## Week 5: 1800 Cal

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Doot camp

TRIM Boot Camp

Day 1

1776 Cal • 56.7g Carbs (18.8g Fiber) • 109.4g Fat • 155.2g Protein

50 net carbs

Breakfast 595 Cal

Turkey bacon

1 oz • 107 Cal



**Protein Shake, Chocolate** 

1 bottle • 150 Cal



Basic scrambled eggs

2/3 serving • 183 Cal



**Extra Virgin Olive Oil** 

1 tbsp • 120 Cal



**Keto Bread** 

1 slice • 35 Cal

Dinner 452 Cal



**Broccoli and Beef** 

1 serving • 317 Cal

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



**Riced Cauliflower** 

3/4 cup • 15 Cal



**Extra Virgin Olive Oil** 

1 tbsp • 120 Cal

Lunch 284 Cal



**Tuna Mex Tuna Salad** 

1 serving • 199 Cal



**Parmesan Crisps** 

10 crisps • 85 Cal

Snack 445 Cal



**Beef Jerky** 

1 oz. • 70 Cal



**Beef Bone Broth** 

1 cup • 45 Cal



**Hillshire Snacking** 

1 package • 330 Cal

#### 40 net carbs

Breakfast 625 Cal



**Turkey bacon** 1 oz • 107 Cal



**Protein Shake, Chocolate** 

1 bottle • 150 Cal



Basic scrambled eggs

1 serving • 273 Cal



Extra Virgin Olive Oil 1/2 tbsp • 60 Cal



Keto Bread 1 slice • 35 Cal

Dinner 236 Cal



Riced Cauliflower
1/2 cup • 10 Cal



Extra Virgin Olive Oil 1/2 tbsp • 60 Cal



**Easy Grilled Lemon Chicken** 

1 serving • 166 Cal

Lunch 317 Cal



**Broccoli and Beef** 

1 serving • 317 Cal (Leftovers)

Snack 550 Cal



Beef Jerky 1 oz. • 70 Cal



Beef Bone Broth 1/2 cup • 23 Cal



Hillshire Snacking
1 package • 330 Cal



**Parmesan Crisps** 

15 crisps • 128 Cal

Breakfast 304 Cal



**Apple Oatmeal** 1 serving • 209 Cal

Peanut Butter, Natural, Creamy

1 tbsp • 95 Cal

Dinner 673 Cal



**Smorol Shrimp Burrito TBC** 3/4 serving • 430 Cal



**Grilled Asparagus** 1 serving • 53 Cal



**Mandarin Oranges** 1 container • 130 Cal



**Extra Virgin Olive Oil** 

1/2 tbsp • 60 Cal

Lunch 550 Cal



**Slow Cooker Ranch Chicken Tacos** 

1745 Cal • 208.9g Carbs (30.5g Fiber) • 59.1g Fat • 111.7g Protein

1 servings • 250 Cal



**Tortillas, Street Taco** 

2 tortillas • 60 Cal



**Mexican Rice** 

1/2 cup dry mix • 230 Cal



**Cherry tomatoes** 

1/4 cup cherry tomatoes • 7 Cal



**Shredded Lettuce** 

1/2 cups • 3 Cal

Snack 218 Cal



**Hardboiled Eggs** 

1 ea • 75 Cal



**String Cheese** 

1 piece • 50 Cal



**Turkey Pepperoni** 

10 slices • 41 Cal



Grapes

1/2 cup • 52 Cal

1779 Cal • 205.1g Carbs (40.0g Fiber) • 58.9g Fat • 114.8g Protein

Adjust portion sizes on Sundays and Thursdays, IF following low calorie/rest days on those days

Breakfast 310 Cal

**Baked Blueberry Oatmeal** 

1 Piece • 170 Cal



Yogurt, Vanilla, Blended, Greek, Nonfat

1/2 container • 45 Cal



**Peanut Butter, Natural, Creamy** 

1 tbsp • 95 Cal

add yogurt on top as a great option to the baked oatmeal

Dinner 795 Cal



One Pot Cajun Fajita Pasta

1 bowl • 718 Cal

(Prepare a total of 2 bowl, save 1 bowl for leftovers)



**Classic Romaine Salad** 

1 1/2 cups • 20 Cal



Fat Free Sugar Free Buttermilk Ranch Dressing

2 tbsp • 10 Cal



**Croutons** 

1/4 cup • 47 Cal

Lunch 481 Cal



**TBC Low Carb Turkey and Hummus Wrap** 

1 serving • 376 Cal



Banana

1 medium • 105 Cal

Snack 193 Cal



**Protein Bar, Chocolate Peanut Butter** 

1 bar • 193 Cal

Day 5

Breakfast 260 Cal



**Baked Blueberry Oatmeal** 

1 Piece • 170 Cal



Yogurt, Vanilla, Blended, Greek, Nonfat

1 container • 90 Cal

Dinner 531 Cal



**Smorol Penne with Ground Turkey ragu** 

3/4 serving • 411 Cal

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



Olive Oil

1 tbsp • 120 Cal

add olive while preparing dish for an added heart healthy fat option

Lunch 748 Cal



**One Pot Cajun Fajita Pasta** 

1 bowl • 718 Cal (Leftovers)



