

Meal Plan #1 {THM}

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DAY	BREAKFAST	LUNCH	SNACK	DINNER	SNACK
Sunday (9/1)	Fried Eggs in Coconut Oil with Bacon (S)	Zest of Southwest Soup (E) page 294	Depends if hungry	Garlic White Sauce with Zucchini Noodles	Depends if hungry
Monday (9/2)	Fat Stripping Frappa (FP) page 240	Leftover Zest of Southwest Soup page 294	Depends if hungry	Spinach Artichoke Chicken (S)	Depends if hungry
Tuesday (9/3)	Blueberry Muffins w/o coconut (S) page 259	Leftover Spinach Artichoke Chicken (S)	Depends if hungry	Creamy Broccoli and Cheese Soup (S) page 335	Cottage Berry Whip (FP) page 379
Wednesday (9/4)	Savory Skillet Oatmeal (E) page 231	Leftover Creamy Broccoli and Cheese Soup (S)	Depends if hungry	Leftover Creamy Broccoli and Cheese Soup (S)	Half of a Fat Stripping Frappa (FP) page 240
Thursday (9/5)	Cookie Bowl Oatmeal (E) page 232	Tuna on Salad (FP)	Depends if hungry	Cheeseburger Pie (S) page 326	Depends if hungry
Friday (9/6)	Leftover Blueberry Muffins (S)	Leftover Cheeseburger Pie (S)	Depends if hungry	Low Carb Sausages and Grilled Peppers w/ Side Salad (S)	Depends if hungry
Saturday (9/7)	Cheesy Omelet (S) page 219	Tuna Sandwich on Ezekiel Spread (FP)	Depends if hungry	Fried White Fish in Coconut Oil with Cauli Mash (S) page 361	Tummy Tucking Ice Cream (FP) page 368

Grocery List

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Dairy:

- Omega 3 Eggs
- Block Cheese
- Sour Cream
- Parmesan Cheese
- Greek Yogurt
- Mayo
- Cream Cheese
- Heavy Cream
- Low-fat Cottage Cheese
- Egg Whites

Meat:

- Bacon (turkey if you prefer)
- Canned Chicken
- Shredded Chicken
- 4 Chicken Breasts
- 1 lb. Beef
- Low-carb Sausages
- White Fish

Veggies and Fruit:

- Zucchini
- Frozen Strawberries
- Garlic, fresh
- 2 Packages of Frozen Broccoli
- Lettuce
- Blueberries
- Green Bell Pepper
- 2 Packages of Frozen Cauliflower

Pantry:

- Chicken Stock
- Salsa
- Pickles
- Ezekiel Bread
- 2 Cans of Tuna

Items On Hand Already:

- Coconut Oil
- Almond Milk
- Glucomannan Powder
- Pepper
- Sea Salt
- Vanilla Extract
- Stevia
- Cocoa Powder
- Whey Protein Powder
- Old Fashioned Oats
- Defatted Peanut Flour
- Chia Seeds
- Onion Powder
- Flax Meal
- Baking Powder