



650+

THM-Friendly MEAL IDEAS

LIGHTER MEALS EDITION

JENNIFER (MASON) FELKER

THEWELLPLANNEDKITCHEN.COM

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

275+ E- FRIENDLY IDEAS





E Breakfast Ideas

From Trim Healthy Table:

BAM Waffles p. 342
Big Bowl Cinnamon Oatmeal p. 354
Chocolate-Covered Cherry Muffins p.367
Cinnamon Sugar Toast p. 358
Cream of Buckwheat p.357
Cream of Treat Hot Porridge p.353
Crunchy Granola p. 361
Fluffy White Banana Pancakes p.339
Oatmeal On the Go Cups p.350
Pint Jar Oats p.343
Quick-Fix Egg White Muffins p.332

From the Trim Healthy Mama Cookbook

Succulent Egg Sammie p.242
Sweet Dreams Oatmeal Bowls p.247-248
Super Prepared Purist Grains p.250
Creamy Grains p.252-253
Stovetop Crunch Granolas p.255
Crockpot Oatmeals p.256-257
Trim Healthy Pancakes or Waffles p.259
Giant Baked Blueberry Pancake p.261
Chocolate Waffles with Strawberries p.265
Chocolate Monkey Crepes p.267

From Trim Healthy Future:

Top & Tail Yogurt Cups p.95
R's Granola p. 96
Chocolate Banana Waffles p.100
Berrylicious Oatmeal p.101
R's French Toast p.105
Zucchini Bread Oatmeal p.106
Breakfast Bread Pudding p.113



E Breakfast Ideas- Recipe Links

[OVERNIGHT STUFFED FRENCH TOAST](#)

[HEALTHY MCGRIDDLES](#)

[CREAMY MAPLE AND "BROWN SUGAR" OATMEAL](#)

[OAT FIBER PANCAKES](#)

[BUTTERMILK WAFFLES](#)

[BLUEBERRY MUFFINS](#)

[FRENCH TOAST](#)

[BLUEBERRY OATMEAL MUFFINS](#)

[A DOZEN AND A HALF BANANA MUFFINS](#)

[CARAMEL APPLE YOGURT](#)

[APPLE CINNAMON BAKED OATMEAL](#)

[CARROT CAKE OATMEAL](#)

[PUMPKIN APPLESAUCE MUFFINS](#)

[CRANBERRY ORANGE MUFFINS](#)

[BAKED PUMPKIN PIE OATMEAL](#)

[BANANA BREAD MINI DONUTS](#)

[THM FREEZER BREAKFAST BURRITOS \(E VERSION\)](#)

[CHOCOLATE BREAKFAST COOKIES](#)

[BAKED BLUEBERRY OATMEAL](#)

[OVERNIGHT OATMEAL](#)

[EASY GRANOLA](#)

[CHOCOLATE BANANA BREAD](#)

[TJ'S CRUNCHY GRANOLA](#)

[BROWNIE BATTER CHOCOLATE OATMEAL](#)

[UPSIDE DOWN PEACH OATMEAL BAKE](#)

[BAKED CHERRY OATMEAL](#)

[CHUNKY MONKEY YOGURT BOWL](#)

[BLUEBERRY OATMEAL BAKE](#)

[BANANA SPLIT OATMEAL](#)

[BERRY BANANA BAOBAB SMOOTHIE](#)

[CINNAMON ROLL SMOOTHIE](#)

[BLACK FORREST CHERRY SHAKE](#)

[SUPERFOOD BREAKFAST SMOOTHIE](#)

[REFRESHING FRUITY SHAKE](#)

Please follow any directions listed on the recipe links to convert recipes to be THM-friendly, if needed!



E Shake & Smoothie Ideas

From Trim Healthy Table:

Chamomile Cuddle Shake p. 487
Chocolate-Covered Cherry Shake p. 471
Chocolate Quickie Kefir Smoothie P. 491
Cobbler Calmer Shake p. 490
Fennel 'n' Figs Feel Better Shake p. 485
Frisky p. 472
Mexican Papaya Sister Smoothie p.494 Peanuttty,
Chocolatey, Banana-y Secret Shake p. 482
Strawberry Quickie Kefir Smoothie p.492
Tropical Secret Smoothie p.483
Whipped Pina Colada Shake p.477

From the THM Cookbook:

Orange Creamsicle Shake p. 409
Banana Oat Shake p.413

From Trim Healthy Future:

Raspberry Coconut Smoothie p.65
Kiwi Strawberry Smoothie p.67
Chocolate Covered Strawberry Shake p.70
Chocolate Banana Smoothie p.71
Strawberry Banana Smoothie p.72
Almond Blueberry Oat Shake p.77
Greenie Meanie Yuck Yum p. 78
Pre, Pro, & Post Shake p.81