Fat Free Sugar Free Buttermilk Ranch Dressing

1785 Cal • 208.6g Carbs (23.2g Fiber) • 58.0g Fat • 114.3g Protein

2 tbsp • 10 Cal



**Classic Romaine Salad** 

1 1/2 cups • 20 Cal

Snack 245 Cal



**Protein Bar, Chocolate Peanut Butter** 

1 bar • 193 Cal



**Grapes** 

1/2 cup • 52 Cal

Breakfast 357 Cal

**Baked Blueberry Oatmeal** 

1 Piece • 170 Cal



Yogurt, Vanilla, Blended, Greek, Nonfat

1 container • 90 Cal

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Raspberries

1/4 cup • 16 Cal



**Turkey bacon** 

3/4 oz • 80 Cal

**Dinner** 407 Cal



**Smorol Easy Chicken Pot Pie** 

1 serving • 337 Cal



**Normandy Blend** 

3/4 cup frozen • 20 Cal



Butter

1/2 tbsp • 51 Cal

Lunch 714 Cal



**Smorol Penne with Ground Turkey ragu** 

1807 Cal • 206.5g Carbs (27.7g Fiber) • 60.9g Fat • 112.2g Protein

1 serving • 549 Cal (Leftovers)



**Parmesan cheese** 

1 tbsp • 21 Cal



**Strawberries** 

1/2 cup, whole • 23 Cal



Garlic green beans

3/4 serving • 122 Cal

Snack 329 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Deli cut turkey

🖊 1 slice • 11 Cal



**String Cheese** 

1 piece • 50 Cal



**Beef Bone Broth** 

1/2 cup • 23 Cal



Banana

1/2 medium • 53 Cal

Breakfast 345 Cal



**Fast Oatmeal** 

1 bowl • 244 Cal

**Hardboiled Egg** 

1 eggs • 80 Cal

**Blueberries** 1/4 cup • 21 Cal

Dinner 496 Cal



**Easy Parmesan Crusted Chicken** 

1 serving • 254 Cal



**Broccoli Cheddar Rice Casserole** 

1 serving • 242 Cal

1745 Cal • 208.4g Carbs (41.3g Fiber) • 58.2g Fat • 116.2g Protein

Lunch 447 Cal



**Smorol Low Carb Chopped Antipasto Wrap TBC** 

1 serving • 305 Cal



**Baby carrots** 

1 cup • 86 Cal



Yogurt, Greek, Nonfat, Plain

1/4 cup • 30 Cal



Ranch Dip Seasoning Mix, dry

1 teaspoon • 3 Cal



**Strawberries** 

1/2 cup, whole • 23 Cal

Snack 457 Cal



**Protein Bar, Chocolate Peanut Butter** 

1 bar • 193 Cal



**Triple Zero Flavored Yogurt** 

1 container • 90 Cal



**Peanut Butter, Natural, Creamy** 

1 tbsp • 95 Cal



**Banana** 

3/4 medium • 79 Cal

## **Recipes**

TRIM Boot Camp

## Apple Oatmeal 🤣





Prep 1 serving for Breakfast on Day 3

Scaled to 1 serving

**1/2 cup** Water (118 g) **1/3 cup** Oatmeal (27 g) 3/4 cup Nonfat milk, nonfat (184 g)

**3/4 tsp** Cinnamon (1.9 g) **1/2 medium** Apples (91 g) (Grated)

#### Per 1 serving:

209 Cal • 42.7g Carbs (6.4g Fiber) • 1.4g Fat • 10.3g Protein

Directions are for original recipe of 1 serving

- 1 Bring the water, oats, and half the milk to boil
- **2** Continue to boil, while stirring, for 5 minutes; add cinnamon and grated apple and stir once more.
- **3** Add further milk to cool. Serve and enjoy!

