

KEEP IT SIMPLE, KEEP IT SANE

NEW BREAKTHROUGH WEIGHT-LOSS ADVICE
TO ENHANCE AMERICA'S FASTEST-GROWING
HEALTHY LIFESTYLE



trim healthy mama plan

the *easy-does-it*
approach to
vibrant health &
a *slim waistline*

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Dear Discussion Group Leader (or Leaders),

First of all, thank you for your willingness to lead and encourage your group as you journey together through the *Trim Healthy Mama Plan*. We've designed this discussion guide to support your leadership efforts, with loads of in-depth discussion questions to choose from, and (optional) quizzes and activities to help you create a fun and engaging time of learning together.

How to Use this Discussion Guide:

Ideally, each person will have access to the *Trim Healthy Mama Plan* for reading during the week, and it's a good idea to have at least one copy on hand to refer to (if needed) during group discussions. Please make copies of the *Reading Calendar*, included in the *Printables* section of this packet, and make it available to your group members right away, as they'll want to have read the first assignment before to the first discussion time.

You may have group members who have already read the book but still want to attend the meetings or who have not read it but can't wait for the next reading assignment and choose to read the book in a week or two... or perhaps a day or two - that's okay! We just recommend that they take a few minutes to review the assigned chapters before the discussion time so that the current discussion topics are fresh in their mind.

As written, this guide is designed with six reading assignments that take the group through the *Trim Healthy Mama Plan*, with six corresponding sets of discussion questions. Please don't feel like you need to get through every question on the list each time you meet, or that every person needs to answer every question.

With a smaller group, you may do well to pick five or six questions and have each person answer each one. But with a larger group you can certainly ask that just a few people share their answers for each question, rotating so that you involve everyone throughout the discussion. Just like each Trim Healthy Mama needs to make the plan her own, we encourage you to customize this discussion guide by using the questions and resources that best fit the needs of your unique group. You can use this guide to give direction to your meetings but general discussions that naturally arise are fine, as are testimonies of the Trim Healthy lifestyle from those already implementing it.

Optional Activities

For each discussion session we've included a corresponding optional game or quiz (these can be found in the *Printables* section at the very end of this packet). Just make a copy for each group member and follow the directions on the printable to use.

You could also:

- Check out www.trimhealthymama.com for free recipes to make and share together.
- Create a private local Facebook group for further connection and encouragement.
- Order sweeteners or specialty ingredients and divide into small 'trial' sized baggies for sampling.
- Organize a Trim Healthy Mama style brunch or potluck to enjoy together.

Some Words of Encouragement

By taking the role of leader, you certainly don't have to feel pressured to know the *Trim Healthy Mama Plan* perfectly inside and out, or be an expert in any way. Perhaps you are new to the plan yourself. That is fine. Don't take that burden on of teaching the plan! Your job as group leader is simply to facilitate the



discussion and keep the conversation positive and respectful - you don't have to be a Trim Healthy Mama expert in any way or form. The book does all the teaching, you are leading to offer encouragement and support. If someone has a question that you can't answer we encourage you to direct that question to support@trimhealthymama.com or to take it to one of the official Facebook groups where THM admins can help.

Also, we must note that while some do experience rapid weight loss in their first few weeks on plan, there are many who don't. Of course we love to celebrate the quick losses, but we must ask that you be sensitive to those who take longer to grasp the basics of the Plan, or who (often unknowingly) struggle with underlying health or metabolism issues that can make weight loss painfully slow. Some may choose to avoid the scale altogether and this is fine! Please do your best to keep the discussions focused in a positive direction, and celebrate Non-Scale Victories (like clothing fit, improved energy or mood, less cravings, etc.) right alongside those big or small losses on the scale!

There are a few personal choice topics in the *Trim Healthy Mama Plan* that some may feel *very* strongly about - whether or not to consume unclean meats, GMO's or non-organic foods, etc. These strongly held convictions, while honorable, can often become unnecessary sources of division and conflict in group settings. We encourage groups to set these issues to the side, allowing room for each person to make the Plan their own, *without* condemnation or debate.

Thank you for all you do to help keep the discussion groups a place of Food Freedom for all!



Trim Healthy Mama Plan Group Discussion Guide: Session 1

Read: Pages xi - 78 (Introduction - Chapter 8)

Introduction

This reading assignment covers the basic principles of the plan and how to create meals that support healthy metabolisms and body weight. Much of this information contradicts what many of us have been taught over the years about health and wellness. Let's dig in and discuss how our own dietary backgrounds and beliefs influence our food choices, and use this time to gain a deeper understanding of what we've read.

Food for Discussion

Do you relate to any of the diet types in Chapter 1? (For example, Whole Grain Jane or Drive Thru Sue, etc.) Which one (or two) types fits you the best?

