother p. 46

Iced Chaga Coffee (skip creamer) p. 47

Immunity Apple Cider p. 48

Sparkling Strawberry Lemonade p. 50

Indian Cardamom Atea p. 51

Anytime Chai p.52

Vanilla Caramel Coffee Creamer (limit in FP; 1-2 Tbsp) p. 53

Flying Flamingo p. 55

Cardinal Has Landed p. 56

Bird of Paradise p. 57

Parrot Punch p. 58

Spa Sip p. 59

Hydrated Hummingbird p. 61

Raspberry Coconut Smoothie (use the double fermented kefir option) p. 65

Strawberry Lemon Seed Shake p. 75

Greenie Meanie Yuck Yum (FP Option) p. 78

Pre, Pro, & Post Shake (FP Option) p. 81



FP Soups, Stews, and Chilis

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

Save My Sanity Chili (use just 1 can of beans) p. 81
Chicken Fajita Soup p. 90
Stew of Love p. 101
Meatball Soup p. 115
Grandma's Chicken Noodle Soup p.156
Trim Train Italian Soup p. 160
Cream of Mushroom Trimmy Bisque p. 166
Rustic Andouille Sausage Trimmy Bisque p. 170
Peasant's Garden Trimmy Bisque p. 174
Vibey Cream of Cilantro Trimmy Bisque (reduce to just 1 Tbsp of butter or ghee and 1/4 cup of parmesan) p. 178
Ugly Duckling Trimmy Bisque p. 182
Cheesy No Cheese Trimmy Bisque p. 183

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

Popeye's Power Soup p. 104
Cheese Dream soup (use just 1 Tablespoon total of parmesan) p. 119
Purist Primer p. 126
Purist Primer On-the-Go p. 127
Purist Bone Stock p. 495
Drive Sue Bone Stock p. 496
Minute Ramen p. 125

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

Green Bean Chili p. 176
Greek Chicken Soup (substitute cauliflower rice for quinoa) p. 178
Flexible Fajita Soup (FP option) p. 180



FP Lunch Ideas

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

BLT Wraps p. 297

Open-Face Tuna Pizzazz w/ WWBB p. 297

Pizza Grilled Cheese (E option, but with WWBB) p. 298

Open-Face Turkey Crunch Lunch (E option, use 2 Light Rye Wasa Crackers) p.299

Chicken Salad Delight with lettuce option and no fruit, p. 299

Good Ol' PB&J p. 301

Zingy Zangy Tuna Salad p.302

Turkey Tacos p.304

Quick Rip Hearty Kale Salad p.308

Stupid Simple Zucchini Alfredo p. 309

Personal Pan Pizza (use lean protein, tiny amount of low-fat mozzarella, and make your WWBB without butter for greasing in oven) p. 310

Melted Tuna Pepper Poppers (sub 0% Greek yogurt for mayo and just a tiny bit of low-fat cheese) p. 313

Cream and Crunch Tuna Salad (skip the apples) p. 314

Zucchini Pizza Bites (use lean protein, tiny amount of low-fat mozzarella) p.315

Chimichanga Come to Mama (Wonder Wrap option, no oil or butter, lean protein, sub 0% Greek yogurt for sour cream and use only a tiny amount of low-fat cheese)

Succulent Fish & Veggies p. 316

Ramen Bowl p. 317

Big n' Beefy Noodle Bowl (use 96% lean ground beef, rinsed) p. 319

Hangry Pockets (FP Option) p. 320



FP Lunch Ideas

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

- Cabbage Face (FP Option) p. 198
- Speedy Cuke Salad p.209
- Chicken Zoodle Soup (omit carrots) p. 219
- Thai-Rific Soup (FP Option; skip coleslaw mix) p.220
- Cream of Tomato Basil Soup (FP Option) p.220
- Rescue Soup p. 224
- Street Quesadillas (FP Option; use Wonder Wraps) p.232
- 3 Minute Shred (FP Option) p. 250
- Spiced Up Mexican Cauli Rice p. 261
- Italian Side Salad (FP Option) p. 277
- Cucumber Sammies (FP Option) p. 343

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

- Salad in a Jar (FP version) p. 188
- Zucchini Canoes p. 139



FP Salads

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

Tzatziki Cucumber Salad p. 266

Thai-Kissed Cucumber Salad p. 268

Smokin' Chipotle Tna Salad p. 269

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

Light and Lovely Coleslaw p.231

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

Page 261 – Italian Cucumber Side Salad (FP option)



