

Week 6: 1800 Cal

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TRIM
boot camp
TRIM Boot Camp

Day 1

1742 Cal ● 72.1g Carbs (30.4g Fiber) ● 98.2g Fat ● 159.5g Protein

Aim for 50 net carbs

Breakfast 309 Cal



Turkey Breakfast Sausage

1 patty • 113 Cal



Egg

1 Serving • 74 Cal



Extra Virgin Olive oil

1/4 tbsp • 29 Cal



Strawberries

1/2 cup, whole • 23 Cal



Keto Bread

2 slice • 70 Cal

Dinner 246 Cal



Asian Style Beef and Broccoli

1 serving • 246 Cal
(Prepare a total of 2 serving, save 1 serving for leftovers)

Lunch 663 Cal



Easy Parmesan Crusted Chicken

1 serving • 254 Cal



Low-Carb Twice-Baked Cauliflower

3/4 serving • 410 Cal

Snack 524 Cal



Bar, Chicken Sriracha

1 bar • 100 Cal



Beef Bone Broth

1 1/4 cup • 56 Cal



Tuna

3/4 can • 165 Cal



Pistachios

1/4 cup • 160 Cal



Blueberries

1/2 cup • 42 Cal

Day 2

1736 Cal ● 71.8g Carbs (31.1g Fiber) ● 99.8g Fat ● 157.8g Protein

Aim for 40 net carbs

Breakfast 455 Cal



Hardboiled Egg

2 eggs • 160 Cal



Turkey bacon

3/4 oz • 80 Cal



Extra Virgin Olive oil

1/2 tbsp • 60 Cal



Keto Bread

2 slice • 70 Cal



Blueberries

1 cup • 84 Cal

Dinner 578 Cal



Cheesy Chicken and Spinach

1 serving • 508 Cal
(Prepare a total of 2 serving, save 1 serving for leftovers)



Green salad

1 serving • 70 Cal
(Prepare a total of 2 serving, save 1 serving for leftovers)

add diced eggs to salad

Lunch 266 Cal



Asian Style Beef and Broccoli

1 serving • 246 Cal (Leftovers)



Riced Cauliflower

1 cup • 20 Cal

Snack 437 Cal



Turkey Pepperoni

20 slices • 82 Cal



String Cheese

1 piece • 50 Cal



Beef Bone Broth

1 cup • 45 Cal



Pistachios

1/4 cup • 160 Cal



Beef Sticks, Mild, Original

1 Stick • 100 Cal

Day 3

1798 Cal ● 201.9g Carbs (26.5g Fiber) ● 60.9g Fat ● 117.0g Protein

Breakfast 365 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Kale Apple Smoothie

1 serving • 172 Cal

Dinner 580 Cal



Skinny Cajun Shrimp Alfredo Pasta

1 serving • 457 Cal
(Prepare a total of 1 3/4 serving, save 3/4 serving for leftovers)



Steamed Broccoli

3/4 serving • 101 Cal
(Prepare a total of 1 3/4 serving, save 1 serving for leftovers)



Strawberries

1/2 cup, whole • 23 Cal

Lunch 707 Cal



Cheesy Chicken and Spinach

1 serving • 508 Cal (Leftovers)



Green salad

1 serving • 70 Cal (Leftovers)



Grapes

3/4 cup • 78 Cal



Sweet potato

1/2 medium • 51 Cal

Snack 145 Cal



Mandarin Oranges

1 container • 70 Cal



Reduced Fat Wheat Thins

10 pieces • 75 Cal

Day 4

1761 Cal ● 201.9g Carbs (26.8g Fiber) ● 58.2g Fat ● 119.9g Protein

Breakfast 234 Cal



Baked Oatmeal

1 serving • 205 Cal
(Prepare a total of 2 serving, save 1 serving for leftovers)



Peaches

1/2 cup, halves or slices • 29 Cal

add peanut butter to baked oatmeal

Lunch 679 Cal



Skinny Cajun Shrimp Alfredo Pasta

3/4 serving • 343 Cal (Leftovers)



Steamed Broccoli

1 serving • 134 Cal (Leftovers)



Butter

1 tbsp • 102 Cal



Sourdough

1 slice • 100 Cal

Dinner 634 Cal



Smorol Indian Yogurt Marinated chicken and Rice Bowl

3/4 serving • 394 Cal
(Prepare a total of 1 1/2 serving, save 3/4 serving for leftovers)



Chef Salad

3/4 Plate • 176 Cal
(Prepare a total of 1 3/4 Plate, save 1 Plate for leftovers)



Blueberries

3/4 cup • 63 Cal

Snack 214 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Raspberries

1 cup • 64 Cal

Day 5

1766 Cal ● 204.3g Carbs (33.4g Fiber) ● 58.1g Fat ● 114.1g Protein

Breakfast 234 Cal



Baked Oatmeal

1 serving • 205 Cal (Leftovers)