## Baked Blueberry Oatmeal 🥏





Prep 1 Piece for Breakfast on Day 4, Prep 1 Piece for Breakfast on Day 5, Prep 1 Piece for Breakfast on Day 6

Scaled to 1 Piece

**1/4 medium** Banana (26 g) **2 2/3 tbsp** Blueberries (25 g) **3 9/16 tbsp** Rolled oats (18 g) 1/8 tsp Baking powder (0.5 g) 1/3 tsp Cinnamon (0.9 g) **1/8 tsp** Salt (0.7 g) **3 9/16 tbsp** Nonfat milk (54 g) **1/8 large** Egg (5.6 g)

(Melted) 1/4 tsp Vanilla extract (0.9 g)

**1/3** tsp Butter (1.6 g)

5/8 tbsp Maple syrups (12 g)

Per 1 Piece (1 serving):

170 Cal • 34.3g Carbs (3.9g Fiber) • 2.5g Fat • 5.1g Protein

Directions are for original recipe of 9 Piece

- 1 Preheat oven 375 degrees F.
- 2 Butter an 8x8 inch baking dish and cover bottom with 1/2" banana slices. Sprinkle 3/4 cup blueberries over top bananas and set aside.
- 3 In medium bowl mix together oats, baking powder, cinnamon, and salt. Stir to combine.
- 4 In another bowl beat together milk, egg, butter, vanilla, and maple syrup.
- **5** Add oats to dish and gently pour milk mixture over oats. Gently tap pan on the counter to make sure the milk has gone all the way through the oats.
- 6 Sprinkle the top with remaining blueberries and cook in oven for 35 to 45 minutes until the top is golden brown and the oatmeal is set. If desired, drizzle the top with more maple syrup.

## Basic scrambled eggs 🤣





Prep 0.67 serving for Breakfast on Day 1, Prep 1 serving for Breakfast on Day 2

Scaled to 2/3 serving

**2 large** Egg (101 g)

1 tsp Butter (4.8 g)

1/3 tbsp chopped Chives (1 q)

1/3 tbsp, ground Tarragon, dried (1.6 g)

**1/3 dash** Salt (0.1 g)

**1/3 dash** Pepper (0 g)

#### Per 1 serving:

273 Cal • 2.4g Carbs (0.2g Fiber) • 20.2g Fat • 19.5g Protein

Directions are for original recipe of 2 serving

- **1** Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate. Place 2 tablespoons of the eggs in a small bowl; set aside.
- 2 Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes. Add butter to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated. Pour in the larger portion of the eggs, sprinkle with chives and/or tarragon (if using), and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center. Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
- **3** Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet. Remove from heat and season with salt and pepper as needed. Serve immediately.

## Broccoli Cheddar Rice Casserole 🤌





Prep 1 serving for Dinner on Day 7

Scaled to 1 serving

**1/4 cup** Broccoli, cooked (46 g) 0.3 cup White rice, precooked (29 g)

**0.1 can** Cream of mushroom soup (30 g)

**0.1 can** Cream of chicken soup (30 g)

**2 tbsp** Water (30 g)

0.2 cup, diced American cheese (28 g)

**0.3 tsp** Butter (1.4 g)

1/2 stalk, medium Celery (20 g)

**0.1 large** Onions (15 g)

**0.1 dash** Salt (0 g)

**0.1 dash** Pepper (0 g)

#### Per 1 serving:

242 Cal • 33.1g Carbs (2.7g Fiber) • 6.8g Fat • 12.0g Protein

Directions are for original recipe of 10 serving

- 1 Cook broccoli and rice according to package directions. Preheat oven to 350 degrees F (175 degrees C).
- 2 In a medium saucepan over low heat, mix cream of mushroom soup, cream of chicken soup, and 1 1/4 cups water. Gradually stir in cheese until melted. Be careful that the cheese doesn't burn.
- 3 Melt butter in a large skillet over medium-high heat, and cook and stir celery and onion until soft.
- 4 In a large mixing bowl, combine broccoli, rice, soup and cheese mixture, celery and onion. Season with salt and pepper. Pour mixture into a 9x13 inch baking dish.
- **5** Bake in the preheated oven for 45 minutes, until bubbly and lightly brown.

Broccoli and Beef 🥏

Per 1 serving : 317 Cal • 19.1g Carbs (2.7g Fiber) • 13.9g Fat • 29.2g Protein



Prep 2 serving for Dinner on Day 1

Scaled to 2 serving

**2 tbsp** Wheat flour (16 g) 2/3 can 14.5 oz Beef broth or bouillon canned soup (290 g)

**1 tbsp** Sugar (13 g)

**1 tbsp** Soy sauce (16 g)

**8 oz** Beef round (227 g) (Thin sliced)

**1/8 tsp** Ginger root (0.2 g)

**1/2 clove** Garlic (1.5 g)

2 cup chopped Broccoli (182 g)

Directions are for original recipe of 4 serving

- 1 In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.
- 2 In a large skillet or wok over high heat, cook and stir thinly sliced beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens and broccoli is tender. Enjoy!

