

Week 7: 1800 Cal

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TRIM
boot camp

TRIM Boot Camp

Day 1

1806 Cal ● 76.6g Carbs (27.6g Fiber) ● 96.8g Fat ● 159.1g Protein

Aim for 50 net carbs

Breakfast 511 Cal



Egg Muffins

2 muffin • 331 Cal
(Prepare a total of 3 muffin, save 1 muffin for leftovers)



Turkey Sausage Patty

1 serving • 90 Cal



Extra Virgin Olive oil

3/4 tbsp • 90 Cal

Dinner 435 Cal



Smorol Pork Stir Fry TBC

1/4 serving • 420 Cal
(Prepare a total of 1/2 serving, save 1/4 serving for leftovers)



Riced Cauliflower

3/4 cup • 15 Cal

Lunch 467 Cal



TBC Low Carb Turkey and Hummus Wrap

1 serving • 376 Cal



Red bell pepper

1/2 medium • 18 Cal



Yogurt, Greek, Nonfat, Plain

1/2 cup • 60 Cal



Ranch Dip Seasoning Mix, dry

1 teaspoon • 3 Cal



Canned Whole Green Beans

1/2 Serving • 10 Cal

Snack 392 Cal



Cottage Cheese

1/2 cup • 80 Cal



Grape tomatoes

1/4 cup grape tomatoes • 7 Cal



Beef Sticks, Mild, Original

1 Stick • 100 Cal



Tuna

1/2 can • 110 Cal



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal

take mayo and tuna for a quick snack option that is packed with protein

Day 2

1791 Cal ● 56.2g Carbs (16.2g Fiber) ● 99.7g Fat ● 158.6g Protein

Aim for 40 net carbs

Breakfast 388 Cal



Egg Muffins

1 muffin • 166 Cal (Leftovers)



Turkey Sausage Patty

1 serving • 90 Cal (Leftovers)



Extra Virgin Olive oil

3/4 tbsp • 90 Cal (Leftovers)



Blueberries

1/2 cup • 42 Cal

Dinner 376 Cal



Filet Mignon with Rich Balsamic Glaze

1 serving • 219 Cal



Grilled Asparagus

1 serving • 53 Cal



Cauliflower

1 cup, pieces • 29 Cal



Butter

3/4 tbsp • 76 Cal

Lunch 540 Cal



Smorol Pork Stir Fry TBC

1/4 serving • 420 Cal (Leftovers)



Riced Cauliflower

1 cup • 20 Cal (Leftovers)



Beef Sticks, Mild, Original

1 Stick • 100 Cal

Snack 487 Cal



Sliced Cheese, Provolone

2 slice • 140 Cal



Turkey Pepperoni

12 slices • 49 Cal



Beef Bone Broth

2 1/2 cup • 113 Cal



Bar, Chicken Sriracha

1 bar • 100 Cal



Parmesan Crisps

10 crisps • 85 Cal

Day 3

1748 Cal ● 203.1g Carbs (36.2g Fiber) ● 59.3g Fat ● 115.9g Protein

Breakfast 577 Cal



Oatmeal Smoothie

1 serving • 393 Cal



Banana

1/2 medium • 53 Cal



Egg

1 large • 72 Cal



Olive Oil

1/2 tbsp • 60 Cal

Dinner 484 Cal



Mexican Casserole

1 serving • 404 Cal

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



Salad Kit, Southwest Salad

1 cups • 80 Cal

Lunch 274 Cal



Easy Vegetable Soup

1 serving • 213 Cal



Deli cut turkey

1 slice • 11 Cal



String Cheese

1 piece • 50 Cal

Snack 413 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Triple Zero Flavored Yogurt

1 container • 90 Cal



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal



Baking Chips, Dark Chocolate

15 chips • 13 Cal



Beef Bone Broth

1/2 cup • 23 Cal

Day 4

1745 Cal ● 204.3g Carbs (33.3g Fiber) ● 58.2g Fat ● 113.6g Protein

Breakfast 192 Cal



Tropical Smoothie

1 serving • 192 Cal

Dinner 594 Cal



No Carb BBQ Chicken Pizza

2 serving • 345 Cal
(Prepare a total of 3 serving, save 1 serving for leftovers)



Salad Kit, Caesar

1 cups • 100 Cal



Smorol Protein Pudding TBC

1/2 serving • 97 Cal
(Prepare a total of 1 serving, save 1/2 serving for leftovers)



Grapes

1/2 cup • 52 Cal

Lunch 524 Cal



Mexican Casserole

1/2 serving • 202 Cal (Leftovers)