Peaches

1/2 cup, halves or slices • 29 Cal (Leftovers)

Dinner 496 Cal



Skinny Chicken Mexican Stew

1 serving • 294 Cal
(Prepare a total of 1 3/4 serving, save 3/4 serving for leftovers)



Whole-wheat bread

1 slice • 71 Cal



Butter

1/2 tbsp • 51 Cal



Mild Cheddar Cheese, Sliced

1 slice • 80 Cal

Lunch 809 Cal



Smorol Indian Yogurt Marinated chicken and Rice Bowl

3/4 serving • 394 Cal (Leftovers)



Chef Salad

1 Plate • 235 Cal (Leftovers)



Blueberries

1 cup • 84 Cal (Leftovers)



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal

Snack 227 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Beef Bone Broth

3/4 cup • 34 Cal

Day 6

1751 Cal ● 203.2g Carbs (32.6g Fiber) ● 61.1g Fat ● 113.7g Protein

Breakfast 399 Cal



Power Waffles, Blueberry

2 waffles • 230 Cal



No Sugar Added Syrup

1/4 cup • 20 Cal



Turkey bacon

1 oz • 107 Cal



Blueberries

1/2 cup • 42 Cal

Dinner 563 Cal



Slow Cooker Chicken Fajitas

1 servings • 281 Cal



Mexican Rice

1/4 cup dry mix • 115 Cal



Black beans

1/2 cup • 114 Cal



Sour cream

2 tbsp • 41 Cal



Salsa

2 tbsp • 10 Cal



Shredded Lettuce

1/2 cups • 3 Cal

Lunch 412 Cal



Skinny Chicken Mexican Stew

3/4 serving • 221 Cal (Leftovers)



Whole-wheat bread

1 slice • 71 Cal (Leftovers)



Creamy cheddar sliced natural cheddar cheese

1 slice • 70 Cal



Butter

1/2 tbsp • 51 Cal (Leftovers)

Snack 376 Cal



Mint Brownie Puff

1 bar • 140 Cal



Banana

1 medium • 105 Cal



Gluten Free Pretzels, Pretzel Twists

15 pretzels • 98 Cal



Beef Bone Broth

3/4 cup • 34 Cal

Day 7

1768 Cal ● 203.4g Carbs (30.8g Fiber) ● 61.1g Fat ● 114.1g Protein

Breakfast 284 Cal



Triple Zero Blended Greek Yogurt

1 container • 90 Cal



Kashi golean

1/4 cup • 40 Cal



Diced Apples

1/2 cup • 35 Cal



Peanut Butter, Creamy, Natural

1 1/4 tbsp • 119 Cal

make parfait

Dinner 502 Cal



Kentucky Chili

1 1/2 cup • 369 Cal



Sharp Cheddar Shredded Cheddar Cheese

1/4 cup • 110 Cal



Strawberries

1/2 cup, whole • 23 Cal

Lunch 586 Cal



Turkey Sandwich

1 serving • 278 Cal



Gluten Free Pretzels, Pretzel Twists

15 pretzels • 98 Cal



100% Fruit Juice Peach Cup

1 plastic cup • 80 Cal



Mayonnaise with Extra Virgin Olive Oil

1 tablespoon • 50 Cal



Avocados

1/4 fruit • 80 Cal

Snack 396 Cal



Protein Bars, Brownie Batter, Puff

1 bar • 140 Cal



Banana

1 medium • 105 Cal



Deli cut turkey

3 slice • 34 Cal



String Cheese

1 piece • 50 Cal



Beef Bone Broth

1 1/2 cup • 68 Cal

Asian Style Beef and Broccoli [🔗](#)



Prep 2 serving for Dinner on
[Day 1](#)

Scaled to 2 serving

- 1/2 tbsp** Olive oil (6.8 g)
- 1 1/2 cup chopped** Broccoli (136 g)
- 1/4 cup strips or slices** Carrots (30 g)
- 1/4 cup, chopped** Onions (40 g)
- 1 1/2 tbsp** Soy sauce (24 g)
- 1/4 cup** Chicken broth, canned (60 g)
- 6 oz** Beef top sirloin (170 g)

Per 1 serving :

246 Cal ● 8.6g Carbs (2.6g Fiber) ● 14.6g Fat ● 20.7g Protein

Directions are for original recipe of 4 serving

- 1** (Canned chicken stock will do fine) In a 10" skillet or wok heat the oil. Add the prepared vegetables.
- 2** Cook, stirring quickly and frequently until the vegetables are crisp tender and the onions are browned.
- 3** Stir in the beef strips and cook until done.
- 4** Add in the chicken broth and soy sauce. Optional to add cornstarch or guar gum to thicken the sauce.
- 5** Eat hot and enjoy!