## Easy Grilled Lemon Chicken 🥏





Prep 1 serving for Dinner on Day 2

Scaled to 1 serving

**2 1/16 tbsp** Lemon juice (30 g) **1/8 cup** Soy sauce (32 g) 1/8 tsp Ginger (0.2 g)

**1/16 tsp** Pepper (0.1 g)

1/2 full breast Chicken breast  $(118 \, q)$ 

Per 1 serving:

166 Cal • 3.9g Carbs (0.4g Fiber) • 3.4g Fat • 29.3g Protein

Directions are for original recipe of 4 serving

- 1 Rinse chicken breasts and pat dry with paper towels. Stir together the lemon juice, soy sauce, ginger, and black pepper in a bowl; pour into a large, resealable plastic bag. Add the chicken breasts, seal the bag, and massage to evenly coat chicken with lemon juice mixture. Place in refrigerator to marinate at least 20 minutes, or up to 24 hours.
- 2 Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.
- **3** Drain and discard marinade from the bag, and place chicken on preheated grill. Cook until chicken is no longer pink and juices run clear, 6 to 8 minutes on each side.

## Easy Parmesan Crusted Chicken 🥏



Scaled to 1 serving

**2 tbsp** Light mayonnaise (30 g)

1 1/4 tbsp Parmesan cheese (6.2 q)

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.

## Fast Oatmeal 🤣

Day 7



Prep 1 serving for Dinner on

Prep 1 bowl for Breakfast on Day 7

Scaled to 1 bowl

**1 oz** Raisins (28 g)

**1 cup** Water (237 g)

**1/4 tsp** Cinnamon (0.7 g)

2 tsp brownulated Brown sugar (6.4 g)

**1/2 cup** Oatmeal (40 g)

Per 1 bowl (1 serving):

244 Cal • 58.3g Carbs (6.2g Fiber) • 1.2g Fat • 6.0g Protein

Directions are for original recipe of 1 bowl

1 Add the oats, water and raisins together and put in the microwave for 45 seconds. Stir once and then microwave again for 45 seconds.

Set it aside for a couple of minutes to absorb more liquid. Then sprinkle with cinnamon and brown sugar.

## Garlic green beans 🥏



Prep 0.75 serving for Lunch on Day 6

Scaled to 3/4 serving

3/8 tsp Garlic powder (1.2 g) **3/4 tbsp** Butter (11 g) 3/8 package Green beans (106 q)

Per 1 serving:

162 Cal ● 11.8g Carbs (3.8g Fiber) ● 11.8g Fat ● 2.9g Protein

Directions are for original recipe of 2 serving

- 1 If using frozen green beans (I like the french cut ones), boil water, add green beans for 8-10 minutes, drain, add garlic and butter and stir.
- 2 If using canned green beans, heat green beans in saucepan with garlic powder and butter.

## Grilled Asparagus 🤣





Prep 1 serving for Dinner on Day 3

Prep 2 bowl for Dinner on Day

Scaled to 1 serving

**1/4 lb** Asparagus (113 g) **3/4 tsp** Olive oil (3.4 g)

**1/4 dash** Salt (0.1 g)

**1/4 dash** Pepper (0 q)

Per 1 serving:

53 Cal • 4.4g Carbs (2.4g Fiber) • 3.5g Fat • 2.5g Protein

Directions are for original recipe of 4 serving

1 Heat grill to medium.

2 Coat asparagus with olive oil and season with salt and pepper

**3** Grill for 2 to 3 min or until tender. Enjoy!

## One Pot Cajun Fajita Pasta 🥏



Scaled to 2 bowl

**1.2 tbsp** Olive oil (16 g) 1.2 full breast Chicken breast (283 q)

(Sliced)

0.4 medium Red bell pepper  $(48 \, q)$ 

(Sliced)

**0.4 medium** Green bell pepper (48 g)

(Sliced)

0.4 medium Red bell pepper (48 g)

(Yellow sliced)

**0.4 onion** Onions (132 g) (Sliced)

**0.4 tsp** Salt (2.4 g)

**0.4 tsp** Pepper (0.8 g)

**0.4 tbsp** Chili powder (3 g)

**0.4 tbsp, whole** Cumin (2.4 g)

**0.4 tbsp** Garlic powder (3.9 g)

2 cup Reduced fat milk (488 g)

**1.6 cup** Penne Pasta (119 g)

0.4 cup, shredded Monterey

cheese (45 g)

(Pepper Jack)

Per 1 bowl (1 serving):

718 Cal • 67.5g Carbs (5.1g Fiber) • 25.2g Fat • 54.9g Protein

Directions are for original recipe of 5 bowl

**1** 1. Heat oil in a large pot over high heat

- 2. Add chicken and cook until no pink is visible, then take the chicken out.
- 3. Add the bell peppers and onion, cooking until the onion is translucent.
- 4. Add the chicken back to the pot with salt, pepper, chili powder, cumin, and garlic powder, stirring until evenly coated.
- 5. Add the milk and the penne, stirring constantly to prevent any pasta from sticking.
- 6. Cook for about 8-10 minutes until pasta is cooked and the milk has reduced to a thick sauce that coats the pasta.
- 7. Add the cheese and mix until melted.
- 8. Serve!