What has been your biggest struggle with your current (or past) diet or way of eating?

Briefly describe the difference between Satisfying (S) and Energizing (E) meals.

What is so great about Fuel Pull foods? Why is it important NOT to overdo Fuel Pull meals?

What is the difference between a Crossover and a Cheat? What are some of the reasons for choosing to eat a Crossover meal?

What are some of the foods listed in the S and E chapters that you may have previously considered as unhealthy or fattening?

Dig Even Deeper

Do you prefer to gently work your way into the plan, or would you rather dive-in head first and learn as you go?

Are you at peace with the fact that your trim and healthy journey will be very different from others in this group and that you may lose weight more slowly or quickly depending on your age, sex, unique metabolism, history of dieting and approach to starting the plan?

How will you encourage yourself if your progress is not as fast as you would like it to be or if you feel like you have failed meals or full days or make mistakes during the learning curve?

Why is it important to fuel our bodies during weight loss? What message does restricting fuels or foods send to our bodies?

Why do we need to allow times of rest between fueling?

What is one small change or baby step towards Trim & Healthy that you can make in this coming week?

For More Fun

Complete the "Starting Line Worksheet" and (optionally) take "before" photos for any who would like to do so.



Trim Healthy Mama Plan Group Discussion Guide: Session 2

Read: Pages 79-115 (Chapters 9-13)

Introduction

Last week we discussed the basics of the Trim Healthy Mama plan. This week, we're digging even deeper into some of the finer points of putting it all into action. As we digest this information, remember that this is a unique, personal journey and we are each free to go at our own pace. Let's not get caught in the painful trap of comparison or trying to master everything at once, but instead learn together with patience and kindness towards one another and ourselves.

Food for Discussion

Do you consider yourself more of a Grazing Grace or a Three Meal Mandy?

What is the difference between smart snacking and mindless snacking? How does constantly taking in little bits of food affect your ability to lose weight?

Why is it best to fuel your body every three to four hours (except at night, of course!)? How do long breaks of 5 hours or more between meals affect the metabolism?

What steps can you take to make sure your snack times are meaningful and savored?

What is the difference between a trim and healthy dessert and a regular sugar-laden treat? Is it okay to frequently eat "desserts" that are nourishing, anchored in protein and easy on your blood sugar levels?

Why are fuel types *always* more important than nutrition label numbers? How can knowing the "numbers" help with choosing on-plan foods?

Briefly describe (in a nutshell) the different types of S meals. Is this information something that you should be concerned with right away? Did anyone here skip this chapter knowing it will be too much to digest at first? If you did read through it, how can this knowledge help you in the long term?

Dig Even Deeper

Are you the type who needs lots of sweet treats to keep you happy and not feeling deprived on your trim healthy journey or will you prefer to do the plan rarely eating desserts and instead choose to use honey or coconut sugar for a rare sweet treat?

Do you struggle with nighttime munchies? What types of snacks are best if you are super hungry late at night? What are some ways you can avoid late night snacking?

Focusing on the CAN Have's - what foods and beverages do you already enjoy that fit into Trim & Healthy food choices?

What is one baby step you can take this week towards learning to enjoy on-plan sweeteners?

For More Fun

Take *The Can-Have Quiz* and see how just how much you can enjoy!



Trim Healthy Mama Plan Group Discussion Guide: Session 3

Read: Pages 119-160 (Chapters 14-18)

Introduction

This week we learned how to adapt the *Trim Healthy Mama Plan* to meet the needs of family members who don't need to lose weight, as well as the specific needs for growing children. We also discovered how to order an on-plan meal when eating out, and tackled the tricky question of whether to Treat or Cheat (and how to recover from a detour off plan). Lastly, we explored the many affordable and specialty superfood options.

Food for Discussion

How can regularly eating on-plan treats help in resisting the temptation of sugary, processed foods?

Are you more inclined to “treat” yourself by sticking to delicious nourishing foods, or do you lean towards occasional off-plan “cheats” for special circumstances?

Which of the “Affordable Superfoods” listed in Chapter 17 do you already enjoy? Are there any that you haven't tried?

Are the “Specialty Food Stars” (in Chapter 18) essential to the Trim Healthy Mama Plan? What specialty foods interested you the most? Was anything on the list already in your pantry?

Dig Even Deeper

Is your family going to be on-plan (with healthy Crossovers if needed) or are you on this journey alone? What is the biggest challenge you face in this area? What steps can you take to overcome (or endure) this challenge?

If you cheat or slip-up, how long does it take to get back on plan? What type of meal is great for getting back on track?

Does negative self-talk and self-loathing really help, or is there a better way to talk to yourself? Why is treating yourself with grace and kindness so powerful?