Baked Oatmeal [🔗](#)



Prep 2 serving for Breakfast on
[Day 4](#)

Scaled to 2 serving

- 2/3 cup** Rolled oats (53 g)
- 1/3 tsp** Baking powder (1.7 g)
- 1/3 tsp** Cinnamon (0.9 g)
- 1/3 package** Sweetener, herbal extract powder from Stevia leaf (0.3 g)
- 3/16 tsp** Salt (1 g)
- 2/3 cup** Lowfat milk (163 g)
- 1/3 extra large** Egg (19 g)
- 1 tbsp** Butter (14 g) (Melted)
- 1/3 tsp** Vanilla extract (1.4 g)
- 1/3 cup** Blueberries (49 g)

Per 1 serving :

205 Cal ● 28.3g Carbs (4.0g Fiber) ● 8.2g Fat ● 7.2g Protein

Directions are for original recipe of 6 serving

- 1** Preheat oven to 375 degrees F. Generously spray a 2-qt pan with cooking spray.
- 2** In a large bowl, mix together oats, baking powder, cinnamon, salt, and half the berries.
- 3** In another large bowl, mix together milk, egg, butter, stevia, and vanilla extract.
- 4** Add the oat mixture to the baking dish. Add the remaining berries.
- 5** Pour the milk mixture over the whole thing and shake the pan a bit to make sure all the oats get soaked evenly.
- 6** Bake for 30-40 minutes or until the top is a golden brown and the milk has set. If you want it extra sweet, just sprinkle some more brown sugar on the top.

Cheesy Chicken and Spinach [🔗](#)



Prep 2 serving for Dinner on
[Day 2](#)

Scaled to 2 serving

- 2 tbsp** Olive oil (27 g)
- 4 breast fillet** Chicken breast (472 g)
- 2 cup** Spinach (60 g)
- 2 cup cherry tomatoes** Cherry tomatoes (298 g)
- 2 oz** Mozzarella cheese (57 g)

Per 1 serving :

508 Cal ● 7.7g Carbs (2.4g Fiber) ● 24.7g Fat ● 62.2g Protein

Directions are for original recipe of 1 serving

- 1 Heat olive oil in a skillet over medium-high heat. Add chicken, cooking about 5-7 minutes. Flip chicken and continue to cook another 5-7 minutes until internal temperatures reaches 165F / 74C.
- 2 While the chicken is cooking, cut up tomatoes and spinach in to bite sized pieces.
- 3 Sauté vegetables in pan, season with garlic and salt as desired.
- 4 Shred or grate preferred cheese, like mozzarella, and add to pan.
- 5 When chicken is done cooking remove it from heat. You can either smother the chicken or stuff it with the vegetables mix.

Chef Salad [🔗](#)



Prep 1.75 Plate for Dinner on
[Day 4](#)

Scaled to 1 3/4 Plate

- 1 3/4 large** Egg (88 g)
- 7/8 package, 2.5 oz 1 NLEA serving** Sliced ham (62 g)
- 7/8 oz** Turkey ham (25 g)
- 2 5/8 cup** Spinach (79 g)
- 7/8 tbsp** Honey mustard dressing (13 g)
- 7/16 fruit** Avocados (60 g)
- 7/16 oz** Swiss cheese (12 g)

Per 1 Plate (1 serving):

235 Cal ● 8.1g Carbs (3.4g Fiber) ● 14.8g Fat ● 18.7g Protein

Directions are for original recipe of 4 Plate

- 1 Hard Boil eggs: Place the eggs in a saucepan. Cover the eggs with lukewarm water. Add a pinch of salt. Bring to a full boil over medium heat; boil for 2 minutes (start timing after the water reaches a full boil). Remove from heat cover with a tight lid. Allow the eggs to stand for 11 minutes. Drain the eggs a couple times under very cold water. Cover the eggs with cold water then add in some ice. Allow the eggs to sit in ice water for about 3 minutes. Drain and peel.
- 2 Chop meats and cheese into small chunks. Spread on top of spinach. Once eggs are cool, take off the shell, rinse with water and cut into small slices. Spread onto salad and mix all together. Put honey mustard dressing in a bowl on the side to put on salad.

Easy Parmesan Crusted Chicken [🔗](#)



Prep 1 serving for Lunch on
[Day 1](#)

Scaled to 1 serving

- 2 tbsp** Light mayonnaise (30 g)
- 1 1/4 tbsp** Parmesan cheese (6.2 g)
- 1 breast fillet** Chicken breast (118 g)
- 1/2 tbsp** Bread crumbs (3.8 g)

Per 1 serving :

254 Cal ● 6.2g Carbs (0.2g Fiber) ● 11.7g Fat ● 29.0g Protein

Directions are for original recipe of 4 serving

- 1 Preheat oven to 425 degrees F.
- 2 Combine mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.
- 3 Bake 20 minutes or until chicken is thoroughly cooked.

