

## March Menu Week 1

Serves 6-8

T Baked Crispy Chicken Thighs w/ Sautéed Green Beans & Side Salad (S)

W Baked Spaghetti Squash with Meat Sauce (S)

Th Taco Stack-Ups (S)

F Slow Cooker Chili (E)

S Sweet Potato, Quinoa, and Black Bean Soup (E)

Breakfasts: fried eggs w/ 1/2 avocado (S), egg whites over quinoa w/ salt and pepper (E), protein shakes (S or E)\*\*\*, Baked Blueberry Oatmeal (E), scrambled eggs w/ salsa (S), Muffin in a Mug (S), Crunchy Coconut Granola (S)

Lunches: Crockpot White Bean Chicken Soup (E) (I start this the night before, so the beans have time to cook), salad w/ deli meat (S), sweet potato w/ canned tuna (E), leftovers, snack lunch (meats, nuts, cheeses, veggies) (S), turkey burgers w/ side salad (S), organic hot dogs or sausages with veggie sticks and dressing (S), quinoa w/ baked chicken breasts (E)

Snacks: nuts (S), boiled eggs (S), cottage berry whip (or collagen berry whip if DF, but you will need to add the ingredients to the shopping list) from THM Cookbook (FP), (sliced veggies (FP), deli meat rolled up with dill pickles (FP or S), 1/2 protein shake (S or FP)

### Meat

4 chicken breasts  
enough deli meat for 1 salad, 1 lunch, and snacks  
6-8 turkey burgers for lunch  
6-8 chicken thighs\* (T)  
4 pounds ground beef (W, TH)  
5 boneless skinless chicken breasts\* (F, S)  
organic hot dogs or sausages

### Produce

avocado for breakfast  
2 cups blueberries  
1 handful cilantro  
your favorite salad ingredients for two lunches (one full salad + one side salad)  
your favorite veggies for 2 lunches + snacks (I buy cucumbers, tomatoes, bell peppers)  
sweet potatoes for lunch (I buy 8, one per person) + 2 large sweet potatoes (S)  
fresh or frozen green beans (T)  
favorite veggies for side salad (T)  
1-2 spaghetti squash (W)  
taco toppings (lettuce, tomato, avocado) (Th)  
1 onion (F)  
celery (F)  
1 carrot (F)  
1 red bell pepper (F)  
1 head of garlic (F, S)

### Frozen

1 package frozen blueberries  
2 packages frozen berries  
corn (F)

### Cold Section

enough eggs for the family for two breakfasts; + 1 egg per person for MIM + enough for boiled eggs for snacks  
1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)  
2 containers cottage cheese (for shakes and cottage berry whip, or buy ingredients for a dairy-free shake like this [peanut butter blizzard](#) and ingredients for collagen berry whip)  
unsweetened almond milk  
Greek yogurt (breakfast, F) (or So Delicious Unsweetened Coconut Yogurt for a dairy-free option)

### Pantry

salsa  
10 cups old-fashioned oats  
unsweetened apple sauce  
chia seeds  
freeze-dried fruit (this is for the granola, and I usually skip this and just top the granola with fresh berries. You can add fresh berries to the "Produce" section above if you want to do the same)  
1 lb dried Great Northern White Beans  
1 quart chicken broth  
1 can of Rotel  
1 can of tuna  
nuts for 1 lunch + snacks  
sugar-free ketchup (or ingredients to make your own)  
salad dressing (or ingredients to make your own)  
pickles  
no-sugar-added marinara sauce (W)  
taco seasoning (Th)  
1 lb. quinoa (breakfast, S)  
sliced black olives (optional, Th)  
2 cans of black beans (F,S)  
1 15 oz can tomato sauce (F)  
2 quarts chicken broth (F,S)  
1 can petite diced tomatoes (S)

