

 Trim Healthy *mama*



By Pearl Barrett & Serene Allison

FORMERLY KNOWN AS:

Trim Healthy  
STARTER

Trim Healthy  
Start, Refresh, Carry On





Trim Healthy  
Start  
Refresh  
Carry On

**Pearl Barrett and Serene Allison**

Revised and updated edition Trim Healthy Starter

Trim Healthy: Start, Refresh, Carry On - Digital Version

©2023 by Serene Allison and Pearl Barrett

Revised and updated edition Trim Healthy Starter ©2019

Published by Welby Street Press

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PART 1

Time for  
Knowledge



# 1

## Say Hello to Hope

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**W**elcome to a life of food sanity and freedom. You are going to celebrate eating all the way to goal weight and beyond. The past with its sugar addiction . . . with its diet fails . . . with its binge then purge cycles . . . with its miserable calorie counting . . . with its cutting of carbs or fats . . . all of that is behind you. You are not too far gone. You haven't failed too many times. You can turn your health and weight around with this gentle, delicious, filling and totally doable approach to eating and feeding your family. And you get to eat dessert . . . frequently . . . for real!

With TH you'll gain the tools of knowledge that will "Trim" you down, "Health" you up and sustain you for the rest of your days. Did you see that word "knowledge"? Knowledge will be your new power. Knowledge about how to make each meal burn one primary fuel source will change the way you shape your meals. Armed with this new understanding, your new savvy food choices will have absolutely nothing in common with deprivation, but excess pounds will naturally melt away.

To get this knowledge you are simply going to read through this guide (don't skip around, or jump straight to the cheat sheets) and don't get down on yourself if you have to re-read it a few times. Scientists have discovered that it takes the average person six times when reading or hearing something new for it to fully click. So, give yourself lots of time and grace. Once you've

read these basics you will simply start practicing what you've learned. You'll baby step your way into this way of eating, wobbling around and making lots of mistakes at first but that's okay. This is for life. You're going to start as a novice but over the years you can become a master. Anything worthwhile takes time, practice and patience. Don't expect instant perfection in grasping or implementing this plan.

## **NO NEED FOR SPEED**

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Let's be clear, this is not a boot camp diet sprint that promises to shred thirty pounds off you in thirty days. We loathe those sorts of promises. They have harmed too many lives. Fast weight loss plans may look appealing on the surface but they can't sustain you for life. On TH weight will melt off you but it will do it in its own sweet time and you'll be in a much healthier place in both mind and body by taking that time.

Everyone loses at different paces. While most people coming to this lifestyle drop actual pounds during their first month, a few don't. Don't freak out and quit if this is you. It will happen as you learn to make this plan work for your unique needs and as you heal. Many make incredible transformations at slow turtle pace . . . heck even at snail pace! Comparing yourself to how fast others lose will only steal your joy. And always remember that weight never drops predictably. It happens more in a "whoosh then dribble then stop then drip then whoosh then stop again" pattern that nobody can predict. Don't force it, let it do its thing.

## **FOCUS ON ALL THE "CAN HAVE'S"**

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While we are about to share some basic guidelines with you, there won't be a long set of rules to follow for this plan. There are no lengthy "don't eat this" lists to be found. There are just two main foods we're going to help you ditch and those are:

1. sugar
2. white flour

Trust us, you can kick sugar's hold over you because you're going to be so busy enjoying all your "can have" foods and treats you won't feel deprived.

## TH ~ YOUR WAY

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TH has worked for so many hundreds of thousands of people because they are free to be themselves! We are not going to take over your life and do this for you . . . tell you exactly what to eat or exactly how much to eat. You're certainly never going to hear us say "diety" stuff like . . . "On Tuesday eat half a grapefruit and  $\frac{3}{4}$  cup egg whites for breakfast." That doesn't work long term. Nobody knows you better than you and that means you'll do this plan uniquely. How much you eat, what you eat, and thousands of other choices will all be your own. You will not have to weigh your food, log your food or obsessively count your food to match somebody else's idea of how much you should eat. Good riddance to all that! If you have food sensitivities and have to be gluten or dairy free, never fear. TH is flexible and adjusts easily to any unique food challenges you face. (Check out page 38 for more info on this.)

Your TH journey will look a bit different to how others do it and you need to celebrate that! Owning this lifestyle rather than just following blindly will be your success. This "you in charge" approach may feel uncomfortable at first because you've probably been used to other diets where your food intake and choices were tightly controlled. Let those past experiences roll off you and embrace a new sustainable way even if it takes you a bit longer to catch on.

The goal here is for you to customize your own TH style that works for you and your family. We might be sisters but we are far from "twinsies" in the way we do this plan. Our households run differently and while our core eating philosophy is the same, our styles are vastly different. One of us (Serene is the food purist. She and her family like exotic food made from scratch. Serene loves sprouting, fermenting, making stock from bones, gardening and all things puristy. Pearl likes to figure out shortcuts and hates spending too much time in the kitchen. You could call her a Drive Thru Sue or perhaps, Pre-Packaged Pam. She is only interested in what is quick, easy and practical without harming her health in the process (although she uses the microwave every now and then when Serene isn't looking. We both think our own approaches are by far the better way of course! You can learn from both of us.

## DON'T FEAR YOUR START

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You'll notice the recipes in this book list ingredients that are TH branded. We call these focus ingredients, and they are discussed in depth in chapter 7. These ingredients can help you make all the scrumptious and fun recipes but please know this . . . you don't need these "special" ingredients to do this plan. The awesomeness here is that most of your meals can be made with basic foods that are already in your fridge and cupboards.

Read the first page of each recipe chapter to get ideas for easy meals made with everyday ingredients from your grocery store and please check out the no special ingredient subs on page 51.

Yes, our focus ingredients can make this easier for you at first. They ensure you'll have everything you need to jump in and make all the fun recipes without having to search all over for them yourself. They also help boost your health, keep your sweet tooth satisfied and make your food world more exciting, but get this . . . they are completely optional. Please know, if you'd rather not buy our products . . . no worries! They are here for your convenience not your pressure. You can still do TH without them. While many people eating this way love all our TH brand ingredients and have their pantries full of them you are unique with a unique budget. Tens of thousands have slimmed down and gained health the TH way using only everyday, inexpensive foods found at any grocery store. Listen to our podcasts on the Top Ten Least Expensive Foods to help you Trim Down and Gain Health. Find the Trim Healthy Poddy Episodes 17 and 18 on our website [www.trimhealthymama.com](http://www.trimhealthymama.com) or on your favorite podcast platform.

## FOR SUPPORT AND MORE INFO

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This booklet provides all the info you need but for more details on the science of how this way of eating works, read the [Trim Healthy Mama Plan](#). Also, “like” our Facebook page [www.facebook.com/TrimHealthyMama](http://www.facebook.com/TrimHealthyMama) or join one of the many helpful TH Facebook groups for encouragement and to get many of your questions answered. We also have TH Coaches ready to help you if you really feel like you need some more serious hand holding. Find a coach at [www.trimhealthymama.com](http://www.trimhealthymama.com).

There are 50 easy and awesome recipes here to help you get on your feet, but we also have more [cookbooks](#) filled with fantastic recipes that will be a huge help to you. Go get'em for your collection or borrow them from the library if money is tight. There are also over 2000 vetted TH searchable recipes in our [private member site](#), many with videos to accompany them.

Ready to START? Okay! Time to learn the basics . . .or maybe just REFRESH yourself with the basics as well as any updated information to the plan so you can CARRY ON!

# 2

## Learn the Basics

---

### THE NUTSHELL EXPLANATION

The simple premise behind how Trim Healthy works for weight loss is to separate your fats and carbs in most meals. If you are here as a REFRESHER or CARRY ON-ER some of this will be familiar but we've added a few tweaks here and there so don't skip around! Stick with us and we're sure you'll learn something new that will help you wherever you are in your journey.

Remember this . . . don't eat significant amounts of fats and carbs in the same meal if you are in weight loss mode.

All your meals will be centered around protein so basically, you'll pick a protein then add either wonderful fats or healthy carbs! No missing out on either important macronutrient. Of course, we are going to add veggies (and berries too if you want) but we'll discuss those in more detail later. There is also room for some meals that put carbs and fats back together again... we call them Crossovers. Coming up, we'll show you how to wisely include those as well.

It might be trendy but pulling carbs or fats completely out of your diet can lead to hormone imbalances, a depleted metabolism, a boring set of food choices and intense cravings. We were created to burn both fats and carbs so it only makes sense that we have a deep desire for both of them. Include both fats and carbs in your life but mostly enjoy them one meal at a time and abracadabra . . . you lose weight!

How can it be that easy you ask?

It is all about your blood sugar and the way you metabolize your foods. We love this explanation from Heidi's doctor, a renowned endocrinologist and a leading diabetes researcher. Here is what Heidi posted on one of our TH Facebook discussion groups:

"I saw my endocrinologist today for the first time since starting TH 3 months ago. I am down 24 pounds and my A1C went from 5.9 (prediabetes) to 5.3 (normal). She was thrilled! She asked me what I was doing and I simplified TH into separating fats and carbs during meals, making sure to get protein always. She said it makes sense because carbs cause your body to release insulin which makes the body store fat, so if you eat carbs and fat together, your body stores fat. Seriously, the best visit I've had with her for 20 years!"

Now let's learn about these two main types of meals on TH. You'll come to know them as S and E meals. One focuses on fats, the other on carbs. They are both slimming meals and you need both of them. No missing out! Oh no . . . is this food combining . . . we hear some of you ask? Don't worry. We agree the food combining approach to eating gets way too complicated. You end up with rules like, don't eat veggies with this or fruit with that or protein with this . . . yikes . . . who has time for all that? Instead, on TH we simply celebrate carb meals and we also celebrate fats meals all the while keeping protein firmly in place. It's really quite simple! For a much deeper dive into the science behind this idea of separating macronutrients read [Trim Healthy Mama Plan](#).

## S MEALS (SATISFYING)

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S meals celebrate delicious fats! They are so filling and scrumptious . . . this is why we call them satisfying. They clean out excess blood sugar from your cells which helps you drop weight. And they blissfully take care of that innate craving we all have for fats. Put butter back on your grocery list because you don't need to be afraid of it anymore!

The key to making sure S meals melt weight off you is to keep carbs lower. Think of S meals as your lower carb meals although on the Trim Healthy Plan we never skimp on veggies so feel free to include lots of non-starchy veggies in your S meals without having to anxiously count them. Non-starchy veggies are naturally low in carbs so they pair perfectly with fats. Think of broccoli or zucchini roasted with butter or coconut oil and all your favorite seasonings . . . a match made in heaven! Have a tasty piece of chicken, fish or even a steak with that broccoli and you have a slimming S meal ready for eating! For an in-depth list of all the wonderful foods that can make up S meals see the S Meal Cheat Sheet (page 189).

## S Meal Breakdown

**S meal** = protein + fats + non-starchy veggies

**S meal Example** = pot roast + yellow squash with melted butter or coconut oil (with an optional side salad with a sprinkle of cheese and creamy dressing)

## E MEALS (ENERGIZING)

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E meals celebrate healthy carbs! While it is true that empty carbs such as sugar and white flour are to blame for the rising epidemic of obesity and health issues, don't buy the trendy lie that carbs are harmful. Carbs give you energy, ignite your metabolism, boost your endocrine system, create feelings of happiness, provide many necessary B vitamins and if you eat the right ones in the right ways . . . they can be super slimming! Long term low carb diets can tank your thyroid and adrenal hormone levels. God created you to burn carbs before any other fuel . . . you need 'em! We're going to teach you how to use carbs to work for you rather than against you.

On TH you will focus on "gentle on your blood sugar carbs." These are foods like whole fruit, sweet potatoes, beans and whole grains. The key to ensure carbs slim you down rather than fatten you up is to always pair them with lean protein and to keep fats lower in your carb meals. Your E meals don't have to be fat free but don't pile the fats on. Piling large amounts of both fats and carbs in the same meal is called double fueling and that causes weight gain for most adults (unless you have a super high metabolism, then you do need both. Single fueling is the name of the game when weight loss is needed. For an in-depth list on all the wonderful foods that can make up E meals, visit the E Meal Cheat Sheet (page 191).

## E Meal Breakdown

**E Meal** = lean protein + carbs + non-starchy veggies

**E Meal Example** = grilled chicken breast + sweet potato or brown rice with cinnamon and natural sweetener and 1 teaspoon butter + side salad with lean dressing

## CENTER ALL MEALS WITH PROTEIN!

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When it comes to weight loss, protein is the big gun in your weaponry against excess body fat. A 2011 study cited in the *Journal of Nutrition* found that women on a protein rich plan lost 21 percent more weight and significantly more belly fat than women on higher carb diet plans. Protein releases a hormone called glucagon that causes your cells to shed fat. Most importantly, protein stabilizes your blood sugar. Long term weight loss can only happen when rollercoastering blood sugar is brought under control. The question to ask yourself before every meal is . . . “Where is my Protein?”

TH is not a super high protein diet. It is a beautifully balanced approach to all three; carbs, fat, and protein. Anchor your meals around protein but no need to overdo. You don’t have to stuff your face with countless chicken breasts to get enough. Just remember to pair lean protein with E meals and both lean and fatty proteins can be used in S meals. To prevent lean body mass decline, you need about 25 grams of protein with every meal and snack. No need to obsessively count but protein is crucial for your metabolism so start to be mindful of how much protein is in your foods. 4-6 ounces of meat easily gives you this requirement.

## FP FOODS (FUEL PULL)

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When you first start the plan, you only really need to focus on S and E meals to keep things simple. But there’s another component to these meals that you need to know about. These are your Fuel Pull foods. They fill your plate up with delicious, healthy goodness and they can go with both S and E meals.

We talked about non-starchy veggies earlier. These are the perfect example of Fuel Pulls. They have barely any carb fuel or fat fuel, so they match both S or E meals without causing double fueling. For example, lettuce and other leafy greens have only about 1 net carb per cup with no fat. Broccoli and cauliflower only contain about 2–3 net carbs per cup and don’t have fat either. This is awesome because it means these sorts of veggies fit perfectly in both carb meals and fats meals and you can really load up on them. Thankfully almost all veggies are in this non-starchy category with the exception of potatoes, sweet potatoes, corn, parsnips, rutabaga and large amount of cooked carrots. So, does cabbage fit? Yup. Green beans? Absolutely! Zucchini and yellow squash? A big yes! Spinach and kale? For sure! You have hundreds of choices. See the Fuel Pull Cheat Sheet (page 193) for a longer list of them.

