



Consistently

TRIM CHALLENGE

MEAL PREP & IDEAS

DISCLAIMER

Here's all the fun legal stuff our lawyer says we must put in here:

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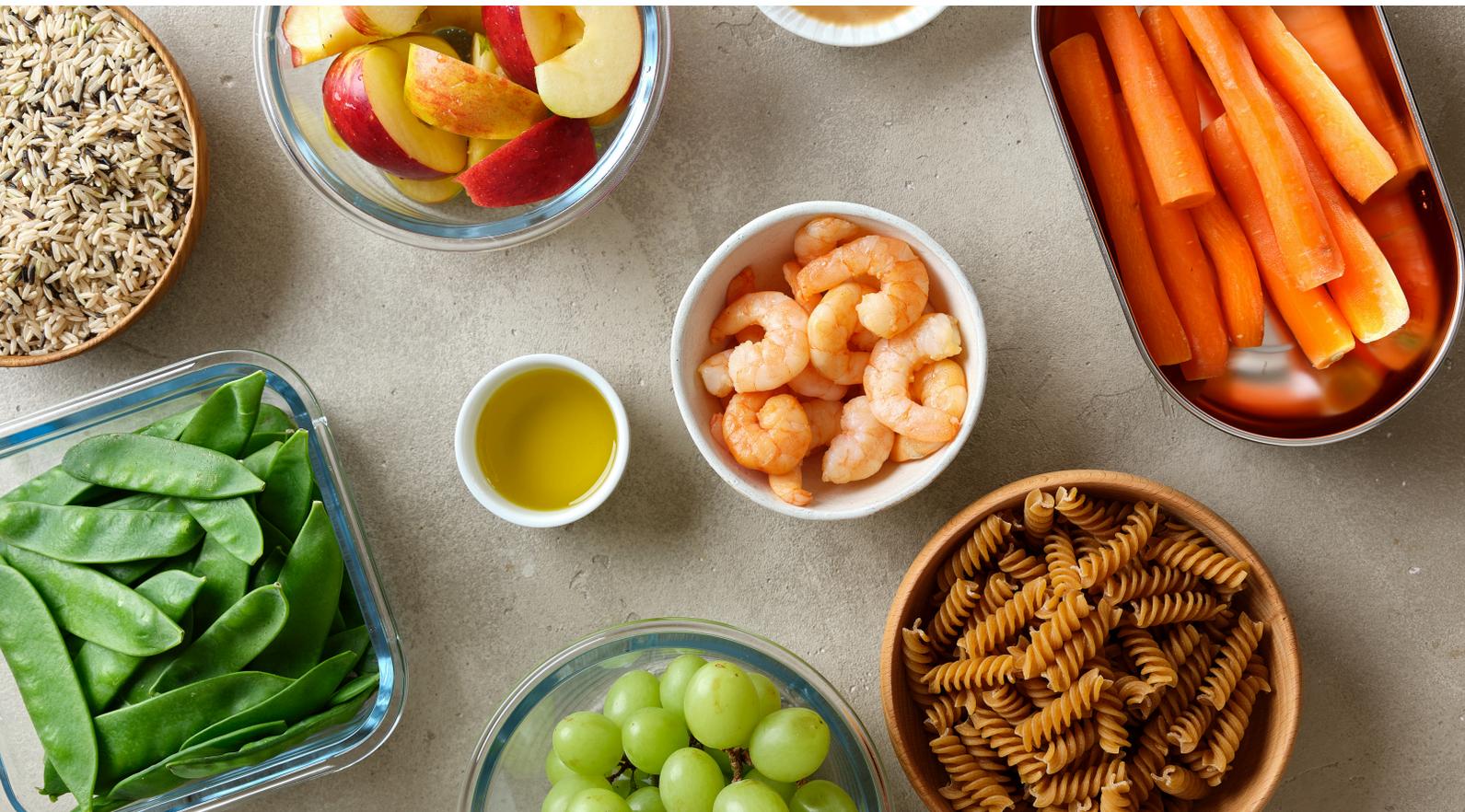
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TRIM & HEALTHY

➤➤➤ MEAL PREP & IDEAS



One of the best things about following Trim Healthy is that it's versatile.

Don't love fish? Don't eat it!

Love red meat? Healthy carbs? Dive in!

The number of different meal combos you can create is almost limitless.

To help get you started, we've created this guide to help you prepare your meals the macro way.

MEAL PREP

»»» MADE EASY

Being prepared
is the key to success!

We filmed a step-by-step video and
packed it with shortcuts to help you make
the most of your time in the kitchen...

And help you create HEALTHY,
MACRO-FRIENDLY, and DELICIOUS meals
in a short amount of time.

