

TMM Trial Nutrition

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Strawberry Kefir Smoothie	Strawberry Kefir Smoothie	Strawberry Kefir Smoothie	Sheet Pan Ricotta Blueberry Pancake	Sheet Pan Ricotta Blueberry Pancake	Green Beans & Feta Frittata	Green Beans & Feta Frittata
Lunch	Pressure Cooker Shredded BBQ Chicken Sandwich	Pressure Cooker Thai Chicken & Vegetables with Rice	One Pan Mediterranean Shrimp Orzo	Southwest Chicken Meal Prep Bowls	Blackened Chicken with Rice & Broccoli	Lemony Roasted Chicken, Carrots & Chickpeas	Chicken, Kale & Rutabaga
Snack 2	Cottage Cheese with Mixed Berries	Cottage Cheese with Mixed Berries	Cottage Cheese with Mixed Berries	Egg White Scramble Wrap	Egg White Scramble Wrap	Egg White Scramble Wrap	Egg White Scramble Wrap
Dinner	Pressure Cooker Thai Chicken & Vegetables with Rice	One Pan Mediterranean Shrimp Orzo	Southwest Chicken Meal Prep Bowls	Blackened Chicken with Rice & Broccoli	Lemony Roasted Chicken, Carrots & Chickpeas	Chicken, Kale & Rutabaga	Curry Spiced Chicken Chili
Snack 3	Greek Yogurt & Pineapple	Greek Yogurt & Pineapple	Greek Yogurt & Pineapple	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie

TMM Trial Nutrition

80 items

Fruits

- 1 2/3 cups Blueberries
- 1 1/3 Lemon
- 1 tbsp Lemon Juice
- 1 tbsp Lime Juice
- 5 cups Strawberries

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1 tsp Cajun Seasoning
- 1/2 cup Chia Seeds
- 1/4 tsp Chili Powder
- 2 tsps Curry Powder
- 2 tsps Greek Seasoning
- 1 1/3 tsps Nigella Seeds
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/2 tsps Taco Seasoning

Frozen

- 1 1/2 cups Frozen Berries
- 2 cups Frozen Blueberries
- 2/3 cup Frozen Peas
- 1 cup Frozen Pineapple

Vegetables

- 4 cups Baby Spinach
- 2 cups Broccoli
- 2 2/3 Carrot
- 3/4 cup Cherry Tomatoes
- 3 2/3 tsps Cilantro
- 1/4 cup Coleslaw Mix
- 2 tsps Fresh Dill
- 1 Garlic
- 1 1/2 tsps Ginger
- 1/3 cup Grated Carrot
- 1 3/4 cups Green Beans
- 1/2 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 2 1/2 cups Kale Leaves
- 2 tsps Parsley
- 1 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 6 cups Rutabaga
- 1/3 cup Shallot
- 1 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 1 1/2 cups Brown Rice
- 1/2 cup Canned Coconut Milk
- 3/4 cup Chicken Broth
- 1 1/8 cups Chickpeas
- 1 cup Diced Tomatoes
- 1/2 cup Orzo

Baking

- 1 1/8 tsps Baking Powder
- 1/2 cup Coconut Sugar
- 8 1/3 ozs Unbleached All Purpose Flour
- 1 2/3 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 1/4 lbs Chicken Breast
- 10 2/3 ozs Chicken Thighs
- 5 1/3 ozs Extra Lean Ground Chicken
- 1/3 cup Feta Cheese
- 3/4 cup Ricotta Cheese
- 10 ozs Shrimp
- 2 ozs Whole Wheat Bun
- 4 Whole Wheat Tortilla

Condiments & Oils

- 1 1/8 tsps Avocado Oil
- 2 tsps Barbecue Sauce
- 1/2 cup Black Olives
- 1 tbsp Coconut Aminos
- 2 3/4 tsps Extra Virgin Olive Oil
- 2 tsps Hot Sauce
- 1 tbsp Mayonnaise
- 1 tbsp Thai Red Curry Paste