We really want you to focus on adding lots of leafy greens into your meals. All veggies but especially leafy greens are a huge part of this plan and we predict you'll be eating more veggies than you ever have before. Don't say blech! You'll be eating them in such succulent ways, they'll be nothing like rabbit food. So, along with the "Where is my protein?" question, another great question to ask yourself before meals is "Where are my non-starchy veggies?" You don't have to eat lettuce with oatmeal in the morning of course, not every single meal or snack suits salad but put a big pile of leafy greens on your plate with many of your meals and this will help fill you up, detox your body and melt the weight. (Try Giant Zucchini Fritter for breakfast on page 68 to see what an awesome breakfast full of veggies feels like).

If you are not much of a salad or veggie person, don't fret, you'll be okay. We hide veggies in many of our recipes so you'll be getting the nutrients from them but won't know they are there. You can slowly open your mind to eating actual salad over time but just start where you are and don't stress this for now.

The other Fuel Pull foods are berries (which are very low sugar fruits), egg whites and lean forms of meat and dairy. See Fuel Pull Cheat Sheet (page 193) for a more exhaustive list of FP foods. Most of the time you are just adding these foods to your S or E plates but you can even make a whole FP meal every now and then. FP meals are ultra-weight loss as they have low calories and barely any fuel for your body to burn. Extreme, low calorie type diets usually have you eating nothing but FP type meals but that ruins your metabolism. Pull down your calories too low too often and your body thinks you are in starvation mode and this will back fire on you and slow your metabolism down. FP snacks are great and you can have plenty of FP desserts too but don't ever eat more full FP meals than your regular S and E meals. You need enough proper fuel (carbs or fats to keep your metabolism firing. Here's a breakdown of a Fuel Pull meal. Notice it is just like an E meal without the carbs.

## FP Meal Breakdown:

**FP Meal** = Lean protein + non-starchy veggies and/or berries

**FP Meal example** = stir fried chicken breast with lots of veggies in a sweet and spicy Asian style sauce

We'll discuss another kind of meal called a Crossover (XO) meal in chapter 4 and how it can work to include the whole family on plan. Crossovers put fats and carbs back together in a safe way for your blood sugar. These kinds of meals are not typically used to help with weight loss, but they're perfect for those at goal weight, for growing children, for men or women with high metabolisms and they're highly nourishing for pregnant and nursing women.

Originally, we kept Crossovers limited to those at goal weight but now we've discovered Crossovers can be used while you are still on your journey to goal weight. You just need to be wise with the way you use them.

Some women find Crossovers help them stay on plan during PMS weeks or just find them enjoyable now and then to help keep things sane. They are fun to use at a restaurant... baked potato with butter and steak or salmon for instance. If you wish to enjoy more frequent crossovers, you may be able to do so and still lose weight but don't go overboard on fats. Instead of the one teaspoon of fat that we suggest for E meals, try one tablespoon. Your body still may be able to burn that much fat along with the healthy carbs... it all depends upon your lean body mass and your activity level. We are all unique with our ability to burn Crossovers and with how many we can enjoy in our TH lifestyle.



Congrats, you just learned . . . or refreshed yourself with the basics of the weight loss components of this plan. It may all feel a little foreign right now, but it will sink in over time. Light bulb moments will happen as you start practicing and continue to make your own TH meals. Let's do a little 3 step recap to help out.

- 1. Eat both fats and carbs but not in the same meal (Unless you desire a Crossover meal).**
- 2. S meals are your fats meals (lower in carbs). E meals are your carb meals (lower in fats). FP's match everything.**
- 3. Protein anchors every meal. Use lean protein only for E or FP meals. S meals can have fatty protein or lean protein.**

## NUMBERS

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Okay okay . . . you number loving people! We couldn't finish this chapter without giving you what we know you've been waiting for. Here are some number guidelines to help you out. First though, we need to emphasize that this plan was not designed around numbers. Please . . . we beg you . . . don't ruin our freeing and joy giving eating plan by getting all rigid with numbers. Numbers should be an afterthought . . . they can help give you some structure, or perhaps give you an idea if a store-bought item can work on plan but you shouldn't be going crazy counting all day. Where's the freedom and joy in that?

Numbers are another great example of how we all do the plan differently. While we know some of you will want to count, many of you won't feel the need. You can look at the Cheat Sheets at the back of the book for which foods pair together and the portions for carbs in meals. Once you know which foods match up, you can do the plan with barely a thought about numbers. We are more this way. We know which foods match S and we know which foods match E and we just put'em together and enjoy! But after our very first book, *Trim Healthy Mama* came out and this message started spreading like wildfire, we got an ear full of how not all of you are like this. We were begged for some more number guidelines so we included them in our next book [Trim Healthy Mama Plan](#).

If you feel like learning about the numbers now will confuse you even more . . . skip the rest of this chapter. You can come back to this later, perhaps after a couple weeks or perhaps even after months of learning the plan. They'll even make more sense then. The rest of this chapter is not mandatory reading . . . completely optional.

**NOTE:** When it comes to counting carbs on TH, we always talk in net carbs which is total carbs minus fiber, minus any sugar alcohols (as they don't have an impact on your blood sugar).

## S Meal Numbers

S = up to 10 grams net carbs with no limits on fats.

Don't count the carbs in your non-starchy veggies . . . have at them with abandon. The 10-gram limit is just there for other small amounts of carbs that may go in your meal like milk sugars found in cottage cheese or Greek yogurt or say a small handful of beans (¼ cup topping your salad or in your bowl of S Chili. While we don't have fat limits for S, it is a good idea to vary the amount of fats sometimes. Some of your S meals can have plenty of fat and some can be lighter. For lighter S meals you could have say just one or two tablespoons of oil on your salad rather than going all out for a heavier S meal and using oil, cheese, nuts and avocado on your salad. Tune in to how your body responds to the amounts of fats you use. We all burn them differently. Some of us can really pile fats on with abandon and still lose weight, while others of us can still enjoy fats but can't do the "pile them on" quite as much or as often.

## E Meal Numbers

E = up to 45 grams net carbs and 5 grams of fats.

There is one number we are stricter about and that is the 45-net carb limit for E meals. We want to protect your blood sugar from exploding so with this amount you get enough carbs to pep you up and nourish your endocrine system but not so many that you have a huge insulin surge. If you have type 2 diabetes or severe insulin resistance you may not even be able to tolerate 45 grams of carbs. You can do lighter E meals which are around 20–30 grams. Try the gentlest of carbs and see which ones you tolerate best. Try quinoa instead of brown rice, apples instead of high sugar fruits like pineapple and oats instead of wheat. Beans are usually well tolerated even if you have blood sugar issues. Chana Dahl is a legume that is extremely gentle on blood sugar and makes delicious soups so check it out if you have trouble with carbs.

We designed E meals to include about 1 teaspoon of fat. This equals roughly 5 grams. So that means one teaspoon of peanut butter with your apple. Come on now...don't sigh with sadness! If you actually smear it on each piece rather than dunk your pieces into the jar (surely we aren't the only ones who've done that?) you won't feel deprived. Or if you can't bear the thought of just 1 teaspoon peanut butter, check out Peanut Junkie Butter recipe in the [Trim Healthy Cookbook](#) which is a FP peanut butter spread that you can enjoy lots of with your apples.

It is not necessary to count the fat grams in your lean protein. Counting half a gram for an egg is a waste of your brain space. Just make sure your meat is at least 96% lean for E meals. You can always brown turkey or beef that is not that lean then rinse it super well under boiling water in a colander. This leans it out so you can have about 4–5 ounces of this well-rinsed meat in your E meal.

## FP Meal Numbers

FP = up to 10 grams carbs and 5 grams fats

As you can see, FP meals have the same limit for carbs that S meals do and the same limit for fats as E meals do. They are low in both of them. Easy.

## Protein Numbers

Protein for meals and snacks = varies but aim for around 25 grams, (some of you may even need 30)

As we mentioned earlier... this is not difficult to achieve. Four to six ounces of meat or fish easily gives you 25 – 30 grams of protein. Best not to go way over this amount when it comes to meat. Eggs, egg whites, tofu, tempeh, lentils, and beans are also great sources of protein. Any meals or snacks that don't have enough protein can be amped up with our [TH ESSENTIAL Amino Acid Powder](#), [TH Optimized Plant Protein](#), or [TH Pristine Whey Protein](#) on our website [www.trimhealthymama.com](http://www.trimhealthymama.com). Getting enough protein in will fill you more and steady your blood sugar while protecting your lean body mass. It is crucial while you trim down, that you fuel your body with protein at every meal or snack. This means four protein fuelings per day of a minimum of 25 grams. Your metabolism depends upon your lean body mass and your lean body mass depends upon your protein intake.

Since the time this book was originally published, we've become more protein nerdy as we've discovered more and more about the crucial role it plays in metabolism. Originally, we just said to make sure you get protein in every meal. That was Protein Nerd level 1. We're inviting you to Protein Nerd Level 2 where we say to make sure you get around 25 grams at each meal! Protein Level 3 will be discussed in depth in our upcoming book, *Trim Healthy Wisdom*. In that book, we'll teach you how to get the right sort of essential amino acids in your protein intake to enhance your lean body mass even further. For now, Protein Level 2 nerdiness is a great thing to practice.

## Calorie Numbers

Calories = numbers not given

Nope! We don't want you shooting for a certain number of calories every day. They will naturally change up on TH if you include a variety of S and E meals and throw a FP meal in here and there. This change up is what your body needs. Limiting calories to the same number each day is not great for your metabolism. While we don't count calories on TH, we don't abuse them either.

The only times you may need to count to see what is up is if your weight loss stalls. You might not be eating enough calories, please add more in if so (eat more coconut oil) or perhaps you are going overboard with them. You might be overindulging in heavy-calorie foods like cheese and nuts, cream cheese, heavy cream, or very fatty meats. These foods are on plan but stay mindful about how much of them your unique body can burn.





trim healthy coffee

# 3

## Let's Do This!

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**N**ow it is time for your own decisions to come into play. You can either jump in with both feet and make every meal on plan from the get-go or start more slowly, perhaps beginning with breakfasts only. There is no right or wrong, better or worse way to start. It is completely up to you.

If you do want to start slowly, go to the Breakfasts chapter and try making a few S or E breakfasts for a week. After that you'll feel brave enough to add in some lunches and dinners. Pretty soon you'll find yourself making all your meals the TH way, go you! Even if it takes you a full month or two to switch over, that is completely fine. No hurry. You'll get this.

If you're less cautious and want to jump all in, go ahead . . . just know that you'll make mistakes so don't let that throw you. Please don't "all or nothing" your journey. Perfectionism will steal the natural joy TH was created for so allow for mess-ups along the way without self-beat up sessions.

### JUGGLE YOUR MEALS

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Once again, the decisions here are all yours. There is no set order for eating S or E meals. You can change them up however you wish. We call this freestyling. The main thing to remember here is that you need both types of meals included every week. Feel the need to be nourished and deeply satisfied? Go with an S meal. Dragging or have the mood blahs? Go with an E.

Perhaps you'll find you like S meals a little more than E. You love the fats and find them so satisfying. That's fine at first, but don't hang out in S land for too long. You need plenty of E meals. If you are coming from a high-carb, soda-drinking lifestyle, you can do a couple of full days of nothing but S meals to help get rid of excess blood sugar. But you don't have to. That's up to you. These two days of S meals would only be as you begin the plan, after that, we don't ever want you going longer than that without adding E meals in. They're best included every day as at least one of your meals... even better - more than one! They will help keep your metabolism firing! Try the Trim Healthy Pancakes (page 65) for breakfast or the Cottage Waldorf salad (page 132) for a quick lunch or the Chicken Fried Double Rice (page 86) for dinner. Those are all great, easy E meals.

Please note: if you are coming to TH from any sort of low carb diet. . . start including E meals from the first day. You have some healing to do so let's get that started.

In the original TH plan, we allowed people to designate certain days of the week to one fuel type like Mondays for S, Tuesdays for E, etc. But since then, we've realized the greater need we all have for healthy carbs so while you can still do that if it works for you, we now encourage carbs daily... going without carbs in your day should be a rare thing.

You might start with an E breakfast of oatmeal and Greek yogurt then do both an S lunch and dinner with an E or FP afternoon snack thrown in. E breakfasts with plenty of lean protein are your ticket to a fired-up metabolism and lower cortisol. But S breakfasts have their place too. You may want to start some days of your week with an S breakfast of fried eggs in butter with wilted spinach and bacon bits then have an E lunch followed by an S dinner. Some people on TH feel best having a few more S meals than E meals and that may be okay for their unique bodies but beware of getting into too much of a low-carb state. Avoid the habit of constant S breakfasts without throwing some E style ones in. Remember, we suggest no fewer than one E meal per day and hopefully you'll include some E snacks too. An apple with a reduced-fat string cheese stick is a quick and easy E snack with some [ESSENTIAL Amino Acid Powder](#) on the side for protein. Or enjoy some leftover chicken breast or low-fat cottage cheese for protein with a piece of fruit - that's quick and easy. Have a smoothie with protein powder that includes some frozen fruit like cherries for a delicious shake-style snack with good carbs.

## TIMING GUIDELINE

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Ideally, during the day, you will fuel your body with a snack or a meal every three to four hours. Again, don't get all rigid about this. Sometimes life may get crazy and you go five or so hours without eating. You haven't failed but on a regular basis it is best not to go more than four hours without getting some protein into your body.

This three to four-hour range is important for weight loss because it gives your body a chance to burn the fuel of your last snack or meal before you give it more and it also prevents breakdown of lean muscle by offering your body more protein. Nibbling on something every hour or so never lets your body fully burn your last fuel then get down to burning your own body fat. You want to burn your own body fat so breaking the habit of grazing all day will help immensely. You won't feel deprived and starving on TH due to all the wonderful foods you get to eat and the non-stingy portions, but a little natural hunger before your next meal is actually a good sign. Embrace that feeling, don't fear it. It ensures you will enjoy and metabolize your next meal in the most optimum way.

If you are overly hungry after your last meal and truly can't wait three hours ... no worries. Eating at around the two hour mark here and there won't ruin things (many pregnant and nursing women need to do this, more about pregnancy and nursing on page 31). But be sure you had enough protein in your last meal if this "can't wait" feeling is happening often. Grounding your meals and snacks with enough protein usually ensures you can make it to your next meal with three hours in between.

**NOTE:** Three to four hours does not automatically mean "every three hours." Some do better stretching their meals to four hours and some do better with three hour intervals. You'll find your feet as you learn to tweak this lifestyle to best suit your unique body's needs.