As you will see in the video, you'll need a kitchen
with pots, pans, sheet pan(s), a stove and oven,
and microwave, as well as a variety of kitchen
utensils (such as spatulas, knives, etc.).

You may also want to use a steamer, electric
grill, blender, or other small appliance as you
prepare your make-ahead meals.

Plus, you'll get ideas for items to add to your
grocery list.

Please keep an eye on your email inbox for a link
to the video - it will be sent directly to you
during the challenge!





MEAL PREP MADE EASY

GREAT NEWS: The meals included in the Meal Prep Masterclass are family friendly, with basics that just about everyone loves.

In a nutshell, once or twice a week you'll whip up your meal components:

- Proteins – Grill, bake, broil, or stew your favorites: chicken, tofu, lean beef, salmon, etc.
- Starchy carbs – Batch cook ahead of time: brown rice, sweet potato, etc.
- Veggies – Keep a selection on hand, either raw, cooked, or frozen
- Fruit – Keep fruit on hand, either raw or frozen (no sugar added)
- Fats – These can include garnishes, nuts, avocado, olive oil, or your favorite dressings

... And you'll enjoy those foods for several days to come!



TRIM & HEALTHY

»»» BREAKFAST IDEAS



You'll notice that no ingredient amounts are listed in the following meal ideas. These recipes can be eyeballed to suit your preferences, but please be sure you have 25-30 grams of protein in each meal and snack!

BONUS: We have included 4 recipes for sauces and dressings you can use to add more flavor to your meals, with nutrition breakdown info per serving.



BERRY SMOOTHIE BOWL (FP-FRIENDLY)

- Mixed berries
- Baby spinach
- ½ scoop of vanilla protein powder
- 0% Plain Greek yogurt
- Flaxseeds



Place all the ingredients in a blender and blend until smooth. The mixture will be thick. Scrape into a bowl and eat with a spoon.

OVERNIGHT GREEK YOGURT PARFAIT (E-FRIENDLY)

- 0% Plain Greek yogurt
- Mixed berries
- Oats
- Chia seeds

Combine all the ingredients in a resealable bowl. Place in the refrigerator for at least 10 hours. Just before eating, stir the ingredients together.

WHOLE GRAIN OAT PANCAKES (E-FRIENDLY)

- Rolled oats
- Egg whites
- Banana
- Handful of blueberries

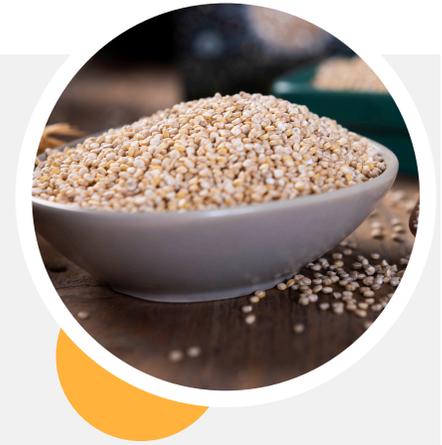
Mix together the oats and eggs. Spray a medium non-stick skillet with cooking spray and pour the mixture into it. Cook for 3-4 minutes on each side to create a pancake. Transfer the pancake to a plate and top with blueberries.





QUINOA BREAKFAST BOWL (E-FRIENDLY)

- Cooked quinoa
- Splash of unsweetened almond milk
- 1 scoop vanilla or chocolate protein powder
- Fruit



Mix all of the ingredients together in a bowl. Eat and enjoy!

SCRAMBLED EGGS WITH AVOCADO TOAST (S-FRIENDLY)

- Eggs
- THM FP-friendly bread recipe
- Avocado
- Sauteed Veggies
- Fresh berries



Scramble the eggs in a non-stick skillet. Toast the bread. Top the toast with the eggs and avocado, and enjoy FP-friendly fruit and veggies as side-dishes

THM Bread Recipes:

- THM's No Carb Easy Bread (available for purchase on their website)
- THM Swiss Bread Trim Healthy Mama Cookbook, page 196
- Nuke Queen's Awesome Bread Trim Healthy Table, page 242
- Wonderful White Blender Bread, Trim Healthy Table, p. 242

TRIM & HEALTHY

»»» LUNCH IDEAS

TUNA SALAD WRAP (S-FRIENDLY)

- Tuna
- Green Goddess dressing or avocado mayonnaise
- Sprouted grain wrap or low-carb tortilla
- Lettuce, tomatoes, cucumbers



Mix together the tuna and dressing (recipe below) or mayonnaise. Spread along the middle of the wrap. Top with veggies, fold the wrap, and eat.