Recipe by: <a href="https://www.youtube.com/watch?v=yrWJ2-fUw98">https://www.youtube.com/watch?v=yrWJ2-fUw98</a>

## Slow Cooker Ranch Chicken Tacos 🤣



Prep 1 servings for Lunch on Day 3

Scaled to 1 servings

**1/8 serving** Chicken Taco Seasoning Mix (1 g)

**1/8 serving** Ranch Seasoning (0.1 g)

**5/16 lb** Chicken breast (130 q)

**5/16 cup** Pico de gallo (73 g)

**9/16 tbsp** Olive oil (7.7 g) **9/16 tbsp** Water (8.5 g)

Per 1 servings (1 serving):

250 Cal • 7.4g Carbs (0g Fiber) • 11.1g Fat • 29.2g Protein

Directions are for original recipe of 7 servings

- **1** Sprinkle the taco and ranch seasoning packets in the the slow cooker.
- **2** Place the chicken in next and then spoon in the pico and pour the olive oil and water.
- **3** Cook on low for 6-8 hours.
- **4** (source: <a href="https://whoneedsacape.com/2014/04/slow-cooker-ranch-chicken-tacos/">https://whoneedsacape.com/2014/04/slow-cooker-ranch-chicken-tacos/</a>)

## Smorol Easy Chicken Pot Pie 🔗



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Prep 1 serving for Dinner on Day 6

Scaled to 1 serving

**1/2 cup** Chicken Bone Broth **1.6 oz** Rotisserie Chicken Breast (45 g)

**0.2 cup** Mixed vegetables (45 g)

**0.6 tsp** Salt (3.6 g)

**5/8 tsp** Pepper (1.3 g)

**0.6 tbsp** Butter (8.5 g)

**1/16 cup** Flour (6 g)

1.6 roll Crescent Rolls (45 g)

Per 1 serving:

337 Cal • 32.5g Carbs (2.2g Fiber) • 13.3g Fat • 20.1g Protein

Directions are for original recipe of 5 serving

- **1** make a roux by melting butter over medium heat in a sauce pan, when melted mix the flour slowly until a thick paste is made. cook for one minute striring continuously
- **2** pour 1/2 cup of broth in and whisk to incorporate the roux, when all lumps are gone add remaining broth along with salt and pepper
- **3** bring mixture to a boil and it should thicken well. when thickened as desired add the cubed chicken breast and mixed veggies. cook 3 min and pull off the heat
- **4** unwrap the crescent rolls on a floured work surface. pinch the seams together to make a large rectangle. dust the top with flour and lightly roll it out
- **5** pour the filling into a 8x10 making dish, lay the crescent roll sheet over the filling. cut 6-8 small slits in the crescent rolls
- **6** bake 25-30 min at 350 until browned and bubbly, cool for 10 min

# Smorol Low Carb Chopped Antipasto Wrap TBC $\oslash$



Prep 1 serving for Lunch on Day 7

Scaled to 1 serving

**2/3 oz** Deli cut turkey (19 g)

**2/3 oz** Hard Salami (19 g)

**2/3 oz** Ham, Deli Shaved (19 g)

**1/3 oz** Pepperoni (9.3 g)

**2/3 oz** Rotisserie Chicken Breast (19 g)

1/3 oz Sliced Provolone (9.4 g)

1/3 oz Banana Peppers

**3/16 oz** Roasted Red Peppers (4.5 g)

1 tsp Light mayonnaise (5 g)

**3/16 tbsp** Mustard (2.5 g)

**3/16 cup shredded** Romaine Lettuce (7.8 g)

**3/16 medium whole** Tomatoes (20 g)

**1/2 tsp** Pepper (1.1 g)

**1/4 tsp** Salt (1.5 g)

**1 tortilla** High Fiber Keto Friendly Tortilla Wraps (45 g)

1/16 medium Onions (4.6 g)

Per 1 serving:

305 Cal • 20.7g Carbs (11.9g Fiber) • 19.0g Fat • 24.1g Protein

Directions are for original recipe of 6 serving

- **1** place all ingredients on cutting board and chop with a chefs knife until well combined
- **2** place on your favorite low carb high fiber wrap

