

# My THM Meal Plan For The Week Of: \_\_\_\_\_

courtesy of [www.adventuresinwomanland.com](http://www.adventuresinwomanland.com)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	E: Sprouted french toast (239)/SF syrup Turkey bacon  SOMETIME TODAY: Mix up a batch of Gwen's Easy Bread so it can be ready for Thursday's lunch.	S: Volcano Mudslide MIM (p. 257) Turkey Bacon	E: Brownie Batter Overnight Oatmeal from Dashing Dish (Sub out part of the cocoa for defatted peanut flour if you have it to make it PB/Chocolate. If not, no worries. It's good as-is.)	E: Three THM Pancakes (223) topped with Berries and sweetened Greek Yogurt, sweetened and with vanilla extract added	S: Two Savory Protein Muffins with sausage, cheese, and veggies (p. 221) (Store leftovers in fridge or freezer. My husband takes these to work and LOVES them! Man-food, for sure.)	E: Apple-Pancake Bake from Mrs. Criddle's Kitchen (1/6 of recipe; I actually make these individual by baking in muffin tins then freezing leftovers) Turkey Bacon	S: Two eggs fried in 1 TBS coconut oil Turkey Smoked Sausage
<b>Lunch</b>	S: Cheese Toast on Bread-In-A-Mug (p. 265) (Make BIM as directed. Remove from mug and slice into 4 pieces. Top with thin cheddar slices and broil until melty-good.) Broccoli Dippers with Greek Ranch Dip (Mix dry ranch seasoning with Greek yogurt.)	FP: Loaded Potato Soup with Laughing Cow or Weight Watchers cheese wedges and shredded leftover chicken breast (p. 294-5)	S: Stuffed-Crust Tortilla Pizza topped with leftover chicken breast, cheese and veggies of choice (p. 280)	S: Tuna salad with egg, full-fat mayo, mustard, and onion powder over greens.  Optional: Just-Like Wheat Thins crackers (p. 396)	E: Two 97% fat free Hebrew National (WalMart/Target/Kroger) all-beef hot dogs wrapped in small amount of Gwen's Easy Bread and baked Ranch Mustard Dip Greens with Light Balsamic	E: Chicken Salad Lettuce Wraps (Mix shredded, cooked chicken breasts with a small amount of low-fat mayo and fat-free cream cheese. Season to taste. Place on green leaf or butter lettuce leaves. Top with veggies and/or light balsamic as desired.)	FP: Light Tomato Soup (p. 293) Salad Greens with Hip Trim Honey Mustard (p. 412)
<b>PM Snack</b>	FP: Blueberry Cottage Berry Whip (p. 379)	E: Small amount of cherries Low-Fat cottage cheese	E: Small apple with PB/Greek Yogurt Dip (mix yogurt with defatted peanut flour or 1 tsp. natural peanut butter and sweetener)	E: Leftover THM Pancake from breakfast with one slice turkey bacon	S: Almond-Flour Cheese Crackers from The Grassfed Mama with Greek Ranch Dip (Mix dry ranch seasoning with Greek yogurt.)	FP: Deli-Meat Roll-Up (p. 299)	S: ½ Chocolate/Peanut Butter Shake (One scoop protein powder, ½ cup almond milk, ½ cup water, 1 TBS natural pb, 2 TBS cocoa, sweetener to taste, dash vanilla)
<b>Dinner/ Dessert</b>	S: Whole Baked Chickens (p. 321) (Make 2 or 3 of these and use the shredded, cooked breast meat for chicken recipes throughout the week. Eat dark meat tonight.) Cousin Carolyn's Low-Carb Cabbage from Adventures in Womanland Cheesy-Cheese Garlic Biscuits from Satisfying Eats *S: 2 Coconut Flour Chocolate-Chip Cookies from Counting All Joy	S: Salmon/Crabby Patties (2 cans salmon, cleaned, with 3 eggs and almond flour enough to form patties. Season to taste. Fry in coconut oil.) Deviled Eggs (Mayo, mustard, onion powder, paprika.) Side Salad with Ranch (Like the book suggests, I water down my ranch ½ and 1/2, cutting both costs and calories.) *S: 2 Coconut Flour Chocolate-Chip Cookies	S: Cheeseburger Quesadillas from Gwen's Nest (Add in plenty of veggies and even an avocado and this is a meal in itself.)  *S: Peanut Squares (p. 377)	E: Taco Salad (greens, tomato, cooked/seasoned ground turkey breast, sprinkle of canned/rinsed red kidney beans or black beans, onion, low-fat cheese, low-fat or fat-free sour cream, a few organic blue corn chips)	E: Wild-Caught Salmon filets topped with 1 tsp coconut oil and broiled Medium sweet potato baked and mashed with cinnamon and sweetener Green Beans  *FP: Blueberry Frozen Yogurt (p. 376-377)	S: Fooled Ya Pizza (p. 276) topped with shredded chicken, beef and veggies of choice Side Salad/Ranch  *S: 2 Coconut Flour Chocolate-Chip Cookies	S: Cheesy Chicken Enchiladas (using cooked chicken from Sunday) from A Home With Purpose Steamed Broccoli with Butter and Sea Salt  *S: 2 Coconut Flour Chocolate-Chip Cookies