## SNACKS AND CHANGING FUELS

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A big yes to snacks! Your protein anchored afternoon snack is super important to avoid that 3 pm crash, to keep your metabolism firing and to keep you from making out of control, sugar laden choices because you get so “HANGRY by 4:30 pm.” Morning snacks are optional for most of us. If you are an early riser and early breakfast eater, you’ll probably want to include a mid-morning snack (or if you are pregnant or nursing but many of us who eat a later breakfast (say at 8 am don’t feel the need for it and are simply happy to eat lunch around 12-ish, 4 hours or so later.

Here’s another guideline for you: if you are changing from an S to an E snack or meal, be sure to leave two and a half to three hours between them. The reason for this is so the carbs from your E won’t be digested with the ample fats from your S and prevent body fat burning. Eating plenty of your meals as single-fueled meals is the name of the game remember... it is how you efficiently get your body burning its own fat stores.

FP snacks can really save you when timing doesn’t work out perfectly for spacing your meals or snacks every three to four hours. Let’s say it’s a crazy day and you’ve been out running errands. You arrive home “hangry” and it has been hours since you’ve eaten. Dinner needs to be on the table in a couple hours but you have to get the groceries away and are not even sure if dinner will be an S or an E yet. All you know is that you need to eat something now! Don’t panic! A FP snack of 0% Greek Yogurt and berries is perfect because it won’t interfere with your next meal whether that be S or E. Or blend up a Frisky (page 172). Or enjoy a TH bar found on our website. Sit for a few minutes to enjoy your protein recharge. Get your groceries away then cook up one of our speedy skillet dinner meals like Egg Roll in a Bowl (page 79). You got this!



# 4

## Family on Board

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**T**H is not just for weight loss. It can sustain all seasons of life and all family members. It is a sound way of eating for pregnancy and nursing or for once you have lost your weight and need to maintain. It is incredibly nourishing for children and filling and hearty for husbands. This is total man food approved! Let's see how TH can sustain all these various needs in your family. There are just two other meal types we want you to become acquainted with and they cover all these family issues. Welcome Crossovers and S Helpers to center stage!

### **XO MEALS (CROSSOVER)**

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We briefly mentioned Crossovers earlier and how they can be used for those at goal weight but sometimes even for those still on their way. Where they really shine though... is how they can bring the whole family together in the healthiest and most nourishing of ways. To recap... they are excellent meals for growing children, for nursing and pregnant women, for high metabolism adults who have trouble gaining weight, and for athletes and those needing to maintain rather than lose weight.

Crossovers put the carbs from E and the fats from S back together again in a safe way for blood sugar. Once again it is crucial that protein anchors the meal. This merging of ample fats and carbs helps to prevent weight loss since your body has to burn two fuels rather than just one. This healthy double fueling ensures that your body has much less of a chance to dip into burning its own body fat and cause the scale to go down. (Remember though that you can make a Crossover without much fat, and you still may be able to lose weight. Rather than using the full fat amount you would use in an S meal, just make it a bit more than an E meal... an in-between fat amount... now you have a wise Crossover to help keep you sane in your journey for when you need it.)

Crossovers are easy . . . just think of an E meal of grilled chicken breast, sweet potato and a side salad. In E mode, the fat would stay low so you'd use just 1 teaspoon of fat on your sweet potato and a lean dressing on your salad. In a Crossover situation, you could use a heaping tablespoon of butter on your sweet potato and a creamy, full fat dressing on your salad. Just remember with Crossovers, in order to protect your blood sugar from spiking, stick to the same E parameters for carbs. Keep the net amount up to 45 grams with no limit on fats.

**Goal Weight and Crossovers**—Once you've reached goal weight, Crossovers make sure you don't get too skinny. On TH, we are definitely not seeking skinny. You'll want to find your healthy "Queen" weight. Please don't punish your mind and body trying to return to your Princess weight when you were perhaps in high school, college or in your twenties. (Sorry any guys who are reading . . . same idea applies to you, just apply boy terms to it . . . wink). You may have birthed babies, gone through hormonal passages, endured many challenging life events since then and there is a healthy weight for you that is not stuck somewhere in the past. It will be your healthy future and you will wear it with grace and class.

Skinny doesn't look or feel healthy as we age. We need healthy amounts of female fat layers for hormone support and so we don't look gaunt and sickly. As to how many Crossovers you will need when you reach Queen weight? We are all different. You may only need a few Crossovers a week to maintain, eating the rest of your meals the S and E way, while some people have to make almost every meal a Crossover in order to not keep on losing.

**Children and Crossovers**—Growing children thrive on Crossovers. Children need carbs for their developing brains and nervous system but refined carbs ignite their blood sugar and cause health and behavioral issues so Crossovers make perfect, healthy sense. Crossovers for growing children without weight issues can also be more lenient than for us adults. Since most children without weight issues do not struggle with insulin resistance (most adults do to some extent due to age and eating lifestyle) going over the 45-gram carb threshold for them is not usually a problem but be sure they include protein.

**Pregnant and Nursing Women and Crossovers**—Pregnant and nursing women also have higher metabolic needs so Crossovers are the delicious, protein grounded, safe and sane answer for pregnancy. However, if you are in a pregnant or nursing season, please do keep to the 45-gram carb limit for blood sugar protection. (Note: pregnant and nursing women can also include plenty of S and E meals, they don't need all Crossovers, but incorporating some Crossovers is important). If you are pregnant or nursing, please join the [TH Pregnant and Nursing Facebook group](#) for more support.

**Super High Metabolism Adults and Crossovers**—Have someone in your family who simply cannot keep the weight on? Heavy Crossovers are a much healthier approach than eating junk food to try to gain. Every meal should contain protein, carbs and fats. Heavy fats like nut butters combined with faster burning healthy carbs such as raw honey are helpful with weight gain. Whole milk can also help.

## SH MEALS (S HELPER)

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You probably won't have to think about this meal too much if you have weight to lose but it can be beneficial for pregnant and nursing women and children. Do you remember that S meals use fat for fuel but have very few carbs? S Helpers add a few more carbs but not as many as Crossovers do. They go up to about 15 or so net carbs. This slows down weight loss but doesn't completely halt it. It is a great option for children needing to lose weight and for pregnant women who find they don't do as well with straight out S meals.

## CHILDREN WITH WEIGHT ISSUES

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If your child has some extra body fat please don't make their journey about the scale. Let them know you'll all be getting healthy together as a family. We told you at the front of this guide there is no need for speed when it comes to your weight loss. That is extra true when it comes to children. Place the focus on healthy, protein centered meals without sugar and the weight will take care of itself over time.

If possible . . . and if they're interested, include them in recipe choosing, shopping and even some prep and cooking so they feel ownership in this family decision. Some children can make great progress shedding weight just eating healthy Crossovers alone. Getting the white sugars and flour out results in incredible improvements (of course they don't have to be perfect about this but please, as a parent, help them cut back). Other children with slower metabolisms may need to include some pure S (or S Helper) and E meals to shed extra body fat along with Crossovers. Having said this, we feel strongly that no child should ever just have to do S and E meals continually. While children are growing they have greater metabolic needs so including some Crossovers and S Helpers is a wise approach.

## MAN PLAN

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Guys have more natural muscle than us women. This means they need more fuel. TH works incredibly for men (we have thousands of amazing husband testimonies) but don't give your guy stingy portions or he will quit on you! Men can even usually have more Crossovers than we can and still lose weight, doesn't seem fair but that is the way they are made. Don't be mad at him if he drops bunches more weight than you without trying as hard . . . cheer him on!

## NO NEED FOR MULTIPLE MEALS

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If you live alone or it is just you and your spouse, you can make the evening meals provided here or in our other cookbooks in full then have leftovers for the week or freeze the leftovers for easy no think other meals. For the rest of us, we have children to consider. There are times of course when you will eat your "alone meals" but generally the evening meal can easily work for the whole family. Your children have different needs but this doesn't mean you have to make an entirely different meal for them.

It is very simple to harmonize your fuel choice with the needs of the rest of your family. Perhaps you choose an S meal, the whole family can eat the same protein source. Maybe you baked a whole chicken or picked up a rotisserie chicken at the store. You'll have that with a non-starchy veggie like broccoli with butter or coconut oil and perhaps a side salad with a creamy dressing. Your children will hopefully learn to love the broccoli (since it is drizzled with butter that won't be hard) and will have some salad too. If they are growing, they need a carb to turn their meal into a crossover. The quick solution is for them to have a piece of fruit with their meal or a piece or two of whole grain bread or some whole grain rice.

See that the core of the meal does not have to change? A simple side item of carbs added to an S meal easily turns it into a healthy Crossover for children. Same goes if you choose an E dinner. Perhaps you'll have tilapia or lean chicken with brown rice or quinoa and veggies. Put a lovely big pat of butter on the rice or quinoa for your children . . . ta da . . . they have a Crossover! So stinkin' easy!!!

## BE THE EXAMPLE

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What happens if your family is not interested in joining you? Maybe your husband is determined to keep on drinking his soda and eating potato chips every night. Try not to judge him, don't nag him . . . just show him! Once he sees your positive progress . . . you never know, he just might join you. Even if he never decides to jump on board this TH thing he may get healthier without ever knowing why. Many of the TH dinners here are packed with secret veggies that he (or your children) don't have to know about and just might love! You don't have to tell them what goes into everything you make. Let's keep hidden veggies our little secret.



# 5

## Quick Tips for Success

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Perhaps you are feeling overwhelmed with all the info you've learned in the last couple of chapters. Don't make this harder than it needs to be. The details will come naturally as you practice the principles. Before giving you our best tips, let's circle back and do a simple 3-point recap of the plan. Anytime you start to feel overwhelmed, come back to these basics:

1. **Always ask yourself "Where's my protein?" then choose fats for an S meal or carbs for an E meal. Since this book originally came out, we've become more protein nerdy. Make sure you get a minimum of 25 grams of protein at each meal and snack.**
2. **Eat every three to four hours.**
3. **Children, pregnant and nursing Mamas need some Crossovers. If put together wisely they can sometimes be utilized by those still desiring weight loss.**

That's it . . . now for the tips:

- **You need a blender!** The more powerful the better! But don't stress this too much if you don't have the funds for a high end one, any old blender is better than no blender. When we first started this plan, we were extremely financially challenged so we used el'cheapo blenders and still somehow got the job done but our blending sessions took longer. So, if you can swing it . . . buy the best high-end blender you can get and you won't regret it. You'll also need a food processor and a crockpot or electric pressure cooker.



- **Don't skip breakfast!** You need to get your blood sugar steady at the beginning of the day. This is achieved through protein and it is crucial in the morning. Going without protein in the morning can cause blood sugar swings all day which leads to cravings and crazy off plan choices. Don't do that to yourself! Perhaps you're the type who doesn't wake hungry and you crave only coffee in the morning. That's okay, we are not asking you to force down a huge King's breakfast as soon as you open your eyes. Sip on your coffee first but be sure to get at least a small breakfast in there within an hour and a half after rising if possible. If you can't stomach the idea of eating 25 grams of food protein, take some [ESSENTIAL Amino Acid Powder](#) to make sure your protein needs are met... but still have some food...ESSENTIAL only has 2 calories so this is not enough for your sole breakfast.
- **Get Through the Detox!** Not everyone gets hit with the detox blues but it hits some hard, especially if you are coming off soda. As your blood sugar lowers and toxins are shed, your body has to adjust. This can feel like fatigue, head and body aches, moodiness and the general blahs! You'll make it through this first couple weeks and come out feeling so much better on the other side. Remember your E meals, they'll help you through it.
- **Don't Overcomplicate!** If menu making comes natural to you then by all means . . . start making TH menus now, but if you are not a natural menu maker . . . don't stress yourself out trying to become one! Some people start The TH Plan and think that means they have to sit down and make 2 weeks' worth of perfectly designed menus . . . no it does not! Instead, just start making one meal at a time. Try some of the easy meals in this book. If you and your family love some of them, they'll become what we call your Sweat Pants meals. This just means, they are easy and comfy for you and you'll repeat them a lot. You'll come to know what groceries you generally need for them so you won't have to be tied to lengthy grocery lists. Try to find a couple Sweat Pants breakfasts and several Sweat Pants lunches and dinners that you can keep in rotation. This will take so much stress out of your life. As you feel more comfortable with those, you can add more in . . . but don't overwhelm yourself trying too many new things at once.
- **Drink Yourself Trim!** You can kick soda's hold over you! Check out Boost Juice and Good Girl Moonshine (pages 180 and 181 which are wonderful All-Day Sipper recipes that have helped thousands kick the soda habit. If you want to purchase healthier versions of soda . . . feel free, they're on plan but look for ones sweetened with stevia or erythritol. Please don't drink any soda that contains artificial sweeteners.

Coffee and tea are on plan so breathe a sigh of relief there. You can drink coffee and full cream or half and half for an S. When it comes to E coffee, having it black or with unsweetened almond or cashew milk works but if you are not a fan of those, you can use half and half. Just stick to a couple tablespoons to ensure your fat stays low enough to stay in E mode. Or check out the Trimmy recipe, found free on our website [www.trimhealthymama.com](http://www.trimhealthymama.com). This is a super slimming way to drink creamy coffee and tea for both S and E occasions.

Best not to drink milk while on the weight loss part of our plan as milk sugars can ignite your blood sugar (however a spot of milk in your hot tea won't hurt anything for all our UK and Down Under folk). You can enjoy all the benefits of milk by including cultured milk products like home fermented kefir or Greek yogurt. Culturing removes most of the milk sugars.

Last thing . . . alcohol . . . dry wine (red is the healthiest) can be enjoyed in moderation. If you can't ditch sweet wine, try adding a little stevia to a glass of dry wine . . . we won't tell the wine police.

- **Don't try to eat less!** As you start you don't have to get all "diety" and purposely reduce your food intake. Second portions are okay if you feel the need for them. No need to stuff yourself . . . but eat. You'll notice after a couple of weeks that you are naturally more filled up since your meals are all protein anchored and don't contain empty carbs. Empty carbs (those that contain white sugar and flour) cause constant hunger. As you rid yourself of them, your appetite will slowly start to regulate and you'll learn to tune in to that satisfied feeling after a meal. If you do have issues feeling full enough after your meals (especially E meals which sometimes don't seem as filling) end your meal with our Easy Chocolate Milk recipe (page 177) or drink it with your meal. This drink adds a little extra protein and has a lot of filling power. Be sure you have enough veggies with your meals. Really load up on them. They'll help fill you and help your body flush fat.
- **Slow Down!** Say hello to your food. By that we mean whenever possible, sit down and give more of your attention to your meal rather than eating and texting or eating and emailing or eating while on the run. Take some relaxing deep breaths before your meal. Feel that tension in your shoulders? Breathe out and release it before eating. Have feelings of anger . . . bitterness . . . anxiety? Do your best to just let them go. They're sure not doing you any favors. Surrender them to God . . . He asks that we place all our cares on Him.