What would you order for an on-plan meal at your favorite restaurant?

For More Fun

Test your Trim & Healthy skills with *The Fast & Fun Fuel Sorting Game*! If your group size allows, split up into teams of two or three to do this activity.



Trim Healthy Mama Plan Group Discussion Guide: Session 4

Read: Pages 163-213 (Chapters 19-23)

Introduction

This week's reading was all about fine-tuning the plan to fit specific needs and circumstances, and really taking the time and effort to make it your own. Whether you're a Drive Thru Sue or an ardent Purist, whether you live on a tiny budget or are constantly on the go and pressed for time, the *Trim Healthy Mama Plan* can work for you! Let's help each other make that a reality as we discuss and brainstorm together.

Food for Discussion

Which of the following lifestyle factors apply to how you will work the *Trim Healthy Mama Plan*? (*It's quite likely that more than one will fit!*) Are you a Drive Thru Sue or a Purist? A Budgeting, Working (outside the home) or Pregnant and/or Nursing Mama?

Are you someone who prefers structured, planned out menus and meal times, or do you prefer to take things one meal or day at a time?

It's been said that "Comparison is the thief of joy." What is one thing you can do to avoid comparison and choose joy in your own journey?

What are some simple snacks and meals that require no special ingredients that you can implement frequently in your Trim Healthy journey?

How can just a few minutes here and there spent on food prep each week help you stay on plan *and* help save time and money?

Dig Even Deeper

Why is it important to make this plan your own, instead of relying on one-size-fits-all recipes and generic menus?

How can we protect ourselves from the "everything-is-out-to-kill-ya" mindset? What steps can we take to abolish purism stress and choose peace over perfection?

What special considerations should pregnant and nursing mamas take to make the plan fit their specific needs?

What is one small step you can take to make the Trim Healthy Mama Plan fit your unique circumstances this week?

For More Fun

Take the *Discover the Non-Scale Victories Quiz* to find some NSV's of your own!



Trim Healthy Mama Plan Group Discussion Guide: Session 5

Read: Pages 214-259 (Chapters 24-28)

Introduction

This week we've explored how to make the Trim Healthy Mama Plan fit the needs of those with health and metabolism issues that make weight loss painfully slow. We also learned how guys, vegetarian and allergen free mamas can tweak the plan to fit their needs. Maintenance mode may seem FAR off for some of us, but it's so helpful to see how to make this way of eating work long term. Let's recap some of what we've learned and encourage each other today.

Food for Discussion

Do regular weight loss stalls and/or slower losses of around ½ pound per week make you a Turtle Loser?

What are some potential causes of weight loss stalls? How can we support our bodies during this time? Should you ever start the plan with a Fuel Cycle as described in the Turtle Loser's chapter?

What are some ways you can encourage yourself when weight loss is slow or stalled?

Discuss some specific ways that Turtle mama's can tweak the plan to fit their needs. How can the Fuel Cycle help you understand more about the plan and what might it teach you?

Are you a vegetarian mama or one who has to adapt to allergies and food sensitivities? What is one way that you can tweak the plan to fit your needs?

What are some special considerations for men on the Trim Healthy Mama Plan?

Dig Even Deeper

How will you continue trim and healthy eating after you've reached your weight loss goals? What are the benefits to eating this way long term?

What are some reasons to guard against constant cheating, even if weight gain isn't an issue? Why is it important to pursue both trim and healthy?

What are some NSV's (non-scale victories) that you have experienced already? What types of NSV's are you hoping to experience as you continue on your trim healthy journey?

For More Fun

Take the "You Know You're a Trim Healthy Mama IF..." Quiz and see how you score!



Trim Healthy Mama Plan Group Discussion Guide: Session 6

Read: Pages 263-296 (Chapters 29-32)

Introduction

The last four chapters of the book cover some of the essential next steps to our journeys towards trim and healthy - From exercise and skin care to finding balance and continuing forward in this lifelong way of eating. Let's enjoy the discussion, and truly celebrate how far we've come already!

Food for Discussion

What is your exercise background? Are you a fitness newbie or a weekend warrior? Does the idea of exercising make you cringe or are you very active with hours of intense exercise every week?

What is meant by the phrase "take it easy and don't exercise?" in the exercise chapter? What types of exercise is this talking about? What should we still include in day-to-day life?

Why is it difficult for females to maintain a "shredded" lean, muscular physique? What happens physically when a woman drops below 20 percent body fat?

What is the purpose of our skin? What are the main reasons for avoiding toxic chemicals in skincare products?

Were we designed to live in perfect, sterile bubbles? Why do we need a little bit of everything, including the imperfections?

Dig Even Deeper

What are the benefits to exercising with joy and having fun in the process?

