



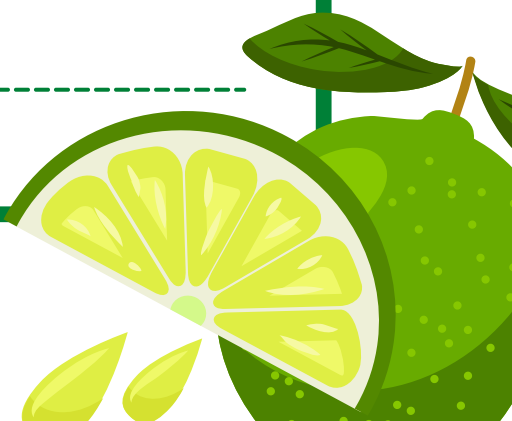
*Master Deep,  
Light,  
and Heavy & Meals  
with Coach Jen*





# NOTES

A large rectangular area with a solid green border, containing ten horizontal dashed green lines for writing notes.



### Proteins

- BACON
- BEEF (ALL PARTS)
- PORK
- COLLAGEN
  
- PROTEIN POWDER
  
- EGGS
  
- 0% GREEK YOGURT
- COTTAGE CHEESE
  
- DELI MEAT
  
- FISH/SEAFOOD
  
- LEAN GROUND TURKEY OR CHICKEN
- CHICKEN (ALL PARTS)

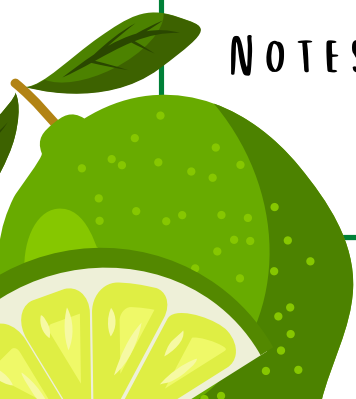
### Deep S Ingredients

- OIL  
(OLIVE OIL,  
AVOCADO OIL, HEMP  
OIL, COCONUT OIL,  
MCT OIL, ETC)
  
- BUTTER

### Light & Heavy S Ingredients

- DAIRY (CHEESE,  
CREAM, CREAM  
CHEESE, ETC)
  
- NUTS

NOTES:



# Conversion Cheat Sheet

DEEP S



LIGHT S

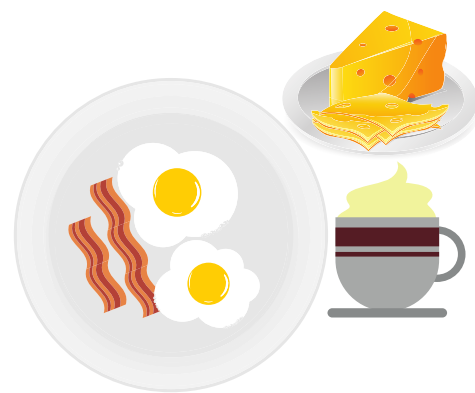
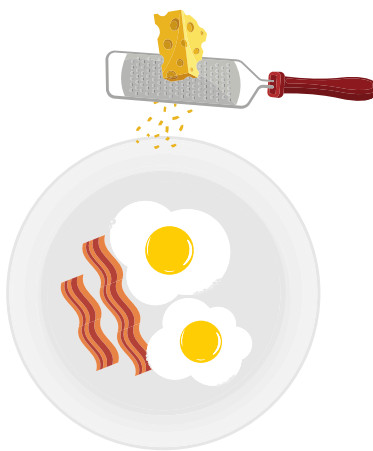


HEAVY S

Pure  
healthy  
fats, used  
liberally

Very light  
additions  
of Heavy S  
foods, like  
cheese or  
nuts

Liberal  
additions  
of Heavy S  
foods, like  
cheese or  
nuts



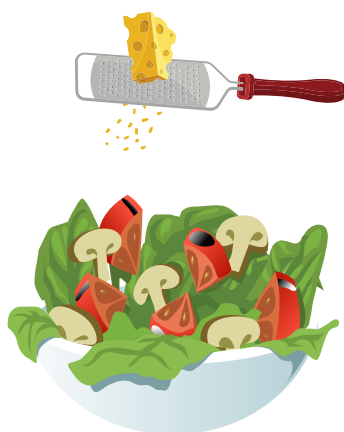
# Conversion Cheat Sheet

FP → LIGHT S → HEAVY S

5 grams of fat or less,  
6 grams of carbs or less

Very light additions of Heavy S foods, like cheese or nuts

Liberal additions of Heavy S foods, like cheese or nuts





## *Deep S Breakfast Ideas*

*From the THM Cookbook:*

Fields of Green Omelet p. 240

Eggs in a Nest p.83

Big Fried Egg Trick p.243

*From Trim Healthy Table:*

Easiest Breakfast Casserole (skip onions and cheese) p. 328

Eggalicious Muffin Cups (use tiny amounts of nutritional yeast and parmesan) p. 329