While you are eating, put your fork down sometimes during your meal and take more of those calming deep breaths. Deep breaths release oxygen to your body which raises

your metabolism and helps prevent digestion issues like gas and heartburn. Eating fast causes a release of cortisol which can put weight on you. Slowing down also allows you to feel the “full” signal more clearly. We know life is fast paced and often hectic. Some-times you just gotta grab a smoothie and head out the door but whenever you can . . . sit down and appreciate your meal more. It will appreciate you back!

- **Give your Taste Buds time to Change!** If you’ve been accustomed to the taste of sugar it may take a little bit for your taste buds to get used to the new natural sweeteners we recommend (more about those starting on page 47). Start off with treats like Cottage Berry Whip (page 154) which is more of a berry flavor and works well with stevia. Chocolate desserts take a little more time getting used to but we promise you will. (Rarely does anyone not enjoy Chocolate Trintastic Cake page 156 though) In about a month you’ll be fully adjusted and loving your new sweet life.
- **Shake off the Wagon Dust!** So, what happens when you fall off the TH wagon? You cave to the cupcakes at a birthday party and feel disgusted with yourself afterward. Don’t panic, it happens to the best of us. We all mess up now and then or sometimes even choose to eat an off-plan meal. You can jump back on plan in just three to four hours. Just choose an S or an E for your very next meal! But what if you don’t just fall off the wagon . . . you let it run you over several times? You get derailed and one off plan meal leads to a few days’ worth which leads to a few weeks’ worth. Have you blown it? Nope! Stop the guilt, shame and self-loathing. Wallowing in self defeat stops you from walking forward in victory. Every morning is a brand-new opportunity for life giving food choices. Practice your come back! While you are breathing you can still change!
- **Beat Number Obsession!** Another gentle reminder not to be too number centric. If you have 6 or 7 grams of fat in your E meal instead of 5 . . . you’re not a miserable failure . . . don’t make it such a big deal! You are still a Trim Healthy Mama! You’re simply choosing to have a little more fat in your E meal. You colored outside the lines. Own your choice. If you find weight is not moving, simply be a little more adherent to the guidelines.
- **Allergies and Sensitivities**—Have a dairy sensitivity? Cannot eat gluten? Do eggs cause you issues? Can’t eat almonds? None of these are reasons to abandon ship! You can easily do the plan avoiding trigger foods. Our two cookbooks give lots of dairy free options and almost every recipe we share will be gluten free except for the rare cultured bread recipe. Please join the [TH Allergen Free FB group](#) for lots of support and ideas. Take a positive attitude to all the foods you can actually eat on your unique journey. Believe that God made our incredible bodies to heal themselves and listen to this podcast for more encouragement on this subject:

Episode 56—Serene & Pearl's Big Sister Vange Takes Over the Poddy giving you the tough love you never knew you were longing for! Find the Trim Healthy Poddy on our website [www.trimhealthymama.com](http://www.trimhealthymama.com) or on your favorite podcast platform.

- **Eating Out**—It is so easy to eat on plan at restaurants. Even most fast food burger joints are friendly to those on plan these days. Simply ask for your burger without the buns and they'll wrap it in lettuce leaves. Delish! Have a side salad to fill up further. Sit down restaurants are all about your protein choice so that makes it simple. Choose your meat such as steak, chicken or fish, add a side of veggies and a salad and you're set. Just be sure your meat is not breaded and avoid sweet, sugary sauces. Starchy mac n cheese or baked potatoes can easily be replaced with broccoli with butter or a side of creamed spinach, asparagus or green beans. Some restaurant chains are now even offering Zucchini spirals as pasta replacements . . . how fantastic! Ask for this at your local Noodles and Company Restaurant.
- **Daily Desserts?**—No need to deny your sweet tooth on plan. After an S meal in the evening feel free to have a couple pieces of Skinny Milk Chocolate (page 160) or find a store bought stevia sweetened chocolate that you enjoy and have a couple pieces of that. Cake for dessert is great now and then too but if you are a slow loser, you don't want to make cake after a meal a daily thing. The most slimming way to eat a piece of TH cake is to have it as a mini meal . . . say a nice big piece as your breakfast or for an afternoon snack with a cuppa coffee. This allows your body to burn the fuel more efficiently than if you tack it on to the end of your meal. Of course, if you are not much of a sweets lover, desserts are not mandatory, they are just for funsies and help most of us not feel deprived. You can easily do TH without frequent desserts if that is more your style.
- **TH as a Vegetarian**—We spent decades as staunch vegans but our health suffered after all those years without animal protein (you can read our stories about this in detail in the original Trim Healthy Mama book). You can do this plan as a vegetarian if you include dairy products or even better if you also include eggs. However, it will be more challenging as a vegan.

We understand many have different reasons for avoiding meat but you have to get your protein somehow in order to stabilize your blood sugar. Greek yogurt, cottage cheese, home fermented kefir, eggs, whey protein, [ESSENTIAL Amino Acid Powder](#), [TH Optimized Plant Protein](#), or [Pristine Whey Protein](#) (or gelatin and collagen if you will eat those) and some legumes or beans are all excellent forms of protein and can be used to make delicious Trim Healthy Meals.

- **Exercise**—We urge you not to place a heavy exercise burden on yourself when you first start the plan. In fact, we never want you to over exercise. While we're not encouraging you to sit on the couch for hours and be a potato, over doing it can be just as bad! Barely moving your body through inactivity pulls down your health but so does over doing it. Intense exercise over 30–45 minutes can tax your adrenals and raise your cortisol which makes it harder to lose weight. It takes time to learn this lifestyle and having to get up at 5 to head for the gym for an hour is not a sustainable approach especially when you are trying to learn something new. That's a recipe for crash and burn! You may not even have the energy to exercise until you have been on plan for a few months and your blood sugar is more stable. Tens of thousands have lost weight and gained health doing TH without a bunch of exercise. Having said that, once you have your TH legs firmly underneath you, moving your body is a natural and wonderful next step. Do something you love . . . walk, hike, or dance! Once you're ready... start lifting weights to build back your lean body mass... just 20 to 45 minutes three times a week is what we recommend for strength training.
- **Listen to our Poddy!** Our free Trim Healthy Podcast comes out every Wednesday and they are our weekly encouragement to you! Find the Trim Healthy Poddy on our website [www.trimhealthymama.com](http://www.trimhealthymama.com) or on your favorite podcast platform. We simply chat in our living room and you're invited! You need us in your head, cheering you along, helping you back up when you stumble and giving you lots of tips and pointers along the way. You can listen in the car or while doing housework or while walking. . . . doesn't matter . . . just listen! Not to boast . . . okay to boast, our Trim Healthy Podcast received "Most Popular Health Podcast" by Podbean! Here are some episodes that will be super encouraging to you as you begin your journey.

Episode 12 (How Breakfast Can Make or Break Your Weight Loss Journey)

Episodes 15 and 16 (How to Get Your Blood Sugar Under Control)

Episodes 17 and 18 (part 1 and 2 of the Top Ten Least Expensive Foods that Trim You Down)

Episode 31 (Here's How Simple Trim Healthy Mama Really Is)

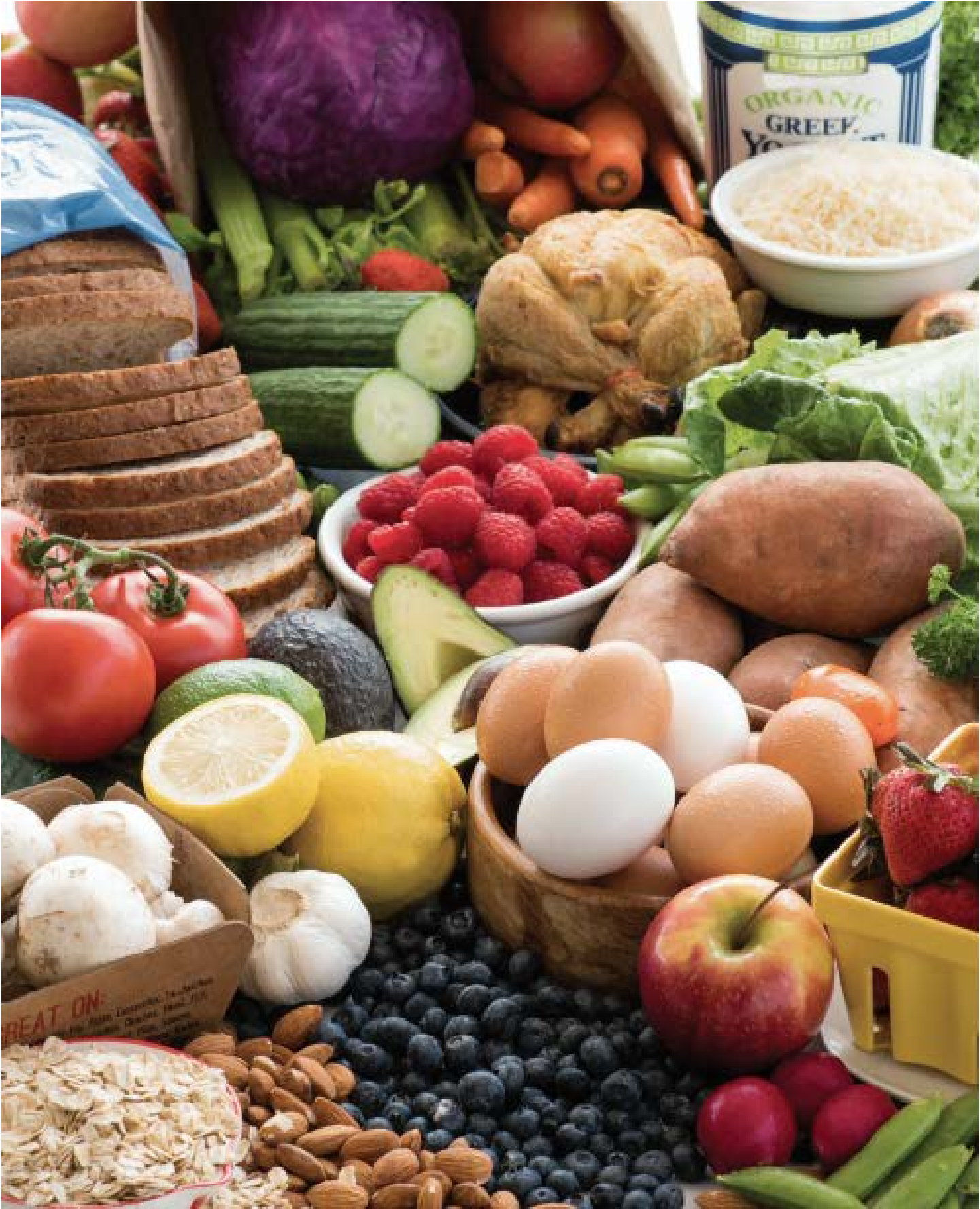
- **Utilize the Member Site!** You have all you need in this booklet to get started , get a refresher or carry on! But once you are ready for more, it is right there waiting for you. If you are the menu maker type, our member site has a customized menu maker which spits out shopping lists for you. Or choose from some of the many pre-made menus there. The site has over 2000 searchable, TH vetted recipes that you can favorite.

Stumped on what to eat for a snack? Just search snacks and hundreds of great options will pop up! There are also well over 100 Q&A and cooking videos from us. You'll love it! The member site also has a vast TH library section and a safe private chat group for encouragement. Of course the main thing you shouldn't miss in the member site? The Starting Line Visual tour videos, in these we show you how to put together easy peasy S and E meals using everyday foods.

[www.trimhealthymembership.com](http://www.trimhealthymembership.com)

- **Consider a TH Coach!** We mentioned this earlier but perhaps you really feel like you need someone alongside you as you start or continue this journey. You want someone to show you how to shop, how to cook, how to meal plan. You feel a little overwhelmed with the idea of starting on your own. How will you do this for your entire family? Hiring a coach is not for everyone (you have all the info you need to do the plan in our books so you certainly don't have to) but perhaps it is for you! Go to our website and click on the coaching directory. You can find a certified TH Coach there to match your unique needs.- [www.trimhealthymama.com](http://www.trimhealthymama.com)





# 6

## Your Smart Grocery Cart

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**M**ost of the meals you'll make on TH will consist primarily of everyday ingredients from your local grocery store. Let's highlight a few TH grocery staples you'll want to put in your cart.

**Frozen Riced Cauliflower and Cauliflower Florets**—These are frequent ingredients in our recipes and thankfully cauliflower is usually an inexpensive ingredient. Cauliflower is wonderfully low in both carbs and fat so when used creatively it is a fantastic blood sugar friendly, white potato replacement. It is a member of the cancer-fighting cruciferous family of veggies. It fights inflammation and cancer cells in your body, is high in both vitamin C and K and supports healthy digestion and detoxification.

**Frozen Veggie Blend**—This blend of veggies cuts meal prep time and will become your quick cook best friend. It is a mixture of frozen diced onion, peppers and celery. Don't be thrown off if you can't find actual "Veggie Blend" in your grocery store. It is called by many different names in the frozen veggie section of grocery stores. It may be called Seasoning Blend or Cajun Blend or Recipe Starter Blend or something else. Just look for the picture of the three veggies on the front of the packet. Sometimes you may find it with only peppers and onions, that is fine too. If you can't find frozen veggie blend, no worries, you don't need it. Just dice up an onion and a pepper

and use it in place, we call this “fresh veggie blend” in our recipes. Or you can cut or use a food processor to make your own Veggie Blend ahead of time and freeze it in baggies.

**Frozen Cut Okra**—This is a special hidden ingredient in many of our recipes, although if you are an okra lover, no need to hide it. Have at it! Okra is delicious roasted, sautéed or pan or air fried. Okra has incredible slimming powers. It helps slash high blood sugar and heal your gut. Okra has special insulin like properties that allow your body to reduce the amount of insulin it has to secrete in response to meals. Remember insulin is your fat storing hormone so reducing amounts of insulin helps you slim down! This medicinal food boasts super high amounts of vitamin C and contains one of the highest phytonutrient levels of all foods.