FP Dinner Ideas

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

- Chicken Fried Double Rice (omit brown rice and double cauliflower rice) p. 53
- Deconstructed Stuffed Peppers (rinse 96% lean ground beef under hot water and use just a tiny sprinkle of low-fat cheese)
- Deconstructed Fajitas p.56
- Cabbage Roll in a Bowl p. 57
- Blackened Fish Tacos in a Bowl p. 60
- Egg Roll in a Bowl p. 63
- Power Skillet (rinse 96% lean ground beef under hot water and use just a bit of parmesan) p.66
- Black Pepper Chicken p. 68
- Sesame Lo Mein p. 71
- Chicken, Broccoli, and Mushroom Stir-Fry p. 75
- Teriyaki Beef and Broccoli p. 82
- Chicken Fajita Soup p. 90
- Crockpot Buffalo Chicken (sub 0% Greek yogurt for sour cream and limit butter to 2 T)
- Sweet Lime Taco Joes p. 93
- Slimming Secret Spaghetti p. 102
- Sweet and Sour Meatballs p. 107
- One-Batch Meatballs p. 129
- Award Winning Chili Pie (rinse 96% lean ground beef under hot water and use just a bit of parmesan) p.142
- Marvelous Make-Ahead Meatballs p. 208
- Meatballs, Rice, and Gravy (use cauliflower rice) p. 211
- Burger Bombs (use 96% beef rinsed with hot water and sub 3/4 cup egg whites for eggs) p.212
- Make it Again Chicken p. 217
- Idiot's Chicken (only light spray of oil before seasoning; only light sprinkle of cheese on top) p. 223
- Garlic and Herb Butter Tilapia (only light spray of oil) p. 228
- FireCracker Salmon (wild caught salmon) p. 230



FP Dinner Ideas

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

Mini Meatloaves p.155

Tilapia Veracruz p. 70

Balsamic Chicken p. 56

Wacha want Mexican Chicken p. 47

Light and Lucious Enchilada-Wonder-Casserole p. 146

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

Cancun Chicken p. 117

Salmon Skillet (omit avocado & use wild caught salmon) p. 136

Award Winning Salmon (use wild caught salmon) p. 137

Happy Dance Fish Skillet (sub cauliflower rice) p. 140

Southwest Turkey Burgers p. 146

All Purpose Chicken Enchiladas (sub wonder wraps) p. 154

Baked Zaghetti (use 96% lean ground beef and rinse with hot water, use just a tiny amount of cheese) p. 157

Rosemary Chicken Roast (omit sweet potatoes) p. 166

Addictive Baked Fish p. 168



FP Snacks, Bars, and Desserts

From Trim Healthy Table please be sure to follow FP instructions on the recipes):

Incredible Peanut Butter Cookie Muffin with Handy Chocolate Syrup p.371

Singing Canary Gummies p. 419

Good Girl Moonshine Gummies p. 420

Shrinker Gummies p. 421

Intant Cookie Dough Protein Bar p. 428

Lemon Lime Burst Whip p. 442

Peanut Chocolate Whip p. 442

Miracle Mousse Makeover p. 444

One-Minute Yogurt Bowl p. 445

Singing Canary Pops p. 446

Beauty Blend Graham Crackers p. 504

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

Butterfly Wings Cake p. 301

Banana Meringue p. 317

Peanut Gems p. 319 (only 1-2 cookies)

Not Naughty Rice Pudding p. 349

Berry Bready Pudding p. 356

Glycine Glory Pudding p. 348

Lemon Pucker Gummies p. 387

Tummy Spa Ice cream p. 361

Berry Yummy Gummies p. 388

Collagen Berry Whip p. 375

Glucie Puddings p. 350 and 351

Tummy Tucking Ice cream p. 363

Crunch Puffs p. 460



FP Snacks, Bars, and Desserts

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

Chocolate Mint Cupcakes p. 277

Strawberry Gummy Worms p. 300

Spicy Candied Ginger p. 306

Cherry Jello p. 320

Berry Boost Roll Ups p. 326

Berry Crumble just 1/6 of the E option for this recipe can work in an FP) p. 330



FP Sauces, Dips & Dressings

From Trim Healthy Table:

Basic Pancake Syrup p. 516
Perfect Pizza Sauce p. 516
Kickin' Dippin' Sauce p. 518
Brain & Body Eggplant Dip p. 520
Fiery Fermented Hot Sauce p. 522
Cottage Citrus Dip p.523
Ranch Trimmy Dressin p. 527
Thousand Trimmy Dressing p. 529
Italian Trimmy Dressing p. 531
Crazy Kombucha Trimmy Dressing p. 533

From Trim Healthy Future:

R's Fresh Salsa p. 353
R's Tartar Sauce p. 359
Orange Sesame Dressing p. 360
Raspberry Vinaigrette p. 363
Apricot Wow Spread p. 366
Berry Wow Spread p. 369
Cheesy Wow Spread p. 370
Cranberry Pomegranate Sauce p. 373
Bread Pudding Sauce p. 374
Creamy Buffalo Sauce p.375
Go To Gravy p. 376
Instant Cheese Sauce (FP Option) p. 377

FP Breads

From Trim Healthy Table:

Wonderful White Blender Bread p.242
Nuke Queen's Awesome Bread p. 245
Nuke Queen's Cornbread p. 246
Wonder Wraps 2 p. 251
Cinnamon Swirl WWBB p. 256

From the Trim Healthy Mama Cookbook:

Slim Belly Vinaigrette, p 474
Slim Belly Jelly, p 478
Basic Gravy, p 483
Handy Chocolate Syrup, p 479
Pancake Syrup, p 480
Peanut Junkie Butter, p 481
Trim healthy Ketchup, p 482



FP Sides

From Trim Healthy Table (please be sure to follow FP instructions on the recipes):

- Garlic Parmesan Spears (light spray of oil and small amount of parmesan) p. 260
- Smashed Radishes (FP nutritional yeast option and don't exceed 2 T butter for entire recipe) p. 261
- Killer Green Beans p. 261
- Crispy, Crunchy Okra p. 263
- Cauli Rice p. 263
- Mashed Potatoes (sub chicken broth for cream, butter, and parmesan) p. 264

From Trim Healthy Future (please be sure to follow FP instructions on the recipes):

- Orange Sesame Green Beans (FP Option) p. 251
- New Way Veggies (light on nutritional yeast if you aren't using THM brand) p. 256
- Pickled Beets p. 258
- Spiced Up Mexican Cauli Rice p. 259
- Italian Cucumber Side Salad (FP Option) p. 261

From the Trim Healthy Mama Cookbook (please be sure to follow FP instructions on the recipes):

- Zucchini Canoes p. 139
- Troodles p. 222
- Collagen Creamed Spinach p. 221
- Princess Taters p. 220
- Spaghetti Squash p. 224
- Cauli Rice p. 225
- Light and Lovely Coleslaw p. 231



FP Prep Ahead Ideas

Picadillo (FP Version) - I serve mine with cauliflower rice to stay in FP mode!

Sheet Pan Fajitas (FP Version)

Quiche Veracruzano (FP Version)

Trim Healthy Mama's No Carb Easy Bread

Pickle Juice Ranch Dressing (FP) to serve with raw veggies or on salad

Instant Cookie Dough Protein Bites - Trim Healthy Table p. 428

Incredible Peanut Butter Cookie Muffins - Trim Healthy Table p. 371

Superfood Chocolate Chews - Trim Healthy Mama Cookbook p. 383

Wonder Wraps - Trim Healthy Mama Cookbook p. 204

Not Naughty Rice Pudding - Trim Healthy Mama Cookbook p. 349



FP Grab and Go Ideas

Berries (1 cup of raspberries, blackberries, or strawberries; 1/2 cup blueberries)

Wasa Crackers w/ Light Laughing Cow (see THM Food Analyzer app for serving sizes in FP)

Oikos 000 Yogurt

deli meat

leftover cooked chicken breast or ground turkey

pickles

pickles rolled in deli meat

pickled okra

No Carb Easy Bread

on-plan chicken or turkey jerky

hard-boiled egg whites

0% Greek yogurt

on-plan FP drinks with collagen

on-plan FP drinks with whey protein powder

light cottage cheese

bell peppers

cucumbers

celery

jicama

broccoli

FP-Friendly Proteins

MEAT & FISH



- LEAN DELI MEAT
- LEAN, RINSED GRASS-FED BEEF
- BONELESS SKINLESS CHICKEN BREAST
- LEAN TURKEY

DAIRY & EGGS



- LOW FAT OR NON FAT COTTAGE CHEESE
- LOW FAT OR NON FAT GREEK YOGURT
- FRESH EGG WHITES
- CARTON EGG WHITES

POWDERS & SUPPLEMENTS



- WHEY PROTEIN POWDER
- COLLAGEN

FISH



- FISH (SALMON, TUNA, TILAPIA, HALIBUT, ETC)
- CANNED FISH
- SHELLFISH

FP-Friendly Veggies

ASPARAGUS

BROCCOLI

CABBAGE

CAULIFLOWER

CUCUMBER

ZUCCHINI

EGGPLANT

GREEN ONIONS

JICAMA

SPINACH

LEEKs

MUSHROOMS

YELLOW SQUASH

TURNIPS

OKRA

ONIONS

PUMPKIN

RADISHES

SPAGHETTI SQUASH

TOMATOES

SUGAR SNAP PEAS

LETTUCE (RED LEAF, GREEN LEAF, ROMAINE, ETC)

THERE ARE MORE MENTIONED IN THE TRIM HEALTHY MAMA BOOKS!



FP-Friendly Ideas - Recipe Links

PEANUT BUTTER AND JELLY SMOOTHIE

EASY CHICKEN TACOS (FOLLOW BLOG POST NOTES FOR FP VERSION)

CHOCOLATE PEANUT BUTTER SPREAD

STRAWBERRY SHORTCAKE WAFFLES

VANILLA WAFFLES

BREAKFAST BLACKBERRY COBBLER

EGG SALAD



THM MADE EASIER

NEED A LITTLE HELP ON YOUR THM JOURNEY?

Hi! I'm so glad you found me!

I have tons of meal ideas, recipes meal planning resources, made-for-you meal plans and more at thewellplannedkitchen.com!

Sincerely,

Jen

thewellplannedkitchen.com