

31 Days of Trim Healthy Mama Meals

Printable Shopping List Week 2

Days 8-14

Meat

7 lbs Chicken breasts (see note below to adjust for your family) (optional for day 8, needed on day 10, day 12, and day 14)
2 lbs boneless, skinless chicken (day 13)
ground beef or burger patties (1-2 per person, day 11)
2 lbs ground beef (day 9)
bacon (breakfast)

Produce

1 lime (day 9)
2-3 avocados (day 9 + breakfast)
2 bell peppers (day 10)
2 onions (day 10, day 11)
1 head of lettuce (day 11)
roma tomatoes (day 11 + breakfast + lunch)
3 cups broccoli florets (day 14)
1 red onion (day 14)
cucumbers (lunch)
green onions (lunch)
celery (lunch)
1-2 apples (lunch)
sweet potatoes (lunch)

Dairy

1 cup Heavy cream (day 8)
block of parmesan cheese (day 8)
cheddar cheese (day 10, day 11)
sour cream (day 10, + coffee cake)
Mexican cheese or Monterey jack (day 12)
cottage cheese
eggs

Frozen

strawberries (Big Boy Smoothies)
ingredients for Cauliflower pizza crust if you are GF and omitting Joseph's Pita

Staples and Seasoning

Chili garlic salt (optional, day 9)

- dried chives (day 13)
- dried parsley (day 13)
- garlic powder (day 13)
- onion powder (day 13)
- pepper (day 13)

olive oil

sea salt

crushed red pepper flakes (day 14)

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 book for Muffin in a Mug ingredients that you would like to try

Canned

Chipotles in adobo sauce (day 9)

sugar-free pizza sauce (lunch)

30 oz tomato sauce (day 9)

Pantry

Dreamfields Pasta (day 8, O-M-E-T if you are GF)

almond flour (day 9 + coffee cake)

coconut flour (coffee cake)

flax seed meal (coffee cake + muffin in a mug)

Mayonnaise (day 11)

Sugar-Free homemade ketchup or low-sugar ketchup from the store (day 11)

Yellow mustard (day 11)

Dill pickle relish, or pickle juice (day 11)

28 oz. green chile sauce or ingredients to make your own (day 12)

1 bottle low carb low fat zesty Italian dressing (day 13)

quinoa (day 14)

plan-approved bread (omit if GF)

your favorite nuts (Waldorf Salad, lunch)

Joseph's pitas if not gluten-free (lunch, pizza)