E Shake & Smoothie Ideas - Recipe Links

BERRY BANANA BAOBAB SMOOTHIE

CINNAMON ROLL SMOOTHIE

BLACK FORREST CHERRY SHAKE

SUPERFOOD BREAKFAST SMOOTHIE

REFRESHING FRUITY SHAKE

DECADENT CHERRY- MANGO SHAKE

APPLE PIE SMOOTHIE

BANANA PEANUT BUTTER SHAKE



E Soups, Stews, and Chilis

From Trim Healthy Table:

Hearty Lentil, Chicken Sausage, and Spinach Soup p. 85
Insanely Simple Chicken Fiesta Soup p. 151
Irish King Trim Bisque p. 169
Meatball Soup p. 115
Moroccan Trade Winds Trimmy Bisque p. 191
Mother England's Trimmy Bisque p. 190
Save My Sanity Chili p. 81
Sopa de Quinoa Trimmy Bisque p. 188
Stew of Love p.101
Sunny Southwestern Trimmy Bisque p. 165
Tricked-Out Chili Trimmy Bisque p. 176
Trim Train Italian Soup p. 160
Chicken Fajita Soup p. 90
Creamy Bean, Bacon, and Butternut Soup p.98
Creamy Lemon Chicken and Quinoa Soup p. 147

From the Trim Healthy Mama Cookbook

Cheapskate Soup p. 88
Lentil Soup p. 89
Golden Chana Soup. p.99
Creamy Chicken and Wild Rice Soup p. 100
Sweet Potato Oat Soup p. 102
Tangy Tato Soup p.105
Bean Boss Soup p. 109
Cream of Sweet Stuff Soup p.114
Zesty Sweetie Soup p.118

From Trim Healthy Future:

Millennial Split Pea Soup p.174
Greek Chicken Soup p.178
Flexible Fajita Soup p.180
Taco Chicken Chili p.186
Thai-Rific Soup p.219
Creamy Dreamy Limas p.192



E Soups & Lunches - Recipe Links

Soups & Chilis

[CHICKEN TORTILLA SOUP](#)

[HARVEST MINISTRONE](#)

[SALSA VERDE CHICKEN SOUP](#)

[CREAMY SWEET POTATO BISQUE](#)

[QUINOA, KALE, & WHITE BEAN SOUP](#)

[ITALIAN WHITE BEAN & SPINACH SOUP](#)

[SLOW COOKER QUINOA CHICKEN CHILI](#)

[LENTIL SOUP](#)

[CHICKEN NOODLE SOUP](#)

[TURKEY BEAN SOUP](#)

[TUSCAN SOUP](#)

[GARBANZO BEAN SOUP](#)

[CHANA DAL SOUP](#)

[PUMPKIN APPLE SOUP](#)

[SPICY BEAN SOUP](#)

[QUINOA LENTIL CHILI](#)

Lunch Ideas

[TURKEY CONFETTI QUINOA](#)

[CHICKEN SALAD](#)

[RICE & BEANS](#)

[E TUNA SANDWICH](#)

[BLACK BEAN QUESADILLAS](#)

[SWEET POTATO SKILLET FOR ONE](#)

[CHICKEN AND GRAPE SALAD](#)

[FIESTA CHICKEN BAKE \(MAKE
AHEAD\)](#)

Please follow any directions listed on the recipe links to convert recipes to be THM-friendly, if needed!



E Lunch Ideas

From Trim Healthy Table:

Fast Nachos or Tostadas p. 303
Good Ol' PB&J p. 301
Hangry Pockets p. 320
Open Face Tuna Pizzas p.297
Open-Face Turkey Crunch Lunch p.299

From Trim Healthy Future:

Street Quesadilla p.231
Crispy Fried Sandwich p.232
Tuna Melt p.197
Mashed Potatoes & Gravy p.202
Golden Stirry Fry p.204



E Salads

From Trim Healthy Table:

Ranch Hand Taco Salad p. 200
Cherries on Top Chicken Salad p. 305
Chicken Salad Delight p. 299
Cream and Crunch Apple Tuna Salad p. 314
Quick Rip Hearty Kale Salad p. 308
Zingy Zany Tuna Salad p.302

From Trim Healthy Future:

Sunshine Salad p.207
Hawaiian Salad p.210
Black is Beautiful Salad p.214

From the Trim Healthy Mama Cookbook

Waldorf Cottage Cheese Salad p. 190
Small Budget Big Taste Salad p.185
Salad in a Jar p.188
Quinoa Salad p.232



E Dinner Ideas

From Trim Healthy Table:

Beans 'n' Cornbread p.111
Blackened Fish Tacos in a Bowl p. 60
Chicken Fried Double Rice p. 53
Chicken Sausage Gumbo p. 89
Chicken, Broccoli, Mushroom Stir-Fry p. 75
Deconstructed Fajitas p. 56
Egg Roll in a Bowl Part Deux p.63
Loaves and Fishes Bake p. 130
Loaves and fishes Bake -
Spicy Tomato Style p. 131
Queso Chicken Bake p. 123
Sweet and Sour Meatballs p. 107
Teriyaki Beef and Broccoli p. 82
Zippy Zucchini Rice Bake p.136
Freshy Bowl p. 265
Meatballs, Rice, and Gravy p. 211
Salad Bar Night p.284
Sushi Night p. 277
Tootsie Bell Night p.289
Succulent Fish and Veggies p. 316