Here are some other TH staples you may want to stock your kitchen with. Please remember everyone’s grocery list will be different on TH. We all like or dislike certain foods or may have sensitivities to some of them and we all have different budgets. Choose from some of the following to suit your own lifestyle:

- eggs
- egg whites
- fresh or frozen meats and fish
- breakfast meats (find them with 2 grams carbs or less)
- deli lunch meats (look for natural, nitrate free with less than 2 grams carbs)
- frozen berries and fruit
- fresh berries and fruit
- fresh and frozen veggies (lots of leafy greens)
- sweet potatoes
- 0% Greek yogurt
- low fat cottage cheese
- sour cream
- butter
- heavy cream or half and half
- hard cheese
- 1/3 fat cream cheese
- Light Laughing Cow cheese wedges
- green can powder style Parmesan cheese
- unsweetened nut milk such as cashew or almond

canned coconut milk  
canned meats such as tuna, chicken and salmon  
canned beans  
canned diced tomatoes, tomato paste and tomato sauce  
canned Rotel style tomatoes and chilis  
virgin coconut oil or tasteless (refined) coconut oil, if you don't enjoy the flavor in cooking  
extra virgin olive oil and other cold pressed oils  
toasted sesame oil  
coconut oil cooking spray (if you can't find this . . . you can use olive, or another oil but steer  
away from canola, corn or soybean)  
apple cider vinegar (look for brands that say "with the Mother")  
hot sauce (such as Franks or Texas Pete)  
Balsamic vinegar (with no more than 2 grams carbs)  
store bought dressings (with no more than 2 grams carbs)  
Bragg's Liquid Aminos (or coconut liquid aminos)  
soy sauce (gluten free is preferable)  
liquid smoke flavoring  
sugar free, natural nut butters  
nuts and seeds of choice  
all fruit jelly  
old-fashioned rolled oats  
quinoa  
brown rice  
sprouted whole grain bread  
Light Rye Wasa or Ryvita crackers  
low carb wraps or pitas (these are personal choice items)  
canned or dried beans or lentils  
sugar free pizza sauce/spaghetti sauce  
salsa (look for 2 grams carbs or less)  
chicken broth or stock (and/or beef broth, use brands without sugar)  
unsweetened cocoa powder  
pure vanilla extract (and other extracts of your liking) check [www.trimhealthymama.com](http://www.trimhealthymama.com)  
for our full line of Natural Burst Extracts

baked corn chips

85% chocolate

stevia and/or erythritol sweetened drinks and sodas of choice

sparkling water

herbs and spices of choice such as:

TH Mineral Salt, black pepper, dried oregano, cumin, paprika, chili powder, onion powder, garlic powder, cinnamon, Italian Seasoning, cayenne pepper, red pepper flakes, parsley flakes and all your other favorites



# 7

## Get to Know the Focus Ingredients

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**T**he [TH Quick Start Bundles](#) contain the ingredients that will ensure you have the swiftest and most successful journey. While there are lots of other products on our website you can try, these bundles keep things to basics. (Subs for these are on page 51, if you choose not to get a bundle.)

Let's look at the benefits of each ingredient and how you will use it.

**Gentle Sweet**—This can be your game changer if you don't like stevia sweeteners. On plan, you will sweeten your treats naturally using sweeteners that don't have an impact on your blood sugar. Stevia is a sweet plant that is wonderful for your blood sugar but if you've tasted it before and hated it, Gentle Sweet can change your mind. While Gentle Sweet is stevia based, it is combined with non GMO erythritol in the perfect balance so it is very sugar-like in taste but has none of sugar's fattening or unhealthy side effects.

You will use Gentle Sweet in your baking as it is a bulking sweetener and ensures your baked goods will not have that bitter taste that stevia is sometimes known for. Coffee is extremely hard to sweeten right using stevia but Gentle Sweet has rescued many a sweet coffee drinker who can finally say . . . "Mmmm" to their cup of Joe.

Gentle Sweet contains no harmful anti-caking agents so be sure to massage the bag with your hands before opening to help break up any lumps.

**Baking Blend**—This all purpose, protein rich flour is a super food blend of incredible, health boosting ingredients. It makes breads, muffins, pancakes and waffles, cakes, breading for meats and the list goes on! While Baking Blend is gluten free, it stands out against all other gluten free flours with the difference being it is both low in carbs and fat. This means it is a Fuel Pull so you can have it in both S and E meals. Most gluten free baking flours are either high in carbs (they contain rice or tapioca flours) or they are high in fats and calories (they contain too much almond flour which is extremely calorie dense). Using a lot of almond flour in your baking is like pouring cups of almonds down your throat! That is usually too much fuel for your body to burn so that is why we created Baking Blend.

**Pristine Whey Protein**—If you are a shake and smoothie lover, this stuff will become your best creamy friend. Pristine whey is different than most other whey proteins in that it is cross flow micro-filtered (CFM). This means it is the most undenatured whey available. CFM whey is a gently processed isolate that has had the lactose and casein removed. This means that even those with dairy sensitivities can often eat it (not everyone but many). CFM whey protein boosts glutathione production in your body which boosts your immune system, boosts your mood, gives great energy and helps slim you! You'll notice we also use it in our Wonderful White Blender Bread (page 185). It boosts the protein content of the bread and helps make it white and fluffy. We also have flavored whey protein at [www.trimhealthymama.com](http://www.trimhealthymama.com) that you may want to enjoy at some point but no need to rush on that. The unflavored is perfect in all the recipes in this book.

**Optimized Plant Protein**—TH Optimized Plant Protein breaks the mold of all former plant proteins. It is the first to be optimized with the correct amino acids required for ultimate muscle synthesis. Maintaining lean body mass is crucial for metabolism and overall health but turning this decline around cannot happen with just any form of protein. It requires a certain profile of amino acids. This formula revolutionizes the plant protein world. Our Optimized Plant Protein has three times the bioavailability of basic protein in just one serving (3 Tablespoons). Derived from hemp seed, it fights inflammation, boosts energy, and is perfect if you are sensitive to whey or are just seeking a wonderful balance of plant and animal protein options. You spend hard-earned money on protein powder, and we take that seriously! Formulated by our scientist, Dr. Peter Cicero, your plant protein is now next level.

**Integral Collagen**—Integral Collagen is the “let’s get serious” approach to adding collagen to your diet. It is simply gelatin broken down into smaller amino acid chains called peptides, accomplished by a natural enzyme found in pineapples. These peptides can be quickly absorbed into the bloodstream and efficiently utilized by the body for improved hair, skin, bone, and joint nourishment and support. As the primary structural protein in the body’s connective tissues, collagen plays a vital role in the maintenance of the cartilage, tendons, and ligaments that keep joints functioning properly. Protein-based foods also take longer than carbohydrates to break down in the body, providing you with a longer-lasting energy source.

## Here are more focus ingredients worth mentioning!

**ESSENTIAL Amino Acid Powder**—ESSENTIAL is a custom blend of pure essential amino acids that provide the highest bioavailable protein. When properly compounded, essential amino acids feed muscles, cut fat, fuel your workouts, amp up the protein in your meals and snacks, enhance mental focus, and help you live a more active lifestyle.

**Glucie**—That’s our nickname for it, short for glucomannan. It is a natural powder derived from Konjac root. It is our starch free thickener of choice. You can now thicken up gravies, sauces, smoothies, shakes and puddings without adding even one carb or calorie! It powerfully helps your body shed fat by preventing blood sugar spikes and by absorbing some of the fats in your meal. The trick with Glucie is to not use too much. If you do so your sauces may get a slippery feel to them. We make sure you use a “just right” amount in our recipes with meals like Tuscan Cream Chicken (page 83) and many of our soups and shakes in this starter book. It is a very vis-cous fiber so if you find it a little hard on your stomach at first, if you have some bloating . . . pull back on amounts and work up to higher doses more slowly as your digestive system gets used to it. If you find yourself not used to the texture of the sauces made with Glucie, again pull back on amounts and use less.

**Pure Stevia Extract**—This pure extract is different from most other stevia sweeteners out there. It is 99% Rebiana which means it does not have that bitter aftertaste that most other stevia extracts are known for. Most of the stevia extracts available are 85% Rebiana or below. Our TH Pure Stevia Extract undergoes a gentle, all organic water process and is not enzyme modified (which requires the use of blood sugar altering maltodextrin during processing) like most other stevia sweeteners in grocery stores these days. This tiny, one ounce pouch of pure extract will last you many months and is by far the most economical of sweeteners. Just one little doonk (1/32 of a teaspoon) can bring lots of sweetness to a recipe. Use your doonk spoon provided in your starter box whenever a “doonk” is called for in a recipe.

You will use this extract in your Sipper drinks like Boost Juice (page 180) and Good Girl Moonshine (page 181). You will also add small amounts of this extract to some of your baked goods which allows you to use less Gentle Sweet (a good thing as it runs out far more quickly). Using stevia extract alone does not work well in baking but adding a little gives extra sweetness without having to ruin your budget going through cupfuls of Gentle Sweet. It also works great in some sweet treats and smoothies that have berry or fruit flavors such as Cottage Berry Whip (page 154) and Strawberry Cheese Cake Shake (page 168).

**Nutritional Yeast**—We use this in many recipes because it has a wonderful cheesy flavor and is full of vitamins and minerals. We can't eat eggs without it . . . just shake it on them while cooking! Our children think popcorn without our TH Nutritional Yeast and lots of butter (a crossover) is a crime! There are other forms of Nutritional Yeast in stores but most of them have synthetic vitamins added. Ours contains naturally occurring folate which is so important for brain health, baby growth and pregnant women but does not contain synthetic vitamins such as folic acid which may be harmful.

**Mineral Salt**—This is the salt we use in our recipes because it is helpful rather than harmful to your body. Salt has a reputation for raising blood pressure but that is because table salt has been refined and devitalized, and natural, important minerals such as potassium have been removed. Our TH Mineral Salt has roughly 400 percent more potassium than table salt so it helps protect your blood vessels from sodium imbalance and offers many other health benefits.

**Baobab Boost Powder**—This powder is like your daily “multivitamin” in whole food form. It doesn't have to undergo any processing. It is simply the dried fruit from the African Baobab tree, nothing added or taken away and it has a delicious citrusy taste. It boosts your immune system and nutrition in extremely powerful ways. Baobab has more antioxidants than any other food on this planet! Nothing comes close . . . it has more than blueberries and pomegranates combined! It has ten times the amount of vitamin C as oranges plus a high iron content. This is part of its healing magic because so many people are not able to absorb vitamin C without iron and iron without vitamin C.

As it gradually raises iron and vitamin content in your body it can help mend worn out adrenal glands and wonky thyroid glands (your thyroid relies on well working adrenals). Baobab helps boost weight loss in several ways. Vitamin C depleted people have trouble losing weight so it helps in that area of course but it also has shown in studies to reduce the glycemic index of meals when added to any meal. This lowers insulin and when insulin is lowered, fat is shed. Although it is from a fruit, Baobab powder is an ultra Fuel Pull on the TH plan, it has as much fiber as it does carbs so it doesn't cause a rise in blood sugar. In fact, it helps stabilize it. You'll love it in Boost Juice (page 180), Cottage Berry Whip (page 154), Trim Healthy Pancakes (page 65) and some of our shakes. Or simply put a tablespoon or so in some water and chug it down!

## We have mixes available

Life just got a little easier with these quick and easy mixes available on our website! Pizza, biscuits, cookies and more, so staying healthy doesn't have to be difficult or take hours in the kitchen. From left to right . . . [Pizza Crust Mix](#), [Biscuit & Scone Mix](#), [Cookie Mix](#), [Brownie Mix](#), [Pancake & Waffle Mix](#). Try one today!



## Subs

When recipes in this book call for ingredients from the starter pack, it is possible to use the following subs: Gentle Sweet—find a grocery store stevia blend or monk fruit blend. The blend should contain stevia or monk fruit and erythritol or xylitol; avoid ingredients like dextrin, maltodextrin, fructose, or dextrose.

**Baking Blend**—make your own frugal blend using 1/3 each coconut flour, almond flour and ground golden flax seed ... this blend won't be as light and fluffy as our Baking Blend, and it will be an S not a FP, however it can work if you're really penny pinching.

**Pure Stevia Extract**—honestly, our extract saves you money and it is the best tasting extract out there (hands down) but if you prefer, you can just use any grocery store stevia or monk fruit blend for all your sweetening needs to taste.

**Baobab Boost Powder**—can be found at some health food stores or you can simply leave it out of recipes.

**Pristine Whey Protein**—best to find a Cross Flow Micro-filtered, whey isolate with only 1 carb and no other fillers or find a dairy free protein powder with just 1 carb and no fillers.

**Glucie**—while not offering the same slimming benefits, xanthan gum (found at any grocery store) can be a good thickening sub.

**Nutritional Yeast**—can be found at health food stores or many regular grocery stores (always best to find one that doesn't contain synthetic vitamins but that is not a deal breaker).

**Mineral Salt**—find a good pink (Himalayan salt) or gray (Celtic salt).

PART 2

Time to Eat!



# 8

## Breakfasts

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### NO SPECIAL INGREDIENT IDEAS

If there is one thing we want to get stuck in your head it is this . . . protein for breakfast always! A protein centered breakfast will set the tone of your blood sugar for the rest of your day. It will help release fat from your cells and go a long way in preventing you from caving to the vending machine at work. Don't forget about the Shakes and Smoothie chapter starting on page 167 . . . those make great breakfasts too. Cake is another great breakfast option. Yes, you heard us right. Nothing wrong with enjoying a nice generous piece of Trimtastic Cake (page 156) or BAM cake (page 157) for breakfast if you wish now and then. These cakes have some protein but not enough for your required 25 grams so add a drink to the side of your meal with more protein in the form of whey, [TH Optimized Plant Protein](#) or [ESSENTIAL Amino Acid Powder](#).

Please don't forget about budget friendly and healthy oatmeal. It is a wonderful slow burning carb that naturally contains around 5 grams of protein. You can add more if desired by mixing 3 tablespoons of Optimized Plant Protein with 2 tablespoons each of water and unsweetened nut milk plus a doonk of stevia to the bottom of your bowl before adding in your oatmeal. You can do the same with [TH Pristine Whey Protein](#) if you prefer. Or have a side of egg whites with your oatmeal.) Do yourself a favor and try our large, filling oatmeal idea that we call Sweat Pants Oatmeal. It gets its name because it is so easy to make and you'll get so comfortable with it, you'll make it over and over again. You can google Sweat Pants Oatmeal on YouTube to watch us make it or simply combine ½ cup Old Fashioned Oats, 1 cup water and ½ cup unsweetened almond or cashew milk in a small saucepan (add berries if you want).