How can a trim and healthy diet prevent premature aging and support healthy skin?

Chapter 29 (Balance is Beautiful) shares that we will need to protect our own balance from the constant new waves of tangents, fads and trends. What is one way that you can do that?

How does "Do your best, don't sweat the rest" apply to your own personal Trim and Healthy journey?

For More Fun

Complete the "*Stay Grounded in Sane Simple Solutions*" worksheet, and take optional "during" photos to record your progress both on and off the scale.



The Trim Healthy Mama Plan
Reading Calendar

Session	Reading Assignment	Meeting Times
Session One: Introduction thru Chapter 8	Pages: xi-78, 263-264 up to “ <i>When You’re Ready</i> ”	
Session Two: Chapter 9 thru Chapter 13	Pages: 79-115	
Session Three: Chapter 14 thru Chapter 18	Pages: 116-160	
Session Four: Chapter 19 thru Chapter 23	Pages: 163-213	
Session Five: Chapter 24 thru Chapter 28	Pages: 214-259	
Session Six: Chapter 29 thru 32	Pages: 263-296	

Notes:

The Trim Healthy Mama Plan
Starting Line Worksheet

****NOTE**** *These worksheets are for your own tracking purposes and are completely optional! You don't have to turn them in or share them with anyone else. They are included because many of our mama's have mentioned that they wished they had kept better records of where they started so they could be reminded of their progress along the way. Enjoy!*

Name:

Age:

Weight loss background (check all that apply):

- ☐ Never dieted
- ☐ Counting calories
- ☐ Counting Points
- ☐ Skipped meals
- ☐ Low Carb
- ☐ Meal Replacement Bars/Shakes
- ☐ Low fat
- ☐ Primal/Paleo
- ☐ Other

Current diet (check one):

- ☐ I consider my diet to be very healthy
- ☐ I consider my diet to be healthy enough
- ☐ I don't really choose foods based on health, I eat a standard American, high sugar diet.

Weight loss goals (check and fill those that apply):

- ☐ I'd like to lose a size or two
- ☐ I need to lose a significant amount of weight
- ☐ I will assess my weight loss goals as I get further in my journey and tackle small amounts at a time
- ☐ I need to gain weight
- ☐ I'm doing this for health or informational purposes as I don't need to lose any weight.
- ☐ I am pregnant or nursing
- ☐ *Optional:* My starting weight is (____) My ultimate weight loss goal is (____)

Current health challenges (check all that apply):

- ☐ High Blood sugar in any form this may be insulin resistance, pre-diabetes or Type 2 diabetes
- ☐ High Blood pressure
- ☐ Inflammation
- ☐ Joint pain
- ☐ Poor energy levels/fatigue
- ☐ Hormonal imbalance
- ☐ Thyroid imbalance
- ☐ PCOS (Poly Cystic Ovarian Syndrome)
- ☐ High triglycerides and an unhealthy cholesterol profile
- ☐ Acne or other skin issues
- ☐ Poor muscle tone
- ☐ Poor hair, skin or nails quality



___Infertility

___Others:

My biggest reason for choosing to learn about the Trim Healthy Mama Plan is:

****Note**** ***A word about the scale and weighing regularly:** The body can fluctuate within several pounds throughout the day, and fluctuations from hormones, salt or carbohydrate intake, etc. are normal and should not be a cause for concern. The scale is not for everyone - it can be a healthy way to track progress for some, but if it causes you to stress, obsess or be depressed we encourage you to find another way to track.*

Alternative tracking methods:

Clothing fit - go for non-stretchy clothes like a pair of jeans or a cotton blouse.

Photographs - full body, in fitted clothing, front/back and side views.

Measurements - these can be tricky though, so try to measure at the same places each time.

Non-Scale Victories - health and skin improvements, blood pressure and cholesterol levels, improved energy and mood, etc.

Any other notes or goals:

The Trim Healthy Mama Plan
Positive Progress Log

1 Week Progress (list any positive changes...these may not be scale related at first):

3 Week Progress (list any positive changes):

6 Week Progress (list any positive changes):

3 Month Progress (list any positive changes):

6 Month Progress (list any positive changes):

1 Year Progress.... your Trimmiversary! (list any positive changes):

2 Year Progress (list any positive changes):



The Can-Have Quiz

Directions: Check off ANY meals or snacks on this list that you *already love* or *would like to try*:

(Note: These can all be made with on-plan ingredients found at your local grocery store!) Use this list to help you focus on some of the delicious foods you CAN have everyday in your trim and healthy life!

