



Prep Ahead Challenge

Certified THM Coach Jen, thewellplannedkitchen.com



Prep for the Challenge - Choose Meals

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CHOOSE INGREDIENTS FROM PROTEIN BOX HANDOUTS FOR DAY 1

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CHOOSE A THM SOUP OR SALAD RECIPE FOR DAY 1

Suggestions from Coach Jen:

TRIM TRAIN ITALIAN SOUP PAGE 160 TRIM HEALTHY TABLE

SALAD IN A JAR PAGE 188 THM COOKBOOK

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CHOOSE A SHAKE FOR DAY 2

Suggestions from Coach Jen:

MILK CHOCOLATE SECRET TRUFFLE SHAKE P 481 TRIM HEALTHY TABLE

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CHOOSE A SNACK FOR DAY 2

Suggestions from Coach Jen:

ULTIMATE E BARS P 432 TRIM HEALTHY TABLE

BERRY CRUNCH BARS P 392 THM COOKBOOK

PUMPKIN BAM CAKE P 385 TRIM HEALTHY TABLE

SUPERFOOD CHOCOLATE CHEWS P 382 THM COOKBOOK

R'S CANDIED PECANS P 308 TRIM HEALTHY FUTURE



Prep for the Challenge - Choose Meals

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CHOOSE A PROTEIN TO PREPARE (MEAT OF ANY KIND) FOR DAY 3

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CHOOSE A THM RECIPE THAT USES THE MEAT YOU CHOSE FOR DAY 4

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CHOOSE A BREAKFAST TO PREPARE FOR DAY 4

Suggestions from Coach Jen:

EASIEST BREAKFAST CASSEROLE P 328 TRIM HEALTHY TABLE

NO- BAKE BREAKFAST CHEESECAKES P 334 TRIM HEALTHY TABLE

OATMEAL ON THE GO CUPS P 350 TRIM HEALTHY TABLE

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CHOOSE A DESSERT FOR DAY 5

Suggestions from Coach Jen:

KETO BLUEBERRY JAMBOREE ([CLICKABLE RECIPE LINK](#))

BLUEBERRY CRUMBLE (E VERSION) P 330 TRIM HEALTHY FUTURE

THM TWIXTER BARS ([CLICKABLE RECIPE LINK](#))

Shopping List

Date / /



Day 1 - Prep Lunches

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MAKE YOUR PROTEIN BOXES

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MAKE SOUP OR SALADS (FREEZE SOUP: REFRIGERATE SALADS)

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CHOOSE YOUR STORE- BOUGHT. BACK UP LUNCH ITEMS

IDEAS:

TUNA OR SALMON PACKETS

BEEF JERKY

THM BARS

ON- PLAN QUEST BARS

MY IDEAS:

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SAVE YOUR LIST FOR A POST- CHALLENGE SHOPPING TRIP



Day 2 - Prep Snacks

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MAKE YOUR SNACKS FOR THE WEEK

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MAKE/PRE- MEASURE DRY INGREDIENTS FOR SHAKES

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MAKE A THM SNACK

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CHOOSE YOUR STORE- BOUGHT. BACK UP SNACK ITEMS

IDEAS:

FRUIT

DELI MEAT

WASA CRACKERS

POPCORNERS OR SKINNY POP

PICKLES / OLIVES

MOON CHEESE

MY IDEAS:

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SAVE YOUR LIST FOR A POST- CHALLENGE SHOPPING TRIP



Day 3 - Prep Meal Basics

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PREPARE A PROTEIN (OR TWO)

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CHOOSE YOUR STORE- BOUGHT, BACK UP PROTEIN ITEMS

IDEAS:

DELI MEAT

ROTISSERIE CHICKEN

PRE- HARD- BOILED EGGS

PRE- COOKED BACON

PRE- COOKED STEAK OR TURKEY

MY IDEAS:

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SAVE YOUR LIST FOR A POST- CHALLENGE SHOPPING TRIP



Day 4 - Prep Full Meals

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PREPARE ONE DINNER FROM YESTERDAY'S PROTEIN

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MAKE ONE BREAKFAST MEAL



Day 5 - Prep Desserts

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PREPARE A DESSERT (OR TWO)

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CHOOSE YOUR STORE- BOUGHT. BACK UP DESSERT ITEMS

IDEAS:

LILY'S CHOCOLATE

BERRIES & CREAM

85% DARK CHOCOLATE

REBEL ICE CREAM

JoJo's CHOCOLATE

(RASPBERRY)