Big Bowl Egg Scram (skip onion, limit parmesan) p.331

Quick-Fix Egg White Muffins (skip tomatoes) p. 332

Pepper Hole Eggs (use tiny amounts of nutritional yeast and parmesan) p. 332

Hash 'n' Eggs (use tiny amounts of nutritional yeast) p. 335

*From Trim Healthy Future:*

Happily Ever After Omelet (substitute 1 Tablespoon parmesan for cheese) p. 87

Thermo Boost Omelet p. 89

Handy Breakfast Burrito (make with Wonder Wraps and substitute 1 Tablespoon parmesan for cheese) p. 98



## *Deep S Breakfast Ideas*

Eggs fried in butter

Scrambled eggs

Bacon or turkey bacon

[Tex Mex Breakfast Scramble](#)

Omelets

[Chocolate Covered Bacon](#)



## *Deep S Lunch Ideas*

*From the THM Cookbook:*

*Salad in a Jar (Deep S Option) p. 189*

*South Your Soul Soup (with cabbage) p. 115*

*Spinach Lane Soup p.121*

*Asian Gold Soup (with carton coconut milk instead of canned) p. 124*

*From Trim Healthy Table:*

*BLT Wraps (skip LLC cheese, avocado, tomato) p. 296*

*Hot Bacon and Egg Salad (use tiny amounts of parmesan and nutritional yeast) p. 307*

*Smoked Sausage Noodle Stir-Fry (skip onion and cream and use tiny amount of parm) p. 312*

*Succulent Fish and Veggies (skip tomato) p. 316*

*Ramen Bowl p. 317*

*Big 'N' Beefy Noodle Bowl (skip tomatoes, tomato paste, sesame seeds, green onions) p. 319*

*Hangry Pockets (Deep S ingredients only) p. 320*

*From Trim Healthy Future:*

*Cabbage Face p. 198*

*R's #1 Salad (skip avocado, cheese, seeds, and salsa) p. 210*





## *Deep S Lunch and Dinner Ideas*

Natural All-Beef Hot Dogs

Hamburger w/ prepared mustard

Baked chicken thighs with olive oil and seasoning

Crispy Oven Baked Chicken

Steak and veggies

Fried Okra and Blackened Salmon

Garlic Chicken

Steak and Eggs

Big salad with cooked meat, non-starchy veggies, and homemade on-plan vinaigrette



## *Deep S Dinner Ideas*

*From the THM Cookbook:*

Crispy Salmon Siesta (skip sesame seeds) p. 80

Cilantro Lime Burst Chicken Thighs (skip onion) p. 54

Lemon Herb Drummies (skip onion) p. 51

Cabb and Saus Skillet p. 58

Egg Roll in a Bowl (skip onion) p. 62

Reuben in a Bowl (skip cheese and ketchup) p. 73

Kai Sai Ming (skip onion) p.98

Bone in RoastBeef p.160

Crispy Lickin' Chicken p. 163 (family serve size so you get just a small amount of parmesan and nutritional yeast)

Spicy Chicken Wings p. 164

Papster Thighs p. 165

Super Prepared Roasted Chicken p. 168

*From Trim Healthy Table:*

Nacho Night (no cheese, olives, tomatoes, and use just a tiny amount of green onions) p. 275

Brinner Night (skip cheese)