### Staples

salt  
pepper  
[THM Super Sweet Blend](#) or another on-plan sweetener  
[pure stevia extract](#)  
ingredients for your favorite shake  
option from [DashingDish.com](#) or another plan-approved shake (enough for everyone eating breakfast)  
baking powder  
pure vanilla extract  
cinnamon  
ground cloves  
coconut oil  
almond flour  
coconut flour  
ground flax  
coconut extract (optional for granola, I skip it)  
cumin  
garlic powder  
cajun seasoning (optional)  
chili powder (F)  
oregano (F)  
chili seasoning mix (S)

\* (plus extra for leftovers or extra servings, if desired)

\*\*buy ingredients for your favorite

Please note that this shopping list does not include ingredients for protein shakes, so please add those to suit your tastes!

## March Menu Week 2

Serves 6-8

S Baked Ham w/ Baked Brussels Sprouts (can sub chicken if you don't eat pork) & Side Salad (S)

M Paprika Chicken (S) (to make this dairy-free, I omit the sour cream/Greek yogurt or sub coconut milk or coconut yogurt)

T One Pot Lemon-Herb Chicken and Rice (E) (I use the brown rice option and add extra chicken, not extra rice, to serve 8. If you add extra rice it will mess with the cooking time and liquid needed)\*

W Italian "Eggs in Purgatory" (S) (I make this in two medium-sized pans and add an extra egg to each pan)

Th Chicken Tacos (S) (the skillet option is my favorite)

F Chicken Asparagus Skillet (S)

S Chicken Avocado Lime Soup (S) (skip the chips for this one)

Note: There is a lot of chicken this week, because I bought it in bulk at Costco - every recipe tastes really good, though, and they all taste very different, so you shouldn't get bored!

Breakfasts: fried eggs w/ 1/2 avocado (S), egg whites over quinoa w/ salt and pepper (E), protein shakes (S or E)\*\*, Baked Blueberry Oatmeal (E), scrambled eggs w/ salsa (S), Muffin in a Mug (S), Crunchy Coconut Granola (S)

Lunches: Crockpot White Bean Chicken Soup (E), salad w/ deli meat (S), sweet potato w/ canned tuna (E), leftovers, snack lunch (meats, nuts, veggies) (S), turkey burgers w/ side salad (S), quinoa w/ chicken breast (E), organic/natural hot dogs or sausage w/ veggie sticks

Snacks: nuts (S), boiled eggs (S), cottage berry whip (or collagen berry whip if DF, but you will need to add the ingredients to the shopping list) from THM Cookbook (FP), (sliced veggies (FP), deli meat rolled up with dill pickles (FP or S), 1/2 protein shake (S or FP)

### Meat

5 chicken breasts (lunch + Th)  
2 1/2 lbs chicken breasts or thighs (M, Sat)  
4-8 chicken breasts (T) (I make 8)  
8 boneless, skinless chicken thighs (F)  
bacon (F)  
enough deli meat for 1 salad, 1 lunch, and snacks  
6-8 turkey burgers for lunch  
whole ham (or roasted chicken if you don't eat ham) (S)

### Produce

avocado for breakfast  
2 cups blueberries  
1 handful cilantro  
your favorite salad ingredients for two lunches (one full salad + one side salad) +  
your favorite salad ingredients for one side salad at dinner  
sweet potatoes for lunch (I buy 8, one per person)  
your favorite veggies for lunch + snacks (I buy cucumbers, tomatoes, bell peppers)  
Brussels sprouts (S)  
1 onion (M)  
2 green peppers (M)  
2 red or orange peppers (M)  
4 jalapeno peppers (M, Sat)  
garlic (M, Sat)  
1 lemon (T)  
fresh parsley for garnish (optional, T)  
1 red onion (W)  
1 bunch basil (W)  
4 avocado (1 for Th, 3 for Sat)  
1 lb asparagus spears (F)  
1 small yellow squash (F)  
green onions (F, Sat)  
2 roma tomatoes (Sat)  
cilantro (Sat)  
2 limes (Sat)

