



THIS WEEK'S MENU

using the Trim Healthy Future book

Breakfast

Lunch

Dinner

Day 1

Happily Ever After
Omelet (S)
p. 87

Golden Stir Fry (E)**
p. 204 w/Handy Naan
Bread (E) p. 262

Creamy Buffalo Chicken
& Potato Skillet
(E) p. 127

Day 2

Chocolate Banana
Waffles (E)
p. 100

Avocado Bacon
Pasta Salad**
(S) p. 206

Cheesy Rice & Chicken
Skillet
(E) p. 120

Day 3

Thermo Boost Omelet
(S) p. 89

Speedy Cuke Salad**
(FP)
p. 208

Jolly Jack Chicken (S) p. 164
w/ Italian Cucumber
Side Salad (S) p. 261

Day 4

Super Slimming
Porridge (S)
p. 103

Chicken and Broccoli
Thai Soup**
(S) p. 217

Beef & Veggie Skillet
(S) p. 130

Day 5

Handy Breakfast
Burritos (S)
p. 98

Cream of Tomato
Basil Soup (serves 2)
(S) p. 220

All-Purpose Chicken
Enchiladas (S) p. 154

Day 6

Chocolate Banana
Smoothie (E)
p. 71

Street Quesadilla
(S) p.231

Drive-Thru Sue's
Fancy Pizza tripled
(S) p. 201

Day 7

leftover Handy
Breakfast Burritos (S)

Fried Pickles (S) p.236
w/ Mac and Cheese
Cups (S) p. 264

Award Winning Salmon (S)
p. 37 w/ steamed frozen
broccoli and side salad

Snacks:

- Seed Crisps (S) p. 339
- Pistachio Chocolate Chip Biscotti (S) p. 289
- Nacho Deli Thins (FP) p. 340
- Pumpkin Shake (S) p. 73

Desserts:

- Mocha Layer Cake (S) p. 282
- Blueberry Crumble (E) p. 30

**Single Serve Recipe





SHOPPING LIST

from Trim Healthy Future-friendly Menu

Dairy/Cold

2 dozen eggs
 3 large cartons of egg whites
 2 lbs. sharp cheddar cheese PLUS
 4 oz swiss or cheddar cheese
 unsweetened almond milk
 40 oz. low-fat cottage cheese
 low-fat kefir
 16 oz heavy whipping cream
 3 pkgs shredded mozzarella cheese
 2 cups 0% Greek yogurt
 16 oz sour cream
 1 small package goat cheese crumbles
 butter
 1/3 less fat cream cheese
 3 cups frozen or fresh blueberries

Produce

2 small bunches fresh cilantro
 1 bunch of bananas
 2 medium bell peppers
 2 packages fresh spinach
 10 large golden potatoes
 8 oz bag of radishes
 1/2 pound (2 cups) yellow squash PLUS
 4 medium yellow squash
 1 medium zucchini
 1 small avocado
 2 tomatoes
 chives
 4 limes
 5 medium seedless cucumbers
 one pint cherry tomatoes
 1 head of garlic
 2 packages fresh basil
 3 medium onions
 3 lemons
 1 pound of mushrooms
 side-salad ingredients

Meat & Deli

14 oz. ground turkey sausage
 bacon or turkey bacon
 5.5 lbs boneless skinless chicken breasts
 4 lbs. chicken drumsticks
 1 pound ground beef
 1 package of pepperoni
 six salmon filets
 4 oz. deli meat

Frozen

frozen wild blueberries
 five 12 oz. bags frozen cauliflower rice
 two 12 oz bags frozen broccoli florets
 12-16 oz bag frozen mixed veggies

Pantry

16 oz salsa
 pickled jalapeno peppers (optional)
 hot sauce
 3 packages low-carb tortillas
 Bragg's liquid aminos
 tahini
 two 4 or 5 oz cans of chicken
 1 tuna pouch
 1 can of black beans
 1 can of coconut milk
 sesame oil
 low sodium soy sauce
 1 carton of chicken broth
 two 15 oz cans tomato sauce
 non-fat refried beans
 1 large jar dill pickles
 light rye wasa crackers
 green can parmesan cheese
 Dreamfields Elbow Pasta or spiralized zucchini
 one package 10 minute brown rice
 minced garlic
 Joseph's Lavash Bread
 sugar-free pizza sauce
 1 jar sun dried tomatoes
 salad dressing (on-plan)
 1 cup sunflower seeds
 1 cup golden flax seeds
 1/2 cup pumpkin seeds
 1/4 cup sesame seeds
 1/2 cup pistachios
 THM chocolate or an 85% dark chocolate bar
 1 can of pumpkin puree
 instant coffee (decaf or regular)
 old-fashioned rolled oats

Staples

creole seasoning
 black pepper
 mineral salt
 cayenne pepper
 chili flakes
 onion powder
 garlic powder
 garlic powder
 crushed, dried rosemary
 ground cumin
 smoked paprika
 chili powder
 paprika
 parsley flakes
 pumpkin pie spice
 MCT oil
 ground sage (optional)
 bay leaves
 Gentle Sweet
 Super Sweet
 pure stevia extract powder
 Baking Blend
 cocoa powder
 3 oz baker's chocolate
 baking powder
 baking soda
 citric acid
 Vanilla Natural Burst Extract
 Butter Natural Burst Extract
 Maple Natural Burst Extract
 Pressed Peanut Flour
 flax meal
 whole husk psyllium flakes
 Baobab boost powder
 chia seeds
 coconut oil
 Italian seasoning
 unflavored whey protein powder
 einkorn flour
 gluccie
 xantham gum
 extra virgin olive oil
 nutritional yeast
 liquid smoke

