

Suggested Menu with THM Freezer Meals for the Busy Mama

Day One

- S - Breakfast - 2 Eggs fried in coconut oil with one slice of cheddar cheese on top
- E - Lunch - Salad with lots of vegetables plus a can of tuna topped with
- E - Snack - Bust A Myth Banana Cake + Chai Tea Latte
- S - Dinner - Shortcut Minestrone & Cheddar Herb Biscuits
- S - Dessert - Skinny Chocolate

Day Two

- S - Breakfast - Donuts
- S - Lunch - Leftover Minestrone
- FP - Snack - Boiled Egg whites w/ dill pickle & mustard
- E - Dinner - Tex Mex Turkey Chili
- E - Dessert - Bust a myth banana cake + sliced strawberries on top (Fat Free Reddi whip if you choose)

Day Three

- E - Breakfast - Swiss Bread toasted & topped with cottage cheese & strawberries
- E - Lunch - Leftover Tex Mex Turkey Chili
- FP- Snack - Orange Sherbet Trim Freeze made into a popsicle (p.359 THM Cookbook)
- S - Dinner - Italian Chicken on a bed of sauteed and buttered zucchini noodles
- S - Dessert - Pay off day candy

Day Four

- S - Breakfast - Poached eggs w/ collagen creamed spinach (p. 221 THM Cookbook) *note - when I make the creamed spinach I do not measure the seasonings, that way it is faster. I just add a dash of this and that to flavor. I do add MCT oil for the health benefits, sometimes butter.
- FP - Lunch - Leftover creamed spinach + cup of bone broth
- FP - Snack - Glass of Trimquik in almond milk
- S - Dinner - Caesar Salad using leftover Italian Chicken
- S - Dessert - Skinny Chocolate

Day Five

- S - Breakfast - Donuts, Coffee + Cream
- FP - Lunch - Swiss bread sandwich (lean meat, veggies, mustard)
- E - Snack - Bust a myth banana cake w/ ½ cup cottage cheese
- E - Dinner - Chicken with Bell Pepper and Onion, sides: rice + steamed broccoli

Day Six

S - Breakfast - Scrambled eggs, Sausage, and 2 pieces of Swiss Bread

FP - Lunch - Leftover chicken breast in lettuce leaf wraps with hot sauce and a garnish amount of parmesan cheese

E - Snack - Bust a myth banana cake with a few blueberries on top

E - Dinner - Vegetable Soup with Turkey Meatballs

Day Seven

E - Breakfast - Bust a myth banana cake, cottage cheese, coffee with half n half or almond milk

E - Lunch - Vegetable Soup with Turkey Meatballs

S - Snack - Donuts & berries

S - Dinner - Minestrone Soup, side of caesar salad

S - Skinny chocolate or Treeces