Green salad [↗](#)



Prep 2 serving for Dinner on [Day 2](#)

Scaled to 2 serving

- 1 cup shredded** Lettuce (47 g)
- 1/2 cup** Spinach (15 g)
- 1/2 cup** Arugula (10 g)
- 6 leaf, whole** Basil (3 g)
- 1 tbsp** Olive oil (14 g)
- 1 tbsp** Red wine vinegar (15 g)
- 1/2 dash** Salt (0.2 g)
- 1/2 dash** Pepper (0.1 g)
- 1/2 tsp** Dijon mustard (2.5 g)

Per 1 serving :

70 Cal ● 1.4g Carbs (0.8g Fiber) ● 7.0g Fat ● 0.7g Protein

Directions are for original recipe of 4 serving

- 1** Any 4 cups of greens should be fine. In a serving bowl, combine the greens and basil.
- 2** To make the dressing, place all ingredients in a screw-top jar and shake well to combine. Just before serving, pour dressing evenly over the leaves and gently toss.

Kale Apple Smoothie [↗](#)



Prep 1 serving for Breakfast on [Day 3](#)

Scaled to 1 serving

- 1/2 medium** Apples (91 g)
- 1/2 medium** Banana (59 g)
- 1/2 cup, chopped** Kale (34 g)
- 1/2 cup** Apple juice (124 g)
- 1 tsp** Lemon juice (5.1 g)
- 4 cube** Ice cubes (89 g)

Per 1 serving :

172 Cal ● 43.2g Carbs (4.5g Fiber) ● 0.7g Fat ● 1.9g Protein

Directions are for original recipe of 1 serving

- 1** Place all ingredients except ice in a blender. Blend to mix.
- 2** Add crushed ice and blend on high until the ice is completely incorporated. Pour into glass and serve immediately.

Kentucky Chili [↗](#)



Prep 1.5 cup for Dinner on [Day 7](#)

Scaled to 1 1/2 cup

- 1 1/3 oz** Ground turkey (38 g)
- 3/16 slice, large** Onions (6.3 g) (Diced)
- 2/3 can** Tomatoes, canned (127 g) (56 oz)
- 1/2 cup** Chili with beans (128 g) (chili beans)
- 1/2 cup** Corn (72 g)
- 3/4 oz** Spaghetti (21 g)
- 3/4 tsp** Chili powder (1.9 g)
- 1/16 dash** Salt (0 g) (To taste)

Per 2 cup (1 serving):

492 Cal ● 67.5g Carbs (14.6g Fiber) ● 15.8g Fat ● 28.3g Protein

Directions are for original recipe of 18 cup

- 1** Brown ground turkey in a skillet over medium heat. Add diced onion and cook until transparent. Drain.
- 2** Cook spaghetti as per package directions; drain and set aside.
- 3** Add all ingredients in a large pot. Salt to taste. Cook over medium heat until simmering and evenly heated through.
- 4** Enjoy!

Low-Carb Twice-Baked Cauliflower [🔗](#)



Prep 0.75 serving for Lunch on
[Day 1](#)

Scaled to 3/4 serving

- 1 1/2 oz** Bacon (43 g)
- 3/16 head large** Cauliflower (158 g)
- 3/4 oz** Cream cheese (21 g)
- 1 13/16 tbsp** Sour cream (22 g)
- 1/16 cup, chopped** Scallions (4.7 g)
- 1/16 cup, grated** Parmesan cheese (4.7 g)
- 3/16 cup, shredded** Cheddar cheese (21 g)

Per 1 serving :

546 Cal ● 15.3g Carbs (4.3g Fiber) ● 44.5g Fat ● 23.5g Protein

Directions are for original recipe of 4 serving

- 1** Cook bacon in a cold skillet over medium heat until it has reached desired crispiness. Chop and set aside.
- 2** Preheat oven to 350 degrees F. Cut out stem and core from cauliflower, and cut florets into small pieces. Cook in large pot of boiling salted water until cauliflower is tender, but not overly soft. Drain well and mash with potato masher, leaving some chunks. Mix in cream cheese, sour cream, green onion, Parmesan, and 3/4 of the crumbled bacon.
- 3** Spread evenly in a medium-sized glass casserole dish. Sprinkle with cheddar cheese and reserved bacon. Bake 30-35 minutes, or until hot and bubbly.
- 4** Recipe inspired by:
<http://www.kalynskitchen.com/2006/09/twice-baked-cauliflower-recipe.html>

Skinny Cajun Shrimp Alfredo Pasta [🔗](#)



Prep 1.75 serving for Dinner on
[Day 3](#)