Salad Bar Night (only Deep S ingredients) p. 284

Make it Again Chicken (skip yogurt and use homemade mayo) p. 217

Hubby Lovin' Chicken (use tiny amount of parmesan) p. 218

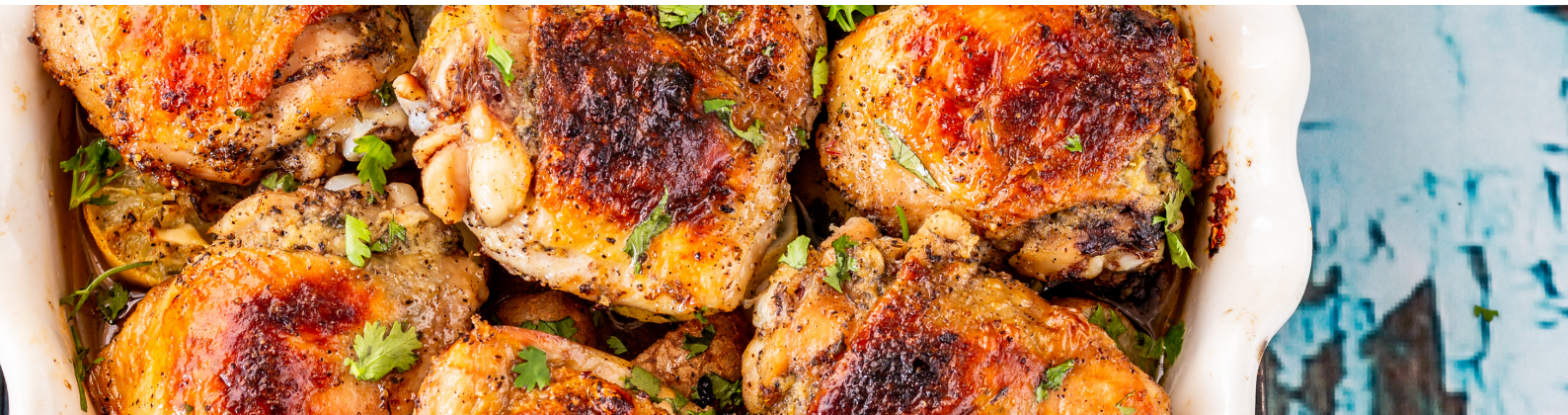
Little Sweet Little Spicy Drumsticks p. 221

Flaky Parmesan Tilapia (skip yogurt, use tiny amount of parmesan and use homemade mayonnaise instead) p. 227

Garlic and Herb Butter Tilapia p. 228

Cilantro-Lime Salmon (skip avocado creme) p. 229

Firecracker Salmon p. 230



## *Deep S Dinner Ideas*

*From Trim Healthy Table:*

Chicken Fried Double Rice (skip onion/carrots/peas/brown rice, and substitute riced cauliflower) p. 53

Blackened Fish Tacos in a Bowl (skip black beans and onion) p. 60

Egg Roll in a Bowl Part Deux (skip onion) p.63

Power Skillet (use tiny amounts of nutritional yeast and parmesan) p. 66

Black Pepper Chicken (skip onion) p. 68

Sesame Lo Mein (skip peas, onions, and carrots) p. 71

Chicken, Broccoli, Mushroom Stir-Fry p. 75

Teriyaki Beef and Broccoli (skip onions and sesame seeds and serve this over cauli rice) p. 82

Brown Gravy Stew (skip carrots and peas, use light nutritional yeast) p. 94

Succulent Barbacoa Beef (skip onion) p. 108

Cream of Spinach and Chicken Soup (skip cream cheese and use light parmesan) p. 112

Drive-Thru Sue's Chicken Quiche (skip cheese and onions) p. 118

Super Salmon Easy Bake (skip ketchup and tomatoes) p. 145

Whoop Whoop Soup (sub plain unsweetened almond milk for cream or omit entirely) p.149

Grandma's Chicken Noodle Soup (FP version with no carrots should also work in Deep S) p. 156

Cream of Mushroom Trimmy Bisque (FP version with no onions should also work in Deep S) p.166

Better than Pearl's Broc and Cheese Trimmy Bisque (use light parmesan and nutritional yeast) p. 173

Peasant's Garden Trimmy Bisque (skip onion, use light parmesan and nutritional yeast) p. 174

Vibey Cream of Cilantro Trimmy Bisque (skip onion, use light parmesan and nutritional yeast) p. 178



## *Deep S Dinner Ideas*

*From Trim Healthy Table:*

Ugly Duckling Trimmy Bisque (Skip Onion) p. 182

Cheesy No Cheese Trimmy Bisque (skip onion, use light nutritional yeast) p. 183

Granny's Hug Trimmy Bisque (skip onions, peas, and green onions) p. 194

*From Trim Healthy Future:*

Salmon Avocado Skillet (skip avocado) p. 136

Award Winning Salmon (skip onion) p. 137

R's No Stress Tilapia (just one Tablespoon of parmesan per serving) p. 139

Lemon Peppery Chicken p. 163



## *Deep S Side Dish Ideas*

*From the THM Cookbook:*

Green Fries p. 218

Troodles p. 222

Spaghetti Squash with butter p.224

Cauli Rice p.225

Roasted Nonstarchies p.227

Light and Lovely Coleslaw (no carrots) p. 231

*From Trim Healthy Table:*

Garlic Parmesan Asparagus (use tiny amount of parmesan and nutritional yeast) p. 260