Salad Kit, Southwest Salad

1 cups • 80 Cal (Leftovers)



Refried beans

1/2 cup • 91 Cal



Tortilla chips

1 oz • 141 Cal



Salsa

2 tbsp • 10 Cal

Snack 435 Cal



Mint Brownie Puff

1 bar • 140 Cal



Blueberries

1 cup • 84 Cal



Microwaved sweet potato

1 potato • 112 Cal



Popcorn

1 cup • 31 Cal



Beef Bone Broth

1 1/2 cup • 68 Cal

Day 5

1726 Cal ● 204.3g Carbs (28.7g Fiber) ● 60.1g Fat ● 116.2g Protein

Breakfast 450 Cal



Banana

1 medium • 105 Cal



Creamy Pineapple Smoothie

1 serving • 179 Cal



Whole-wheat bread

1 slice • 71 Cal



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal

make PB toast and add sliced banana to it- a great source of protein, fat, and carbs

Dinner 648 Cal



Redefined Tuscan Chicken Spaghetti Squash

3/4 serving • 452 Cal
(Prepare a total of 1 1/2 serving, save 3/4 serving for leftovers)



Green beans

1 1/4 cup solids • 42 Cal



Red potatoes

1 potato medium • 154 Cal

Lunch 347 Cal



No Carb BBQ Chicken Pizza

1 serving • 173 Cal (Leftovers)



Smorol Protein Pudding TBC

1/2 serving • 97 Cal (Leftovers)



Grapes

3/4 cup • 78 Cal (Leftovers)

Snack 281 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Cottage Cheese

1/4 cup • 40 Cal



Pineapple Diced

1/2 can • 45 Cal



Strawberries

1 cup, whole • 46 Cal

Day 6

1730 Cal ● 204.0g Carbs (30.8g Fiber) ● 59.5g Fat ● 113.3g Protein

Breakfast 329 Cal



Trim Macro Balanced PB&J Collagen Smoothie

1 servings • 329 Cal

Lunch 639 Cal



Redefined Tuscan Chicken Spaghetti Squash

3/4 serving • 452 Cal (Leftovers)



Green beans

1 cup solids • 34 Cal (Leftovers)



Red potatoes

1 potato medium • 154 Cal (Leftovers)

Dinner 519 Cal



Chicken Sausage and Peppers Macaroni Casserole

1 serving • 361 Cal
(Prepare a total of 1 3/4 serving, save 3/4 serving for leftovers)



Salad Kit, Southwest Salad

1 cups • 80 Cal



Grapes

3/4 cup • 78 Cal

Snack 242 Cal



Blended greek yogurt

1 cup • 90 Cal



Strawberries

1/2 cup, whole • 23 Cal



Blueberries

1/4 cup • 21 Cal



Kashi golean

1/4 cup • 40 Cal



Beef Bone Broth

1 1/2 cup • 68 Cal

Day 7

1796 Cal ● 203.1g Carbs (26.3g Fiber) ● 61.3g Fat ● 115.0g Protein

Breakfast 356 Cal



Strawberries

3/4 cup, whole ● 35 Cal



Sugar Free Syrup

2 tbsp. ● 15 Cal



Butter

3/4 tbsp ● 76 Cal



Power Waffles, Chocolate Chip, Protein-Packed

2 waffles ● 230 Cal

Dinner 506 Cal



Smorol Creamy Cajun Chicken and Veggie Pasta

3/4 serving ● 393 Cal



Premium Kit, Ultimate Caesar

1 cups ● 113 Cal

Lunch 349 Cal



Chicken Sausage and Peppers Macaroni Casserole

3/4 serving ● 271 Cal (Leftovers)



Grapes

3/4 cup ● 78 Cal (Leftovers)

Snack 586 Cal



Wheat Thins

11 pieces ● 89 Cal



Protein Shake, Chocolate

1 bottle ● 150 Cal



Vanilla Triple Zero Blended Greek Yogurt

1 cup ● 90 Cal



Blueberries

3/4 cup ● 63 Cal



Protein Bar, Chocolate Peanut Butter

1 bar ● 193 Cal

Chicken Sausage and Peppers Macaroni Casserole [🔗](#)



Prep 1.75 serving for Dinner on [Day 6](#)

