


Welcome

TO THM BOOTCAMP WITH COACH JEN



Email: coaching@thewellplannedkitchen.com

 @thewellplannedkitchen

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What to Expect

What you can expect from me during Bootcamp:

- Daily food journal reviews
- Answers to all of your posted THM Questions
- Weekly coaching sessions
- Meal plans
- Hundreds of meal ideas
- Cheat Sheets for long term success
- Lots more!

What I expect from you - please...

- Show up focused and ready to dive in
- Watch the weekly coaching sessions
- Keep track of what you eat
- Implement each focus area as it is covered
- Reach out if you need support



YOU GET BACK
WHAT YOU
PUT IN

THM Bootcamp with Coach Jen

How to Access Bootcamp

Once your payment is complete, your web browser is commanded to redirect you to

<https://thewellplannedkitchen.com/welcomefromcoachjen1212sessionab38j/>. At this link you'll find important Bootcamp information.

Please complete this form to participate:

THM Required Release Form

Once your form is complete, you'll be redirected to a page with your link to access Basecamp.

You'll receive your link to join Bootcamp by midnight the night before our start date.

Special Note:

All of the pages in this booklet are for your own personal reference; there is no need to send them to me. The only form I need from you is the one located at thewellplannedkitchen.com/bootcamp.

Pre-Bootcamp Help:



You will find a free bonus sample meal plan on the following pages. This sample bonus meal plan is JUST a bonus – you'll have additional meal plans provided in Bootcamp as well. Please note – sample meal plans are what I use to feed my family. They are not intended to address ANY dietary or medical concerns.

****Please note – you'll want to be sure you have at least one, but preferably two, E meals each day, along with 25 grams of protein at each meal and snack. If this feels daunting, please don't worry! I'll help make it easier for you in Bootcamp.**

BONUS 3 WEEK MEAL PLAN

Note: Recipes in **bold** are clickable recipe links

WEEK 1

WEEK 2

WEEK 3

DAY 1

Italian Baked Chicken (S)

DAY 8

Parmesan Squash (S)
(double the recipe)

DAY 15

On-Plan Meatballs (your favorite recipe)

DAY 2

Grilled Flank Steak with Steamed Veggies
(4 lb steak, double the marinade) (S)

DAY 9

Baked or Grilled Chicken with Salad

DAY 16

Bunless Cheeseburgers w/ Coleslaw (S)

DAY 3

Quick and Easy Chili (E Version)

DAY 10

Lemon Butter Chicken w/ Steamed Veggies (S)

DAY 16

Mushroom Chicken (S)
(sub broth for wine)

DAY 4

Wipe Your Mouth BBQ (E) p. 43 THM Cookbook

DAY 11

Mediterranean Chicken Bake (S)

DAY 17

Black Bean Chicken Salad (E)

DAY 5

Burrito Bowls (E)
shredded chicken, brown rice, beans, salsa, and lime juice piled in a bowl.

DAY 12

Beef Fajitas w/ Low-Carb Tortilla (S)

DAY 18

Tacos (S) - your favorite recipe; I just brown ground beef with taco seasoning & stack with favorite veggie & S toppings

DAY 6

Chili Lime Pork with Side Salad (S)

DAY 13

Tomato Basil Chicken w/ On-Plan Noodles or Zucchini (S)

DAY 19

Cafe Rio Crockpot Chicken over cooked beans and rice (E)

DAY 7

Cucumber Greek Salad (S)
(add rotisserie chicken & double lettuce)

DAY 14

Turkey Lettuce Wraps (S)

DAY 20

Chicken and Avocado Salad (S)
Double and omit bread/croutons

Breakfast, Lunch, and Snack Ideas



BREAKFAST IDEAS

turkey sausage and eggs (S),
Stovetop Crunch Granola THM cookbook p. 254 (E),
Paleo Egg Cups (S),
Baked Oatmeal (E), Greek yogurt with stevia and berries (FP),
scrambled eggs (S), on-plan protein shake of your choice

LUNCH IDEAS

leftovers, brown rice with baked chicken breasts (E),
big salad w/ protein (S),
meat roll-ups (deli meat and cheese) and veggies (S),
Perfect Pizza THM Cookbook p. 211 (S),
baked sweet potatoes (E)
quinoa (I usually add salt, pepper, 1 tsp of butter per serving, and
whatever lean meat I have in the fridge) (E)

SNACK IDEAS

hard-boiled eggs (S), deli meat (FP, depending on fat content),
protein shakes (S, E, or FP), nuts, sliced cucumbers or veggies, fruit
with collagen mixed into a drink



A NOTE FROM COACH JEN

Hi! I'm Coach Jen! I'm so excited to work with you in Bootcamp!