Cold

- 3 1/3 tsps Butter
- 3 cups Cottage Cheese
- 1/2 cup Cow's Milk, Whole
- 8 Egg
- 2 cups Egg Whites
- 1/2 cup Oat Milk
- 2 1/4 cups Plain Greek Yogurt
- 3 3/4 cups Plain Kefir
- 5 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 1 3/4 cups Vanilla Protein Powder
- 2 cups Water

Strawberry Kefir Smoothie

4 ingredients · 5 minutes · 3 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

More Fiber

Add a handful of baby spinach or kale.

Dairy-Free

Use coconut milk kefir.

Ingredients

3 3/4 cups Plain Kefir

3 cups Strawberries (frozen)

3/4 cup Vanilla Protein Powder

3 tbsps Chia Seeds

Sheet Pan Ricotta Blueberry Pancake

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a high-rimmed baking sheet with parchment paper.
2. In a bowl, whisk together the eggs, milk, butter, lemon zest, ricotta, and vanilla until smooth. In a separate bowl, mix the flour, baking powder, and coconut sugar.
3. Add the dry mixture to the wet and mix until just combined. Add the blueberries and stir well. Pour the batter into the prepared baking sheet and spread it evenly to all corners.
4. Bake for 20 minutes or until the pancake feels spongy and looks set. Slice the pancake and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 13 x 18-inch (33 x 46 cm) standard sheet pan was used to create six servings. One serving is equal to approximately two square pancakes.

Additional Toppings

Icing sugar or maple syrup.

Ingredients

- 2 Egg
- 2 2/3 tbsps Cow's Milk, Whole
- 1 1/3 tbsps Butter (melted)
- 1/3 Lemon (zested)
- 1/3 cup Ricotta Cheese
- 2/3 tsp Vanilla Extract
- 3 1/3 ozs Unbleached All Purpose Flour
- 1 1/3 tpsps Baking Powder
- 2 2/3 tbsps Coconut Sugar
- 2/3 cup Blueberries

Green Beans & Feta Frittata

6 ingredients · 20 minutes · 1 serving



Directions

1. Preheat the oven to 400°F (205°C). Heat the oil in a cast-iron skillet. Add the green beans and shallot and sauté for three to four minutes. Season with black pepper.
2. Add the eggs to the pan and top with feta cheese. Stir gently to mix.
3. Cook in the oven for 12 to 15 minutes or until the eggs have set. Slice the frittata and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A six-inch cast-iron skillet was used to make two servings. One serving is roughly half of the skillet.

More Flavor

Add bell peppers and cooked protein of choice.

Dairy-Free

Use nutritional yeast or plant-based cheese instead of feta.

Ingredients

- 1/4 tsp** Extra Virgin Olive Oil
- 1/2 cup** Green Beans (trimmed, chopped)
- 1 tbsp** Shallot (sliced)
- 1/8 tsp** Black Pepper
- 1 1/2** Egg (whisked)
- 2 tbsps** Feta Cheese (crumbled)

Pressure Cooker Shredded BBQ Chicken Sandwich

9 ingredients · 30 minutes · 1 serving



Directions

1. Season the chicken with smoked paprika, chili powder, salt, and pepper.
2. Pour the broth into the pressure cooker and place the chicken on top. Close the lid and set it to "sealing". Press manual/pressure cooker and cook for 13 minutes on high pressure. Once it's done, do a five-minute natural release and then carefully flip the valve to "venting" for a quick release.
3. Meanwhile, toss the coleslaw mix and the mayonnaise together in a bowl. Season with salt and pepper.
4. Remove the lid and shred the chicken with two forks. Add the shredded chicken to a bowl and add the barbecue sauce and some of the liquid from the pressure cooker. This adds more flavor and keeps it juicy. Mix and set aside.
5. Divide the chicken onto the buns and top with coleslaw. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one sandwich.

