

Trim Healthy Mama Menu Plan

Day One

Breakfast: Baked Blueberry Oatmeal (E)

Lunch: Welcome Back Waffles (S) p. 263

Snack: Baby Frap (FP)

Dinner: Fakertot Casserole (S) p. 147

Day Two

Breakfast: Breakfast Casserole (S) p. 238

Lunch: Creamy Broccoli and Cheese Soup (S)

Snack: Butterfly Wings Cake (FP) p. 301

Dinner: Blackened Chicken with Mango and Black Beans (E) p. 66

Day Three

Breakfast: Spinach and Turkey Bacon Quiche (S)

Lunch: Frank's Red Hot Chicken Sweet Potato (E)

Snack: Strawberry Muffin (FP) p. 281

Dinner: Original Taco Salad (S)

Day Four

Breakfast: Golden Soft Boiled Eggs (S)

Lunch: Lasagna in a Bowl - Single Serve (S)

Snack: Chia Tapioca Pudding (FP)

Dinner: Zucchini Lasagna (S)

Day Five

Breakfast: Mufflets (S) p. 237

Lunch: Frank's Red Hot Chicken Sweet Potato (E)

Snack: Choco Chip Baby Frap (FP) p. 421

Dinner: Chicken Pot Pie (S) p. 137

Day Six

Breakfast: Nana's Fluffy Omelet (S) p. 239

Lunch: Cran-Apple Cottage Salad (E)

Snack: Crunkers (FP) p. 452

Dinner: Trim Mac Salad (S) p. 181

Day Seven

Breakfast: Mufflets (S) p. 237

Lunch: Cottage Style Toast (E)

Snack: Gwen's Hot Chocolate Recipe (FP) or (S)

Dinner: Comfy Cozy Chicken Dumpling Soup (S) p. 94-95