CHICKEN LETTUCE WRAPS (S-FRIENDLY)

- Large lettuce leaves
- Grilled chicken
- 1/2 avocado, sliced
- Sliced tomato
- Diced onion
- 0% Greek yogurt
- Taco seasoning

Lay out the lettuce leaves to use as wraps. Add the grilled chicken, avocado, tomato, and onion. Mix a dollop of Greek yogurt and taco seasoning in a small bowl. Drizzle over the chicken and veggies, roll up the wrap, and eat!



CHICKPEA SALAD (E-FRIENDLY)

- Mixed salad greens
- Canned chickpeas, drained and rinsed
- Chopped or sliced veggies: cherry tomatoes, cucumber, bell pepper
- Any THM FP-friendly vinegar-based dressing



Toss all of the ingredients together in a bowl and eat.

QUINOA SALAD & CHICKEN (E-FRIENDLY)

- Cooked quinoa
- Mixed greens
- Grilled chicken
- Veggies of your choice
- Mama's Balsamic Dressing or your favorite vinaigrette

Mix all of the ingredients in a bowl and toss with the dressing (recipe below). Enjoy!

Trim & Healthy

»»» DINNER IDEAS

STEAK WITH BROCCOLI & SALAD (S-FRIENDLY)

- Grilled steak
- Steamed broccoli
- Mixed greens
- Drizzle of extra virgin olive oil

Assemble the ingredients on a plate and eat.



SHRIMP STIR FRY (E-FRIENDLY)

- Shrimp
- Mixed stir-fry veggies
- Cooked quinoa
- seasoning of your choice

Heat a small amount of oil in a nonstick skill over medium-high heat. Saute the shrimp for 3-4 minutes (until no longer pink) and transfer to a small plate. Add the stir fry vegetables and fry until cooked to desired level of softness. Turn off heat and return shrimp to the pan, and add quinoa.

BAKED SALMON WITH GREEN BEANS (S-FRIENDLY)

- Baked salmon
- Steamed green beans
- Drizzle of your favorite dressing, oil, or sauce

Assemble the ingredients on a plate and enjoy.



CHICKEN WITH SWEET POTATO AND ASPARAGUS (E-FRIENDLY)

- Grilled or baked skinless chicken breast
- Baked sweet potato
- Grilled asparagus
- Drizzle of your favorite dressing, oil, or sauce (make sure you only use 1 tsp - 5 grams - of fat in the entire meal)



Assemble the ingredients on a plate and enjoy.

TRIM & HEALTHY

»»» DRESSINGS & SAUCES



We've included actual RECIPES for this section, to help you add dimension and flavor to your meals.

MOM'S BALSAMIC DRESSING (S-FRIENDLY)

(Makes about 8 x 2-Tbsp servings)

- 1 cup (240 ml) extra virgin olive oil
- ⅓ cup (80 ml) balsamic vinegar
- 1 tbsp dried parsley
- ½ tsp sea salt
- ¼ tsp black pepper (just to season)
- 1 tbsp mustard
- 1 garlic clove, minced
- tiny pinch of stevia, to taste

Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.



GREEN GODDESS DRESSING (S-FRIENDLY)

(Makes about 8 x 2-Tbsp servings)

- 1 cup (225 grams) of full-fat Greek yogurt
- 1 cup (about 25 grams) fresh herbs (remove any tough stems)
- 2 garlic cloves, chopped
- ½ tsp sea salt
- Black pepper, to taste

Place all the ingredients in a food processor and process until smooth and green – the herbs should be reduced to tiny flecks. Taste and add more salt and/or pepper if necessary. This will keep in the fridge for up to a week.

THAI PEANUT SAUCE (S-FRIENDLY)

(Makes about 8 x 2-Tbsp servings)

- ½ cup (120 g) natural creamy peanut butter
- 2 Tbsp coconut aminos
- sweetener to taste
- 1 tsp ground ginger (or 2 tsp fresh grated ginger)
- 1½ Tbsp apple cider vinegar
- 2-3 “squirts” sriracha sauce (to taste)
- 3-4 Tbsp warm water (to thin the sauce if needed)

Place all the ingredients except the water in a small bowl. Stir together until it starts to combine. Add 1 Tbsp of water and whisk together until it reaches your desired consistency, adding more water if necessary.



LIME CILANTRO DRESSING (S-FRIENDLY)

(Makes about 16 x 1-Tbsp servings)

- ½ cup (15 g) finely minced fresh cilantro leaves
- ½ cup (120 ml) extra virgin olive oil
- Juice of 1 large lime
- 2 Tbsp water
- 1 Tbsp apple cider vinegar
- sweetener to taste
- ½ tsp sea salt
- 1 clove garlic, minced
- ½ tsp dried oregano
- 2-3 pinches freshly ground black pepper

Place all the ingredients in a blender or small food processor. Pulse until emulsified.

Taste and adjust the seasonings if necessary.

This will keep for a week in the refrigerator.

