

# THM MADE EASY

## Class Notes

The best way to follow THM/THM in Survival Mode:

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What season am I in:

- Prepping/Planning ahead
- Survival mode
- In between

My plan to create balance:

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# THM MADE EASY

## Class Notes

### Make a Plan

#### "Plan A" Resources

- THM Books
- Blogs ([thewellplannedkitchen.com](http://thewellplannedkitchen.com), [Darciesdishes.com](http://Darciesdishes.com))
- Reuse and recycle old meal plans & shopping lists

#### "Plan B" Resources

- Drive Thru Sue options in THM books
- Pantry Meal Handout from Coach Jen
- Quick & Easy Handout from Coach Jen

#### "Plan C" Resources

- Dining Out Guide from Coach Jen
- THM Food Analyzer App

# Notes

Date / /

A series of 18 horizontal light green bars, stacked vertically, intended for writing notes. Each bar is approximately 20 pixels high and spans most of the width of the page.

# 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

S

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.

# Pantry Meals

TRIM HEALTHY MAMA - FRIENDLY

## LAST MINUTE PANTRY MEAL IDEAS:

1. Santa Fe Quinoa - quinoa, one can of black beans, one can of corn, one can of mild Rotel, and a small baggie with 1 teaspoon of cumin and 1 teaspoon of chili powder. Quinoa has a lot of protein so this is a complete meal! (THM E)
2. Black Bean soup - one onion, one pre-mixed taco seasoning packet, 2 cans of black beans, and 2 cans of chicken broth for black bean soup. (THM E)
3. Quick No Tortilla Soup - 1 can of corn, 2 quarts chicken broth, 1 can of black beans, 1 10 oz can of chicken, 1 can of mild Rotel, and 1 ziploc bag with 2 teaspoons cumin, 1 teaspoon chili powder, 1/2 tsp garlic powder, and salt and pepper to taste. (THM E)

## MY PANTRY MEAL IDEAS:

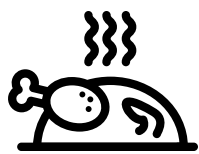
4.

5.

For step-by-step instructions and lots of recipes to help you create a last-minute THM-friendly meal system, visit [thewellplannedkitchen.com/pantrymeals](http://thewellplannedkitchen.com/pantrymeals)

# Rotisserie Chicken last-minute meals

No seasonings are listed - don't forget to season to taste!



Rotisserie Chicken



Fresh Veggies



Salad Dressing



Garden Salad



Rotisserie Chicken



Healthy Pizza Crust



Pesto



Bake for  
Chicken Pesto  
Pizza



Rotisserie Chicken



1/2 Cup Mayonnaise



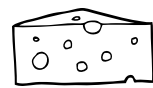
1/4 Cup Sliced Almonds



Chicken Salad



Rotisserie Chicken



2 Cups Cheddar Cheese



1 Can Mild Rotel



Broil for 5 min  
for Cheesy Chili  
Dip



Rotisserie Chicken



Rice & Beans



1 Jar of Salsa



Heat & Combine  
for Burrito Bowls



Rotisserie Chicken



Pasta of Choice



Pesto, Alfredo, or Marinara



Heat & Toss for  
Chicken Pasta



Rotisserie Chicken



Steamed Veggies



Rice



Heat & Serve  
Chicken, Veggies,  
and Rice



Rotisserie Chicken



Chopped Veggies & Garlic



2 Quarts Chicken Broth



Combine, season,  
and simmer for  
Chicken Soup



Rotisserie Chicken



Cucumbers, Tomatoes, Red Onion



Feta Cheese & Dressing



Chop &  
Combine for  
Greek Salad



**\*\* UNOFFICIAL \*\***

# Eating Out Guide

My favorite THM-friendly  
restaurant meals

*By restaurant name:*

## ARBY'S

- Bun-less Mount Italy
  - Triple Thick Bacon Half Pound Club Sandwich with no bread,
  - Half Pound French Dip & Swiss/Au Jus with no bread,
  - Half Pound Beef 'n Cheddar with no bread,
  - Smoked Italian Porchetta Sandwich with no bread.
- All are great served over lettuce, and salads are a great option if your location serves them. All of these are "S" on THM.