From the Trim Healthy Mama Cookbook

Sweet Potato Bar p.166
Wonder Fish Tacos p. 171
Slow Fajitas p. 53
Wicked White Chili p. 37
Wipe Your Mouth BBQ p. 43
Wacha Want Mexican Chicken p. 47
Balsamic Chicken p. 56
Slim Sloppy Joes p. 63
Egg Roll in a Bowl p. 62
Cowboy Grub p. 59
Blackened Chicken with Mango and
Black Beans p. 59
Quinoa Goes Cajun p. 69
Tilapia Veracruz p. 70
Sweetie on Steroids p. 76
Sweet and Spicy Asian Stir-Fry p. 84

From Trim Healthy Future

Cheesy Chicken and Rice Skillet p. 120
Creamy Buffalo Chicken & Potato Skillet p. 127
Happy Dance Fish Skillet p.140
Quinoa Tuna Patties p.148
All-Purpose Chicken Enchiladas p.154
Man Worthy Lentil Loaf p.160
Rosemary Chicken Roast p.166
The Air Fried Meal p.229



E Dinner Ideas – Recipe Links

[SWEET & SPICY STIR FRY](#)

[CREAMY CHICKEN AND RICE CASSEROLE](#)

[ZESTY SALSA CHICKEN](#)

[FIESTA QUINOA SKILLET](#)

[CHEESY. CHICKEN. BROCCOLI & RICE](#)

[ITALIAN VEGGIE QUINOA](#)

[SWEET & SOUR CHICKEN](#)

[PICADILLO \(E VERSION\)](#)

[LIME CHICKEN](#)

[DIRT- E- RICE](#)

[BURRITOS](#)

[BLACK BEAN QUESADILLAS](#)

[LEMON CHICKEN WITH BROWN RICE](#)

[TACO SALAD CRUNCH](#)

[POPPY SEED CHICKEN CASSEROLE](#)

[PIZZA](#)

[BEEF STROGANOFF](#)

[SOUTHWEST CROCKPOT CHICKEN](#)

[CABBAGE ROLL IN A BOWL \(E VERSION\)](#)

[CHIPOTLE CHICKEN WITH SWEET POTATOES](#)

[SLOW COOKER SPANISH CHICKEN AND RICE](#)

[CHICKEN FAJITA RICE BOWL](#)

[MANGO CHICKEN AND RICE](#)

[CURRIED CHICKEN AND BROWN RICE](#)

[MEDITERRANEAN GRAIN BOWLS](#)

Please follow any directions listed on the recipe links to convert recipes to be THM-friendly, if needed!



E Baked Goods, Bars, and Desserts

From Trim Healthy Table:

Brown Rice Krispy Treats p. 438
Caramel Apple BAM Cake p. 384
Peanut Butter Banana BAM Cake p.383
Pumpkin BAM Cake p.385
Ultimate E Bars p.432
Wake Up Trim Down Banana Bars p.344
Wake Up Trim Down Carrot Cake Bars p.346

From the Trim Healthy Mama Cookbook:

Apple Cinnamon Swirl Muffin p.280
Chocolate Banana Muffins p.283
Just Peachy Muffins p.286
Pineapple Upside Down Cake p.290
Bust-a-Myth Banana Cake p.298
Apple Crumble p. 338
Sweetie Pie Swirl p.353
Greekie Swirl p.351
Bread Pudding' p. 354-357
Mangosicles p.368
Grapefruit Slushie p.372

From Trim Healthy Future

Aunty Pearl's Muffins p.274
Deep Dark Decadent Cupcakes p.278
Oat Bakes p.286-288
Sweet & Salty Popcorn p.305
Tangy Fruit Greenie Meanies p.316
Apple Crumble p.328
Blueberry Crumble p. 330
Bananas Foster p. 334
The Air Fried Apple p.230



E Dips & Dressings

From Trim Healthy Table:
Cottage Citrus Dip p. 523

From Trim Healthy Future
Light N' Lively Hummus p.350
R's Fresh Salsa p.353
Real Thing Honey Mustard p.358
Cranberry Pomegranate Sauce p.373
Instant Cheese Sauce p.378

E Breads

From the Trim Healthy Mama Cookbook:

Soft Sprouted Bread p.200
Southwestern Pan Bread p.202
Artisan Sourdough Bread p.206

From Trim Healthy Future:

Handy Naan Bread p.262

E Sides

From the Trim Healthy Mama Cookbook:

Sweet Potato Fries p. 217

From Trim Healthy Future:

Toasted Corn & Pepper Salad p.258
Golden French Fries p.233
Cinnamon Sweet Potato Fries p.239
Purple Sweet Potato Chips p.240

150+ DEEP S IDEAS





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](#)

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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

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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.

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.

I'll see you there!


Coach Jen

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