

Week Nine Menu

Trim Healthy Mama Friendly

by: ThatOrganicMom



Week Nine Menu

for Trim Healthy Mama

Day One

- E- Apple Pie Crunch Granola p. 255 w/ Almond Milk
- S- Deconstructed Deviled Eggs on a bed of greens
- S- Salmon strips w/ yum yum sauce + green beans (brown rice for kids)

Day Two

- E- Pumpkin Crunch Granola w/ Almond Milk p 255
- S- Mufflets p. 237 + (toast w/ butter for kids)
- S- Whole chicken roasted with roasted veggies, side salad, (macaroni for kids)

Day Three

- E- Berry Creamy Grains p. 252
- S- Cauliflower patty mini chicken pizzas
- S- Chicken Tacos (use wonder wraps for myself; with beans & flour tortillas for kids)

Day Four

- S- Greekie Swirl p. 340 (follow instructions for S style)
- E- Bean Burgers & side salad and/or sweet potato fries (baked)
- E- Quickie White Chicken Chili w/ baked blue tortilla chips

Day Five

- S- Chia Pud (make 4 batches) p. 344 + Coffee
- E- Bean Burgers, leftovers
- S- Tomato Chicken Bisque p. 93 + side salad (bread n butter for kids)

Day Six

- S- Egg Stacker (see photo) + Coffee
- S - Crabby Patties w/ side salad
- E- Lentil Soup p. 89 + side salad + sourdough bread
- E- Dessert: Apple Crumble p. 338

Day Seven

- S- Chia Pud p. 344 + berries
- S- Cream of Broccoli Soup (my own recipe)
- E- Steamed White Fish + Quinoa Salad p. 232

Snacks & Things

I try to keep my snacks really simple. I have a full schedule like most people, so I don't want to have to think about it.

- > Almonds - always in my purse and in my car for when things take longer than expected
- > Chia Pud - it's just so fun to eat, it's simple and a superfood
- > Slushies p. 372 - I love lemons and eat them all the time
- > TrimQuik p. 494 - I keep a jar of this in my fridge so I can have hot cocoa or chocolate milk if a craving hits
- > Rohnda's Ranch Seasoning p. 492 - I keep this made in a jar in my pantry at all times
- > Trim Bouillon Mix p. 491 - I keep this made in a jar in my pantry at all times. My kids even grab this and mix up a cup to drink at night sometimes. I use it in lots of recipes where I used to just use plain Nutritional Yeast. I've even sprinkled it on my little bowl of dry popcorn! My kids make popcorn a couple times per week, and I grew up with a mom who ate it all the time, so I usually have my "dry" popcorn about once a week, but I limit my serving, just like Pearl says :)

TIPS:

I like to do a little bit of meal prep to save myself time during the week. You don't have to do that, but if you do here are a few of my tips.

I don't always add my grocery list with my menu plans. Most of the time I am feeding a large family so I tend to make bigger meals. The reason my menu this week includes so many chicken recipes is because I was trying to stretch roasted chicken for the entire week to save time and money!

Day One: Lay your chicken(s) in the fridge to thaw for the following day, if frozen. If you have time and are planning to use Wonder Wraps go ahead and make them. Don't be afraid, it's not as hard as it looks. Now, before you put away your skillet, go ahead and make the granola in the same pan to save yourself the extra wash. While the granola is cooling in the bowl, go ahead and whip up your Chia Pud, it literally takes less than 5 minutes! I usually make a triple or quadruple batch so I have extras for snacks! If you have to pack your lunch, you might want to make your cauliflower patties today to save time. Since the cauliflower is used raw instead of cooked, it doesn't take much time at all.

Day Two: Since you are saving time with the granola, you could whip up your mufflets in the morning if you want to, or make them the day before, but they are quick so if you don't it won't matter. I don't always use meat in my mufflets, the eggs have plenty of protein and it is a budget stretcher to just use veggies...sometimes but not always! **Make sure your chicken is thawing today, you'll cook it tonight for dinner!**

Day Three: These cauliflower patties are so easy to make but if you work, you may want to make these on Day One, they keep well in the fridge for several days or the freezer for a month or two.

Day Four: If you're one to make things from scratch, you will want to make your beans ahead of time. I do that sometimes, but when I have a lot going on I use a can of beans from my pantry. I keep canned beans in my pantry just in case I need them. It's better to be prepared. I also keep coconut milk and a variety of canned tomatoes that I buy at Costco.



Also, remember to use only the white meat in your E meals (chili and lentil soup) save the dark meat for S meals (pizza, tacos, bisque).

Just a note of encouragement for those who are looking at the “special ingredients” and thinking it’s just too much. I want to say that I have been using these ingredients and following this plan for a long time! I didn’t buy all the “special ingredients” all during week one! As you can see from my photo below, the fonts are different on my labels...which drives me crazy but by the time I added Super Sweet to my pantry I forgot which setting I had my label maker on and it was different. Rather than waste a label (they’re so expensive) I used it anyway, but I really notice it every time I go in my pantry! You will build your stash as you go!



Day Five:

My bean burger recipe is as follows:

2 (15-ounce) can no-salt-added black beans, rinsed and drained

3 egg whites

onion, chopped

1 1/4 cup dry oats, ground

1 teaspoon dried basil

1 clove of garlic, minced

Salt and pepper to taste

Frank's Red Hot Sauce, to taste (or other)

spray oil

On Plan Bun & Burger toppings

*(If following Trim Healthy Mama: no cheese or mayo to stay in E mode.
Cheese and mayo would make this a healthy crossover)*

Instructions: Put beans in a large bowl and mash well with a fork. Add egg, onion, ground oats, basil, garlic, salt, pepper and hot sauce. Mix well to combine then shape into 10 patties.

Spray a large skillet lightly with coconut oil spray, then heat over medium. Cook patties in a single layer until golden brown, flipping once, and continuing on both sides till cooked through, about 5 minutes per side. Transfer to buns, top with lettuce, tomatoes, pickles, and onions or even kraut! They taste great paired with a few baked sweet potato fries.



Day Six: My egg stacker is simply a fried egg with lunch meat and a slice of cheese... this time I am using a little left over chicken with Munster cheese, YUM!

Day Seven: You can follow the Broccoli Soup recipe in the book or substitute any of the “single serving” S soups on this day. Also, Day Seven is a good day to use up any leftovers.