## Smorol Penne with Ground Turkey ragu 🔗



Prep 1.75 serving for Dinner on Day 5

Scaled to 1 3/4 serving

**5 1/4 oz** Penne Pasta (149 g)

**7/8 cup, chopped or sliced** Tomatoes (158 g)

**1 5/16 clove** Garlic (3.9 g)

1/4 medium Onions (24 g)

**7/16 lb** Ground turkey (198 g)

**7/8 tbsp** Tomato paste (14 g)

**7/16 tbsp** Olive oil (5.9 g)

**7/16 tsp** Italian Seasoning (1.8 g)

**7/8 tbsp** Salt (16 g)

**7/8 cup** Water (207 g)

**1 5/16 tbsp** Parmesan cheese (6.6 g)

Per 1 serving:

549 Cal • 69.5g Carbs (4.7g Fiber) • 14.8g Fat • 35.8g Protein

Directions are for original recipe of 4 serving

- **1** Over Med high heat brown ground turkey in 1 tbsp EVOO, chopping up fine as your go with spatula
- **2** add 1 tbsp EVO and lightly cook onion until just browned on edges, add garlic x 60 sec.
- **3** stir in tomato paste, cook 1-2min until evenly distributed. add chopped tomatoes, salt and italian herbs and cook until tomatoes break up 3-5 min
- **4** add 2 cups of water and simmer covered until liquid reduced by 1/2
- **5** cook pasta per package, reserve 1 cup of pasta water before straining
- **6** add pasta to ragu pan with 1/2 cup reserves pasta water and incorporate well. Thin with more pasta water if needed. finish with parmesan cheese

## Smorol Shrimp Burrito TBC 🥏



Prep 0.75 serving for Dinner on Day 3

Scaled to 3/4 serving

**6 oz** Shrimp (170 g)

3/8 serving Fajitas Seasoning Mix (1.5 g)

3/8 serving Ground Cumin Spice (0.4 g)

**1/2 tsp** Garlic Powder (1.9 g)

3/8 cloves, raw Garlic (1.1 g)

**3/16 medium** Onions (21 g)

**3/16 large** Cucumber (52 g)

**1 1/2 tbsp** Sour cream (23 g)

**1 1/2 tbsp** Plain yogurt (23 g)

1/8 cup Fresh cilantro (1.5 g)

3/4 tortilla Burrito Flour Tortillas (52 g)

3/4 serving Cheddar Cheese (21 g)

**1 1/2 tbsp** Lime juice (23 g)

Per 1 serving:

574 Cal • 52.2g Carbs (2.3g Fiber) • 20.0g Fat • 47.8g Protein

Directions are for original recipe of 2 serving

- 1 marinate the shrimp in fajita seasoning and 1/3 lime juice for fifteen min
- 2 mix sour cream, yogurt, 1/3 lime juice, cumin, garlic powder, 1/2 cilantro
- **3** dice onion, cucumber, garlic and add to the remaining 1/3 lime
- 4 over medium high heat cook shrimp in large sautee pain 2 min per side until just turning opaque, take off heat
- **5** on large tortilla spread cheese, half the sour cream, half the onion/cucumber, 8 oz of the shrimp
- 6 roll tight into burrito, sautee seam side down x2 min, flip and brown on the other side

## Tuna Mex Tuna Salad 🥏





Prep 1 serving for Lunch on Day 1

Scaled to 1 serving

4 oz Tuna, canned in water (113 g)

**1/2 tbsp** Sour cream (6 g)

2 tbsp Salsa (32 g) 1/4 fruit Avocados (50 g) Per 1 serving:

199 Cal • 6.6g Carbs (4.0g Fiber) • 9.7g Fat • 23.7g Protein

Directions are for original recipe of 2 serving

- 1 Drain tuna and place into bowl.
- **2** Remove pit from avocado and scoop fruit into bowl with tuna.
- **3** Add salsa and sour cream to bowl. Mix everything together well and serve.