Gluten-Free

Use a gluten-free bun.

More Flavor

Add mustard to the mayonnaise. Add hot sauce.

Whole Wheat Bun

One bun is equal to approximately 57 grams or two ounces.

Ingredients

- 4 ozs Chicken Breast (boneless, skinless)
- 1/4 tsp Smoked Paprika
- 1/4 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Chicken Broth
- 1/4 cup Coleslaw Mix
- 1 tbsp Mayonnaise
- 2 tbsps Barbecue Sauce
- 2 ozs Whole Wheat Bun (toasted)

Cottage Cheese with Mixed Berries

2 ingredients · 5 minutes · 3 servings



Directions

1. Top the cottage cheese with frozen berries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan

Use coconut yogurt or oatmeal instead of cottage cheese.

Additional Toppings

Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.

Ingredients

3 cups Cottage Cheese

1 1/2 cups Frozen Berries (or fresh)

Egg White Scramble Wrap

9 ingredients · 10 minutes · 4 servings



Directions

1. Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
2. Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the eggs whites. Season with salt and pepper to taste.
3. Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

Notes

Leftovers

Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

No Egg Whites

Use whole eggs instead.

No Hot Sauce

Use salsa or sriracha instead.

No Spinach

Use kale instead.

No Bell Pepper

Use tomatoes or mushrooms instead.

Ingredients

- 1 Red Bell Pepper (medium, finely chopped)
- 1/2 cup Red Onion (finely chopped)
- 3/4 cup Water
- 4 cups Baby Spinach (chopped)
- 2 tsps Extra Virgin Olive Oil
- 2 cups Egg Whites
- Sea Salt & Black Pepper (to taste)
- 4 Whole Wheat Tortilla
- 2 tsps Hot Sauce (optional, or to taste)

Pressure Cooker Thai Chicken & Vegetables with Rice

12 ingredients · 40 minutes · 2 servings



Directions

1. Cook the rice according to the directions on the package.
2. In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
3. Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
4. Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
5. Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
6. Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

No Brown Rice

Omit or use jasmine rice, quinoa or cauliflower rice instead.

No Chicken Breast

Use chicken thighs instead.

No Fresh Green Beans

Use frozen or choose another vegetable like snap peas or broccoli.

Ingredients

- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Chicken Broth
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Coconut Aminos
- 1 1/2 tpsps Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 8 ozs Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 3/4 cup Green Beans
- 1/2 cup Kale Leaves (chopped)

No Kale

Use spinach or bok choy instead.

One Pan Mediterranean Shrimp Orzo

10 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a large non-stick pot or deep pan over medium heat. Add the onion and Greek seasoning and sauté for two to three minutes. Add the orzo, water, cherry tomatoes, and olives. Stir to combine.
2. Cover with a lid, turn the heat to low, and simmer for about 15 minutes or until the water has absorbed and the orzo is almost cooked through.
3. Add the shrimp, stir well, and cover the pan with a lid. Cook for another five minutes or until the shrimp is cooked through. Top the orzo with parsley and feta cheese. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add salt if your Greek seasoning is salt-free.

Dairy-Free

Omit the feta cheese or use plant-based cheese instead.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 cup Red Onion (chopped)
- 2 tsps Greek Seasoning
- 1/2 cup Orzo (dry)
- 1 1/4 cups Water
- 1/2 cup Cherry Tomatoes (halved)
- 1/2 cup Black Olives (pitted, halved)
- 10 ozs Shrimp (peeled, deveined)
- 2 tsps Parsley (chopped)
- 2 tsps Feta Cheese (crumbled)

Southwest Chicken Meal Prep Bowls

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Cook the rice according to package directions. Let the rice cool slightly.
3. Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
4. Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
5. Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

More Flavor

Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

Additional Toppings

Lime wedges, cilantro, or chopped green onion.

