

31 Days of Trim Healthy Mama Meals

Printable Shopping List Week 4+

Days 22-31

Meat

2 boneless chicken breasts (day 24)
bacon (day 25 + breakfast)
sliced turkey (lunch)

Produce

1 onion (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
heavy cream (day 26)
cheddar cheese (day 29 breakfast, hopefully leftover)
monterey jack or mozzarella cheese (pizza, lunch)
sour cream (breakfast)
cottage cheese (day 29 + breakfast + lunch)
almond milk

Canned

8 oz can tomato sauce (day 26)
2 quarts chicken broth (day 26, day 29)
4 cans black beans (day 27, day 29)
2 cans diced tomatoes (day 27, day 29)
1 small can green chiles (day 27)
low carb enchilada sauce (day 29)
salsa (day 29)

Staples/Seasoning

ground coriander (day 24)
paprika (day 24)
cayenne pepper (day 24)
Just Like Brown Sugar (or ingredients for substitute from Gwen's Nest blog) (day 24)
1 cinnamon stick (day 24)
ground cumin (day 24, day 27)
sea salt
truvia or stevia (day 26)
garlic powder (day 27)
enchilada seasoning (day 29)
olive oil
sea salt
cinnamon (coffee cake)
pepper
stevia or truvia (breakfast)
Muffin in a mug ingredients
cocoa powder

vanilla extract (coffee cake)
coconut oil or MCT oil
balsamic vinegar
baking soda (coffee cake)
erythritol (coffee cake)
whey protein powder
almond extract (shake)

Pantry

brown rice (day 24, day 27)
lentils (day 22)
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)

Joseph's pitas if not GF (lunch, pizza)
plan-approved bread (if not GF, lunch, sandwiches)

Frozen

strawberries (Big Boy Smoothie)
ingredients for Fooled Ya Pizza from THM book if Gluten-Free