### Pantry

salsa  
quinoa  
10 cups old-fashioned oats  
unsweetened apple sauce  
chia seeds  
freeze-dried fruit (this is for the granola, and I usually skip this and just top the granola with fresh berries. You can add fresh berries to the "Produce" section above if you want to do the same)  
1 lb dried Great Northern White Beans  
1 quart chicken broth  
1 can of Rotel  
1 can of tuna  
nuts for 1 lunch + snacks  
sugar-free ketchup (or ingredients to make your own)  
salad dressing (or ingredients to make your own)  
pickles  
chicken bouillon (M)  
diced tomatoes (M)  
1 lb. brown rice (T)  
whole olives (W) - the recipe calls for Gaeta olives, but I couldn't find those, so I used regular whole black olives)  
1 28 oz. can peeled tomatoes (W)  
three 14 oz. cans diced tomatoes (Th)  
5 14.5 oz cans chicken broth (F, Sat)

### Cold Section

enough eggs for the family for two breakfasts; + 1 egg per person for MIM + enough for boiled eggs for snacks  
an extra dozen eggs (W)  
1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)  
2 containers cottage cheese (for shakes and cottage berry whip, or buy ingredients for a dairy-free shake like this [peanut butter blizzard](#) and ingredients for collagen berry whip)  
unsweetened almond milk or cashew milk (breakfast, + M)

Greek yogurt (or So Delicious Unsweetened Coconut Yogurt for a dairy-free option) (M)  
butter (or ghee) (M)  
favorite taco toppings (Th)  
Caciotta Cheese (W) (I couldn't find this, so I substituted Monterey Jack for the kids and skipped the cheese altogether for my portion to make it dairy-free)

### Staples

olive oil  
paprika  
glucommanan or xanthan gum  
Italian Seasoning (T)  
salt  
pepper  
[THM Super Sweet Blend](#) or another on-plan sweetener  
[pure stevia extract](#)  
ingredients for your favorite shake option from [DashingDish.com](#) or another plan-approved shake (enough for everyone eating breakfast)  
baking powder  
pure vanilla extract  
cumin (Th)  
cinnamon  
ground cloves  
coconut oil  
almond flour  
coconut flour  
ground flax  
coconut extract (optional for granola, I skip it)  
cumin (Th, Sat)  
garlic powder  
cajun seasoning (optional)

### Frozen

blueberries  
2 packages frozen berries

## March Menu Week 3

Serves 6-8

S Whole Roasted Chicken w/ Normandy Vegetables & Side Salad (S) (Normandy blend is cauliflower, broccoli, and carrots, but you can sub any non-starchy veggies)

M Slow-Cooker Salsa Verde Chicken (E) - Put 3-5 thawed chicken breasts in a crockpot with a jar of salsa verde. Cook on low for 6-8 hours, or on high for 4 hours. When chicken is cooked through, shred and stir to coat with salsa. Serve with brown rice.

T Grilled Greek Lemon Chicken w/ Greek Salad (S)

W Italian Chicken w/ fresh green beans (S) (I used a pinch of stevia instead of sugar, subbed Baking Blend for flour, and omit the cheese, also, if DF - it still tastes great! Skip the noodles or use a THM-approved option instead)

Th Mexican Zucchini and Beef (S)

F Fish Tacos w/ Wonder Wraps instead of tortillas (S)

S Chicken Tortilla Soup (S, E, or FP - please check the recipe to see if there are toppings you'd like to add to the shopping list)

Breakfasts: fried eggs w/ 1/2 avocado (S), egg whites over quinoa w/ salt and pepper (E), protein shakes (S or E)\*\*, Baked Blueberry Oatmeal (E), scrambled eggs w/ salsa (S), Muffin in a Mug (S), Crunchy Coconut Granola (S)