No Brown Rice

Use quinoa or cauliflower rice instead.

No Cabbage

Use romaine lettuce or kale instead.

Ingredients

- 1/2 cup Brown Rice
- 8 ozs Chicken Breast
- 2 tsps Avocado Oil (divided)
- 1 1/2 tsps Taco Seasoning (divided)
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Lime Juice
- 1 tbsp Cilantro
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1/2 Green Bell Pepper (medium, chopped)
- 1 Tomato (medium, chopped)

Blackened Chicken with Rice & Broccoli

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
3. Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
4. Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
5. To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder.

No Chicken Breast

Use chicken thighs, fish fillets, or pork chops instead.

No Brown Rice

Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.

Ingredients

- 1/2 cup** Brown Rice (dry)
- 8 ozs** Chicken Breast
- 1 tsp** Cajun Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps** Avocado Oil
- 2 cups** Broccoli (cut into florets)
- 1/4** Lemon (cut into wedges, optional)

Lemony Roasted Chicken, Carrots & Chickpeas

10 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C). Grease a cast iron skillet.
2. Add the chicken, chickpeas, carrots, tomatoes, and shallot to the skillet.
3. In a separate bowl, mix the oil, lemon juice, nigella seeds, and salt. Pour this over the skillet ingredients evenly and use your hands to rub the mixture in.
4. Cook in the oven for 30 minutes or until the chicken is cooked through and the carrots are tender. To make the skin crispier you can broil for one to two minutes, if desired.
5. Garnish with dill and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 chicken thighs and one cup of the chickpea mixture.

Additional Toppings

Add yogurt, pine nuts and/or chopped walnuts.

No Nigella Seeds

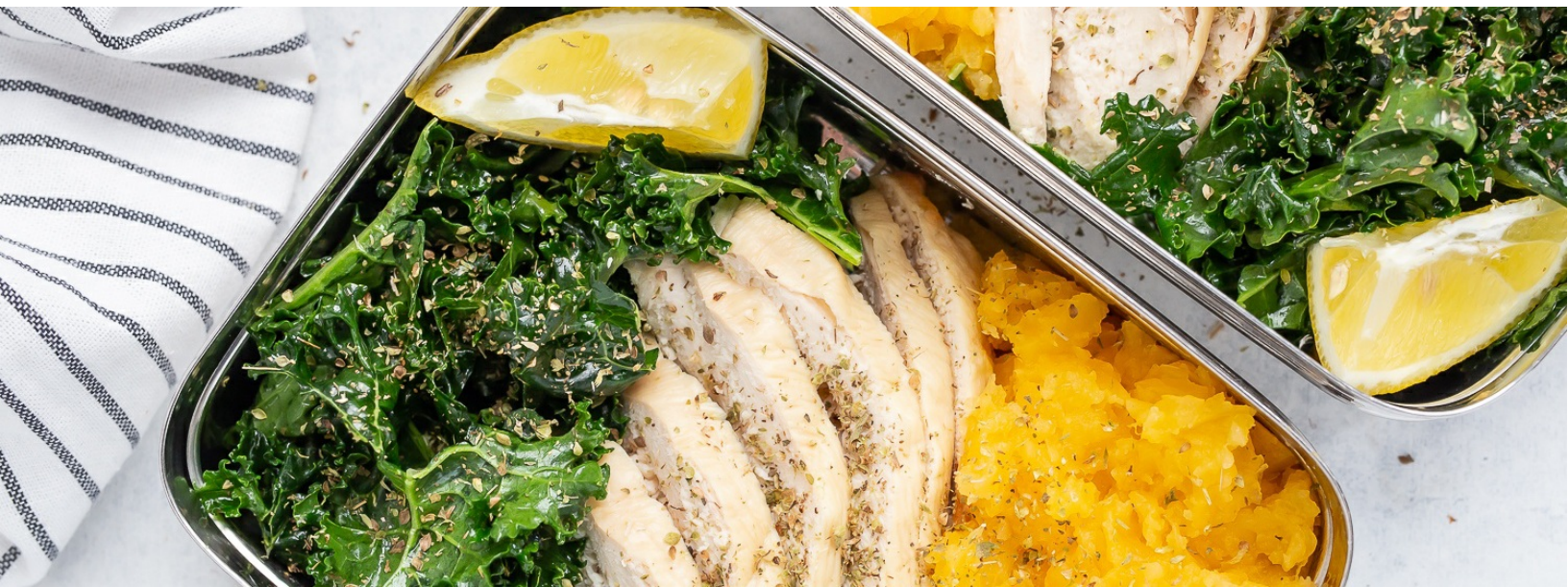
Use sesame seeds instead.