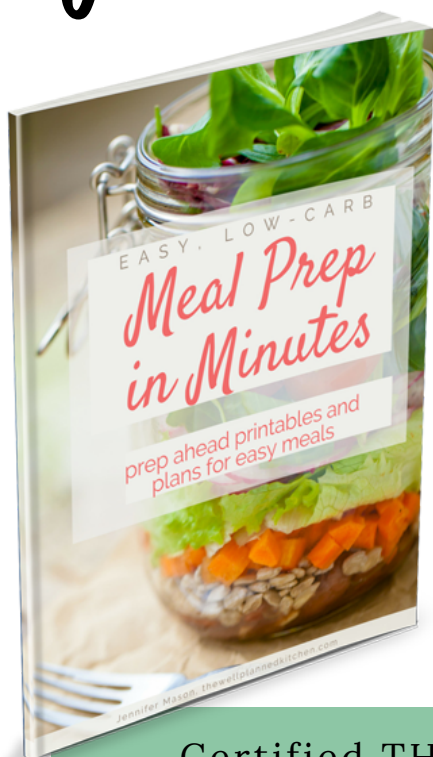
MY IDEAS:

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SAVE YOUR LIST FOR A POST- CHALLENGE SHOPPING TRIP



Thank you for joining the challenge!



Please watch your email for links to join next month's challenge!

If you need a little more help to prep ahead, you can grab my digital book "Easy, Low Carb Meal Prep in Minutes" at a discount since you've completed the challenge! Just visit [Easy, Low-Carb Meal Prep in Minutes](https://thewellplannedkitchen.com/easy-low-carb-meal-prep-in-minutes) and enter the code easymealprep for 20% off.

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Batch Cooked Ground Beef

I recommend making 3 lbs. of beef to use in multiple recipes

Ingredients

- 1-3 pounds ground beef or turkey
- salt and pepper

Instructions

1. Lightly spray pan with coconut oil.
2. Place raw ground beef or turkey in the pan and cook through.
3. Drain fat from the pan, portion, and store in airtight containers or sandwich bags.

Keep in the refrigerator for up to five days or in the freezer for up to six months.

Storage:

I store mine in the refrigerator for 3-4 days; freezes well.

Please review FDA guidelines for food safety.

Low-Fat & Low Carb Protein Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices lean deli meat
- hard-boiled eggs (whites only)
- 1/3 cup chopped chicken or turkey breast
- 1 small fish filet
- 1 small pack drained tuna (in water)
- Oikos Triple Zero yogurt
- 1/4 - 1/2 cup low-fat cottage cheese
- 1/4 - 1/2 cup 0% Greek yogurt
- collagen
- Turkey Chomps stick

ADD:

- FP Baked Good from Trim Healthy Mama
- 1 Sourdough Wasa with Light Laughing Cow OR
- 2 Wasa Light Rye with Light Laughing Cow OR
- 1 Wasa Multigrain with Light Laughing Cow
- pickles
- seaweed
- THM Brownie Fix Bars

ADD:

- strawberries
- blackberries
- raspberries
- grape or cherry tomatoes
- sliced cucumbers
- celery
- carrots
- grape or cherry tomatoes

INSTRUCTIONS:

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!

Low-Carb Protein Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices deli meat or salami
- hard-boiled egg
- 1/3 cup chopped steak
- 1 small salmon filet
- 1/3 cup chopped chicken
- 1 bone-in piece of chicken
- 1-2 cooked low-carb meatballs
- 1 small pack drained tuna
- 1/4 - 1/2 cup cottage cheese

CHOOSE 1/4 CUP:

- nuts: almonds, pistachios, walnuts, pecans, peanuts.
- seeds: pumpkin seeds, sunflower seeds
- pickles
- olives - black or green (spicy olives are a great addition)
- artichoke hearts
- cheese (string cheese or other favorite cheese)

ADD 1/4 CUP:

- strawberries
- blackberries
- raspberries

ADD 1 SERVING:

- Lily's Baking Chips
- Lily's Chocolate Bar
- Other low-carb chocolate (like Trim Healthy Mama Brand)
- dark chocolate

ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- or 1/2 of an avocado

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!

Low-Fat Protein Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices lean deli meat
- hard-boiled eggs (whites only)
- 1/3 cup chopped chicken or turkey breast
- 1 small fish filet
- 1 small pack drained tuna (in water)
- Oikos Triple Zero yogurt
- 1/4 - 1/2 cup low-fat cottage cheese
- 1/4 - 1/2 cup 0% Greek yogurt
- collagen
- Turkey Chomps stick

CHOOSE ONE*:

- 1/4 cup cooked brown rice
- 1/4 cup cooked quinoa
- cubed, toasted sprouted bread
- 1 serving Baked Tostitos
- 1 serving sprouted pretzels
- 1 serving Popcorners (plain)
- 1 serving popcorn (on-plan)
- 1 brown rice cake
- Wasa crackers (2 of an on-plan variety)

*The carb count for the entire protein box should be 45 grams or under. If you don't choose to have fruit, you can have more or double the rice or quinoa from this box.

ADD:

- strawberries
- blackberries
- raspberries
- cherries
- blueberries
- mango slices
- apple slices
- orange slices
- melon
- small stone fruit (apricot, plum, nectarine, etc)
- mandarin orange

ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- celery
- carrots
- grape tomatoes

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!