Scaled to 1 3/4 serving

- 3 1/16 oz** Sausage (87 g)
(Chicken Sausage)
- 1/4 tsp** Salt (1.3 g)
- 2/3 tsp** Olive oil (3 g)
- 1/4 cup, chopped** Onions (35 g)
- 2/3 cloves, minced** Garlic (2 g)
- 1/4 medium** Red bell pepper (26 g)
(Chopped)
- 1/4 pepper, large** Yellow peppers (41 g)
(Chopped)
- 1/4 cup, pieces or slices** Mushrooms (15 g)
- 1/3 cup** Tomatoes, canned (79 g)
- 7/16 cup** Pasta sauce (112 g)
- 7/16 cup** Water (104 g)
- 1/8 tsp** Poultry seasoning (0.2 g)
- 1 3/4 oz** Spaghetti (50 g)
- 1 3/4 oz** Mozzarella cheese (50 g)

Per 1 serving :

361 Cal ● 37.3g Carbs (3.9g Fiber) ● 14.9g Fat ● 19.5g Protein

Directions are for original recipe of 8 serving

- 1** Preheat oven to 350 degrees F.
- 2** In a large deep non-stick skillet, brown the sausage over high heat until cooked through, seasoning with a pinch of salt and breaking it up into smaller pieces as it cooks. Set aside on a dish.
- 3** Add olive oil to the skillet, reduce heat to medium and add the onions, garlic, and peppers; sauté until the vegetables are soft, about 6 to 7 minutes.
- 4** Return the sausage to the skillet along with the remaining ingredients except for the pasta and cheese.
- 5** Bring to a boil and then lower heat to medium-low and simmer for 10 minutes, until the vegetables are soft.
- 6** Spoon just enough of the sausage/vegetable mixture to cover the bottom of a 9x13 pan.
- 7** Cover with uncooked pasta. Spoon remaining sauce mixture evenly over the top and sprinkle with cheese.
- 8** Cover with foil and bake 50-55 minutes. Remove from oven and let stand, covered, for 15 minutes.

Creamy Pineapple Smoothie [🔗](#)



Prep 1 serving for Breakfast on [Day 5](#)

Scaled to 1 serving

- 1 oz** Nonfat greek yogurt (28 g)
- 3/8 tsp** Vanilla extract (1.6 g)
- 1 1/2 cube** Ice cubes (33 g)
- 1/2 cup, chunks** Pineapple (123 g)
- 2 11/16 tbsp** Half and half cream (40 g)

Per 1 serving :

179 Cal ● 30.2g Carbs (1.4g Fiber) ● 4.9g Fat ● 4.6g Protein

Directions are for original recipe of 2 serving

- 1** Combine all ingredients in a blender and pulse until smooth. Enjoy!

Easy Vegetable Soup [🔗](#)



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

Scaled to 1 serving

1/3 can, 15 oz Tomato sauce (142 g)

1 cup Water (237 g)

1/3 cup Mixed vegetables, cooked (61 g)

1 1/3 oz Whole wheat pasta (38 g)

Per 1 serving :

213 Cal ● 46.4g Carbs (4.7g Fiber) ● 1.2g Fat ● 9.1g Protein

Directions are for original recipe of 6 serving

- 1 Place the tomato sauce and water in a large pot over medium high heat. Bring just to a boil, reduce heat to medium low and add the mixed vegetables.
- 2 Add the pasta, if desired, and let simmer until heated through or until pasta is done, about 15 minutes.

Egg Muffins [🔗](#)



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

Scaled to 3 muffin

1/2 medium Red bell pepper (60 g)

1/2 medium Onions (55 g)

1/2 medium whole Tomatoes (62 g)

1/4 cup Spinach (7.5 g)

3 large Egg (150 g)

1/2 dash Salt (0.2 g)

1/2 cup, shredded Cheddar cheese (56 g)

Per 1 muffin (1 serving):

166 Cal ● 4.4g Carbs (1.0g Fiber) ● 11.3g Fat ● 11.5g Protein

Directions are for original recipe of 6 muffin

- 1 Preheat the oven to 400 degrees F.
- 2 Wash and dice the pepper, onions, spinach, and tomatoes and put them in a large mixing bowl.
- 3 Add the eggs, cheese, and salt and mix well.
- 4 Grease the muffin tin with oil and pour the egg mixture evenly into the muffin slots. (If you think they might still stick to the pan use some muffin cups)
- 5 Pop the tray into the oven for 15-18 minutes or until the tops are firm to the touch. Enjoy!

