

# Trim Healthy Mama Meal Plan

Week of: \_\_\_\_\_

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Breakfast</b>	E  Ezekiel toast (2 pieces), scrambled egg whites, Big Boy Smoothie (p. 242)	S  Chocolate Muffin in a Mug (p. 256) bacon	S  Egg scramble: 2 eggs, dollop of cream cheese, cheddar, onion  Small portion of berries with ¼ c Greek yogurt	E  Three THM Pancakes (223) with SF syrup Berries Greek yogurt	S  Two fried eggs (coconut oil) Smoked sausage	E  Sprouted french toast (239)/SF syrup Turkey bacon	S  Cinnamon muffins (262) Greek yogurt/berries
<b>Lunch</b>	S  Chicken cooked in butter over greens with cheese, EVOO and balsamic vinegar	E  Tuna/light mayo over greens Roasted crisp garbanzo beans (p. 397)	E  Sauteed salmon in 1 tsp coconut oil ¾ cup quinoa Side salad with light balsamic	S  Peanut butter and apple Grilled cheese and tomato sandwich on Bread in a Mug (265)	E  Medium baked sweet potato with liquid amino and 1 tsp. coconut oil Ripped romaine, one can of tuna and light balsamic	S  Loaded Fotato Soup-S style (294)	E  TH Pan Bread (266) Chicken lunchmeat and laughing cow cheese Side salad with light balsamic
<b>PM Snack</b>	E  Joseph's crackers (p. 394) with Laughing Cow cheese	S  Joseph's crackers Greek onion dip (404)	S  Tuna/full-fat mayo and egg	E  Leftover pancake with cottage cheese and Polaner jam	S  Joseph's crackers with butter, cheese and tomato	E  Cottage cheese and greek yogurt with ¼ cup crushed pineapple	S  Cottage berry whip (379)
<b>Dinner/ Dessert</b>	S  Chicken and cheese quesadillas on low-carb tortillas with tomato and onion, topped with sour cream and salsa  *Breyer Carb Smart fudge bar	S  Alfredo chicken (315) over Dreamfield's pasta Side salad with tomato and mozzarella with EVOO and balsamic  *PB/Chocolate cookies (387)	S  Baked chicken legs (322) Broccoli with butter and sea salt Side salad with ranch  *Basic cheesecake (373)	S  Fooled Ya Pizza (lots of it!)  (276)  *Skinny Chocolate (371)	S  Spaghetti Bolognese (350) Side salad/ranch  *berries and cream	S  Chile Relleno Casserole (325)  Steamed broccoli (354)  *Breyers Carb Smart fudge bar	S  Pot roast (310) with onions in crockpot  Cauliflower mashed potatoes (361)  *skinny chocolate pb