Lunches: Crockpot White Bean Chicken Soup (E), salad w/ deli meat (S), sweet potato w/ canned tuna (E), leftovers, snack lunch (meats, nuts, veggies) (S), turkey burgers w/ side salad (S), quinoa w/ chicken breast (E), organic/natural hot dogs or sausage w/ veggie sticks

Snacks: nuts (S), boiled eggs (S), cottage berry whip (or collagen berry whip if DF, but you will need to add the ingredients to the shopping list) from THM Cookbook (FP), (sliced veggies (FP), deli meat rolled up with dill pickles (FP or S), 1/2 protein shake (S or FP)

NOTE: This shopping list DOES NOT include ingredients for protein shakes (as noted under "Staples") OR for tortillas for the fish taco recipe listed Friday. You can either follow this link to get see the ingredients for those tortillas if you want to try them, or you can use the ingredients for Wonder Wraps in the Trim Healthy Mama Cookbook. Wonder Wraps are my favorite, but I wanted to let you decide which wraps or tortillas to use!

**Meat**

2 chicken breasts +  
3-5 chicken breasts (enough to feed your family) (M)  
+  
enough chicken breast halves to feed your family (T)  
+  
3 more chicken breasts (Sat)  
enough deli meat for 1 salad, 1 lunch, and snacks  
6-8 turkey burgers for lunch  
1-2 whole chickens (S)  
1 1/2 lbs ground beef (Th)  
1 lb fresh cod (F)

**Produce**

avocado for breakfast, plus extra for fish tacos (F)  
2 cups blueberries  
1 handful cilantro  
your favorite salad ingredients for two lunches (one full salad + one side salad)  
your favorite salad ingredients for two dinner side salads (S,T)  
sweet potatoes for lunch (I buy 8, one per person)  
your favorite veggies for lunch + snacks (I buy cucumbers, tomatoes, bell peppers)  
2 lemons (T)  
1 head of garlic (T,W, Sat)  
fresh parsley (T, optional)  
fresh basil (W, optional)  
red onion (for side Greek salad, T)  
5 Roma tomatoes (W)  
spaghetti squash or zucchini for noodles (optional, W)  
3 medium zucchini (Th,Sat)  
2 limes (F)  
shredded cabbage (optional, topping for fish tacos F)  
fresh cilantro (optional, topping for fish tacos F)  
1 onion (Sat)  
1 large bell pepper (Sat)

**Cold Section**

enough eggs for the family for two breakfasts; + 1 egg per person for MIM + enough for boiled eggs for snacks  
1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)  
2 containers cottage cheese (for shakes and cottage berry whip, or buy ingredients for a dairy-free shake like this [peanut butter blizzard](#) and ingredients for collagen berry whip)  
unsweetened almond milk  
Greek yogurt (or So Delicious Unsweetened Coconut Yogurt for a dairy-free option)  
feta cheese (for side Greek salad, T) OR omit for dairy-free  
8 oz mozzarella (W) OR omit for dairy-free

**Pantry**

salsa  
quinoa  
10 cups old-fashioned oats  
unsweetened apple sauce  
chia seeds  
freeze-dried fruit (this is for the granola, and I usually skip this and just top the granola with fresh berries. You can add fresh berries to the "Produce" section above if you want to do the same)  
1 lb dried Great Northern White Beans  
2 quarts chicken broth (lunch, plus Sat)  
2 can of Rotel (one for lunch, one for Th)  
1 can of tuna  
nuts for 1 lunch + snacks  
sugar-free ketchup (or ingredients to make your own)  
salad dressing (or ingredients to make your own)  
pickles  
16 oz. jar salsa verde (M)  
1 lb. brown rice (M)  
kalamata olives (for side Greek salad, T)  
1 jar of artichoke hearts (W)  
THM Baking Blend (optional, can try coconut or almond flour instead or skip altogether, W)  
shredded coconut (F)