Breakfasts

- ☐ A cheesy Denver Omelet with green peppers, onions, ham and cheddar.
- ☐ A spinach Parmesan Omelet and creamy hot coffee.
- ☐ Mushrooms sautéed in butter, with scrambled eggs and melty shreds of cheese.
- ☐ Fried eggs, bacon and side of fresh berries.
- ☐ Oatmeal with chopped apples, cinnamon and just a drizzle of heavy cream.
- ☐ Smoothies made with fresh fruit and yogurt.
- ☐ A warm cinnamon muffin, dripping with butter.
- ☐ German chocolate waffles, drizzled with peanut butter.
- ☐ Crunchy grain-free granola with cold almond milk.
- ☐ Sautéed garden-fresh veggies with scrambled eggs and hot sauce.
- ☐ Fluffy pancakes with a light creamy filling and fresh fruit.
- ☐ Perfectly crisp toast with fresh tomatoes and cottage cheese.
- ☐ A thick, creamy chocolate breakfast shake.

Lunches:

- ☐ Smoked deli turkey sandwich on sprouted whole grain bread with mustard and a thin slice of sharp cheddar.
- ☐ Crunchy iceberg lettuce loaded with seasoned beef, sour cream, fresh salsa, cheese and olives.
- ☐ A big bowl of creamy tomato soup, with a sandwich, quesadilla or crisp toast on the side.
- ☐ Roast beef and cheddar cheese roll-ups with a mustard-mayo dipping sauce.
- ☐ Lemon and butter baked salmon over fresh garden greens.
- ☐ Rotisserie chicken and celery slices dipped in buffalo sauce and blue cheese dressing.
- ☐ Fresh garden tomato slices topped with creamy tuna salad.
- ☐ Apple slices, string cheese and thin slices of deli turkey.
- ☐ Thinly shredded lettuce topped with feta cheese, Kalamata olives, sliced turkey, grape tomatoes and a flavorful oil and vinegar Greek dressing.

Dinners:

- ☐ Crispy baked chicken with a side of butter drenched broccoli and a fresh garden salad.
- ☐ Chicken Alfredo over pasta or zucchini noodles sautéed in butter.
- ☐ Grilled chicken breast, fresh greens topped with chopped apples, a sprinkle of pecans and a light vinaigrette.
- ☐ Ribeye steak, roasted green beans drizzled with olive oil and garlic, creamy mashed cauliflower.
- ☐ Rotisserie chicken, spring mix salad greens, shredded cheese and creamy ranch dressing.
- ☐ Baked salmon fillet, perfectly baked sweet potato topped with a pat of butter and cinnamon.
- ☐ Fajita salad with grilled steak slices, onions, and peppers, fresh salsa, lettuce and tomatoes.
- ☐ Creamy broccoli soup topped with chives and chunks of seasoned chicken breast.
- ☐ Spicy stir-fried chicken and veggies over steaming brown rice.

Desserts:

- ___ Cheesecake topped with fresh berries and curls of dark chocolate.
- ___ Baked pear topped with cinnamon and a light swirl of cream.
- ___ Rich and creamy coconut milkshake.
- ___ Tangy strawberry lemon frozen yogurt.
- ___ Warm chocolate cake topped with fresh whipped cream.
- ___ Soft peanut butter cookies dipped in cold almond milk.
- ___ Smooth, organic dark chocolate.
- ___ Fresh berries with a swirl of heavy cream.

The Trim Healthy Mama Plan
The Fast & Fun Fuel Sorting Game

Directions:

Read carefully through the different foods listed below and determine what fuel type you think they fall into - **S=Satisfying**, **E=Energizing**, **FP=Fuel Pull**, and **OP=Off Plan**. Be careful... we might trick you but work quickly, because the first one done with the most correct answers, wins! (And, of course, NO Cheating!)

