



Trim Healthy *mama*

Jam-Packed

*Possibilities*

Menu

An Official THM Resource



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## MENU

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The reason for the “Jam-Packed Possibilities” title is that each little meal on this menu is jam-packed with macro and micronutrients and delivers the energy and fuel you require. Just choose your desired ingredients from every section of the menu to create endless possibilities.

The Trim Healthy Lifestyle has always been primarily focused on two main meal types, ones that either celebrate carbs or fats but not at the same time. In these meals, protein is always the anchor but for optimal weight loss benefits, carbs and fats are separated. Having carb-focused meals (E meals) and fat-focused meals (S meals) and avoiding combining these fuels has worked fabulously for hundreds of thousands of people for over a decade as they lost weight and gained health.

The Jam-Packed Possibilities Menu is for smaller appetites (specifically for those using GLP-1 therapy). Not everyone experiences a big suppression of appetite when on GLP-1 therapy, if this is you, feel free to enjoy the slimming powers of our classic S and E-focused recipes in more average portion sizes which are included in our Trim Healthy Foundational Menu.

But now it's time to do something a little different for those who can't stand the thought of a large meal. In this menu, you'll learn how to combine your fuels smartly for effective weight loss. All the meals on this menu are Smart XO (Crossover) meals that are designed uniquely to provide everything you need in a smaller serving. These meals put carbs and fats back together. They are incredibly nourishing, kind to blood sugar levels and if put together smartly, they can help protect your metabolism while uncovering your healthiest weight.

It's good to note that high amounts of fats and carbs combined in a meal are not typically weight loss friendly, however, XOs can be made without using high amounts of fats and carbs. For example, Smart XOs that harmonize with GLP-1 therapy include 2 teaspoons of fat such as nut butter or healthy oil in your meal or 1/3 to 1/2 an avocado. This is a tasty and nourishing amount of fat without being too much and inhibiting weight loss. Keeping carbs to a bit smaller than palm-sized amounts... e.g., 1/2 to 3/4 cup cooked whole grain rice, quinoa, oatmeal, beans, potato, or 1/2 to 1 cup fruit is the perfect sized carb portion for your Smart XOs. Eating a proper amount of carbohydrates is important, and the GLP-1 therapies will help your body manage the amount of carbs going into your bloodstream. Eating enough carbs in this manner will help keep your thyroid running and your adrenals from being overworked and producing too much cortisol.



Get ready for ALL-THE-Options! These sweet bowls truly have more possibilities than you can fathom. While these are awesome for breakfasts, don't let that stop you from enjoying one for lunch or an afternoon snack from time to time! Just like all the other ideas in this Jam-Packed Possibilities Menu, go ahead and do a little math. That's right, we need you to count up to 25-30 grams of protein at every fueling - that glorious protein that will help keep your lean muscle mass protected.

This menu may be full of options, but skipping your protein isn't one of them! You need that for healthy metabolic function!

## SWEET BOWLS

### Choose a base:

(about  $\frac{3}{4}$  cup cooked)

- Oatmeal
- Quinoa
- Brown Rice
- Whole grain barley, steel cut oats, buckwheat groats, or ancient wheat berries
- 0% Greek yogurt or blended cottage cheese (you'll need to add additional carb fuel to go with these)

### Choose a protein:

- $\frac{1}{3}$  cup Flavored or Plain TH Pristine Whey Protein Powder
- 3 Tbs TH Optimized Plant Protein (our favorite option for the grain-based bowls)
- 1 scant Tbs TH ESSENTIAL Amino Acid Powder (this is great with the Greek yogurt)
- Pea Protein (25-30 grams of protein worth)
- Egg White Protein (25-30 grams of protein worth)



### Choose a fat:

(2 teaspoons or about 10 fat grams)

- Chia seeds
- Flax seeds
- Coconut or chopped nuts
- Nut or seed butter
- Pumpkin seeds or hemp hearts
- Cacao nibs

### Choose fruity toppings:

- Cherries, mango, apple, banana, pineapple, peach slices, or other fruit
- Berries of all kinds
- Small handful of dried fruit like goji berries or raisins
- Up to 1 Tbs all-fruit jelly

### Choose optional extra flavor additions:

- Cocoa powder
- Greens powder for a nutrient boost (we dare you!)
- TH Hydrate for sweetness
- TH Super Sweet, Gentle Sweet, or Pure Stevia Extract
- TH Natural Burst extracts



Sometimes sweet things just don't cut it and it's time to celebrate savory and hearty flavors. Feel free to make these your own unique creations by playing with the seasonings and flavorings. Recreate your favorite Chipotle-inspired bowl, Asian flavors, or maybe you're in the mood for a pizza bowl? Why not?! Just be sure to get in your minimum of 25 grams of protein. If you can't finish your full meal, don't worry! You can just gulp down a shot of TH ESSENTIAL Amino Acid Powder to ensure you meet your protein quota!

Pro tip: Consider cooking your grains in bone stock (not broth) to help achieve a protein bump!

Heat ingredients as desired.

