

# 31 Days of Trim Healthy Mama Meals

## Printable Shopping List Week 1

Days 1-7

### Meat

whole roasted chicken (Day 1, leftovers for day 3)  
4 lbs Ground beef (day 2, day 9)  
bacon (day 3, plus more for breakfast)  
chicken wings (day 4)  
ham bone (day 5)  
steak (you can look for pre-marinated carne asada at the grocery store, but please check to make sure that there is no sugar or carbs, and if necessary, that it is GF day 6)  
turkey pepperoni (day 6)  
natural hot dogs or turkey dogs (lunch)  
sliced turkey (lunch)

### Produce

fresh thyme (day 1)  
2 lemons (day 1, lunch)  
1 head garlic (day 1)  
3 yellow onions (day 1, day 5, day 7)  
6 carrots (day 1, 5)  
1 fennel bulb (day 1)  
green peppers (day 2)  
1-2 bunches lettuce (day 3 + lunch)  
2 tomatoes (day 3)  
4-6 avocados (day 3, day 6, California Omelet)  
green onions (day 3, California Omelet)  
celery (day 7)  
2 tomatoes (California Omelet)  
cucumbers for lunch veggie sticks + cottage cheese boats  
sweet potatoes (lunch)  
1-2 apples (lunch)  
celery (lunch)

### Dairy

2 dozen eggs (more for a bigger family)  
grated mozzarella (day 2 + lunch)  
bleu cheese (day 3)  
butter  
low-fat cottage cheese (large container)  
sour cream (coffee cake)  
unsweetened almond milk (Big Boy Smoothie)  
cheddar or monterey jack (California Omelet)

### Frozen

strawberries (Big Boy Smoothie)  
"Fooled Ya" pizza crust ingredients  
from THM book if gluten-free

### Staples and Seasoning

sea salt  
pepper  
olive oil  
hot sauce  
cayenne pepper  
white pepper  
bay leaves  
baking powder  
turmeric (day 7)  
onion powder  
garlic powder  
oregano  
balsamic vinegar

pecans (coffee cake)  
ground cinnamon (coffee cake)  
stevia (coffee cake, Big Boy Smoothie)  
baking soda (coffee cake)  
vanilla extract (coffee cake)  
erythritol (coffee cake)  
baking powder (coffee cake)  
whey protein powder (smoothies + shakes)  
Just Like Brown Sugar or ingredients for substitute  
butter or almond extract (smoothies + shakes)  
MCT Oil and/or Coconut Oil  
cocoa powder (smoothies + shakes)  
low-sugar peanut butter  
check Trim Healthy Mama books for Muffin in a Mug ingredients that you would like to try

### Canned

pizza Sauce (plan-approved) (day 2 + lunch)  
black olives (day 2)  
great Northern white beans (day 5)  
chicken broth (optional day 7)

### Pantry

brown rice (day 1)  
Ken's Ranch Dressing (day 3)  
old-fashioned oats (day 5) \*\*  
lentils or chana dahl (day 7)  
rye flour (if you are not GF and choose sourdough bread on day 5)  
almond flour (coffee cake)  
flax-seed meal/flour (coffee cake)  
coconut flour (coffee cake)  
plan-approved bread if not Gluten-Free (breakfast)  
Joseph's Pitaas if not Gluten-Free (lunch)  
your favorite nuts (lunch)