

# 31 Days of Trim Healthy Mama Meals

## Printable Shopping List Week 3

Days 15-21

### Meat

whole chicken (day 16)  
chicken tenders (if GF to replace lasagna noodles, day 19)  
Italian Sausage (check ingredients for hidden sugars and carbs!) (day 19)  
3 lb ground beef (day 19, day 21)  
bacon (breakfast)  
sliced turkey (lunch)

### Produce

2 onions (day 15, day 19)  
cilantro (for garnish, optional, day 15)  
fresh thyme (check to see if you have some leftover from week 1)  
1 lemon (day 16)  
2 heads garlic (day 16, day 19, day 24)  
1 large yellow onion (day 16)  
4 carrots (day 16)  
1 bulb fennel (day 16)  
your favorite salad ingredients (day 17)  
parsley (day 19)  
zucchini (day 20)  
avocados (day 21 + omelet)  
fresh ginger (very small amount is fine) (day 24)  
1 lime (day 24)  
2 tomatoes (breakfast + lunch)  
green onion (breakfast, hopefully leftover from last week)  
cucumbers (cottage cheese boats)  
apples (Waldorf salad for lunch)  
celery (Waldorf salad for lunch)  
sweet potato (lunch)

### Dairy

eggs  
butter  
16 oz ricotta cheese (day 19)  
3/4 lb mozzarella (day 19)  
monterey jack or mozzarella cheese (pizza, lunch)  
grated parmesan (day 19)  
cheddar cheese (day 21 + breakfast, hopefully leftover from last week)  
sour cream (day 21, hopefully leftover from last week + breakfast)  
07. Greek Yogurt (6 oz, more for larger portions, day 24)  
cottage cheese  
almond milk

### Staples/Seasoning

olive oil  
ground cumin (day 15)  
chili powder (day 15)  
sea salt  
cinnamon (coffee cake)  
pepper  
stevia or truvia (to replace sugar, day 19 + breakfast)  
dried basil (day 19)  
fennel seeds (day 19)  
Italian seasoning (day 19)  
Muffin in a mug ingredients  
cocoa powder  
vanilla extract (coffee cake)  
taco seasoning  
balsamic vinegar  
baking soda (coffee cake)  
erythritol (coffee cake)  
whey protein powder  
almond extract (shake)  
Just Like Brown Sugar or  
sub from Gwen's Nest blog

### Canned

2 14.5 oz cans diced tomatoes (day 15, day 18)  
1 can black beans (day 15)  
2 4.5 oz cans diced green chiles (day 15, day 18)  
3 cans of beans (day 18)  
28 oz. can crushed tomatoes (day 19)  
2 6 oz cans tomato paste (day 19)  
3 6.5 oz cans tomato sauce (day 19)  
1 small can sliced black olives (day 21)

### Pantry

brown rice (day 18)  
Dreamfields lasagna noodles, if req. THM (day 19)  
gluten-free lasagna noodles, if not on THM but eating GF (day 19)  
pecans (coffee cake)  
almond flour (coffee cake)  
coconut flour (coffee cake)  
flax meal (coffee cake)  
low-sugar peanut butter (PB Blizzard)  
sugar-free pizza sauce (lunch)  
plan-approved bread (if not GF)

### Frozen

strawberries (Big Boy Smoothie)  
green beans