

31 Days of Trim Healthy Mama Meals



Breakfast Ideas

- Coffee Cake from Just Right Porridge (S)
- Big Boy Smoothie (TAM book) (FP)
- Dashing Dish Cake Batter Protein Shake (S)
- Peanut Butter Blizzard from here (Working at Homeschool) (S)
- Muffin in a Mug (TAM book)
- California Omelet (skip the cooking spray in the recipe and use real butter instead) (S)
- Eggs and bacon (S)
- Toast with egg whites (E) (For gluten-free TAM, substitute Trim Healthy Pan Bread from TAM book)
- 2 eggs scrambled with cottage cheese (S)

Lunch Ideas

- Organic hot dogs with veggie sticks (S)
- Salad with baked chicken (S or FP)
- Protein Shake (S, E, or FP depending on ingredients)
- Cottage Cheese Boats (FP)
- Baked sweet potato w/ 1 tsp butter and 1 tsp Just Like Brown Sugar or brown sugar substitute (E)
- Joseph's Pizza or GF Fooled Ya Pizza from TAM book (S)
- Lean sliced turkey sandwich on Ezekiel bread (E) or GF Trim Healthy Pan Bread from TAM book (E)
- Waldorf Cottage Cheese Salad (E) TAM Book

Dinner Recipes:

1. Whole Roasted Chicken (E) (I omit the butter, and use white meat only for E)
2. Pizza Casserole (S) (TAM book)
3. Chicken Cobb Salad (S) (I use dark leafy greens instead of iceberg lettuce, and dress the salad individually with 2 parts Ken's Ranch Dressing mixed with 1 part water).
4. Chicken Wings with mixed greens salad (S) (chicken wings from TAM book)
5. Ham and Bean Soup with sprouted or homemade sourdough (TAM book). Or for GF TAM, use Trim Healthy Pan Bread. (Many ham and bean soups will work with TAM. One important substitution to keep the fat low for an "E" is to use a ham bone without the meat, or with just small amounts of meat. You still get all of the flavor).
6. Carne Asada Steak w/ avocado, sour cream, and cheese (S)
7. All Day Lentil Soup (TAM book)
8. Spaghetti with Pioneer Woman's Alfredo Sauce (S) (Gluten-free Tinkyada pasta for the GF kids, Dreamfields pasta for me, OR for a GF TAM recipe I omit the pasta altogether and sub chicken breasts or spaghetti squash)
9. Chipotle Meatballs (S) (Make 2, freeze one)
10. Chicken Fajitas (S with cheese, sour cream, and avocado, E with no toppings but adding rice)
11. Big Mac Salad (S)
12. Green Chili (FP)
13. Crockpot Cafe Rio Chicken (FP, but I add cheese and avocado to make it an S) (To tweak this to TAM, I use chicken breasts and substitute this ranch dressing mix from Gwen's nest instead of a ranch packet)
14. Chicken Broccoli Quinoa Bake (E) (To make this TAM-compliant and gluten-free, I skip the breadcrumbs and omit the cheese on my portion)
15. Mexican Baked Eggs (E) (To make this TAM-compliant and gluten-free, I skip the tortillas and only eat the egg whites with mine. The kids have the whole egg with cheese).
16. Whole roasted chicken or turkey with Cheesy Rolls (TAM book) and frozen green beans
17. Leftover turkey or chicken and salad
18. Crockpot Rice and Beans (E) (add 1-2 shredded chicken breasts for added protein - the leftovers from the turkey or chicken on day 16 would work perfectly!)
19. Lasagna (S) with Dreamfields lasagna noodles for TAM and salad (I substitute stevia for the white sugar or omit sweetener completely in the sauce. For a GF TAM recipe, I omit the noodles and make it a lasagna bake/casserole)
20. Chicken wings (frozen from week 1) with grilled zucchini (S)
21. Taco Stack Ups - Family Recipe - 1-2 lbs ground beef browned with taco seasoning and one 6 oz can of tomato sauce. Use this as your base, and layer lettuce, cheese, avocado, sliced black olives, sour cream, and other favorite taco toppings to make a delicious "Taco Stack Up."
22. All Day Lentil Soup (E) (TAM book)
23. Pizza Casserole (S) (Frozen from week 1)
24. Chicken Tikki Masala (E) (To make this TAM-friendly, I omit the butter, use fat-free Greek yogurt, sub "Just Like Brown Sugar", and serve it over rice)
25. Chicken Cobb Salad (S)
26. Just Like Campbell's Tomato Soup (S) (TAM book)
27. Chicken Quinoa Broccoli Bake (E) frozen from week 2
28. Crockpot rice and beans (E)
29. Low Carb enchiladas using leftover shredded poultry (S)
30. Santa-Fe Quinoa (E) (For a TAM "E" I reduce the olive oil)
31. Chipotle Meatballs (S) frozen from week 2

** Make sure you use gluten-free cheese and tortillas in recipes that call for them!

*** Most oats are not gluten-free! So if you are eating gluten-free (especially if you have Celiac Disease, like we do in our family) make sure your oats are gluten-free.