Scaled to 1 3/4 serving

- 3 1/2 oz** Spaghetti (100 g)
- 7 oz** Shrimp (198 g)
- 1 5/16 tsp** Spices Cajun Seasoning (5.2 g)
- 7/8 tsp** Olive oil (3.9 g)
- 7/8 tbsp** Butter (12 g)
- 7/8 cloves, minced** Garlic (2.6 g)
- 7/8 tbsp** Wheat flour (6.8 g)
- 3/4 cup** Reduced fat milk (187 g)
- 1/4 tbsp, leaves** Thyme, dried (0.6 g)
- 1/4 tsp, leaves** Oregano, dried (0.2 g)
- 1/8 tsp** Salt (0.7 g)
- 1/8 tsp** Pepper (0.2 g)
- 1 3/4 tbsp** Parmesan cheese (8.8 g)

Per 1 serving :

457 Cal ● 47.6g Carbs (1.7g Fiber) ● 13.9g Fat ● 33.8g Protein

Directions are for original recipe of 4 serving

- 1** Cook the pasta according to the package directions in a large pot of boiling water. Drain.
- 2** Meanwhile, heat a non-stick skillet over medium heat. Toss the shrimp with the olive oil and the cajun seasoning. Add the shrimp to the skillet and cook for about 4 minutes, flipping once, until they are completely pink. Set aside and keep warm.
- 3** In a medium saucepan, over medium heat, melt the butter. Add the garlic and cook, stirring for about 30 seconds, until fragrant. Whisk in the flour, and cook, whisking constantly, until it is lightly browned, about 1 minute. Slowly whisk in the milk, stirring until it is incorporated and smooth. Add the thyme, oregano, salt, pepper, and parmesan and whisk continuously for 3-4 minutes until the sauce has thickened slightly. Reduce the heat to a low simmer until the pasta is ready.
- 4** Toss together the pasta and alfredo sauce and serve with the cajun shrimp on top. Garnish with parsley and additional parmesan if desired.

Skinny Chicken Mexican Stew



Prep 1.75 serving for Dinner on
Day 5

Scaled to 1 3/4 serving

7/8 breast fillet Chicken breast (103 g)

1 3/16 cup, chopped Onions (187 g)

7/8 tsp Olive oil (3.9 g)

7/8 cup cherry tomatoes Cherry tomatoes (130 g)

2 1/3 tbsp Pace diced green chilies (35 g)

7/16 tbsp Garlic (3.7 g)

1/8 tsp, ground Cumin (0.4 g)

9/16 tortilla Tortillas (14 g) (Chopped)

5/16 tsp Olive oil (1.3 g)

7/8 tsp Garlic (2.5 g)

15/16 tsp Paprika (2 g)

7/16 tsp Chili powder (1.1 g)

7/16 tsp, ground Cumin (1.3 g)

1/16 tsp Crushed red pepper flakes (0 g)

1/16 tsp Salt (0.4 g)

5/16 dash Pepper (0 g)

1 7/16 cup Chicken broth, canned (350 g)

5/16 can Canned black beans (124 g)

5/16 can yields Corn, canned (62 g)

Per 1 serving :

294 Cal ● 38.3g Carbs (10.4g Fiber) ● 6.3g Fat ● 24.0g Protein

Directions are for original recipe of 6 serving

- 1** Spray a pan with non-stick spray. Add chopped chicken and cooked for 8-12 minutes, or until cooked through and no longer pink. Set aside.
- 2** Add the onions to a microwave safe bowl and cook for 3-4 minutes to soften. In a large nonstick soup pot or pan, heat 1 tablespoon oil. Add tomatoes, ½ of the cooked onions, chilies, garlic, and ½ teaspoon cumin. Sauté over medium heat for 10 minutes. Stir often.
- 3** Add 2 cups broth and tortillas; simmer 20 minutes. Stir often. Transfer mixture to a blender and purée. Set aside.
- 4** In the same large, nonstick pot, or pan, heat 1 teaspoon oil. Add the remaining cooked onions, paprika, chili powder, 1½ teaspoon cumin, red pepper flakes, ¼ teaspoon salt and black pepper. Cook for 2 minutes. Stir often.
- 5** Mix in 3 cups broth, cooked chicken, black beans, corn, and puréed mixture from the blender; simmer 10 minutes.
- 6** To serve. Ladle 1¾ cups into each bowl.
- 7** Enjoy!
- 8** Recipe inspired by:
<http://www.skinnykitchen.com/recipes/skinny-chicken-mexican-stew-pozole/>

Slow Cooker Chicken Fajitas [↗](#)



Prep 1 servings for Dinner on
Day 6

Scaled to 1 servings

- 1/4 tsp** Chili powder (0.7 g)
- 1/4 tsp, ground** Cumin (0.8 g)
- 1/8 tsp** Paprika (0.3 g)
- 125 grams** Chicken breast
- 30 grams** Tomatoes, canned
- 1/2 cloves, minced** Garlic (1.5 g)
(Crushed)
- 1/4 medium** Onions (28 g)
(sliced)
- 3/4 medium** Green bell pepper (89 g)
(Sliced)
- 1/4 fruit** Limes (17 g)
(Juice)
- 25 grams** Nonfat greek yogurt
(To serve: tortilla wraps, and coriander)

