



Stay On Plan for Easter

WITH COACH JEN



Helpful Hints



At Someone Else's Home

This can feel the most challenging! Offer to bring on-plan foods you can enjoy and share:

- appetizer like deviled eggs
- vegetable side dish like green beans
- salad
- dessert

At a Potluck Event (Bring a Dish)

Potlucks may be the easiest if you can avoid the dessert table! Bring some of the same options listed above, and try to avoid the dessert and bread options.

Eating at Home

I recommend making a fully on-plan meal, with off-plan dessert and bread options for off-plan family members.

Recovery

Stop the Spiral

Send the Signal

Deep S Recovery Mode



EASTER MENU

Recipes linked below are THM "S" friendly

STARTERS

[DEVEILED EGGS](#)

[BACON WRAPPED JALAPENOS](#)

[CHEESE BALLS](#)



MAIN COURSE

[BAKED HAM](#)

[GREEN BEAN CASSEROLE](#)

[BREAD ROLLS](#)

DESSERT

[BERRY CHANTILLY CAKE](#)

[LEMON SUGAR COOKIE CUPS](#)





Bonus Meal Ideas

Starters

BLT Dip

Stuffed Mushrooms

Smoked Salmon Cucumber Bites

Side Dishes

Cauliflower Mac and Cheese

Oven Roasted Vegetables

Creamed Spinach

Main Courses

Foolproof Standing Rib Roast

Creamy Dill Salmon

Garlic Roasted Radishes

Desserts

Easter Egg Cake

Keto Cookie Dough Easter Eggs

A pair of brown rabbit ears is visible in the upper right corner, set against a background of green grass. The title 'On-Plan Easter Candy' is written in a white, cursive font across the top of the image.

On-Plan Easter Candy

Candy Options

- Lily's Chocolate
- Max Sweets Yum Yums (personal choice)
- ChocZero candies (personal choice)
- JoJo's Chocolate in Raspberry Dream or Goes Hawaiian
- Dark Chocolate (85% or higher)

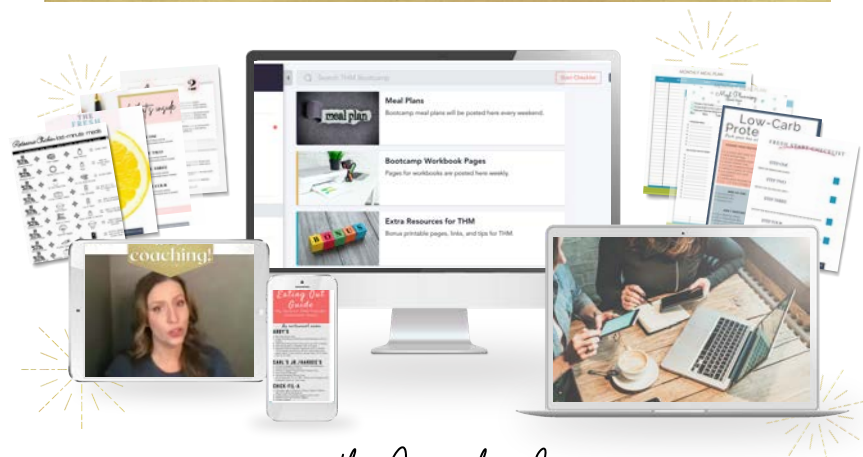
THANK YOU!

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

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