Bring to quick boil, turn down slightly and boil 3 minutes. Take off heat and let it sit for 10–15 minutes to thicken up while you go get ready for your day. When ready to eat, sprinkle with a generous pinch of [TH Mineral Salt](#), 2 teaspoons [TH Gentle Sweet](#) and cinnamon to taste. The most incredible and succulent way to top this oatmeal is to mix ½ teaspoon coconut oil with 3 tablespoons very hot water. Don't stir this liquid in, just pour over the oats and let the succulent oil water drip into every bite. (Sweatpants Oatmeal does not have enough protein by itself so add some in the ways we mentioned above or just have a serving of [ESSENTIAL Amino Acid Powder](#).) Please remember though . . . breakfast doesn't have to be an actual recipe. Let's look at some of the easy things you can go right ahead and make for breakfast with foods in your cupboard and fridge:

- bacon, eggs and a side of fresh berries (S)
- breakfast sausage and eggs (S)
- sautéed cabbage noodles as a bed for fried eggs (S)
- mushrooms or spinach sautéed in butter with scrambled eggs or breakfast meat (S)
- onion, cheese and tomato omelet (or throw any veggies or meat in your omelet) (S)
- finely diced zucchini or yellow squash sautéed up as a hash with fried eggs (S)
- scrambled eggs on WWBB toast (page 185) or wrapped in a low carb tortilla with salsa (S)
- scrambled or crispy egg whites and sprouted toast (E)
- sprouted toast with low fat cottage cheese and all fruit jelly (E)
- sprouted toast with low fat cottage cheese, sliced peaches and sprinkled cinnamon (E)
- cup of 0% Plain Greek yogurt sweetened with Gentle Sweet and added berries (FP)
- cup of 0% Plain Greek yogurt sweetened with Gentle Sweet and added chopped fruit (E)
- bowl of cooked oatmeal sweetened with a dollop of Greek Yogurt and berries or cut fruit (E)
- bowl of cooked quinoa with added berries and unsweetened almond milk mixed with 3-4 tablespoons whey protein (E)





## BLENDER FREEZER WAFFLES

S

MAKES 13 TO 16 WAFFLES (enjoy 2–3 for a serving depending on your breakfast appetite)

Whip up a batch of these, store in the freezer in baggies then all you have to do for a quick protein centered breakfast is pop them in the toaster and smear with butter or peanut butter and syrup. They are fluffy, white and delish just like store bought toaster waffles but instead of fattening you up . . . they trim you down! We have included Basic Pancake Syrup (page 60) but if you feel too lazy to make your own syrup, you can find some stevia and erythritol or xylitol sweetened syrups online or truth be told some of us Drive-Thru Sue’s use a sugar-free grocery store syrup sometimes and hope Serene is not watching—(from Pearl)—wink).

- Coconut oil (or other) cooking spray
  - 1½ (8-ounce) packages 1/3 less fat cream cheese
  - 3 large eggs
  - ¾ cup egg whites (carton or fresh)
  - 1 tablespoon aluminum-free baking powder
  - 3 generous tablespoons coconut oil (use the flavorless kind if you don’t want a coconut flavor, but we love using extra-virgin coconut oil in these)
  - ¼ cup plus 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#)
  - ¼ cup plus 2 tablespoons [TH Baking Blend](#)
  - ¼ cup [TH Gentle Sweet](#) (add a doonk or two of [TH Pure Stevia Extract](#) if you like sweeter waffles)
  - 2 teaspoons [TH Natural Burst Vanilla Extract](#)
  - 2/3 cup unsweetened cashew or almond milk or water
  - 1½ teaspoons [TH Glucomannan “Glucicie”](#)
1. Turn on your waffle iron and spray it well with coconut oil (or other) cooking spray.
  2. While the iron is heating, put all the ingredients in a blender and blend for about 30 seconds. Let the mixture rest for 10 seconds, then blend again for another minute. Leave the batter to rest for about 10 minutes to thicken up.
  3. Put a generous ¼ cup batter in each waffle square and cook according to your waffle iron’s instructions. You should get between 13 and 16 waffles, more or less depending on the size of your iron. Freeze the waffles, 2 to 3 in each baggie (depending upon your preference), and toast to heat. Serve with a pat of butter and Basic Pancake Syrup if desired.





## BASIC PANCAKE SYRUP

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FP

MAKES about 1½ cups (halve recipe if desired but always keep refrigerated)

- 1 cup water
- 2½ to 3 tablespoons [TH Gentle Sweet](#)
- ½ teaspoon [TH Natural Burst Maple Extract](#)
- ½ teaspoon [TH Natural Burst Butter Extract](#)
- 1–2 pinches [TH Mineral Salt](#)
- ¼ teaspoon [TH Glucomannan “Glucie”](#)

1. Put all ingredients (except the Glucie) in a small saucepan and bring to a simmer over medium heat. Reduce the heat to medium-low, whisk in the Glucie a little at a time (Keep whisking like crazy so it doesn’t clump.) Allow to simmer for a couple minutes until slightly thickened.

## EGGALICIOUS MUFFIN CUPS

S

MAKES 2 MUFFINS but recipe can be adapted for as many as you want.

These are such a beautiful breakfast, warm from the oven with a handful of berries on the side. Or you can make a bunch in advance and keep refrigerated. Either reheat or eat cold on your way out the door. We make a lot of these muffin cups at a time to feed our big eating families but if you only want to make a couple or a few, that is just as easy. Enjoy 2 or 3 for a serving, depending upon your breakfast appetite.

- 2 slices lean all-natural natural turkey deli meat or ham
  - 2 large eggs
  - optional chopped spinach
  - Seasonings: [TH Mineral Salt](#), black pepper, [TH Nutritional Yeast](#), and Parmesan cheese
1. Preheat the oven to 350°F. Spray 2 cups of a muffin tin with coconut (or other) oil.
  2. Place a slice of deli meat in each cup and push them in. The meat will be the base and sides of your “muffin.” Place a small handful of spinach into cup if using then crack an egg into each one and sprinkle with the seasonings. Bake for 18 to 20 minutes if you want the eggs to be slightly soft and delicious on top (our favorite way) or bake for 20 to 25 minutes if you want firm eggs.





## OATMEAL ON THE GO CUPS

E

MAKES 6-9 MUFFINS depending on how high you fill the cups

Perfect for busy mornings. Here's a way to get healthy carbs and a good dose of protein in the morning in grab and go style! Enjoy 2 or even 3 for your E breakfast, depending on your morning appetite. Don't forget to add more protein in one of the ways we have previously described.

- 1¼ cups old-fashioned rolled oats
- ¼ cup [TH Gentle Sweet](#) (plus a doonk or two of [TH Pure Stevia Extract](#) if desired)
- 1 banana
- ½ generous cup frozen or fresh blueberries
- ¼ cup plus 2 tablespoons egg whites (carton or fresh)
- ¼ cup unsweetened almond or cashew milk (or water)
- ¾ teaspoon aluminum-free baking powder
- 1 pinch [TH Mineral Salt](#)
- ½ teaspoon [TH Natural Burst Banana Extract](#)
- ½ teaspoon [TH Natural Burst Vanilla Extract](#)

1. Preheat the oven to 425°F. Line the cups of a muffin tin with cupcake or muffin liners and coat with coconut oil (or other) cooking spray.
2. Combine all the ingredients in a large bowl, then divide among the muffin cups and bake for 17 to 18 minutes (check at 15 minutes).

**NOTES:** You can change these up and make a cranberry/orange or apple/cinnamon version. For cranberry/orange replace blueberries with chopped fresh or frozen cranberries. Replace banana extract with ¾ teaspoon orange extract. For apple cinnamon version, replace blueberries with a small finely diced apple or half of a large, omit banana extract, add another ½ tea-spoon vanilla and add 1 teaspoon cinnamon or Apple Pie Spice to batter.

## TRIM HEALTHY PANCAKES

E

MAKES 3 SERVINGS (3–4 pancakes for each serving, depending on how big you make them)

These are our original pancakes we started this plan on . . . but now we add immune boosting Baobab to them and they are even more awesome for our health and waistline! They make for a great E breakfast topped with your choice of berries or chopped fruit, all-fruit jelly, Greek yogurt, or Basic Pancake Syrup (page 60). Or even have them for lunch! Children love these with melted butter and honey as a healthy crossover but if you have weight to lose, avoid the butter and keep to the E friendly toppings. Enjoy your first serving then put the rest of the pancakes in the fridge for 2 more quick grab-and-go breakfasts (they make great afternoon snacks too). The best success in making these pancakes will be with a nonstick griddle and a light spray of coconut oil or other cooking oil spray. These days it is easy to find nonstick griddles that do not pose health issues such as ceramic.

- 1 rounded cup old-fashioned rolled oats
- 1 rounded tablespoon [TH Baobab Boost Powder](#)
- 1 generous cup low-fat cottage cheese
- 1 cup egg whites (carton or fresh)
- 1–2 tablespoons [TH Gentle Sweet](#)
- ½ teaspoon [TH Natural Burst Vanilla Extract](#)
- 2 teaspoons aluminum-free baking powder
- 3 tablespoons water
- Coconut oil cooking spray (or other oil spray)

1. Put the oats in a blender and blend until they turn into a powder. Turn off the blender and add all other ingredients. Blend well, then allow the mixture to sit for a few minutes to let it thicken up.
2. Lightly coat a nonstick griddle or non-stick fry pan with spray and heat over low/medium heat. Ladle desired pancakes-size amounts onto the griddle and cook until golden brown, about 3 minutes. Flip and brown the other side, an additional minute or two.

**NOTE:** These pancakes can be easily made without the Baobab if you don't have this ingredient. Simply remove Baobab and remove the water.





# GIANT ZUCCHINI FRITTER

S

## SINGLE SERVE

Don't forget about veggies at breakfast time too! Yes bacon and eggs are on plan, enjoy them for breakfast sometimes but don't constantly get stuck in that rut! Always remember that Trim Healthy works best to whittle pounds and promote vibrant health when non-starchy veggies shine in the limelight. The volume of the zucchini in this recipe helps make it one massive fritter that really fills you up. It is so speedy to make, so give it a whirl!

- ½ of a medium zucchini, grated (about ¾ cup loosely packed)
- 1 egg
- ½ cup egg whites
- [TH Mineral Salt](#), black pepper and optional onion and/or garlic powder to taste
- 1 tablespoon Extra Virgin Coconut Oil
- Optional but preferred generous sprinkle [TH Nutritional Yeast](#)

1. Grate the zucchini into a bowl, add the egg plus egg whites and a couple pinches of each of the seasonings.
2. Heat a small sized sauce pan to medium/high heat, spray very well with coconut oil (or other) spray (or melt a teaspoon or two of butter).
3. Pour fritter batter into pan, cook for a few minutes until bottom side is golden brown. Flip entire fritter over (or cut in half) and fry on other side until fully cooked (another couple/few minutes).
4. Remove from pan, put on dinner plate, drizzle with coconut oil and sprinkle with more Nutritional Yeast.

**NOTE:** If preferred you can use 2–3 eggs in place of the egg whites listed however if your body is more of a stubborn loser type, stick to the way the recipe is written. Also . . . if you detest zucchini, this can be made with yellow squash in the same manner.

## EASIEST BREAKFAST CASSEROLE

S

MAKES 6–8 LARGE PIECES

Make this simple casserole, portion it out, and you'll have plenty of breakfasts for the week. It freezes well, too. Or let your whole family at it for a lovely weekend S breakfast.

- Coconut oil cooking spray
  - 4 to 6 ounces fresh spinach
  - 1 pound breakfast sausage meat (we use turkey, but you can use any kind), thawed if frozen
  - 1¼ cups frozen or fresh veggie blend (page 43)
  - 8 ounces mushrooms, sliced
  - 6 large eggs
  - 1½ cups egg whites (carton or fresh)
  - 2 cups (8 ounces) grated cheese
  - ½ teaspoon [TH Mineral Salt](#)
  - 1/8 teaspoon black pepper
1. Preheat the oven to 365°F (yup that's correct). Spray a 9 × 13-inch baking dish with coconut (or other) oil.
  2. Place the spinach in the baking dish.
  3. Brown the sausage in a large skillet over high heat. Once browned, add the veggie blend and mushrooms and cook the veggies with the sausage until tender. Some liquid may develop, but keep cooking on high, tossing the ingredients until it evaporates.
  4. While the veggies are cooking with the sausage, whisk together the whole eggs, egg whites, 1 cup of the cheese, the salt, and pepper in a bowl.
  5. Pour the sausage and veggies over the spinach in the baking dish. Add the egg mixture, then sprinkle on the rest of the cheese. Bake for 30 minutes.





## CREAM OF TREAT HOT PORRIDGE

FP WITH S AND E OPTIONS

### SINGLE SERVE

Here is a super-quick, 2-minute version of cream of wheat that our food photographer Rohnda passed along to us. Enjoy!

- ½ cup unsweetened almond or cashew milk
- ½ cup plus 2 tablespoons water
- 1/3 cup [TH Baking Blend](#)
- 2 teaspoons [TH Gentle Sweet](#)
- ¼ teaspoon [TH Natural Burst Vanilla Extract](#) or [TH Natural Burst Maple Extract](#)
- 2 to 3 generous pinches [TH Mineral Salt](#)  
Sprinkle of cinnamon (optional)
- 1 to 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (optional, to increase protein)

OPTIONAL TOPPINGS: Generous pat of coconut oil or butter, or a good splash of heavy cream for S; handful of berries or cut fruit such as apple for FP or E.

1. Put the almond milk, water, Baking Blend, sweetener, vanilla, salt, cinnamon (if using), and whey protein (if using) into a saucepan and mix well. Heat to a gentle boil then cook for 1 to 2 minutes or until porridge thickens. (Or heat in a microwave-safe bowl for 1 minute, if you are the hardcore Drive-Thru Sue type.)

**NOTE:** For FP, omit the oil, butter, or cream but include the berries. For S, include the oil, butter, or cream and berries. For E, omit the added fat and add diced apples and cinnamon. You can also add a teaspoon of cocoa powder and more sweetener for a chocolate version.



# 9

## Skillet Meals

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### NO SPECIAL INGREDIENT SKILLET IDEAS

We call skillet meals one dish wonders! They are speedy, tasty and can save your day.

Stir fry meals are so easy on plan. You can easily throw a stir fry together without needing an actual recipe. Any precooked meat tossed up in a hot fry pan with veggies such as peppers, onions, cabbage etc. makes for a quick, healthy and tasty stir fry meal. Add your favorite season-ings and don't forget toasted sesame oil . . . that stuff makes any stir fry taste amazing! Go easy on the oil amounts for E which you can have with brown or wild rice but feel free to be a lot more generous with your oils or butter for S fry ups.

Skillet noodle dishes are another easy choice with no exact recipe required. Zucchini noodles make for an excellent noodle sub. You can spiralize them yourself or buy fresh or frozen spiralized noodles from most grocery stores, if you'd prefer not to work for them. Hats off to Green Giant brand for coming up with frozen bags of these to make our lives easier! We like to quickly cook them up first in a skillet with a lid on then discard the water. Now they are ready to be tossed with precooked ground beef or turkey or chicken . . . add a little chicken broth, heavy cream and Parmesan cheese . . . oh yum! (if you are a sauce lover and like lots of it, add more chicken broth rather than more cream and thicken with a  $\frac{1}{2}$ – $\frac{3}{4}$  teaspoon [Glucce](#), whisking it in a little at a time, don't add too much Glucce because it will thicken more as it heats.)