Per 1 servings (1 serving):

281 Cal ● 12.8g Carbs (3.5g Fiber) ● 12.3g Fat ● 30.7g Protein

Directions are for original recipe of 4 servings

- 1 Mix the chilli powder, ground cumin and paprika together in a small bowl.
- 2 Place the chicken on a plate and then coat it in the spice mix, rubbing it all in.
- 3 Add the tomatoes, garlic, onion and peppers to the slow cooker. Place the chicken on top and then squeeze on the lime juice.
- 4 Cook for 3-4 hours on high or 4-6 hours on low.
- 5 Take two forks and shred the chicken into small pieces.
- 6 Serve immediately with tortilla wraps or lettuce wraps and top with 0% greek yogurt and fresh coriander.
- 7 Recipe by: Ciara Attwell @ My Fussy Eater (source: <https://www.myfussyeater.com/slow-cooker-chicken-fajitas-slimming-world/>)

Smorol Indian Yogurt Marinated chicken and Rice Bowl [↗](#)



Prep 1.5 serving for Dinner on
Day 4

Scaled to 1 1/2 serving

- 3/8 cup** Nonfat greek yogurt (90 g)
- 1 1/8 tsp** Garam Masala (27 g)
- 3/8 tbsp** Salt (6.8 g)
- 9/16 tsp** Garlic powder (1.8 g)
- 3/4 full breast** Chicken breast (177 g)
- 3/4 cup** Basmati Rice (135 g)
- 1 1/8 cup** Chicken Stock (255 g)
- 3/16 medium** Onions (21 g)

Per 1 serving :

526 Cal ● 80.3g Carbs (0.3g Fiber) ● 3.3g Fat ● 42.0g Protein

Directions are for original recipe of 4 serving

- 1 slice the chicken breast into 1/4" slices. Put into a bowl with seasonings and yogurt. Marinate 24-48 hours in fridge
- 2 preheat oven to 350deg. Place chicken on foil lined sheet pan and bake 10 min until cooked through
- 3 Rinse rice well until water is clear. Add rice and stock to Large sauce pan with 1 tsp salt. Bring to a boil, once boiling cover pan and turn to low. cook 15-18 min until all stock is absorbed. fluff with fork
- 4 place chicken strips onto 3/4 cup of cooked rice. top with 1 tbsp plain yogurt, diced onion and some hot sauce (if wanted)

Steamed Broccoli [↗](#)



Prep 1.75 serving for Dinner on
Day 3

Scaled to 1 3/4 serving

- 2/3 lb** Broccoli (298 g)
- 1 5/16 tbsp** Butter (19 g)
- 1/4 tsp** Lemon juice (1.1 g)

Per 1 serving :

134 Cal ● 11.3g Carbs (4.4g Fiber) ● 9.3g Fat ● 4.9g Protein

Directions are for original recipe of 4 serving

- 1 Trim the broccoli into large florets.
- 2 Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
- 3 Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
- 4 Remove to a platter; season with salt and pepper, the butter, and the lemon juice.

Turkey Breakfast Sausage [🔗](#)



Prep 1 patty for Breakfast on
[Day 1](#)

Scaled to 1 patty

2 2/3 oz Ground turkey (76 g)

0.021 tsp Cayenne pepper (0 g)

0.021 tsp Pepper (0 g)

1/16 tsp Sage (0.1 g)

1/16 tsp Salt (0.5 g)

1/16 tsp Ginger (0.1 g)

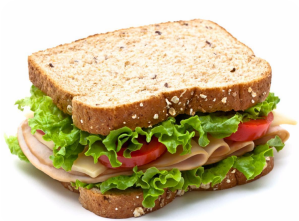
Per 1 patty (1 serving):

113 Cal ● 0.2g Carbs (0.1g Fiber) ● 5.8g Fat ● 15.0g Protein

Directions are for original recipe of 12 patty

- 1** In a small bowl, mix all ingredients except for ground turkey.
- 2** Place the ground turkey in a large bowl. Add spice mixture and mix by hand until well incorporated.
- 3** Heat a skillet coated with nonstick spray over medium-high heat. Form meat mixture into 12 patties using a 1/4-cup measuring scoop. Pan-fry on both sides until they're brown and center is no longer pink.
- 4 Tip:** Cover with lid when browning for about 2-3 minutes on each side. Be careful not to overcook.

Turkey Sandwich [🔗](#)



Prep 1 serving for Lunch on
[Day 7](#)

Scaled to 1 serving

2 slice Whole-wheat bread
(56 g)

1 tbsp Mayonnaise-like dressing
(15 g)

3 oz Deli cut turkey (85 g)

1 leaf inner Lettuce (6 g)

1 slice, medium Tomatoes
(20 g)

Per 1 serving :

278 Cal ● 33.6g Carbs (4.1g Fiber) ● 7.7g Fat ● 18.8g Protein

Directions are for original recipe of 1 serving

- 1** Spread mayonnaise onto bread slices. Top with turkey, lettuce, and tomato. Bring sandwich halves together and enjoy!