Smashed Radishes (use tiny amount of parmesan) p. 261

Killer Green Beans p.261

Green Fries (use tiny amount of parmesan and nutritional yeast) p. 262

Crispy, Crunchy Okra (use tiny amount of parmesan and nutritional yeast) p. 263

Cauli Rice p. 263

Troodles p. 264

Slender Slaw (skip tomatoes and feta cheese) p. 266

Thai-Kissed Cucumber Salad (skip onion and sesame seeds) p. 268

*From Trim Healthy Future:*

3 Minute Shred (S option) p. 250

Orange Sesame Green Beans (skip almonds and omit molasses in dressing) p. 251



## *Deep S Snacks & Desserts*

*From the THM Cookbook:*

Skinny Chocolate p. 377

Skinny Truffles p. 384

Gummies p. 387

Superfood Chocolate Chews p. 383

Kale Chips p. 464

Nilla NoGurt p. 343

Glucie Puddings pages 348 and 351

Tummy Spa Ice Cream p. 361

Tummy Tucking Ice Cream p. 363

Banana Meringues p. 317

Crunch Puffs p. 460

Mazing Marshmallows p. 379

*From Trim Healthy Table:*

No Moo Cheesecake (no crust) p. 407

Singing Canary Truffles p. 418

Singing Canary Gummies p. 419

Good Girl Moonshine Gummies p. 420

Shrinker Gummies p. 421

Instant Cookie Dough Protein Bar (no chocolate or nuts) p. 428

No Moo Cream Cheese Bites p. 440

Miracle Mousse Makeover p. 444

*From Trim Healthy Future:*

Mocha Layer Cake (skip nuts and cream layer for DS) p. 282



## *Deep S Snacks & Desserts*

[Milk Chocolate Pudding](#)

[Hot Custard](#)

[Velvety Peppermint Sip](#)

[Creamy Vanilla Custard Shake](#)

[Superfood Single Brownie](#)

[Deep S Mint Shake](#)

[Chocolate Frosting \(Deep S if using peanut flour option - 1 Tablespoon per serving\)](#)

[Dairy-Free Chocolate Ice Cream](#)

[Deep S Vanilla Custard Shake](#)

[Velvety Golden Detox](#)

[Birthday Cake Shake](#)

[Mocha Pudding Cake for One](#)

[Vanilla Pudding Cake for One](#)



## *Deep S Shakes, Sippers, and Smoothies*

From the THM Cookbook:

Trimmaccino Rich drinks p. 427

Good Girl moonshine p. 397

The Shrinker p. 400

The Singing Canary (only one lemon) p. 398

Secret Big Boy p. 415-416 (make any but the Berry Secretive Big Boy)

Frappas p. 418-421

Thin Thick p. 422-425

Lemonade Slushy p. 372

Earth Milk Sip p. 402

Apple Pie Sip p.404

Winter Wonderland Sip p. 405





## *Deep S Shakes, Siippers, and Smoothies*

*From Trim Healthy Table:*

Hello Health Sipper p. 452

Converted Sailor Toddy p. 454

Lemonade p. 456

Iced Vanilla Fat-Burning Tea p. 456

Speedy Chocolate Milk p. 457

Frozen Mocha p. 458

Prep-Ahead Healing Trimmy Mix p. 463

Frothy Hot Mocha p. 464

Matcha Spice Trimmy p. 465

Lazy Collagen Coffee p. 466

Prep-Ahead Healing Hot Cocoa Trimmy Mix p. 467

Cheesecake Shake Down p. 470

Chai Chaga Smoothie p. 476

Mocha Secret Big Boy p. 479

*From Trim Healthy Future:*

Mint Chip Ice Cream Shake (use skinny chocolate instead of chocolate chips) p. 69

Vanilla Caramel Coffee Creamer p. 53



## *Deep S Dressings & Dips*

*From Trim Healthy Table:*

Basic Pancake Syrup p. 516

Cauliflower Hummus (use toasted sesame oil instead of tahini) p. 521

Honey-Mustard Trimmy Dressing p. 527

Caesar Trimmy Dressing p. 529

Italian Trimmy Dressing p. 531

*From Trim Healthy Future:*

For the Love of Pesto (skip walnuts and use just 1/4 cup of parmesan) p. 355

Tangy Wangy Dressing p. 361

Spunky Ginger Dressing p. 364

Sun Basking Basil Dressing p. 365



## THM MADE EASIER

### NEED A LITTLE HELP ON YOUR THM JOURNEY?

I'm a Certified THM Lifestyle Coach and I'm here to help you stick to the plan and reach your goals - even if you're too busy, too tired, or don't want to spend a lot of time in the kitchen.

I have tons of free THM-friendly resources included dining out guides, meal plans, and last minute meals at [thewellplannedkitchen.com](http://thewellplannedkitchen.com).

If you're ready to make THM a lifestyle with systems, strategies, and habits to help you make staying on plan so much easier you can learn more about my coaching services at [thewellplannedkitchen.com/thmbootcamp](http://thewellplannedkitchen.com/thmbootcamp).

I'll see you there!

  
Coach Jen

THEWELLPLANNEDKITCHEN.COM