Ingredients

- 10 2/3 ozs Chicken Thighs (skin-on, bone-in)
- 1 1/8 cups Chickpeas (cooked, rinsed)
- 2 2/3 Carrot (peeled, chopped)
- 1/3 cup Cherry Tomatoes (halved)
- 2 2/3 tbsps Shallot (chopped)
- 2 tsps Extra Virgin Olive Oil
- 1/3 Lemon (juiced)
- 1 1/3 tsps Nigella Seeds
- 1/3 tsp Sea Salt
- 2 tsps Fresh Dill (chopped)

Chicken, Kale & Rutabaga

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
3. While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
4. Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
5. Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings

Kimchi, sauerkraut, pickled veggies, or olives.

No Rutabaga

Use sweet potato or cauliflower instead.

Ingredients

- 6 cups** Rutabaga (peeled, cubed)
- 1/8 tsp** Sea Salt (to taste)
- 8 ozs** Chicken Breast (boneless, skinless)
- 2 cups** Kale Leaves (tough stems removed, roughly torn into pieces)
- 1 tbsp** Lemon Juice
- 1 tbsp** Extra Virgin Olive Oil
- 1 tsp** Oregano

Curry Spiced Chicken Chili

8 ingredients · 35 minutes · 1 serving



Directions

1. In a large non-stick skillet, over medium-high heat, cook the chicken, onions, and carrots, crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
2. Add the curry powder and cook for one minute, stirring to coat the meat and vegetables.
3. Add the tomatoes and milk. Mix well. Cover and simmer for 15 minutes, stirring occasionally.
4. Add the peas and stir to combine. Divide evenly between bowls and garnish with the cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add salt and pepper. Add garlic, lemon juice, and cilantro.

No Chicken

Use ground pork, turkey, lamb, or chickpeas instead.

Ingredients

- 5 **1/3 ozs** Extra Lean Ground Chicken
- 1/3 Yellow Onion (medium, finely chopped)
- 1/3 **cup** Grated Carrot
- 2 **tsps** Curry Powder
- 1 **cup** Diced Tomatoes (from the can, with juices)
- 1/2 **cup** Oat Milk
- 2/3 **cup** Frozen Peas (thawed)
- 2 **2/3 tsps** Cilantro (chopped)

Greek Yogurt & Pineapple

2 ingredients · 5 minutes · 3 servings



Directions

1. Add the yogurt and pineapple to a bowl and serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is 3/4 cup of yogurt and 1/3 cup of pineapple.

Make it Vegan

Use dairy-free yogurt.

Additional Toppings

Hemp seeds, granola and/or nuts and seeds.

Ingredients

2 1/4 cups Plain Greek Yogurt

1 cup Frozen Pineapple (defrosted, or fresh)

Strawberry Blueberry Smoothie

5 ingredients · 5 minutes · 4 servings



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Almond Milk

Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries

Use frozen instead.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

Ingredients

- 2 cups** Frozen Blueberries (wild)
- 2 cups** Strawberries (stems removed)
- 5 cups** Unsweetened Almond Milk
- 1/4 cup** Chia Seeds
- 1 cup** Vanilla Protein Powder