Grocery List

TRIM
boot camp

TRIM Boot Camp

Vegetables



Cauliflower

1 1/2 cup chopped, (160 g), Raw



Scallions

1/3 medium (5 g), Spring onions or scallions (includes tops and bulb), raw



Broccoli

5 cup chopped (455 g), Raw



Carrots

1/2 large (36 g), Raw



Onions

2 2/3 medium (293 g), Raw



Spinach

5 1/4 cup (158 g), Raw



Cherry tomatoes

3 cup cherry tomatoes (447 g), Red, ripe, raw, year round average



Lettuce

1 1/4 cup shredded (59 g), Romaine or cos, raw



Arugula

1/2 cup (10 g), Raw



Kale

1/2 cup, chopped (34 g), Scotch, raw



Sweet potato

1/2 medium (57 g), Cooked, baked in skin, without salt



Garlic

3 1/2 clove (10 g), Raw



Pace diced green chilies

2 1/3 tbsp (35 g), Campbell soup company



Corn

1/2 cup (82 g), Sweet, yellow, canned, whole kernel, drained solids



Green bell pepper

3/4 medium (89 g), Sweet, green, raw



Salsa

2 tbsp (30 g), Restaurant, Salsa, Medium - Carlita



Tomatoes

1/4 medium whole (31 g), Red, ripe, raw, year round average



Tomatoes

2/3 cup (160 g), Red, ripe, canned, packed in tomato juice



Corn

3/4 ear, medium yiel (76 g), Sweet, yellow, raw

Fruits and Fruit Juices



Strawberries

1 1/2 cup, whole (216 g), Raw



Blueberries

4 1/4 cup (629 g), Raw



Apples

1/2 medium (91 g), With skin



Banana

2 1/2 medium (295 g), Raw



Apple juice

1/2 cup (124 g), Canned or bottled, unsweetened, with added ascorbic acid



Lemon juice

1/2 tbsp (7.5 g), Raw



Grapes

3/4 cup (113 g), Red or green, raw (european type, such as thompson seedless)