## **Grocery List**



TRIM Boot Camp

## Vegetables



#### Chives

1 tbsp chopped (3 g), Raw



#### Ginger root

1/4 tbsp (1.5 g), Raw



#### Garlic

2 clove (6 g), Raw



#### Broccoli

2 cup chopped (182 g), Raw



## Cherry tomatoes

1/4 cup cherry tomatoes (37 g), Red, ripe, raw, year round average



#### Garlic

1/2 cloves, raw (1.5 g), 2 cloves raw - Whole Foods Market



#### Onions

1 medium (110 g), Raw



#### Cucumber

1/4 large (70 g), Peeled, raw



#### Fresh cilantro

1 1/2 tbsp (1.5 g), Coriander leaves, raw



#### **Asparagus**

7 1/4 spear, medium (116 g), Raw



#### Red bell pepper

1 medium (119 g), Sweet, raw



#### Green bell pepper

1/2 medium (60 g), Sweet, green, raw



#### **Tomatoes**

1 1/2 medium whole (184 g), Red, ripe, raw, year round average



#### Tomato paste

1/4 cup (66 g), Canned, without salt added



#### Green beans

1 cup (121 g), Frozen, all styles, unprepared snap beans



#### Mixed vegetables

1/4 cup (56 g), Frozen, unprepared



#### **Normandy Blend**

3/4 cup frozen (73 g), Birds Eye



#### **Roasted Red Peppers**

1/3 oz (7.5 g), Freshdirect



#### **Romaine Lettuce**

1/4 cup shredded (12 g), Freshdirect



#### **Baby carrots**

1 cup (246 g), Baby, raw



#### **Broccoli**

1/4 cup (46 g), Frozen, chopped, cooked, boiled, drained, without salt



#### Celery

1/2 stalk, medium (20 g), Raw

## Fruits and Fruit Juices



#### **Avocados**

1/4 fruit (50 g), Raw, All commercial varieties



#### Lemon juice

2 1/4 tbsp (34 g), Raw



#### **Apples**

1/2 medium (91 g), With skin



#### Lime juice

1/4 cup (60 g), Raw



#### Grapes

 $1\ \text{cup}\ (151\ \text{g}),\ \text{Red}\ \text{or}\ \text{green},\ \text{raw}\ \text{(european type, such as thompson seedless)}$ 



#### **Banana**

3 medium (354 g), Raw



## Blueberries

3/4 cup (111 g), Raw



#### Raspberries

1/4 cup (31 g), Raw



#### **Strawberries**

1 cup, whole (144 g), Raw



#### **Raisins**

1/4 cup (not packed) (36 g), Seedless

## **Dairy Products**



#### Egg

5 1/2 large (275 g), Whole, fresh eggs



#### Butter

3 1/4 tbsp (46 g), Unsalted



#### Sour cream

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



#### Plain yogurt

1/4 cup (61 g), Low fat, 12 grams protein per 8 ounce



#### **Cheddar Cheese**

3/4 serving (21 g), Kirkland Signature



#### Nonfat milk

1 1/2 cup (368 g), Fluid, with added vitamin a and vitamin d (fat free or skim)