I found Trim Healthy Mama when the first book was released in 2012. I've been faithfully on-plan since - through two hyperemesis gravidarum pregnancies (babies #4 and #5), five years of single parenting and 80 hour work weeks, and a lot more! I know how to make the plan work when you're busy, stressed, exhausted...and I'm here to show you how to make this plan work for you no matter what!

I've been blogging about Trim Healthy Mama since 2014. My website (formerly workingathomeschool.com) was published in the Trim Healthy Mama Plan Book as an officially recommended resource, and my "Brownie Batter in a Mug" recipe can be found in the book Trim Healthy Table.

I'm one of THM's original coaches - certified since 2018 - and I've helped thousands of women reach their Trim and Healthy goals.

I'm ready to help you get on plan and stay on plan for good - let's get started!

xo,
Coach Jen

www.thewellplannedkitchen.com



5 Tips

for getting the most out of our time together

Please be sure to watch each coaching session. You can catch them in the current Month's section or watch the replays later by going to "Events" and "Past."

1

2

Check the Bootcamp Resources every week and download all of the printable files there! I'll be referring to them often!

Follow the meal plans or use the provided meal ideas to stay on plan! Staying fully on plan is our #1 focus!.

3

4

Do the work. If we talk about action steps for you to take between sessions, do your best to complete these action steps. Ask for help if you need it!

Know that we are very food focused during Bootcamp, but it won't feel that way forever! It takes more mental effort to put these habits and systems in place, but once it clicks you won't need to be thinking about it as much. Be encouraged that the time and attention we put in now will pay off later! !


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Pre-Bootcamp Notes


WHAT ARE YOU HOPING TO GET OUT OF BOOTCAMP:



QUESTIONS FOR COACH:

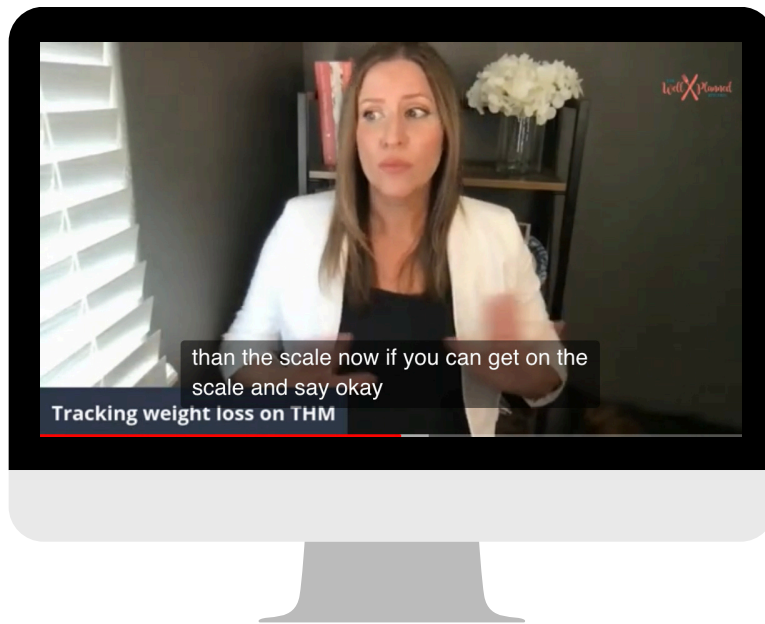


WHAT I'M GOING TO WORK ON BETWEEN NOW AND OUR FIRST SESSION



watch more videos

CHECK OUT THE YOUTUBE
CHANNEL FOR TIPS AND HELPS



Click here to watch

Long term Goal timeline

create a path to your goals

WHEN	GOALS	ACTION TO TAKE
6 MONTHS		
1 YEAR		
3 YEARS		
5 YEARS		
10 YEARS		

Goal Planning

get clear on your goals

✦ WHAT DO YOU WANT TO ACCOMPLISH IN THE NEXT 365 DAYS?