**Staples**

olive oil  
salt  
pepper  
[THM Super Sweet Blend](#) or another on-plan sweetener  
[pure stevia extract](#)  
ingredients for your favorite shake option from [DashingDish.com](#) or another plan-approved shake (enough for everyone eating breakfast)  
baking powder  
pure vanilla extract  
cinnamon  
ground cloves  
coconut oil  
almond flour  
coconut flour  
ground flax  
coconut extract (optional for granola, I skip it)  
cumin  
garlic powder  
cajun seasoning (optional)  
oregano (T)  
dried basil (T)  
dried thyme (T)  
dried rosemary (T)  
chili powder (Th, F, Sat)  
ground cumin (Th, F, Sat)  
onion powder (Th)  
crushed red pepper flakes (Th)

**Frozen**

blueberries  
2 packages frozen berries  
2 packages frozen veggies (S)

## March Menu Week 4

Serves 6-8

S Pot Roast w/ Steamed Broccoli & Side Salad (S) (choose your family's favorite recipe, look online, or use the THM book for a pot roast recipe, just make sure you have the needed seasoning)

M Slow-Cooker Sticky Chicken w/ frozen veggies (S)

T Garlic Chicken w/ Quinoa (E)\* (use the E option when cooking the chicken)

W Turkey Bacon Meatballs with Marinara (S) - I doubled this recipe, so the ingredients list includes enough to make 2

Th Crockpot Carnitas (S) (I skip the tortillas and use about 1/4 cup Bai5 Costa Rica Clementine juice instead of the orange)

F Rotisserie Chicken from the grocery store w/ bagged salad (S)

S Turkey Pot Pie Soup (S)\* (I skip the potato to make this THM-friendly, and since I'm dairy-free I also sub coconut oil for butter and coconut cream for heavy cream)

Breakfasts: fried eggs w/ 1/2 avocado (S), egg whites over quinoa w/ salt and pepper (E), protein shakes (S or E)\*\*, Baked Blueberry Oatmeal (E), scrambled eggs w/ salsa (S), Muffin in a Mug (S), Crunchy Coconut Granola (S)

Lunches: Crockpot White Bean Chicken Soup (E), salad w/ deli meat (S), sweet potato w/ canned tuna (E), leftovers, snack lunch (meats, nuts, veggies) (S), turkey burgers w/ side salad (S)

Snacks: nuts (S), boiled eggs (S), cottage berry whip (or collagen berry whip if DF, but you will need to add the ingredients to the shopping list) from THM Cookbook (FP), (sliced veggies (FP), deli meat rolled up with dill pickles (FP or S), 1/2 protein shake (S or FP)

Please note that the shake ingredients are not included on the shopping list. You'll want to add ingredients for your favorite shake, or the one that appeals most to you. I like protein shakes from DashingDish.com or my favorite Peanut Butter Blizzard.

### Meat

2 boneless chicken breasts for lunches +  
6 boneless chicken breasts (or enough for the whole family)  
(T)  
enough deli meat for 1 salad, 1 lunch, and snacks  
6-8 turkey burgers for lunch  
1 pot roast (S)  
4 lbs chicken drumsticks (M)  
1 lb bacon (W)  
3-4 lbs ground turkey (W)  
2 lbs boneless pork shoulder (Th)  
cooked rotisserie chicken (F)  
2 cups shredded turkey or chicken (leftovers work great for  
this) (Sat)

### Produce

avocado for breakfast  
2 cups blueberries  
1 handful cilantro  
your favorite salad ingredients for two lunches (one full salad  
+ one side salad) PLUS  
one side salad for dinner (S)  
sweet potatoes for lunch (I buy 8, one per person)  
your favorite veggies for lunch + snacks (I buy cucumbers,  
tomatoes, bell peppers)  
6 heads of garlic (T,W)  
4 yellow onions (W, Th, Sat)  
1 jalapeno (Th)  
Avocado (optional, to serve with carnitas Th)  
tomatoes (optional, to dice and serve with carnitas (Th)  
pre-bagged salad (Th)  
2 carrots (Sat)  
celery (Sat)  
sage leaves (Sat)  
fresh parsley, optional (Sat)