## CARL'S JR./HARDEE'S

- Lettuce-wrapped Jalapeno Double Cheeseburger,
  - Charbroiled Chicken Salad,
  - Lettuce-wrapped Charbroiled Chicken Club,
  - Low-Carb Thickburger
  - Lettuce-Wrapped Famous Star.
- All of these are "S" on THM. Please avoid burgers with barbecue sauce or onion rings.

## CHICK-FIL-A

- Sausage, Egg, & Cheese or Bacon, Egg, & Cheese Biscuit (without the biscuit) (S)
- Cobb salad with grilled nuggets and no corn (S)
- Grilled Chicken Cool Wrap (FP w/o cheese,
- S w/cheese)
- Market salad (FP with no dressing, skipping add-on granola)
- Grilled nuggets (FP)
- Grilled Chicken Club Sandwich (no bun) (S)

thewellplannedkitchen.com

## CHIPOTLE

Burrito Bowl (lettuce, meat, guac, salsa without corn, fajita veggies, sour cream, & cheese) (S)  
Add rice and beans for a THM Crossover  
Beans with chicken, salsa, and veggies (E)  
Rice, beans, chicken, salsa, dairy, and cheese (XO)

## KENTUCKY FRIED CHICKEN

- Caesar Side Salad (no croutons) (S)
- Green Beans (FP)
- Grilled Chicken (FP)

## MCDONALD'S

- Muffin-less Egg McMuffin or Sausage, Egg, & Cheese McMuffin
  - Bun-less Double Quarter Pounder with Cheese or other grilled burgers or sandwiches.
  - Please avoid ALL salad dressings and sauces at McDonald's - they are all too high in carbs to work for Trim Healthy Mama.
- All of these are "S" on THM.

## STARBUCKS

- Americano with heavy cream and stevia (depending on your Starbucks, you may need to bring your own stevia).
  - Unsweetened Tea (you can add stevia if desired).
  - Breakfast sandwiches (skip the bread)
  - Sous Vide Egg Bites have rice starch and aren't precisely on plan, but THM has mentioned them as not being too terrible for an "S."
- All of these are "S" on THM.

## SUBWAY

- Salads: Chicken & Bacon Ranch, Cold Cut Combo, Oven Roasted Chicken, Roast Beef, Rotisserie Chicken, Spicy Italian, Steak and Cheese, Subway Club, Tuna, Turkey Breast.
- Deli meat, cheese, & veggies with no bread
- Most sub places like Jersey Mike's or Jimmy John's will offer low-carb options. All of these are "S" on THM.

## TACO BELL

- Power Menu Bowl with extra lettuce instead of rice and beans.
  - Fiesta Taco Salad in a bowl instead of tortilla. Ask to skip the tortilla strips, rice, and beans and sub extra veggies instead.
- All of these are "S" on THM.

*Note: While many of these options are technically on plan by the numbers, there may be added ingredients that make them less-than-perfect nutritionally. Please review the nutrition information of any menu before eating out.*

## WENDY'S

- Southwest Avocado Salad - S
- Grilled chicken sandwich with no bun - S
- Small Chili - E
- Burger with no bun - S

*By category:*

## CHINESE

Chinese food is difficult, but not impossible, due to added starches and sugars in the sauces. Brown rice with plain grilled meat or veggies is an option for an E as long as they are not grilled or cooked in butter or oil - if they are, it's a crossover.

I can often find Egg Drop Soup with no added starch (S), and some curry recipes will work, as well - ask to see the ingredients!

## ITALIAN

Baked or braised meats and veggies are often on-plan. I like to get popular dishes at most Italian restaurants and hold the pasta. I've also gotten big salads and pulled the toppings from a few slices of pizza to enjoy the cheese and pizza toppings. Some restaurants are starting to serve zucchini noodles, which are a great option! All of these would be "S" options.

## MEXICAN

Skip the tortilla chips and tortillas! Go for big salads with no fried ingredients, burrito fillings without potatoes or tortillas, or tacos without the shells. You could also try bringing your own low-carb tortillas for a healthy S.

## STEAKHOUSE

Grilled steak or chicken are perfect with side salads or veggies. I skip the potatoes and stick with an "S" meal, and I'm always careful to ask the server not to bring any bread. . At Outback, for example, you can get a steak, a side of steamed veggies, and a side salad in one meal .

*At all restaurants, you'll want to check salad dressings, ketchup, and sauces for added sugars.*