Cabbage cut ultra-finely also makes wonderful, inexpensive noodles. Toss them with ground meat in a skillet with your favorite seasonings and butter . . . yummy! Or make a super easy stir fry using a bag or two of coleslaw and diced smoked sausage links. Brown the sausage first in the pan then toss with the coleslaw . . . add a little creole seasoning and some coconut oil or butter and you have a ten-minute easy peasy S meal.

We know we are talking about easy grocery store meals here but at some point, you may want to try our [Trim Healthy Ancient Wisdom Noodles](http://www.trimhealthymama.com) from our online store at [www.trimhealthymama.com](http://www.trimhealthymama.com) . . . they are so amazing and slimming with close to zero carbs and calories! And they fill you up big time! No need to precook them . . . just toss them in a skillet with veggies and meats and the above cream sauce idea we mentioned for the zucchini noodles or use soy sauce, toasted sesame oil and pepper flakes . . . so delightful! Or fry them in a pan for a few minutes with a little butter, salt and pepper so they take on the delicious flavor then add sugar free spaghetti sauce and browned meat. . . . now you have easy, slimming spaghetti! (You can find similar noodles to our Trim Healthy kind at grocery stores too . . . look in the produce section near the tofu for noodles made with konjac root. But just a heads up on those, most grocery store options are far chewier than our Trim Healthy kind which we created to have a more normal texture, but if you don't mind chewiness, give them a try).







## COWBOY GRUB

E

SERVES ABOUT 4 (depending upon the appetites in your family, you may have leftovers)

This is a thick, hearty and ultra-tasty hash. The most slimming way to eat this hash is over a plate of salad greens . . . yes! Sounds crazy but it is really great like that and fills you up even more. Simply throw some greens down on your plate, ladle on your hash and you have a well-rounded E meal. But hey . . . if you are not a salad lover yet . . . remember no hard rules, you don't have to have it over salad, just put it in a bowl or in a plan friendly wrap. Leftover Cowboy Grub can be thinned down to make wonderful soup too!

- 1 pound ultra-lean ground meat (turkey works great), thawed if frozen
- 1½ cups frozen or fresh veggie blend (page 43)
- 1 cup cooked brown rice, or 1 cup parboiled “instant brown rice” plus ¾ cup plus 2 tablespoons water
- 1 (14½-ounce) can diced tomatoes, or 2 (10-ounce) cans mild Rotel-style tomatoes and chilies
- ¾ cup canned or home cooked pinto beans
- ¾ cup frozen corn or canned corn kernels
- 2 tablespoons chili powder
- ¾ teaspoon garlic powder
- ¾ teaspoon ground cumin
- ¾ teaspoon [TH Mineral Salt](#)
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper (optional)

1. Brown the meat in a large skillet. If the meat is not at least 96% fat free, rinse well under very hot or boiling water after cooking, then return it to the skillet (this reduces fat content to make it E friendly).
2. Add the Veggie Blend and stir until the peppers and onions start to tenderize, about 2 minutes.
3. If you are using parboiled rice, add both the rice and the water, stir, cover the pan, and simmer for 5 minutes.
4. Stir in the remaining ingredients (including the cooked rice, if you are using that) and continue to heat, stirring, until all is cooked through and the rice is no longer crunchy.

**NOTE:** Instant brown rice has simply been partially cooked and has no higher glycemic effect.

**MAKE A FAMILY MEAL:** For the weight loss plan you can serve in a bowl topped with Greek yogurt, a garnish sprinkling of skim-milk mozzarella (to stay in E mode), and a few crumbled baked corn chips or toasted, crumbled sprouted bread or WWBB bread. Family members needing Crossovers can add more fat in the form of grated cheese and/or sour cream.

## EGG ROLL IN A BOWL

S WITH E AND FP OPTIONS

SERVES ABOUT 4 (depending upon the appetites in your family, you may have leftovers)

Same great taste you get in an egg roll, minus the deep-fried wrapper! Unbelievably easy to make, SUPER quick, and extremely budget friendly!

- 1 pound ground meat of any kind, thawed if frozen
  - 1 medium onion, chopped
  - 1–2 tablespoons toasted sesame oil (or oil of your choice if you don't have sesame, but the sesame really makes the dish!)
  - 1–2 garlic cloves, minced
  - 1 teaspoon ground ginger (or use fresh ginger)
  - 3–4 tablespoons soy sauce, or a couple generous squirts Bragg liquid aminos or Coconut Aminos
  - ½ of a very large head of cabbage (or 1 small), cored and thinly sliced, or 1–2 (12–16 ounce) bags coleslaw mix
  - 2 green onions, finely chopped
  - [TH Mineral Salt](#) and black pepper
  - ½ teaspoon red pepper flakes (optional)
1. Brown the meat in a large skillet over medium heat until fully cooked.
  2. Turn up the heat to medium high and add the chopped onions and sesame oil, and lightly brown the onions.
  3. In a small bowl, mix the garlic, ginger, and soy sauce and add to the skillet, then immediately add the cabbage and stir well (cabbage will threaten to spill out of the pan but it will soon shrink and fit). Cook for several more minutes, until the cabbage is tender and wilted, stirring often.
  4. Turn off the heat, and add the green onions and salt and black pepper to taste. Stir one last time, sprinkle with the red pepper flakes (if using), tweak seasonings to own it until it wows you then serve.

**MAKE A FAMILY MEAL:** For the weight loss plan enjoy in a bowl with an optional added side salad if you desire an S. To make this an E meal, enjoy it over rice or quinoa. Make sure to use extra-lean meat (at least 96% lean) or brown the meat and then rinse well under hot water to remove fat before returning to the skillet. Use no more than 1 tablespoon of oil. Owing to a lack of juiciness (fat) in the meat, add 2 tablespoons of fat-free chicken broth or water. To make this a Fuel Pull, follow same directions for E, but enjoy over sautéed riced cauliflower. Children and others in Crossover stage can have whole grain rice, whole milk or bread with the S version.





## DREAMY CHICKEN LAZONE

S

SERVES ABOUT 4 (you may have leftovers depending upon appetites in your family)

This sauce is the stuff dreams are made of . . . so flavorful! How can you eat this and lose weight you wonder as you take your first bite? Just trust us and enjoy. This is one of those quick and easy satisfying meals that you can serve up to family or even expected (or unexpected) company. The creamed-up flavors will make them think that you spent hours in the kitchen rather than minutes.

- ¾ teaspoon [TH Mineral Salt](#)
- 1½ teaspoons chili powder
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder
- 1 teaspoon paprika (smoked or regular)
- very small sprinkle cayenne pepper (optional; add only if you like heat)
- 1½ pounds chicken tenderloins, thawed if frozen
- 3 tablespoons butter
- ½ cup chicken broth
- ¼ cup heavy cream
- ¼ teaspoon [TH Glucomannan “Glucic”](#)

1. Mix the salt, chili powder, onion powder, garlic powder, paprika, and cayenne (if using) in a small bowl. Sprinkle half the seasoning over tops of the chicken then turn the tenderloins over and coat the other side.
2. Melt half of the butter in a large skillet over medium-high heat. Add all the chicken and cook for 6 minutes, turning once.
3. Reduce the heat to medium, add the chicken broth, cream, and the remaining butter. Once the butter has melted, move the chicken to one side of the pan, sprinkle in the Glucic a little at a time, and whisk it well into the sauce. Toss the sauce around the skillet and cook for 8 more minutes.
4. Remove the pan from the heat. The sauce will thicken a little more as it cools but it is not supposed to be a thick sauce. Serve the chicken, then spoon more sauce on top.

**MAKE A FAMILY MEAL:** For the weight-loss plan, this is fabulous over sautéed shredded cabbage (cut into noodles as thin as angel hair pasta), spaghetti squash or spiralized zucchini. Or have it with any non-starchy veggie you desire! Add a side salad, and you’re set. Be sure to add a healthy carb for growing children or others at Crossover stage, such as steamed potatoes with butter, brown rice, or even buttered whole grain bread.

## TUSCAN CREAM CHICKEN

S

SERVES ABOUT 4 (depending upon the appetites in your family, you may have leftovers)

This recipe was one of the biggest hits from our [Trim Healthy Table Cookbook](#). Be sure to check that out for more wonderful, family friendly recipes like this. The insanely good smell that wafts from your kitchen as you prepare this dish will draw family members straight to the table! Once you've made this a time or two you can get 'er done in 15 minutes or less so it's perfect for busy nights when you are strapped for time.

- 1½ teaspoons garlic powder
  - 1 teaspoon Italian seasoning
  - ¾ teaspoon dried oregano
  - ½ teaspoon [TH Mineral Salt](#)
  - 1½ pounds chicken tenderloins, thawed if frozen 1½ tablespoons butter or coconut oil
  - ¾ cup chicken broth
  - ¼ cup heavy cream
  - ¼ cup grated Parmesan cheese (the green can kind is fine)
  - 1/3–½ teaspoon [TH Glucomannan "Glucie"](#)
  - 3–4 ounces fresh spinach
  - couple tablespoons jarred sun-dried tomatoes, roughly chopped (if you don't have any you can use a chopped tomato and/or some olives)
1. Mix the garlic powder, Italian seasoning, oregano, and salt in a small bowl. Place the chicken in a large bowl, sprinkle with the seasonings, and toss with your hands so all pieces are coated well.
  2. The recipe moves fast now, so line up everything on your counter that you'll need: butter, chicken broth, cream, Parmesan, Glucie, spinach, and sun-dried tomatoes. Melt the butter in a large skillet over medium-high heat. Add all the chicken and cook for 6 minutes, turning once.
  3. Reduce the heat to medium, then add the chicken broth, cream, and Parmesan. Move the chicken to one side of the pan and sprinkle in 1/3 teaspoon Glucie a little at a time, whisking well into the sauce while you sprinkle so it doesn't clump. Toss the sauce around the skillet. Allow it to simmer for another couple minutes and add only an extra ⅛ – ¼ teaspoon Glucie if you like a thicker sauce (don't overdo it). Add all the spinach (it will quickly wilt into the sauce as you toss it around the pan), then add the sun-dried tomatoes. Cook for 5 to 6 more minutes.

**MAKE A FAMILY MEAL:** For the weight-loss plan, this is fabulous with a non-starchy veggie side like green beans or broccoli or enjoy with cooked spiralized zucchini or sautéed cauliflower rice and/or perhaps an S-friendly bread item such as WWBB made into Garlic Bread (page 188). Family members needing Crossovers can enjoy with whole grain rice or noodles.



## CHICKEN FRIED DOUBLE RICE

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E

SERVES ABOUT 4 (depending upon appetites in your family you may have leftovers)

This is a hearty E meal secretly disguised with a veggie your family won't even know about! Riced cauliflower is mixed in with regular brown rice for double the amount of rice! This makes this meal kind to your blood sugar and super health promoting all at once. This makes you feel as if you have a lot of hearty rice on your plate, but almost half of it is a veggie not a grain. Nobody is the wiser . . . just healthier!



- $\frac{3}{4}$  cup egg whites (carton or fresh)
- [TH Mineral Salt](#) and black pepper
- [TH Nutritional Yeast](#)
- 1 tablespoon toasted sesame oil
- $\frac{1}{2}$  cup frozen peas
- 1 medium carrot finely chopped
- 10–12 ounces frozen riced cauliflower
- 3–4 green onions, finely diced
- 2–3 garlic cloves, minced
- $\frac{3}{4}$ –1 pound boneless, skinless chicken breasts (thawed if frozen), cut into  $\frac{1}{4}$ -inch pieces (easily and quickly done with kitchen scissors)
- $1\frac{1}{2}$ –2 cups cooked brown rice
- 3 tablespoons soy sauce
- Red pepper flakes to taste (optional)

**MAKE A FAMILY MEAL:** For the weight-loss plan, this is fantastic all on its own in a bowl. Or add a side salad with a lean, E-friendly dressing to get even more veggies in. Family members needing Crossovers need more fat so they can simply use a fattier dressing and grated cheese on their salad or a pat of butter or more sesame oil in their fried rice.

1. Heat a large skillet over medium-high heat and spray with coconut oil. Pour the egg whites into the pan and season with a sprinkle of salt, pepper, and Nutritional Yeast. Let the egg whites sit for a couple minutes until they set. Once set, turn the whites over, then chop into pieces. Remove from the skillet and set aside.
2. Increase the heat under the skillet to high and add  $\frac{1}{2}$  ( $1\frac{1}{2}$  teaspoons) of the sesame oil. Add the peas, carrots, riced cauliflower, green onions, and garlic. Season with a sprinkle of salt and pepper and toss in the hot oil for 3 to 4 minutes.
3. Push all the veggies to one side of the pan, add the remaining  $1\frac{1}{2}$  teaspoons sesame oil to the other side of the pan, and add the chicken pieces. Sprinkle lightly with salt and pepper and cook without stirring for 2 minutes, then flip and allow to cook on the other side for another 1 to 2 minutes.
4. Return the egg whites to the skillet and add the brown rice and soy sauce. Reduce the heat to medium and toss all the ingredients for another couple minutes. Taste and add red pepper flakes (if using) and more seasonings or soy sauce if desired to “own it.”



## DECONSTRUCTED STUFFED PEPPERS

S

SERVES ABOUT 4 (depending upon appetites in your family, there may be leftovers)

This is a super tasty way to eat stuffed peppers without all the labor intensive time they usually take to prepare. This truly is a one dish wonder!

- 1 pound ground beef, thawed if frozen
- 8 ounces riced cauliflower
- ½ tablespoon Worcestershire sauce
- 1–2 tablespoons soy sauce, or 1–2 squirts Bragg Liquid Aminos or Coconut Aminos
- ¾ teaspoon [TH Mineral Salt](#)
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Cayenne pepper to taste (optional)
- 1 tablespoon [TH Nutritional Yeast](#)
- 2 green bell peppers, roughly chopped or sliced ½ a large or 1 small onion, finely chopped (optional; only use if all family members are onion lovers)
- 1 (14.5 ounce) can diced tomatoes
- 1 cup jarred sugar-free pizza or spaghetti sauce (we use Walmart Great Value brand Pizza Sauce)
- 4 ounces cheddar cheese, grated (optional, can leave off if dairy sensitive)

1. Brown the beef in a large skillet over medium-high heat. Drain off any excess grease, then add the riced cauliflower. Add the Worcestershire sauce, soy sauce, salt, black pepper, onion powder, garlic powder, cayenne, and Nutritional Yeast. Toss well, increase the heat to high, and cook the rice with the beef for several minutes, tossing frequently.
2. Add the bell peppers and onion (if using) and sauté for another 8 to 10 minutes. Pour in the tomatoes and pizza sauce, toss well, cover, reduce the heat to low, and simmer for another 3 to 4 minutes. Top with the cheddar, cover for another 2 to 3 minutes to melt the cheese, and you are ready to serve.