Filet Mignon with Rich Balsamic Glaze [🔗](#)



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

Scaled to 1 serving

4 oz Beef tenderloin (113 g)

1/4 tsp Pepper (0.5 g)

1/2 tsp Salt (3 g)

1 tbsp Balsamic vinegar (32 g)

1 fl oz Red wine (29 g)

Per 1 serving :

219 Cal ● 6.5g Carbs (0.1g Fiber) ● 6.7g Fat ● 25.3g Protein

Directions are for original recipe of 2 serving

- 1 Sprinkle freshly ground pepper over both sides of each steak, and sprinkle with salt to taste.
- 2 Heat a nonstick skillet over medium-high heat. Place steaks in hot pan, and cook for 1 minute on each side, or until browned. Reduce heat to medium-low, and add balsamic vinegar and red wine. Cover, and cook for 4 minutes on each side, basting with sauce when you turn the meat over.
- 3 Remove steaks to two warmed plates, spoon one tablespoon of glaze over each, and serve immediately.

Grilled Asparagus [🔗](#)



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

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 g)

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!

Mexican Casserole [🔗](#)



Prep 1.5 serving for Dinner on [Day 3](#)

Scaled to 1 1/2 serving

- 3/8 medium** Onions (41 g)
- 3/4 cup, shredded** Cheddar cheese (85 g)
- 3/8 cup** Salsa (98 g)
- 3/8 can** Refried beans (166 g)
- 1 1/2 tortilla** Tortillas (36 g)

Per 1 serving :

404 Cal ● 33.4g Carbs (8.3g Fiber) ● 20.9g Fat ● 22.1g Protein

Directions are for original recipe of 4 serving

- 1** Note: This recipe makes a 4 layer casserole, with each serving being a quarter of the casserole. If you're making fewer servings, just make fewer layers. For example if you are making 1 serving, just make one layer on 1 tortilla.
- 2** "Dice onion
- 3** Preheat oven to 375 degrees F (190 degrees C). Spray a 9-inch pie pan with non-stick cooking spray.
- 4** In a saucepan, cook refried beans and onions (to soften them) on medium-high heat for about 5 minutes.
- 5** Place one tortilla in the bottom of the greased pan. Spread about 1/3 cup of the bean mixture over it. Layer a few tablespoons of salsa over this. Then, place another tortilla over the salsa, and add more of the bean mixture. Follow the beans with a big handful of cheese, spreading evenly. repeat layers, spreading the ingredients evenly over the tortillas. On the top layer, make sure to use lots of salsa and cheese!
- 6** Bake until the cheese is melted, approximately 15 to 20 minutes.

Microwaved sweet potato [🔗](#)



Prep 1 potato for Snack on [Day 4](#)

Scaled to 1 potato

- 1 sweetpotato, 5" long** Sweet potato (130 g)

Per 1 potato (1 serving):

112 Cal ● 26.2g Carbs (3.9g Fiber) ● 0.1g Fat ● 2.0g Protein

Directions are for original recipe of 1 potato

- 1** Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
- 2** If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

No Carb BBQ Chicken Pizza [🔗](#)



Prep 3 serving for Dinner on [Day 4](#)

Scaled to 3 serving

- 6 oz** Chicken breast (170 g)
- 1 1/2 large** Egg (75 g)
- 3/8 cup, shredded** Mozzarella cheese (42 g)
- 3/4 tsp** Italian Seasoning (3 g)
- 3/4 tbsp** Bbq Sauce Regular (11 g)
- 3/4 oz** Mozzarella cheese (21 g)

Per 2 serving :

345 Cal ● 4.0g Carbs (0g Fiber) ● 17.1g Fat ● 41.1g Protein

Directions are for original recipe of 4 serving

- 1** Mix finely diced chicken (cooked/rotisserie), eggs, cheese and italian season well
- 2** place parchment on sheet pan, pre-heat oven to 400deg. shape chicken mixture into 1/2" thick round on parchment
- 3** Bake x 20 min or until browned, pull out of oven
- 4** Top with 1-2oz of BBQ sauce and mozzarella
- 5** bake additional 5-6 min directly on rack

Oatmeal Smoothie [🔗](#)



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

Scaled to 1 serving

- 1 cup** Water (237 g)
- 1/2 tsp** Cinnamon (1.3 g)
- 1 scoop** Whey protein powder (30 g)
- 1/2 tsp** Turmeric (1.1 g)
- 1 cup** Rolled oats (80 g)

Per 1 serving :

393 Cal ● 63.5g Carbs (10.5g Fiber) ● 3.1g Fat ● 33.2g Protein

Directions are for original recipe of 1 serving

- 1 Combine all ingredients in a blender and pulse until smooth. Enjoy!

