

My Montana Kitchen

7-DAY MEAL PLAN

Trim Healthy Mama Style

SNACKS/DESSERT

Loaded Peanut Butter Protein Bars (S)
No-Bake Collagen Fudge Bars (S)
Peanut Butter Cookie Dough Greek Yogurt (FP)
Favorite Low Carb Chocolate Chip Cookies (S)

SUNDAY

Breakfast: Secret Ingredient Chocolate Peanut Butter Milkshake (FP)
Lunch: Chef Salad with Rhonda's Ranch (S)
Dinner: Cowboy Grub (THM Cookbook, page 59) (E)

MONDAY

Breakfast: Scrambled Eggs, Bacon (S)
Lunch: Sandwich (Lean Deli Meat, LLCC, vegetables on Sprouted bread); cucumbers, berries and low-fat cottage cheese. (E)
Dinner: Taco Salads (S) or (E)

TUESDAY

Breakfast: Pumpkin Chocolate Chip Muffin in a Mug (S)
Lunch: Chicken Breast, Sweet Potato Fries (E)
Dinner: Cornbread Crusted Mexican Casserole (THM Cookbook, page 132), Broccoli (S)

WEDNESDAY

Breakfast: Yogurt Power Bowl (S)
Lunch: Leftovers
Dinner: Dreamfields Spaghetti, Green Beans, Tossed Salad (S)

THURSDAY

Breakfast: Sprouted toast with Light Laughing Cow Cheese, Polaner all fruit jam, Greek yogurt with berries (E)
Lunch: Chef Salad with Rhonda's Ranch (S)
Dinner: Chicken Bacon Caesar Casserole, Tossed Salad (S)

FRIDAY

Breakfast: Maple Apple Oatmeal (E)
Lunch: Lean deli meat in Joseph's pita, crudites, Roasted okra (toss with coconut oil, salt and pepper and roast in the oven until crispy) (S)
Dinner: Sausage & Cheese Calzones, Deviled Eggs, Salad (S)

SATURDAY

Breakfast: Low Carb Biscuits & Gravy (S)
Lunch: Leftovers (S) or (E)
Dinner: Roasted Whole Chicken, Sauteed Zucchini, Cauliflower Mash (S)