#### Reduced fat milk

2 cup (488 g), Fluid, 2% milkfat, with added vitamin a and vitamin d



#### Monterey cheese

1 2/3 oz (47 g), Includes Pepper Jack



#### Parmesan cheese

3 1/3 tbsp (17 g), Shredded



#### Yogurt, Greek, Nonfat, Plain

1/4 cup (57 g), Chobani



#### **American cheese**

1 1/3 slice (3/4 oz) (28 g), Pasteurized process, low fat

## **Beverages**



#### Water

2 2/3 cup (631 g), Plain, clean water

## **Poultry Products**



#### **Turkey bacon**

2 3/4 oz (77 g), Cooked



## Chicken breast

5 1/2 breast fillet (649 g), Broilers or fryers, meat only, raw



#### **Turkey Pepperoni**

11 1/3 slices (20 g), Turkey, Hormel



#### **Ground turkey**

7 oz (200 g), Poultry food products, raw



#### **Rotisserie Chicken Breast**

3 oz (85 g), Without Skin - Costco

## **Beef Products**



#### **Beef round**

8 oz (227 g), Bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw



#### **Beef Jerky**

2 oz. (56 g), Old Trapper

#### **Pork Products**



#### Hard Salami

3 slices (21 g), Sliced - Kroger

## Sausage and Lunch Meat



#### Deli cut turkey

3 slice (30 g), White, rotisserie

#### Seafood



#### Tuna

4 oz (113 g), Fish, light, canned in water, drained solids



#### **Shrimp**

6 oz (170 g), Crustaceans, mixed species, raw

## **Spices and Herbs**



#### Tarragon

2 1/4 tbsp, leaves (4.05 g), Spices, dried



#### Salt

1 1/2 tbsp (27 g), Table



#### **Pepper**

2/3 tbsp (4.27 g), Spices, black



#### Ginger

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



#### Cinnamon

2/3 tbsp (5.2 g), Spices, ground



#### Ranch Seasoning

1/4 serving (0.2 g), Kernel Season's



#### **Ground Cumin Spice**

1/2 serving (0.5 g), Cain's - Walmart



## **Garlic Powder**

1/2 tsp (2 g), Great Value



#### Vanilla extract

1/4 tbsp (3.25 g),



## Chili powder

1/2 tbsp (3.75 g), Spices



#### Cumin

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



## Garlic powder

2/3 tbsp (6.5 g), Spices



#### **Italian Seasoning**

1/2 tsp (2 g), Shoppers Value



#### Mustard

1/4 tbsp (3.75 g), Prepared, yellow

## Soups and Sauces



#### Salsa

1/4 cup (65 g), Sauce, ready-to-serve



## Beef broth or bouillon canned soup

1 1/4 cup (300 g), Ready-to-serve



## Pico de gallo

4 2/3 tbsp (75 g), Campbell soup company, pace



#### Cream of mushroom soup

1/4 cup (60 g), Canned, condensed



#### Cream of chicken soup

1/4 cup (63 g), Canned, condensed

## Soy & Legumes



#### Soy sauce

3 tbsp (48 g), Regular sodium, Shoyu

## **Nut and Seed Products**



#### Peanut Butter, Natural, Creamy

3 tbsp (48 g), Smucker's

#### **Breakfast Cereals**



#### Oatmeal

1 cup (80 g), Cereals, Quaker, dry rolled oats



#### Rolled oats

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

#### **Baked Products**



#### **Baking powder**

1/4 tbsp (3.45 g), Leavening agents, double-acting, sodium aluminum sulfate



#### Croutons

1/4 cup (10 g), Seasoned



#### **Bread crumbs**

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

#### **Grains and Pasta**



#### Wheat flour

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



#### Penne Pasta

3 3/4 cup (280 g), Ragu



#### White rice

1/3 cup (32 g), Long-grain, precooked or instant, enriched, dry

## Fats and Oils



#### Olive oil

2 1/2 tbsp (34 g), Salad or cooking



#### Light mayonnaise

2 1/3 tbsp (35 g), Salad dressing, light

## **Sweets**



#### Sugar

1/4 cup (50 g), White, granulated sugar



#### Maple syrups

2 tbsp (40 g),



#### **Brown sugar**

1/4 cup unpacked (36 g),

#### Meals / Entrees



#### **Mexican Rice**

1/2 cup dry mix (63 g), Knorr

## **Uncategorized**



#### Protein Shake, Chocolate

2 bottle, Fairlife



#### Extra Virgin Olive Oil

3 1/2 tbsp (350 g), Extra Virgin, Bertolli



### **Keto Bread**

2 slice (56 g), Healthy Life



#### **Parmesan Crisps**

25 crisps (38 g), Member's Mark



## **Riced Cauliflower**

1 1/4 cup (127 g), Great Value



#### **Beef Bone Broth**

2 cup, Trader Joe's



## Hillshire Snacking

2 package (158 g), Bistro Bites



#### **Chicken Taco Seasoning Mix**

1/4 serving (1.75 g), Mexican - Walmart



#### **Tortillas, Street Taco**

2 tortillas (44 g), La Banderita



#### **Shredded Lettuce**

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



#### Fajitas Seasoning Mix

1/2 serving (2 g), Mexican - Walmart



#### **Burrito Flour Tortillas**

3/4 tortilla (52 g), Mission



#### **Mandarin Oranges**

1 container (198 g), Dole



## Hardboiled Eggs

1 ea (50 g), Sodexo



#### **String Cheese**

2 piece (48 g), Member's Mark



#### Yogurt, Vanilla, Blended, Greek, Nonfat

2 1/2 container (375 g), Oikos Triple Zero



#### **TBC Low Carb Turkey and Hummus Wrap**

1 serving, 8 Deli Slices / 1TBSP Hummus / Mission Carb Balance Tortilla / 2 slices of Pepper jack cheese



#### **Classic Romaine Salad**

3 cups (170 g), Dole



#### Fat Free Sugar Free Buttermilk Ranch Dressing

4 tbsp , Skinny Girl



#### Protein Bar, Chocolate Peanut Butter

4 bar (228 g), Grab The Gold



#### Olive Oil

1 tbsp , Kirkland Signature



#### **Chicken Bone Broth**

1/2 cup, Imagine



#### Flour

1/4 cup (7.5 g), Member's Mark



#### **Crescent Rolls**

1 2/3 roll (47 g), Pillsbury



#### Hardboiled Egg

1 eggs (50 g), Sodexo Food Services



#### Ham, Deli Shaved

2/3 oz (19 g), Heritage Farm



#### Pepperoni

1/3 oz (9.3 g), Margherita



#### **Sliced Provolone**

1/2 slice (14 g), Trader Joe's



#### **Banana Peppers**

1/3 oz , Pepperjax Grill



#### High Fiber Keto Friendly Tortilla Wraps

1 tortilla (45 g), Ole Mexican Foods



#### Ranch Dip Seasoning Mix, dry

1 teaspoon (2.83 g), McCormick



### **Triple Zero Flavored Yogurt**

1 container (150 g), Oikos