Redefined Tuscan Chicken Spaghetti Squash [🔗](#)



Prep 1.5 serving for Dinner on [Day 5](#)

Scaled to 1 1/2 serving

- 3/8 medium squash** Squash (595 g)
(smaller of a, can also sub any you want)
- 12 oz** Shredded Chicken in Milk Chipotle Sauce (336 g) (rotisserie)
- 3/8 dash** Salt (0.2 g)
- 3/8 dash** Pepper (0 g)
- 3/8 tbsp** Olive oil (5.1 g)
- 3/8 large** Onions (56 g) (diced)
- 1 1/2 cloves, minced** Garlic (4.5 g)
(minced, or 4 frozen cubes)
- 3/8 tsp** Italian Seasoning (1.5 g)
- 1 1/8 tbsp** Sun-dried tomatoes (7.7 g)
(chopped mine are packaged in oil, julienne cut)
- 3/8 cup** Coconut milk (90 g)
(for less fat, i used full fat, use lower fat content)
- 1/8 cup, grated** Parmesan cheese (12 g)
(grated, extra for topping)
- 3/4 cup** Spinach (22 g)
(handfuls of fresh)

Per 1 serving :

602 Cal ● 45.3g Carbs (8.5g Fiber) ● 35.3g Fat ● 36.7g Protein

Directions are for original recipe of 4 serving

1. Carefully pierce spaghetti squash with sharp knife. Place in microwave and cook on high for 8-12 min rotating half way through and checking until tender. Let cool while you prep everything else.
2. Heat olive oil in large skillet over medium high heat. Add diced onions and cook until tender. Add garlic and stir until fragrant. Add in spices.
3. Mix in the chopped sun-dried tomatoes and cook a couple minutes.
4. Pour in coconut milk and bring to a boil. Turn heat on low and add parmesan cheese and spinach. Once wilted, add chicken and stir to combine.
5. Cut spaghetti squash in half and scoop out seeds/core. Shred spaghetti from sides.
6. Add spaghetti squash to skillet or cooked pasta of choice. Stir to combine well.
7. Serve in bowls and top with extra sun-dried tomatoes, parmesan and salt/pepper.

Smorol Creamy Cajun Chicken and Veggie Pasta [🔗](#)



Prep 0.75 serving for Dinner on [Day 7](#)

Scaled to 3/4 serving

1/8 lb Chicken breast (57 g)
(sliced thin)

3/8 tsp Spices Cajun Seasoning
(1.5 g)

1/8 package Mixed vegetables
(36 g)
(whatever your fav frozen veggie blend)

1/16 medium Onions (6.9 g)
(sliced)

1/16 medium Green bell pepper
(7.4 g)
(sliced)

1/4 clove Garlic (0.8 g)
(sliced)

3/8 tbspn Extra Virgin Olive Oil
(5.6 g)

0.025 cup Flour (3 g)

3/8 fl oz White wine (11 g)
(optional)

1/8 cup Ricotta cheese (31 g)

2 tbsp Lowfat milk (30 g)
(may need more to thin it out at end)

2 tbsp Chicken stock (30 g)

1 1/2 oz Spaghetti (43 g)

Per 1 serving :

524 Cal ● 59.2g Carbs (4.2g Fiber) ● 14.7g Fat ● 33.7g Protein

Directions are for original recipe of 6 serving

1 coat the sliced chicken in cajun spice, place on a foil lined sheet tray, bake @ 350deg 10 min til just cooked through

2 heat 3 tbsp olive oil over med heat in a large high walled saute pan

3 add peppers, onions, garlic and saute 3-4 min until softened and fragrant

4 add your favorite frozen vegetable mix and cook until softened 3-4 min

5 bring large pot to a boil, add spaghetti of pasta of choice. cook per instructions. drain and set aside

6 sprinkle the 2tbsp of flour over the veggies, stirring until incorporated

7 add the white white to deglaze, cook one minute to cook out the alcohol

8 add milk 1/2 cup at a time, stirring frequently. the sauce should thicken very thick, add another 1/2 cup , stir well, add stock 1/2c at a time until the sauce is consistency of heavy cream

9 add the ricotta and stir into the sauce

10 add cooked chicken to the sauce and let simmer 5 min, thin with more milk/pasta water as needed

11 taste for salt, salt as needed

12 combine pasta and the chicken/veg/sauce and mix well. can adjust thickness of sauce with more liquid or a few tbsp of parmesan to thicken

13 serve with a light sprinkle of cajun seasoning ovetop

Smorol Pork Stir Fry TBC [🔗](#)



Prep 0.5 serving for Dinner on [Day 1](#)

