

**Trim Healthy Mama
Plan~
Keep It Simple, Keep It
Sane**

Book Club Schedule

A Home With Purpose~ Mama Chat



*November 23- November 29th~
Week Off for Thanksgiving*

*November 30th- December 6th~
Read and Discuss:*

*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 15th~
Read and Discuss:*

*Chapter 24- Heads Up: Turtle Losers!
Chapter 25- Heads Up: Vegetarians!*

*December 14th- December 20th~
Read and Discuss:*

*Chapter 26-
Heads Up: Allergen-Free Mamas!*

*Chapter 27-
Heads Up: Maintenance Mamas!
Chapter 28- The Guy Chapter*

*December 21st- January 5rd~
Two weeks off for **C**hristmas
and New Year's*

*January 4th- January 10th~
Read and Discuss:*

*Chapter 29- Let's Talk Exercise
Chapter 30- Let's Talk Skin
Chapter 31- Balance is Beautiful*

*January 11th- January 17th~
Read and Discuss:*

*Chapter 32- Get Connected!
Appendix: The Meal Recap
Wrap Up the Study*

October 5th-October 11th~

Read and Discuss:

Introduction

Chapter 1- Getting To Know You

Chapter 2- The Basic

October 12th- October 18th~

Read and Discuss:

Chapter 3- The Satisfying Meal

Chapter 4- The Energizing Meal

Chapter 5- Fuel Pulls

October 19th-October 25th~

Read and Discuss:

Chapter 6- Crossovers

Chapter 7- S Helpers

Chapter 8- Let's Get Started

October 26th- November 1st~

Read and Discuss:

Chapter 9- Snacking Mama

Chapter 10- Just the Numbers

Chapter 11- Higher Learning

November 2nd- November 8th~

Read and Discuss:

Chapter 11- Higher Learning

Chapter 12- Thirsty Mama

Chapter 13- Sweet Mama

November 9th- November 15th~

Read and Discuss:

Chapter 14- Family Friendly

Chapter 15- Eating Out

Chapter 16- To Cheat or Treat?

November 16th-November 22nd~

Read and Discuss:

Chapter 17- Affordable Superfoods

Chapter 18- Specialty Food Stars

*Chapter 19- Heads Up: Drive Thru
Sues!*