### Frozen

blueberries  
2 packages frozen berries  
broccoli (S)  
your family's favorite frozen veggies (M)

### Cold Section

enough eggs for the family for two breakfasts; + 1 egg per  
person for MIM + enough for boiled eggs for snacks  
1 large carton of egg whites (or fresh, if you have a hatred for  
carton stuff)  
2 containers cottage cheese (for shakes and cottage berry  
whip, or buy ingredients for a dairy-free shake like this  
[peanut butter blizzard](#) and ingredients for collagen berry  
whip)  
unsweetened almond milk  
Greek yogurt (or So Delicious Unsweetened Coconut Yogurt  
for a dairy-free option)  
optional sour cream and cheese to garnish carnitas (Th, I'm  
dairy-free and I omit them both)  
1 cup of heavy cream OR 1 can of coconut cream (Sat)

### Pantry

salsa  
quinoa (enough for breakfast plus dinner on T)  
10 cups old-fashioned oats  
unsweetened apple sauce  
chia seeds  
freeze-dried fruit (this is for the granola, and I usually skip this  
and just top the granola with fresh berries. You can add fresh  
berries to the "Produce" section above if you want to do the  
same)  
1 lb dried Great Northern White Beans  
6 quarts chicken broth  
1 can of Rotel  
1 can of tuna  
nuts for 1 lunch + snacks  
sugar-free ketchup (or ingredients to make your own)  
salad dressing (or ingredients to make your own)  
pickles  
foil  
6 cups marinara (W)  
Bai 5 Costa Rica Clementine Orange juice OR Sobe Life  
Water Blood Orange OR omit OJ entirely (Th)  
salad dressing (check to make sure there's no added sugar)

### Staples

salt  
pepper  
[THM Super Sweet Blend](#) or another on-plan sweetener  
[pure stevia extract](#)  
ingredients for your favorite shake option from  
[DashingDish.com](#) or another plan-approved shake (enough  
for everyone eating breakfast)  
baking powder  
pure vanilla extract  
cinnamon  
ground cloves  
coconut oil  
almond flour  
coconut flour  
ground flax  
coconut extract (optional for granola, I skip it)  
cumin  
garlic powder  
cajun seasoning (optional)  
paprika (M)  
chili powder (M)  
onion powder (M)  
thyme leaves (M)  
garlic powder (M)  
red chili flakes (W)  
oregano (Th)  
cumin (Th)  
thyme (Sat)  
dried sage (Sat)

## March Menu Week 5

Serves 6-8

## March Menu Week 5

S One Pan Roasted Lemon Pepper Salmon w/ Garlic Parmesan Asparagus (S) - I doubled this recipe and cooked it on two baking sheets

M Crockpot CopyCat Cafe Rio Chicken w/ Salad (S)

T Low-Carb Shake n' Bake Chicken w/ Side Salad (S)

W Italian Drip Beef w/ THM Swiss Bread (S) (sub coconut oil for butter if DF, sub beef broth for cooking Sherry, and I used amino instead of soy sauce)

Th Mexican Rice Bowl (E) - layer cooked rice, beans, and leftover chicken from Monday with salsa

Breakfasts: fried eggs w/ 1/2 avocado (S), egg whites over quinoa w/ salt and pepper (E), protein shakes (S or E)\*\*, Baked Blueberry Oatmeal (E), scrambled eggs w/ salsa (S), Muffin in a Mug (S), Crunchy Coconut Granola (S)

Lunches: Crockpot White Bean Chicken Soup (E), salad w/ deli meat (S), sweet potato w/ canned tuna (E), leftovers, snack lunch (meats, nuts, veggies) (S), turkey burgers w/ side salad (S)

Snacks: nuts (S), boiled eggs (S), cottage berry whip (or collagen berry whip if DF, but you will need to add the ingredients to the shopping list) from THM Cookbook (FP), (sliced veggies (FP), deli meat rolled up with dill pickles (FP or S), 1/2 protein shake (S or FP)

Please note that the shake ingredients are not included on the shopping list. You'll want to add ingredients for your favorite shake, or the one that appeals most to you. I like protein shakes from DashingDish.com or my favorite Peanut Butter Blizzard.