1. ___ Coffee with 2 tablespoons of heavy cream
2. ___ Oatmeal with ½ cup of fresh blueberries and plain 0% Greek Yogurt
3. ___ Krispy Kreme Donuts
4. ___ 4-5 cups of air popped popcorn, lightly sprayed with coconut oil and sea salt
5. ___ 1 stick of low fat string cheese plus some lean deli meat slices
6. ___ Smoothie made with 1 whole orange, low fat cottage cheese, whey protein and unsweetened almond milk
7. ___ Stevia sweetened 0% Greek Yogurt with ½ banana stirred in
8. ___ Sprouted whole grain toast with low fat cottage cheese and sliced tomato
9. ___ Stevia sweetened dark chocolate
10. ___ Two light Rye Wasa crackers spread with Light Laughing Cow cheese and cucumber slices
11. ___ Chopped whole apple with 1 cup lowfat cottage cheese, celery, salt and pepper
12. ___ 1 tablespoon pressed peanut flour
13. ___ Sprouted whole wheat tortilla with lowfat refried beans, salsa and 0% Greek Yogurt
14. ___ Small handful of almonds
15. ___ 8 oz Diet Coke
16. ___ Ribeye steak, steamed broccoli, and a glass of dry red wine
17. ___ Baked Wild Caught Salmon - 3-4 Ounces, with steamed non starchy veggies
18. ___ 2 whole oranges, peeled
19. ___ Baked chicken breast and one medium baked sweet potato
20. ___ 1 cup cooked Dreamfields pasta or Not Naughty Noodles (konjac noodles) with creamy chicken alfredo sauce
21. ___ 1 ounce 85% dark chocolate
22. ___ ½ cup fresh or frozen blueberries
23. ___ Smoothie made with unsweetened cocoa powder, whey protein, 1 tablespoon of heavy cream and 1 heaping tablespoon natural, sugar free peanut butter
24. ___ 2 fried eggs with sautéed mushrooms in butter
25. ___ Toasted white sourdough bread
26. ___ Thin sliced zucchini sautéed in a buttery garlic sauce
27. ___ Bacon, lettuce and tomato sandwich on a low carb tortilla or in a Joseph's pita

28. ____ 1 cup frozen strawberries
29. ____ Generous handful of black, green or Kalamata olives
30. ____ Cucumber slices dipped in guacamole
31. ____ Grilled all beef hot dog dipped in mustard
32. ____ Celery stuffed with all natural peanut butter
33. ____ Club soda with lime juice and stevia
34. ____ Sweet pickles
35. ____ Dill pickles
36. ____ Grilled chicken with mango, black bean salsa
37. ____ Glass of unsweetened almond milk with plan approved sweetener added
38. ____ Smoothie made with 3/4 cup berries, 0% Greek Yogurt, unsweetened almond milk and whey protein
39. ____ Matchstick radishes sautéed in generous butter with onions mushrooms and sausage and topped with cheese
40. ____ 0% Greek Yogurt, 1 teaspoon peanut butter, on-plan sweetener and vanilla

ANSWER KEY - The Fast & Fun Fuel Sorting Game

How to use the Answer Key: The underlined words show the *fuel source*, the **bold letters** show the *answers*.

1. ___ Coffee with 2 tablespoons of heavy cream - **S**
2. ___ Oatmeal with ½ cup of fresh blueberries and plain 0% Greek Yogurt - **E**
3. ___ Krispy Kreme Donuts - **OP**
4. ___ 4-5 cups of air popped popcorn lightly sprayed with coconut oil, sea salt - **E**
5. ___ 1 stick of low fat string cheese plus some lean deli meat slices - **FP**
6. ___ Smoothie made with 1 whole orange, low fat cottage cheese, whey protein and unsweetened almond milk - **E**
7. ___ Stevia sweetened 0% Greek Yogurt with ½ banana stirred in - **E**
8. ___ Sprouted whole grain toast with low fat cottage cheese and sliced tomato - **E**
9. ___ Stevia sweetened dark chocolate - **S**
10. ___ Two light Rye Wasa crackers spread with Light Laughing Cow cheese and cucumber slices - **FP**
11. ___ Chopped whole apple with 1 cup lowfat cottage cheese, celery, salt and pepper - **E**
12. ___ 1 tablespoon pressed peanut flour - **FP**
13. ___ Sprouted whole wheat tortilla with lowfat refried beans, salsa and 0% Greek Yogurt - **E**
14. ___ Small handful of almonds - **S**
15. ___ 8 oz Diet Coke - **OP**
16. ___ Ribeye steak, steamed broccoli, and a glass of dry red wine - **S**
17. ___ Baked Wild Caught Salmon - 3-4 Ounces, with steamed non starchy veggies - **FP**
18. ___ 2 whole oranges, peeled - **OP** (*too much fruit at once!*)
19. ___ Baked chicken breast and one medium baked sweet potato - **E**
20. ___ 1 cup cooked Dreamfields pasta or Not Naughty Noodles (konjac noodles) with creamy chicken alfredo sauce - **S**
21. ___ 1 ounce 85% dark chocolate - **S**
22. ___ ½ cup fresh or frozen blueberries - **FP**
23. ___ Smoothie made with unsweetened cocoa powder, whey protein, 1 tablespoon of heavy cream and 1 heaping tablespoon natural, sugar free peanut butter - **S**
24. ___ 2 fried eggs with sautéed mushrooms in butter - **S**
25. ___ Toasted white sourdough bread - **OP** (*needs to be whole grain sourdough*)
26. ___ Thin sliced zucchini sautéed in a buttery garlic sauce - **S**
27. ___ Bacon, lettuce and tomato sandwich on a low carb tortilla or in a Joseph's pita - **S**
28. ___ 1 cup frozen strawberries - **FP**