Scaled to 1/2 serving

3/4 lb Pork loin, whole (340 g)
(sliced thin, then sliced into strips)

3/16 tbsp Corn Starch (1.7 g)

1 tbsp Gochujang (19 g)

1 1/2 tbsp Soy Sauce (22 g)

1 tsp Fish sauce (6 g)

1/2 medium Onions (55 g)
(1/2" cubes)

1 medium mushroom
Portobello Mushrooms (17 g)
(diced into 1/2" cubes)

1/2 clove Garlic (1.5 g)
(sliced thin)

8 oz Coleslaw, packaged (227 g)

Per 1/4 serving :

420 Cal ● 17.5g Carbs (3.4g Fiber) ● 21.4g Fat ● 36.8g Protein

Directions are for original recipe of 1 serving

1 combine Gochujang, soy cause, fish sauce, garlic together

2 mix 1/2 the sauce mix above with the cornstarch, massage this thoroughly into the pork. set aside 1 hour to marinate

3 mix onion, mushroom and coleslaw mix

4 heat 2 tbsp oil in large pan and stir fry the pork til browned, pull out and set aside

5 add veggies (except coleslaw mix) to pan and stir fry until just starting to brown the onions and mushrooms

6 add half the coleslaw mix, cover 5 min

7 uncover and cook 3-4 min until water is mostly evaporated

8 return pork to the pan, add remaining sauce and cook until thickened. add last half of coleslaw mix at end to keep it crunchy

Smorol Protein Pudding TBC [🔗](#)



Prep 1 serving for Dinner on [Day 4](#)

Scaled to 1 serving

- 1 1/2 large** Egg, hard-boiled, cooked (75 g)
- 2 1/2 tbsp** Cocoa (14 g)
- 3 tsp** Stevia
- 1/4 tsp** Vanilla extract (1.1 g)
- 1/2 scoops** 100% Whey Protein Powder (9.8 g)
- 1 1/2 tbsp** Almond milk (22 g)

Per 1 serving :

193 Cal ● 10.0g Carbs (5.2g Fiber) ● 10.6g Fat ● 19.7g Protein

Directions are for original recipe of 2 serving

- 1** place all ingredients in a blender. thin as needed with milk until thick puree
- 2** place in ramekins and into fridge for 2 hr

Trim Macro Balanced PB&J Collagen Smoothie [🔗](#)



Prep 1 servings for Breakfast on [Day 6](#)

Scaled to 1 servings

- 1 cup** Almond milk (240 g) (Unsweetened)
- 1 cup, thawed** Strawberries (221 g) (Frozen)
- 2 scoop** Collagen Peptides (19 g)
- 1 tbsp** Peanut butter (16 g)
- 1/4 medium** Banana (30 g)

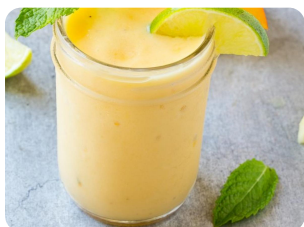
Per 1 servings (1 serving):

329 Cal ● 38.4g Carbs (7.1g Fiber) ● 11.0g Fat ● 23.8g Protein

Directions are for original recipe of 1 servings

- 1** Put almond milk, collagen powder, banana, and frozen strawberries into a blender. Secure lid. Place ingredients into the blender in the order listed.
- 2** Blend until smooth. Start the blender on LOW speed for 10 seconds. Increase speed to HIGH for a full minute.
- 3** Pour smoothie into a cup. Serve immediately.

Tropical Smoothie [🔗](#)



Prep 1 serving for Breakfast on [Day 4](#)

Scaled to 1 serving

- 1/2 cup** Water (118 g) (Add more if needed to blend to desired consistency)
- 1/2 medium** Banana (59 g) (Add to blender whole, optional, adds sweetness)
- 1/2 cup, chunks** Pineapple (82 g) (Frozen or fresh will do, just make sure if frozen that it's unsweetened)
- 1/2 cup, sliced** Mangos (82 g) (Chop into cubes and freeze extra)
- 1 cup, halves** Strawberries (152 g) (Freeze extra)
- 2 cube** Ice cubes (44 g)

Per 1 serving :

192 Cal ● 48.3g Carbs (7.0g Fiber) ● 1.1g Fat ● 2.8g Protein

Directions are for original recipe of 2 serving

- 1** Combine all ingredients in a blender and pulse until smooth. Add more water if necessary. Enjoy!