Peaches

1 cup, halves or slices (244 g), Canned, water pack, solids and liquids



Raspberries

1 cup (123 g), Raw



Limes

1/4 fruit (17 g), Raw



Avocados

3/4 fruit (151 g), Raw, All commercial varieties

Dairy Products



Egg

1 Serving (100 g), Large - Walmart



Cream cheese

1 1/2 tbsp (22 g), Low fat



Cheddar cheese

3/4 oz (21 g),



Mozzarella cheese

2 oz (57 g), Part skim milk



Butter

5 1/4 tbsp (75 g), Unsalted



Reduced fat milk

1 cup (244 g), Fluid, 2% milkfat, with added vitamin a and vitamin d



Parmesan cheese

3 1/2 tbsp (18 g), Shredded



Lowfat milk

2/3 cup (163 g), Fluid, 1% milkfat, with added vitamin a and vitamin d



Egg

2 1/4 large (112 g), Whole, fresh eggs



Nonfat greek yogurt

1/2 cup (120 g), Nonfat, plain



Swiss cheese

1/2 oz (14 g),



Sour cream

1/4 cup (60 g), Reduced fat, cultured

Beverages



Ice cubes

4 cube (89 g), Frozen water

Poultry Products



Ground turkey

4 oz (114 g), Poultry food products, raw



Chicken breast

8 1/2 breast fillet (1.0 kg), Broilers or fryers, meat only, raw



Turkey bacon

1 3/4 oz (49 g), Cooked



Turkey Pepperoni

21 1/4 slices (38 g), Turkey, Hormel

Beef Products



Beef top sirloin

6 oz (170 g), Separable lean and fat, trimmed to 1/8" fat, all grades, raw

Pork Products



Bacon

1 1/2 oz (43 g), Raw, cured pork

Sausage and Lunch Meat



Sliced ham

2 1/3 slice oval (63 g), Extra lean



Turkey ham

1 oz (28 g), Cured turkey thigh meat



Deli cut turkey

11 2/3 slice (117 g), White, rotisserie

Seafood



Tuna

3/4 can (129 g), Fish, white, canned in water, drained solids



Shrimp

7 oz (198 g), Crustaceans, mixed species, raw

Spices and Herbs



Cayenne pepper

1/4 tbsp (1.32 g), Spices, red or cayenne



Pepper

1/4 tbsp (1.6 g), Spices, black



Sage

1/4 tbsp (0.5 g), Spices, ground



Salt

2/3 tbsp (12 g), Table



Ginger

1/4 tbsp (1.35 g), Spices, ground



Basil

6 leaf, whole (3 g), Fresh



Red wine vinegar

1/4 cup (60 g),



Dijon mustard

1/4 tbsp (3.75 g), Grey poupon



Spices Cajun Seasoning

1 1/3 tsp (5.2 g), Compliments



Thyme

1/4 tbsp, leaves (0.675 g), Spices, dried



Oregano

1/4 tbsp, leaves (0.75 g), Spices, dried



Cinnamon

1/4 tbsp (1.95 g), Spices, ground



Vanilla extract

1/4 tbsp (3.25 g),



Garam Masala

1 1/8 tsp (27 g), Badia



Garlic powder

1/4 tbsp (2.42 g), Spices



Cumin

1/3 tbsp, ground (3 g), Spices, cumin seed



Paprika

1/3 tbsp (2.3 g), Spices



Chili powder

1/2 tbsp (3.75 g), Spices



Crushed red pepper flakes

1/4 tbsp (0.24 g),

Soups and Sauces



Chicken broth

1 3/4 cup (420 g), Soup, canned, less/reduced sodium

Soy & Legumes



Soy sauce

1 1/2 tbsp (24 g), Regular sodium, Shoyu



Canned black beans

1/2 cup (130 g), Low sodium, drained



Black beans

1/2 cup (86 g), Mature seeds, cooked, boiled, without salt



Chili with beans

1/2 cup (128 g), Canned

Breakfast Cereals



Rolled oats

2/3 cup (53 g), Plain, dry oatmeal



Kashi golean

1/4 cup (13 g), Cereals ready-to-eat

Baked Products



Bread crumbs

1/4 cup (30 g), Dry, grated, seasoned



Baking powder

1/4 tbsp (3.75 g), Leavening agents, low-sodium



Tortillas

2/3 tortilla (16 g), Ready-to-bake or -fry, corn



Whole-wheat bread

4 slice (112 g), Commercially prepared



Power Waffles, Blueberry

2 waffles (76 g), Kodiak

Grains and Pasta



Wheat flour

1/4 cup (31 g), White, all-purpose, unenriched



Spaghetti

4 1/4 oz (120 g), Dry pasta, enriched

Fats and Oils



Extra Virgin Olive oil

3/4 tbsp (11 g), First Cold Pressed - Kirkland Signature



Light mayonnaise

3 tbsp (45 g), Salad dressing, light



Olive oil

4 1/4 tbsp (57 g), Salad or cooking



Honey mustard dressing

1 tbsp (15 g), Salad dressing, reduced calorie

Meals / Entrees



Mexican Rice

1/4 cup dry mix (32 g), Knorr

Uncategorized



Keto Bread

4 slice (112 g), Healthy Life



Bar, Chicken Sriracha

1 bar (37 g), Epic



Beef Bone Broth

5 1/4 cup , Trader Joe's



Pistachios

1/2 cup (56 g), Wonderful Pistachios



Hardboiled Egg

2 eggs (100 g), Sodexo Food Services



Riced Cauliflower

1 cup (101 g), Great Value



String Cheese

2 piece (48 g), Member's Mark



Beef Sticks, Mild, Original

1 Stick (33 g), Chomps



Protein Bar, Chocolate Peanut Butter

2 bar (114 g), Grab The Gold



Mandarin Oranges

1 container (113 g), Dole



Reduced Fat Wheat Thins

10 2/3 pieces (19 g), Wheat Thins



Sweetener, herbal extract powder from Stevia leaf

1/3 package (0.3333 g),



Sourdough

1 slice (40 g), Great Value



Basmati Rice

3/4 cup (135 g), from India - Costco



Chicken Stock

1 1/4 cup (284 g), Freshdirect



Protein Shake, Chocolate

1 bottle , Fairlife



Peanut Butter, Creamy, Natural

2 1/2 tbsp (40 g), Smucker's



Mild Cheddar Cheese, Sliced

1 slice (19 g), Mild Cheddar Slices, Great Value



No Sugar Added Syrup

1/4 cup , Mrs. Butterworth's



Creamy cheddar sliced natural cheddar cheese

1 slice (17 g), Sargento



Shredded Lettuce

1/2 cups (30 g), Packaged Salads, Fresh Favorites - Dole



Mint Brownie Puff

1 bar (40 g), Built



Gluten Free Pretzels, Pretzel Twists

30 pretzels (45 g), Great Value



Triple Zero Blended Greek Yogurt

1 container (150 g), Oikos



Diced Apples

1/2 cup (56 g), Dole



100% Fruit Juice Peach Cup

1 plastic cup (113 g), Dole



Mayonnaise with Extra Virgin Olive Oil

1 tablespoon (14 g), Hellmann's / Best Foods



Sharp Cheddar Shredded Cheddar Cheese

1/4 cup (28 g), Kraft



Protein Bars, Brownie Batter, Puff

1 bar (40 g), Built