✦ WHAT'S YOUR #1 GOAL AND PRIORITY IN THE NEXT 365 DAYS?

✦ WHAT ACTIONS DO YOU NEED TO TAKE TO MAKE PROGRESS ON THIS GOAL?

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✦ WHAT ARE THE NEXT TOP 3 THINGS YOU WANT TO ACCOMPLISH THIS YEAR?

✦ WHAT ACTIONS DO YOU NEED TO TAKE TO MAKE PROGRESS ON THESE?

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✦ WHAT CAN YOU DO IN THE NEXT 90 DAYS TO TAKE BIG ACTION ON THIS?

One Year Timeline

create a path to your goals

12 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

●	_____	●	_____
●	_____	●	_____
●	_____	●	_____
●	_____	●	_____

9 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

●	_____	●	_____
●	_____	●	_____
●	_____	●	_____
●	_____	●	_____

6 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

●	_____	●	_____
●	_____	●	_____
●	_____	●	_____
●	_____	●	_____

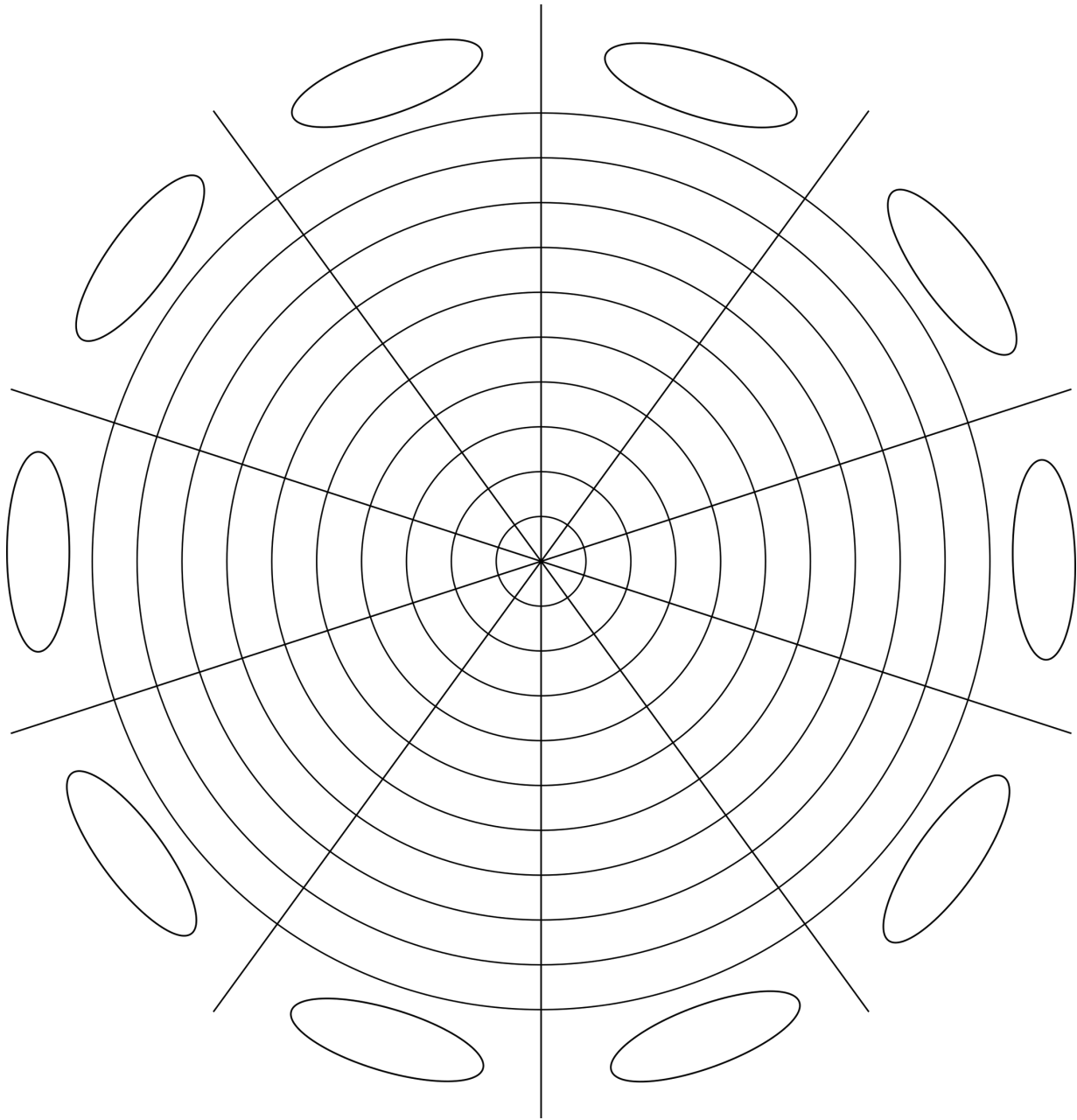
3 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