### *Meat*

2 chicken breasts +  
2 lbs boneless skinless chicken breasts (Mon)  
enough deli meat for 1 salad, 1 lunch, and  
snacks  
6-8 turkey burgers for lunch  
3 lbs salmon, skin-on (Sun)  
one whole cut-up chicken, or 2-3 pounds  
chicken drummettes, wings, or drumsticks  
(Tues)  
1 whole 2 1/2 - 4 lb chuck roast (Wed)

### *Cold Section*

enough eggs for the family for two breakfasts;  
+ 1 egg per person for MIM + enough for  
boiled eggs for snacks  
1 large carton of egg whites (or fresh, if you  
have a hatred for carton stuff)  
2 containers cottage cheese (for shakes and  
cottage berry whip, or buy ingredients for a  
dairy-free shake like this [peanut butter blizzard](#)  
and ingredients for collagen berry whip)  
unsweetened almond milk  
Greek yogurt (or So Delicious Unsweetened  
Coconut Yogurt for a dairy-free option)  
finely shredded parmesan (Sun) (I omitted this  
entirely to be DF)  
6 large egg whites (Wed)

### *Produce*

avocado for breakfast  
2 cups blueberries  
1 handful cilantro  
your favorite salad ingredients for two lunches  
(one full salad + one side salad) + one full  
dinner salad + one side dinner salad  
sweet potatoes for lunch (I buy 8, one per  
person)

your favorite veggies for lunch + snacks (I buy  
cucumbers, tomatoes, bell peppers)  
2 lemons (Sun)  
1 head of garlic (Sun, Mon, Wed)  
3 lbs asparagus (Sun)  
1 whole large onion (Wed)

### *Frozen*

blueberries  
2 packages frozen berries

### *Pantry*

salsa  
quinoa  
10 cups old-fashioned oats  
unsweetened apple sauce  
chia seeds  
freeze-dried fruit (this is for the granola, and I  
usually skip this and just top the granola with  
fresh berries. You can add fresh berries to the  
"Produce" section above if you want to do the  
same)  
1 lb dried Great Northern White Beans  
1 quart chicken broth  
1 can of Rotel  
1 can of tuna  
nuts for 1 lunch + snacks  
sugar-free ketchup (or ingredients to make  
your own)  
salad dressing (or ingredients to make your  
own)  
pickles  
dijon mustard (Sun)  
zesty Italian dressing (Mon)  
dry ranch dressing mix, or make your own  
(Mon)  
soy sauce or coconut aminos (Wed)  
whole-husk psyllium flakes (Wed)  
beans, canned or dry (Thurs)

brown rice (Thurs)

### *Staples*

salt  
pepper  
olive oil  
coconut oil (Tues)  
[THM Super Sweet Blend](#) or another on-plan  
sweetener  
[pure stevia extract](#)  
ingredients for your favorite shake option from  
[DashingDish.com](#) or another plan-approved  
shake (enough for everyone eating breakfast)  
baking powder  
pure vanilla extract  
cinnamon  
ground cloves  
coconut oil  
almond flour  
coconut flour  
ground flax  
coconut extract (optional for granola, I skip it)  
cumin (Mon)  
garlic powder  
cajun seasoning (optional)  
onion powder (Sun)  
chili powder (Mon)  
THM Baking Blend (Tues, Wed)  
paprika (Tues)  
rubbed sage (Tues)  
nutritional yeast (Tues)  
apple cider vinegar (Wed)  
baking powder (Wed)  
baking powder (Wed)