

Trim Healthy Mama Plan~ Keep It Simple, Keep It Sane Book Club Schedule

October 5th-October 11th~	Read Introduction Chapter 1- Getting To Know You Chapter 2- The Basic
October 12th- October 18th~	Read Chapter 3- The Satisfying Meal Chapter 4- The Energizing Meal Chapter 5- Fuel Pulls
October 19th-October 25th~	Read Chapter 6- Crossovers Chapter 7- 5 Helpers Chapter 8- Let's Get Started
October 26th- November 1st~	Read Chapter 9- Snacking Mama Chapter 10- Just the Numbers Chapter 11- Higher Learning
November 2nd- November 8th~	Read Chapter 12- Thirsty Mama Chapter 13- Sweet Mama
November 9th- November 15th~	Read Chapter 14- Family Friendly Chapter 15- Eating Out Chapter 16- To Cheat or Treat?
November 16th-November 22nd~	Read Chapter 17- Affordable Superfoods Chapter 18- Specialty Food Stars Chapter 19- Heads Up: Drive Thru Sues!
November 23- November 29th~	Week Off for Thanksgiving

November 30th- December 6th~ Read Chapter 20- Heads Up: Purists!
Chapter 21- Heads Up: Budgeting Mamas!
Chapter 22- Heads Up: Working Mamas!
Chapter 23- Heads Up: Pregnant and Nursing Mamas

December 7th- December 13th~ Read Chapter 24- Heads Up: Turtle Losers!
Chapter 25- Heads Up: Vegetarians!
(longer chapters)

December 14th- December 20th~Read Chapter 26- Heads Up: Allergen-Free Mamas!
Chapter 27- Heads Up: Maintenance Mamas!
Chapter 28- The Guy Chapter

December 21st- January 3rd~ Two weeks off for Christmas and New Year's

January 4th- January 10th~ Read Chapter 29- Let's Talk Exercise
Chapter 30- Let's Talk Skin
Chapter 31- Balance is Beautiful

January 11th- January 17th~ Read Chapter 32- Get Connected!
Appendix: The Meal Recap
Wrap Up the Study