●	_____	●	_____
●	_____	●	_____
●	_____	●	_____
●	_____	●	_____

Life Wheel

TODAY'S DATE: _____



Life Wheel

HOW TO USE THE LIFE WHEEL

The Level 10 Life, or Life Wheel, is a simple, but powerful tool for self assessment and self reflection. It can also aid in goal setting and allow you to track your progress in the major areas of your life. In essence, it's a visual representation of how balanced your life is.

SETTING UP YOUR WHEEL

Label each section with a life area. This is totally particular to your life and whatever facets are most important to you or take up a good amount of your time and focus. Do what feels best for you. These sections/categories may change as your life unfolds and that is totally fine! Change is inevitable so feel free to change these areas as often as needed to reflect your life now.

Here's some category ideas to get you started:

- Relationships
- Physical
- Health
- Spirituality
- Career/Business
- Finances
- Home Life & Family
- Education
- Mental Health
- Creativity
- Personal Development
- Learning
- Self Development
- Self Care
- Emotional Well-being
- Overall Life Vision
- Marriage/Romantic Relationship
- Parenting

DRAW YOUR WHEEL

You can assign a different color for each category if you choose. After you've labeled each area, think about how fulfilled you are in each life area. Draw a dot between the center of the circle and the outer edge of the wheel to indicate how fulfilled you feel in each life area. The center of the wheel represents 0% and the outer edge represents 100%, or Level 10. After you place all of your dots, color in the areas in between the middle and the outside of the circle, or draw lines from one dot to the next to connect them all together.

REFLECT AND SET MEANINGFUL GOALS

Reflect on the shape of your completed wheel. How can you create a more evenly shaped wheel? Which life areas need more of your focus right now? You can start with the lowest points of your wheel or focus on the high points first and work your way to the lower points - whichever way feels best to you. After some reflection, set goals for each area of your life. There's always room for growth so make sure to set goals for every life area even if you rated yourself highly in that category.

You can complete your life wheel as often as you'd like to track your progress and measure your overall feeling of balance in your life. It's also a good tool to use when something just feels 'off' in your life, but you're not exactly sure why you're feeling that way.

Life Wheel Key

one

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

two

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

three

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

four

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

five

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

Life Wheel Key

six

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

seven

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

eight

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

nine

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	

ten

CATEGORY _____	COLOR: <input type="radio"/>	CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS	



FAQ

ANSWERS TO THE MOST
COMMONLY ASKED
QUESTIONS

When does bootcamp start?

You'll get your link to join by midnight the night before we start!

How do I reach you?

Once you're in Bootcamp, you can contact me by posting messages under the appropriate Topic (i.e. posting questions under the "Ask Coach Jen" Topic).

You'll get direct, personal feedback on your food journals when you post them.

You can also ask questions and get more personal guidance during our Live Q&A sessions!

Thank You!

*I'm
looking
forward to
working
with you!*