Grocery List

TRIM
boot camp

TRIM Boot Camp

Vegetables



Red bell pepper

1 1/4 medium (149 g), Sweet, raw



Onions

2 1/3 medium (257 g), Raw



Tomatoes

1/2 medium whole (62 g), Red, ripe, raw, year round average



Spinach

1 cup (30 g), Raw



Garlic

3 clove (9 g), Raw



Coleslaw

3 1/2 cup (233 g), Prepackaged Mix - Compliments



Grape tomatoes

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



Asparagus

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



Cauliflower

1 cup, pieces (124 g), Cooked, boiled, drained, with salt



Tomato sauce

2/3 cup (163 g), Canned, with tomato tidbits



Salsa

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



Sweet potato

1 sweetpotato, 5" long (130 g), Raw, unprepared



Squash

6 cup, cubes (606 g), Winter, spaghetti, raw



Sun-dried tomatoes

1/4 cup (28 g), Packed in oil, drained



Green beans

2 1/4 cup solids (344 g), Snap, Green, canned, regular pack, drained solids



Red potatoes

2 potato medium (346 g), Flesh and skin, baked



Yellow peppers

1/4 pepper, large (46 g), Sweet, raw



Mushrooms

1/4 cup, whole (24 g), White, raw



Tomatoes

1/3 cup (80 g), Red, ripe, canned, packed in tomato juice



Mixed vegetables

1/2 cup (112 g), Frozen, unprepared



Green bell pepper

1/4 medium (30 g), Sweet, green, raw

Fruits and Fruit Juices



Blueberries

2 1/2 cup (370 g), Raw



Banana

2 1/4 medium (266 g), Raw



Pineapple

1/2 cup, chunks (82 g), Raw, all varieties



Mangos

1/2 fruit without refuse (104 g), Raw



Strawberries

3 1/3 cup, whole (480 g), Raw



Grapes

2 3/4 cup (415 g), Red or green, raw (european type, such as thompson seedless)



Pineapple

1/2 cup, chunks (122 g), Frozen, chunks, sweetened



Strawberries

1 1/2 cup, unthawed (224 g), Frozen, unsweetened

Dairy Products



Egg

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



Cheddar cheese

5 oz (142 g),



Yogurt, Greek, Nonfat, Plain

1/2 cup (113 g), Chobani



Cottage Cheese

3/4 cup (165 g), Good Culture



Butter

1 1/2 tbsp (21 g), Unsalted



Whey protein powder

1 scoop (30g) (30 g), Gold Standard, Any flavor, 100% whey protein



Egg, hard-boiled

1 1/2 large (75 g), Whole, cooked



Nonfat greek yogurt

1/4 cup (60 g), Nonfat, plain



Half and half cream

1/4 cup (60 g), Fluid



Parmesan cheese

1/4 cup, grated (25 g), Low sodium



Mozzarella cheese

4 oz (113 g), Part skim milk



Ricotta cheese

1 1/4 oz (35 g), Part skim milk



Lowfat milk

1/4 cup (61 g), Fluid, 1% milkfat, with added vitamin a and vitamin d

Beverages



Red wine

1/4 serving 5 fl oz (37 g), Alcoholic beverage, table, carignane



Water

3 cup (710 g), Plain, clean water



Ice cubes

3 1/2 cube (78 g), Frozen water



White wine

1/4 serving 5 fl oz (37 g), Alcoholic beverage, table

Poultry Products



Turkey Sausage Patty

2 serving (100 g), Frozen - Great Value



Turkey Pepperoni

12 3/4 slices (22 g), Turkey, Hormel



Chicken breast

2 breast fillet (236 g), Broilers or fryers, meat only, raw

Beef Products



Beef tenderloin

4 oz (113 g), Separable lean only, trimmed to 1/8" fat, select, raw

Pork Products



Pork loin, whole

3 chop, excluding refuse (yield from 1 raw (351 g), Fresh, separable lean and fat, raw