## SAVORY BOWLS

### Choose your carb-fueled base:

(Feel free to mix and match, keeping the total serving of carbs around 1/2 - 3/4 cup)

- Brown rice
- Quinoa
- Whole grain barley, steel cut oats, buckwheat groats, or ancient wheat berries
- Beans/legumes (chickpeas are great in these bowls)
- Potatoes
- Sweet potatoes (diced or smashed)
- Sprouted grain pasta
- Brown rice ramen

### Choose a protein:

(3-4 ounce serving, or supplement on the side if necessary)

- Chicken, beef, fish, turkey, pepperoni, diced ham, sausage, or other meat of choice (better to go on the leaner side in general)
- Egg whites (about 1 cup)

### Choose a fat:

(2 teaspoons or about 10 fat grams)

- Chopped nuts
- Nut or seed butter
- Pumpkin, sunflower, or sesame seeds; hemp hearts
- Olive, sesame or avocado oil drizzle
- Pesto sauce
- Olives
- 1/3-1/2 avocado
- 1 soft boiled egg, halved
- Small sprinkle of skim or low-fat cheese

### Choose your FP add-ins/flavors:

- Grilled peppers/onions
- Sautéed greens/mushrooms/cherry tomatoes
- Diced or sliced cucumbers, carrots, radish
- Kimchi
- Pickled onions, beets, or kraut
- Raw micro-greens, green onions
- Roasted squash/cauliflower/broccoli/artichoke hearts
- Dollop of 0% Greek yogurt or cottage cheese
- garlic, smoked paprika, red pepper flakes, onion powder, cumin, chili powder, etc.
- Hot sauce, salsa, or salsa verde; lemon or lime juice
- Cilantro, parsley, basil, rosemary, thyme, ginger, turmeric, etc.
- Pizza sauce, soy sauce, hummus



These little toasts are so fun and satisfyingly crunchy while full of exciting textures. You can create endless possibilities with all the combinations listed here! Get creative and do Latin flavors or keep it simple and all-American with just deli meat and cheese. The sky's the limit! Don't forget to add seasoning if that's how you roll. Add some "Everything but the Bagel" seasoning, cumin, hot sauce, Italian seasoning, or other herbs and spices of your choosing. No need to be bland or boring here. Feel free to warm or crisp your base and build your toasts however you like best. You can even make these sweet with a little nut butter and banana. Just don't forget to get in your 25 grams of protein! This is where supplementing with TH ESSENTIAL Amino Acid Powder will shine.

## JAM PACKED TOAST

### Choose a base:

- 1-2 slices sprouted grain or artisan sourdough bread
- 2-4 Wasa light rye or other whole grain on plan crackers
- 1 Ezekiel English muffin
- TH No Carb Easy Bread for a gluten-free option (be sure to include another carb source if using this option, such as a piece of fruit on the side)
- 2-3 corn tortillas (crisped up, if desired)

### Choose a protein:

(3-4 ounce serving, or supplement on the side if necessary)

- Tuna, chicken, turkey, deli meat, turkey pepperoni, turkey bacon, or other meat
- Egg whites (about a cup)
- Blended cottage cheese
- If you can't do a full 3-4 oz serving of animal protein, consider supplementing with TH ESSENTIAL Amino Acid Powder on the side or utilize one of our other proteins such as TH Pristine Whey Protein Powder, or TH Optimized Plant Protein

### Choose a fat:

(2 teaspoons or about 10 fat grams)

- 1/3-1/2 avocado
- 2 tsp nut or seed butter
- Small sprinkle of cheese
- 2 tsp olive or avocado oil drizzle
- Up to 2 tsp of coconut oil, butter, or palm oil for cooking or warming your protein
- Pesto sauce
- olive tapenade

### Choose your optional toppings:

- Up to 2 Tbs hummus
- Fermented sauerkraut
- Pickled beets, jalapeños, or onions
- Sprouts
- Pickles
- Any non-starchy veggies
- Nutritional yeast
- 1/4 cup of beans (whole or mashed)
- Up to 1 Tbs of all-fruit jelly
- Banana slices, chopped cranberries, or other fruit/berries
- No sugar pizza sauce
- Seasonings, mustards, hot sauces



These smoothies are not huge frozen shakes. Notice that we did not include frozen okra, huge amounts of ice, or a lot of bulk here. This ensures you're able to drink it down and get all the protein and nutrients instead of filling up too quickly before finishing a thick icy drink. If using this as a full meal or snack, make sure you get your full minimum of 25 grams of protein and opt for fruit instead of berries to make sure you're also getting enough glucose-powered energy for your day! You can also try adding some oatmeal for carb fuel for a little something different blended in! Don't knock it until you try it!

If you aren't one for drinking smoothies, you can also blend this up, pour it in a bowl, and top with some of these options to make your own smoothie bowl.

## SMOOTHIES

### Choose a liquid base:

(1 - 1 & 1/2 cups)

- Unsweetened milk alternative of choice (almond, cashew, or a lower-carb oat)
- Water
- Home fermented milk kefir (since this is also a protein source, you only need half a serving of your protein powder)

### Choose a fat:

(2 teaspoons or about 10 fat grams)

- MCT or coconut oil
- Chia &/or flax seeds
- 1/3-1/2 avocado (can be frozen)
- Coconut or chopped nuts
- Nut or seed butter
- Pumpkin, sunflower, or sesame seeds; hemp hearts
- Cacao nibs

### Choose a protein:

- 1/3 cup Flavored or Plain TH Pristine Whey Protein Powder
- 3 Tbs TH Optimized Plant Protein
- 1 scant Tbs TH ESSENTIAL Amino Acid Powder
- Pea Protein (25-30 grams of protein worth)
- Egg White Protein (25-30 grams of protein worth)

### Choose a carb fuel:

- Frozen cherries, mango, orange, banana, pineapple, peach slices, or other fruit (or if using fresh, you may want to include a small amount of ice)
- 1/2 cup cooked oatmeal or other grain or 2-3 Tbs raw

### Choose optional add-ins:

- Blueberries, acai berries, goji berries, etc (this is in addition to your carb fuel choice)
- Cocoa powder
- Greens powder for a nutrient boost
- TH Hydrate for sweetness
- TH Super Sweet, Gentle Sweet, or Pure Stevia Extract
- TH Natural Burst extracts
- TH Baobab Boost Powder