- 29. ____ Generous handful of black, green or Kalamata olives - **S**
- 30. ____ Cucumber slices dipped in guacamole - **S**
- 31. ____ Grilled all beef hot dog dipped in mustard - **S**
- 32. ____ Celery stuffed with all natural peanut butter
- 33. ____ Club soda with lime juice and stevia - **FP**
- 34. ____ Sweet pickles - **OP** (*unless homemade with plan approved sweeteners*)
- 35. ____ Dill pickles - **FP**
- 36. ____ Grilled chicken with mango, black bean salsa - **E**
- 37. ____ Glass of unsweetened almond milk with plan approved sweetener added - **FP**
- 38. ____ Smoothie made with 3/4 cup berries, 0% Greek Yogurt, unsweetened almond milk and whey protein - **FP**
- 39. ____ Matchstick radishes sautéed in generous butter with onions, mushrooms and sausage and topped with cheese - **S**
- 40. ____ 0% Greek Yogurt, 1 teaspoon peanut butter, on-plan sweetener and vanilla - **FP**

The Trim Healthy Mama Plan
Discover the Non-Scale Victories Quiz

Directions: Don't let the scale steal your joy! This is a life long journey not a race to shed fifty pounds. Check *anything* on this list that applies to you, and claim these Non-Scale Victories as your own! Don't see something on the list? Feel free to write your own!

- ☐ I'm eating slimming, protein-packed foods that I enjoy every day.
- ☐ My energy levels have improved.
- ☐ My clothes feel a bit looser.... or a lot looser.
- ☐ I'm starting to crave on-plan foods rather than sugar.
- ☐ The inflammation in my body has gone down.
- ☐ For the first time ever, I'm taking care of my body the way I know I should.
- ☐ I'm eating more fruits and vegetables than I was before.
- ☐ I've lost my fear of fat or carbs.
- ☐ I'm enjoying food again.
- ☐ I needed to buy a belt.
- ☐ My skin is clearer and is starting to show a healthy glow.
- ☐ My hormones are beginning to balance out.
- ☐ I've broken up with _____ ← Insert name of unhealthy food here.
- ☐ I'm wearing clothes from the back of my closet.
- ☐ My muffin top is going away while I eat muffins!
- ☐ My family members are trying out new trim, healthy foods.
- ☐ I found a trim healthy recipe that I just LOVE.
- ☐ My shoes are looser.
- ☐ I skipped the chips at a Mexican restaurant!
- ☐ I'm eating regularly now - no more skipping meals.
- ☐ My feet don't hurt anymore.
- ☐ I've lost an inch or two despite what the scale says.
- ☐ My face and neck look thinner.
- ☐ There's a new spring in my step.
- ☐ I have peace about food choices now.
- ☐ My blood pressure numbers are heading in the right direction.
- ☐ My blood sugar levels are lower.
- ☐ I need less medication now.
- ☐ I accomplished a physical feat that I couldn't before.
- ☐ I'm making time to take care of myself now.
- ☐ My kids want to share my trim and healthy snacks.
- ☐ I ate dessert for breakfast and felt amazing.
- ☐ I'm no longer punishing myself for poor food choices with more poor food choices.
- ☐ My hair has more body and shine.
- ☐ I made an off-plan meal or treat for my family and didn't have a bite.
- ☐ I'm feeling more poised and confident.
- ☐ Looks like I'll get to wear my wedding ring again.

The Trim Healthy Mama Plan
You Know You're a Trim Healthy Mama If... Quiz

Directions: Whether you're toe-dipping your way into the *Trim Healthy Mama Plan*, or dove in head first and haven't looked back, some of these are sure to apply to you! Check off the ones that describe you and see how much of a Trim Healthy Mama you really are.

You KNOW you're a Trim Healthy Mama IF:

- ☐ You eat cheesecake for breakfast yet the scale is going down.
- ☐ Cauliflower is no longer just a vegetable to you, it's a food group.
- ☐ You now automatically categorize food with letters of the alphabet.
- ☐ You've had dreams about S meals and E meals
- ☐ You have had to hike your pants and underwear up several times or be in danger of losing them.
- ☐ You have a quart (or three!) of a slimming, healthy beverage in the fridge.
- ☐ You feel entirely comfortable drinking Moonshine on a daily basis (the Good Girl kind).
- ☐ You have purchased an extra set of measuring spoons since starting the Plan.
- ☐ You love steamed broccoli drenched in buttah!
- ☐ You have slipped up or accidentally crossed over, and thought "No problem, in just three hours I can start again!"
- ☐ You are constantly asking a family member to taste or try a new recipe.
- ☐ You talk to your non-THM friends about "S", "E" and "Fuel pull" without explaining, and they look at you like you're nuts.
- ☐ You realize that your jeans or skirt now slide off without unzipping or unbuttoning.
- ☐ You have had to add a hole to your belt.
- ☐ You have chocolate muffins for lunch and consider it a healthy choice.
- ☐ Your children come running at the sound of the blender.
- ☐ You've hidden your skinny chocolate under a pack of frozen veggies from your family members.
- ☐ You sneak gelatin into everything.
- ☐ You found out that you actually *do* like cottage cheese, salmon, and/or okra.
- ☐ You know how to order an on-plan drink at Starbucks.
- ☐ You've been wearing baggy jeans for a while now but don't want to spend money on another size you'll only wear for a while as you shrink.
- ☐ You are drawn to new, fun drink holders and containers for all your special snacks.
- ☐ You take a bite of a sugary treat only to think "This is NOT as good as I remembered."
- ☐ You accidentally drank Oolong tea all day and then found yourself reorganizing the linen closet or deep cleaning your kitchen until 3am because you were still awake and full of energy.
- ☐ You can turn cottage cheese into a milkshake, pancake or ice cream without batting an eye.
- ☐ Your wedding rings were too tight and now are loosening up.
- ☐ You think a meal is incomplete without protein.
- ☐ You use your blender more than once a day.
- ☐ You'll talk about the Trim Healthy Mama Plan to anyone who will listen.
- ☐ You've been tempted to swap out unhealthy foods for on-plan items... in other people's baskets at the grocery store.
- ☐ You have eaten more coconut oil since starting the Plan than the rest of your years combined.
- ☐ Your husband calls you at work and asks if he can make supper, and then says "Do you want E or S?"
- ☐ You know what a doonk is.
- ☐ You are healthier, happier, have better energy & continue eating chocolate!
- ☐ You can add to this list with at least three examples of your own.



Moving Forward: Stay Grounded in Sane Simple Solutions

Directions: You did it! In this final activity, we want to put the focus on staying grounded as you move forward. Whether you're a veteran THM or still baby-stepping your way, this worksheet will help you to remember sane, go-to meals and snacks for those crazy days and stressful seasons that everyone experiences!

Snacks

Easy S snack: _____.

Easy E snack: _____.

Easy FP snack: _____.

Breakfasts

Simple S breakfast: _____.

Simple E breakfast: _____.

Simple FP breakfast: _____.

Lunches:

Quick S lunch: _____.

Quick E lunch: _____.

Quick FP lunch: _____.

Dinners

Easy S Dinner: _____.

Easy E Dinner: _____.

Easy FP Dinner: _____.

Desserts:

Simple S Dessert: _____.

Simple E Dessert: _____.

Simple FP Dessert: _____.

The Trim Healthy Mama Plan
Sane & Simple Shopping List

Directions: Looking at your Sane & Simple Meals List, find the common ingredients that you can keep on hand, and list them below. This way, no matter how crazy life gets you'll know what to stock up on to keep yourself on plan and feeling great no matter what!

Lean Protein:

S Protein:

Non-Starchy Veggies & Berries

E Fruits & Veggies:

E Breads, Rice, Grains & Beans:



Oils/Fats/Nut & Seeds/Butters

Baking Ingredients

Plan Approved Sweeteners

Condiments/Seasonings

Beverages

Other

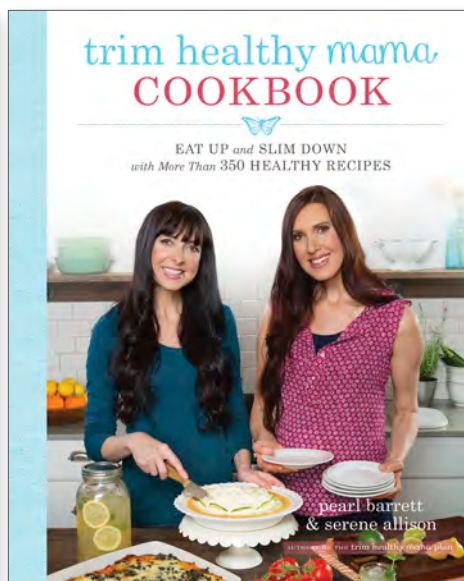
forget the fad diets— join the food freedom movement



Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Pearl Barrett and Serene Allison, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the TRIM HEALTHY MAMA PLAN, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down, and keep off the weight once and for all.

Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar-friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre- or post-menopausal women, and also those without weight or health issues—even men and growing children.

The book includes menu plans, a list of key superfoods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals.



Both the *Trim Healthy Mama Plan* and the companion cookbook featuring more than 350 recipes, *Trim Healthy Mama Cookbook*, are available everywhere books are sold.



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