Sausage and Lunch Meat



Deli cut turkey

1 slice (10 g), White, rotisserie



Sausage

1 1/4 link (105 g), Beef, pork, chicken, skinless, smoked

Seafood



Tuna

1/2 can (86 g), Fish, white, canned in water, drained solids

Spices and Herbs



Salt

1/3 tbsp (6 g), Table



Corn Starch

1/4 tbsp (2.5 g), Compliments



Pepper

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



Balsamic vinegar

1/4 cup (64 g),



Cinnamon

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



Turmeric

1/4 tbsp (1.7 g), Spices, ground



Italian Seasoning

1 1/8 tsp (4.5 g), Shoppers Value



Vanilla extract

1/4 tbsp (3.25 g),



Poultry seasoning

1/4 tbsp (1.1 g), Spices



Spices Cajun Seasoning

3/8 tsp (1.5 g), Compliments

Soups and Sauces



Soy Sauce

1 1/2 tbsp (22 g), Lite - Kroger



Fish sauce

1/3 tbsp (6 g), Ready-to-serve



Salsa

1/2 cup (130 g), Sauce, ready-to-serve



Bbq Sauce Regular

1 tbsp (15 g), Compliments



Pasta sauce

1/2 cup (128 g), Spaghetti/marinara, ready-to-serve



Chicken stock

1/4 cup (60 g), Soup, home-prepared

Soy & Legumes



Canned Whole Green Beans

1/2 Serving (50 g), Great Value



Refried beans

1 1/4 cup (289 g), Canned, fat-free



Peanut butter

1 tbsp (16 g), Smooth style, without salt

Nut and Seed Products



Almond milk

1 1/4 cup (300 g), Plain



Coconut milk

1/2 cup (120 g), Nuts, raw (liquid expressed from grated meat and water)

Breakfast Cereals



Rolled oats

1 cup (80 g), Plain, dry oatmeal



Kashi golean

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

Baked Products



Tortillas

1 1/2 tortilla (36 g), Ready-to-bake or -fry, corn



Whole-wheat bread

1 slice (28 g), Commercially prepared

Grains and Pasta



Whole wheat pasta

1 1/3 oz (38 g), Dry



Spaghetti

3 1/4 oz (92 g), Dry pasta, enriched



Flour

1/4 cup (7.5 g), Enriched, Bleached, All Purpose - Kroger

Fats and Oils



Extra Virgin Olive oil

1 1/2 tbsp (22 g), First Cold Pressed - Kirkland Signature



Olive oil

1 tbsp (14 g), Salad or cooking



Extra Virgin Olive Oil

1/2 tbspn (7.5 g), Olive Oil - Tesco

Sweets



Baking Chips, Dark Chocolate

15 chips (3.5 g), Lily's



Cocoa

1/4 cup (22 g), Dry powder, unsweetened

Meals / Entrees



Portobello Mushrooms

1 1/4 medium mushroom (21 g), Mushrooms - Melissa's

Snacks



Tortilla chips

1 oz (28 g), Snacks, plain, yellow corn



Popcorn

1 cup (8 g), Snacks, air-popped



Wheat Thins

12 pieces (22 g), Nabisco Wheat Thins

Uncategorized



TBC Low Carb Turkey and Hummus Wrap

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



Ranch Dip Seasoning Mix, dry

1 teaspoon (2.83 g), McCormick



Gochujang

1 tbsp (19 g), Unknown



Riced Cauliflower

1 3/4 cup (177 g), Great Value



Beef Sticks, Mild, Original

2 Stick (66 g), Chomps



Peanut Butter, Creamy, Natural

3 tbsp (48 g), Smucker's



Sliced Cheese, Provolone

2 slice (38 g), Great Value



Beef Bone Broth

6 cup , Trader Joe's



Bar, Chicken Sriracha

1 bar (37 g), Epic



Parmesan Crisps

10 crisps (15 g), Member's Mark



Olive Oil

1/2 tbsp , Kirkland Signature



String Cheese

1 piece (24 g), Member's Mark



Salad Kit, Southwest Salad

3 cups (200 g), Dole



Protein Bar, Chocolate Peanut Butter

2 bar (114 g), Grab The Gold



Triple Zero Flavored Yogurt

1 container (150 g), Oikos



Salad Kit, Caesar

1 cups (67 g), Dole



Stevia

3 tsp , Pure Via



100% Whey Protein Powder

1/2 scoops (9.8 g), Premier Protein



Mint Brownie Puff

1 bar (40 g), Built



Shredded Chicken in Milk Chipotle Sauce

12 oz (336 g), Herdez



Protein Shake, Chocolate

2 bottle , Fairlife



Pineapple Diced

1/2 can (71 g), Canned Goods - Compliments



Collagen Peptides

2 scoop (19 g), Naked Collagen



Blended greek yogurt

1 cup (150 g), Oikos Triple Zero



Sugar Free Syrup

2 tbsp. (57 g), Sugar Free, Great Value



Power Waffles, Chocolate Chip, Protein-Packed

2 waffles (76 g), Kodiak



Premium Kit, Ultimate Caesar

1 cups (67 g), Dole



Vanilla Triple Zero Blended Greek Yogurt

1 cup (150 g), Oikos