**MAKE A FAMILY MEAL:** For the weight-loss plan, enjoy with a side salad with an oil/vinegar or creamy dressing, and if desired a non-starchy veggie like steamed buttered broccoli. Family members needing Crossovers need a carb side like brown rice with the meal or perhaps fruit to end the meal.

## BLACKENED CHICKEN WITH MANGO AND BLACK BEANS

E

SERVES ABOUT 4 (depending upon appetites in your family, you may have leftovers)

Sweet and tangy with a little bit of heat, this is another great E meal that won't leave you hungry afterward. If you work outside the home, leftovers make for a yummy lunch rolled up into a low-carb tortilla or stuffed into a couple pieces WWBB bread (page 185) or even thrown over a salad. If you have children who aren't too keen on the mango–black bean sauce, they'll love the cooked chicken pieces, so set some aside for them—more sauce for you.

- 1½ pounds thawed and drained chicken tenderloins, can leave as tenderloins or cut into smaller pieces
  - [TH Mineral Salt](#), black pepper, garlic powder, chili powder, and ground cumin, for blackening
  - Coconut oil cooking spray
  - 2 flat teaspoons butter
  - 1 generous cup frozen mango chunks
  - 1½ cups frozen or fresh veggie blend (see page 43)
  - ¾ cup canned black beans, rinsed and drained
  - Juice of ½ lime (or 1 tablespoon bottled lime juice)
  - 1/8 teaspoon black pepper
  - 1½ tablespoons [TH Gentle Sweet](#)
  - 1/8 teaspoon red pepper flakes (optional)
1. Lightly sprinkle the top sides of the chicken pieces with the salt, pepper, and garlic powder, then generously sprinkle with the chili powder and cumin to fully cover for a blackening effect.
  2. Heat a large skillet over medium-high heat and spray lightly with coconut oil spray, then add the butter. Once the skillet is hot and the butter has melted, add the chicken, blackened side down. While the underside is browning, blacken the tops by sprinkling on more seasonings as before. Turn the pieces once after about 5 minutes, and continue cooking until the pieces are cooked through. Remove the chicken and set aside on a plate.
  3. Put the mango chunks in a food processor and pulse until they are in small pieces but not broken down to a puree. You'll want thumbnail-size pieces.
  4. Add the veggie blend, beans, mango, lime juice, and spices to the skillet and cook, stirring, for a few minutes.
  5. Return the chicken to the skillet and heat through with the other ingredients for another minute or two.

**MAKE A FAMILY MEAL:** Serve over a small amount of cooked brown rice or quinoa (less than ½ cup) since you have the E fuels of beans and mango already, or enjoy on its own or with a side salad with lean dressing. Family members needing Crossovers can enjoy extra fat in their meal such as avocado or sour cream topping or added cheese and a creamy dressing on their salad.

**NOTE:** Fresh diced mango can be used in place of frozen if desired.





# 10

## Casseroles, Bakes, and Dinner Salads

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### NO SPECIAL INGREDIENT BAKE PREP AND SALAD IDEAS

**Never Without Chicken Prep**—It is a fantastic idea to take a little time each week to pre-cook a bunch of chicken breasts or tenderloins. You can use them for so many quick meals and since chicken breast is a lean meat, this means it is Fuel Pull so it can go with both S or E meals. You'll never be without a protein source for quick bakes, salads, stir fries, soups, sandwiches, pizza toppings and wraps. We love to season them with [TH Mineral Salt](#), black pepper, cumin powder, chili powder, [TH Nutritional Yeast](#) and optional red pepper. If you want to stay simpler, just use salt and pepper. Choose from these cooking options:

**Slow Bake**—Place frozen or fresh chicken breasts in a baking dish, cover and bake at 220° for 2–3 hours depending on whether frozen or fresh.

**Fast Poach**—Add desired number of fresh or frozen chicken breasts to a pot of water. Bring to boil then simmer until tender, 10–15 minutes for fresh, 15–20 minutes for frozen.

**Crockpot**—Put desired number of chicken breasts in crockpot. Add ¼–½ cup water and cook on low heat for 4–5 hours.

**Electric Pressure Cooker**—Put desired number of fresh or frozen chicken breasts in pressure cooker. Add 1–2 cups of water or chicken broth and cook on high pressure for 10–15 minutes or press poultry button. Use natural pressure release.

**Sweet Potato Bake Up**—Another excellent prep idea is to bake up a bunch of sweet potatoes for quick E meal options throughout your week. When it comes to meal time just heat one up then you're ready for toppings. You can go sweet with 1 teaspoon coconut or butter and cinnamon and [TH Gentle Sweet](#) (have a side salad and lean protein on the side) or go savory and do the 1 teaspoon of oil and butter with [TH Mineral Salt](#) or a squirt of Braggs Liquid Aminos and cayenne pepper . . . delish! Or simply stuff the sweetie with shredded lettuce, Greek Yogurt, pulled chicken or browned ultra-lean turkey or chicken breast and salsa and make a whole meal of it!

**Tips for Quick Salads**—We put a couple of actual dinner salad recipes here but a huge hearty salad can be a great meal option several nights a week if you and your family love it! Just pick your protein—salmon, chicken, smoked sausage, or browned meat and put it on top of a huuuuuge plate of greens. You can use store-bought dressings on plan but try to use ones with less than 2 grams of carbs. Remember too that store bought dressings do not usually use the healthiest ingredients so water them down a little so you're not using quite as much. It is a great idea to change up your dressings too. Don't always use Ranch, try some vinaigrettes, which are easier for your body to burn.

(Note: We suggest you buy the bags of 3 organic romaine hearts so you don't have to wash your lettuce. Washing lettuce can be time consuming and annoying and may prevent you from eating more salad. Organic romaine hearts are usually only 50 cents or so more than regular and are so worth it because all you need to do then is give a quick chop or rip! Or you can buy the plastic tubs of organic greens, they will quickly spoil though unless you dump them out, put a paper towel at the bottom of the tub . . . return half the lettuce, layer on another paper towel then put the rest of the lettuce on top. This will help your greens stay fresh for much longer so you won't have to pull slimy ones out when salad time comes.





## LAZY LASAGNA

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S

SERVES 4 (depending upon the appetites in your family, you may have leftovers)

The spinach layer replaces the noodles—so easy and so delicious! This is family pleasing and even company worthy! For the lazier version, you can use the fresh spinach instead of frozen.



- 1 pound ground meat of choice, thawed if frozen (we usually use beef)
  - 1 (12-ounce) jar no-sugar-added pizza or spaghetti sauce (we use Walmart Great Value brand Pizza Sauce)
  - 2 teaspoons dried oregano
  - ¼ teaspoon [TH Mineral Salt](#)
  - ½ teaspoon onion powder
  - ½ teaspoon garlic powder
  - small sprinkle cayenne pepper
  - 1 doonk [TH Pure Stevia Extract](#)
  - 1 (10 ounce) package frozen chopped spinach, thawed or 1 (8–10 ounce) bag fresh spinach, roughly chopped if desired (you don't have to chop it but makes it easier to control)
  - 4 ounces 1/3 less fat cream cheese
  - ½ of a (14-ounce) container 1% cottage cheese
  - 1 large egg
  - 4 ounces part-skim mozzarella cheese, grated
  - 1/8–¼ cup finely grated Parmesan cheese (for sprinkling over top; green can kind is fine)
1. Preheat the oven to 350°F.
  2. Brown the meat in a large skillet over high heat, then drain off any excess fat if necessary. Add the sauce and seasonings, and simmer over low heat for several minutes.

3. If using thawed from frozen spinach, place in a colander and squeeze and push to get all the liquid out.
4. Put the cream cheese, cottage cheese, and egg in a food processor and process until smooth.
5. Layer half the meat sauce in the bottom of an 8x8 baking dish. Top with half the egg/cheese mixture, then layer on half the spinach. Follow with half the grated mozzarella. Repeat the layers, ending with the mozzarella. Top with Parmesan cheese. Bake for 35–40 minutes or until golden and bubbly.

**MAKE A FAMILY MEAL:** For the weight loss plan, this is perfect with a side salad with an oil/vinegar dressing. If desired you can also have WWBB made into garlic bread on the side (page 188). Family members needing Crossovers can add a carb side such as whole grain bread or a glass of whole milk or a piece of fruit to finish their meal.

**NOTE:** Once cooked, a little bit of liquid does settle at the bottom of the pan, it is not bad and hasn't bothered thousands of happy makers of this recipe . . . but a few can't deal with that . . . if that is you add a teaspoon or two of Whole Husk Psyllium Flakes to the meat sauce and that helps soak extra liquid up.)

## QUESO CHICKEN BAKE

E

SERVES ABOUT 4 (depending upon appetites in your family, you may have leftovers)

So extremely tasty . . . this E dinner is going to wow your family over to the Trim and Healthy side and keep them here! There is a fantastic hidden veggie in this dish that you don't need to tell your family about. If you can't find okra though, this bake still works without it but it really adds some health benefits to the dish and helps make it creamy!

- Coconut oil (or other) cooking spray
  - 2–2½ cups diced pre-cooked chicken breast (see page 92 for cooking methods)
  - 1 (15-ounce) cans black beans, drained
  - ¾ cup canned or frozen corn kernels, drained
  - ½ cup cooked brown rice
  - 1 (10-ounce) can Rotel-style diced tomatoes and green chilies (hot, medium, or mild), drained
  - 1 diced tomato, optional
  - 4 wedges Light Laughing Cow cheese
  - 1 cup unsweetened cashew or almond milk
  - ½ cup frozen diced okra
  - 1 teaspoon chili powder
  - ¾ teaspoon ground cumin
  - ¾ teaspoon [TH Mineral Salt](#)
  - ½ teaspoon [TH Glucomannan “Glucicie”](#)
  - 2 tablespoons powder-style (from the green can) Parmesan cheese
1. Preheat the oven to 365°F (yes, that temperature is correct). Spray an 8 x 8-inch baking dish lightly with coconut oil (or other) oil.
  2. Place the chicken, beans, corn, rice, Rotel, and tomatoes in the dish and mix together.
  3. Put the cheese wedges, milk, okra, chili powder, cumin, salt, and Glucicie in a blender and blend well until completely creamified . . . blend the very soul out of it so no bits of okra can be seen!
  4. Pour the contents of the blender into the baking dish and stir it all in with the other ingredients. Sprinkle the Parmesan (if using) over the top and bake for 30–40 minutes or until golden and bubbly. Let sit for a few minutes before serving.

**MAKE A FAMILY MEAL:** For the weight-loss plan, you can top with a little Greek yogurt and diced green onions to stay in E mode. Pair with a side salad with an E-friendly dressing and you have a great meal. Family members needing Crossovers can enjoy this topped with full fat sour cream and plenty of grated cheese or sliced avocado as toppings.



## MARVELOUS MOIST MEATLOAF

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S OR FP

SERVES 4 (depending on appetites in your household, you may have leftovers)

This is an amazing meatloaf adapted from our Marvelous Make Ahead Meatballs in [Trim Healthy Table Cookbook](#). We adore it so much because it can actually be a FP meat loaf if made with at least 96% lean ground meat. That means you can have meat loaf with an E meal! How fantastic! Do you know how incredibly hard it is to get a moist, tasty meatloaf using ultra lean meat that can fit with E meals? It is almost impossible! But thanks to the hidden, secret okra ingredient that nobody but you should ever know about, this meat loaf is a family pleasing home run (and makes great sandwiches as leftovers)!



- 1½ pounds ground meat (beef for S or 96% lean turkey or venison for FP)
  - ½ cup frozen cut okra
  - 1/3 of a large onion
  - 2½ tablespoons [TH Baking Blend](#)
  - 1¼ teaspoons [TH Mineral Salt](#)
  - ½ teaspoon black pepper
  - 2–3 garlic cloves, minced, or ½–¾ teaspoon garlic powder
  - 2 tablespoons powder style Parmesan cheese from the green can
  - 2 tablespoons [TH Nutritional Yeast](#)
  - 2½ tablespoons [TH Gentle Sweet](#)
  - 5 tablespoons tomato paste
  - 1/3 cup egg whites
  - 1 tablespoon prepared yellow mustard
  - 1 tablespoon apple cider vinegar
  - 1 tablespoon water
1. Preheat oven to 350°F and spray a standard loaf pan or an 8 x 8 baking dish with coconut (or other) oil.
  2. Put a small chunk of the ground meat in the food processor (about ⅓ of a pound). Add the okra, onion, Baking Blend, salt, pepper, garlic, Parmesan cheese, 1

tablespoon of the Gentle Sweet, 3 tablespoons of the tomato paste and the egg whites then process until completely pureed. This may take a couple minutes of processing. Your goal is not to have any chunky pieces of okra. Process until it is completely broken down

3. Place the rest of the meat in a bowl, add the contents of the food processor and mix all well together with a fork (or with your hands). Transfer to baking dish and spread loaf mixture inside dish. Whisk together 2 more tablespoons of the tomato paste, the mustard, the leftover 1½ tablespoons Gentle Sweet, the apple cider vinegar and water in a small bowl. Pour this sauce over the meat loaf and spread to cover.
4. Bake for 50–55 minutes or until fully cooked through. The loaf will make fluid while cooking, some of which you can pour off once loaf is done but leave some to keep it moist.

**MAKE A FAMILY MEAL:** For the weight loss plan you can enjoy this as an S using either the FP or S version of this meat loaf. Simply add a side cooked veggie such as steamed broccoli drizzled in butter for S along with a salad with a creamy or oil/vinegar dressing. For an E meal, stick to the FP version of this meat loaf and have next to a serving of brown rice, quinoa or a medium sweet baked potato. Add in a side salad but keep the dressing lean and E friendly. If you want a straight up FP meal for a change have with a big side salad with a lean dressing. Family members needing Crossovers need more fat (like grated cheese and creamy dressing on a side salad) if making this an E meal, or a carb such as rice or whole grain bread if S style.

## HUBBY LOVIN' CHICKEN

S

SERVES ABOUT 4 (depending upon appetites in your household, you may have leftovers)

This has been one of the most popular recipes from our [Trim Healthy Table Cookbook](#). While the title does say “Hubby Lovin’ . . . we Mamas adore this too! Our original recipe called for only bone in chicken but some of our readers started using it with boneless breasts or even pork chops with fantastic results. This Hubby Lovin’ spice mix has come to be known as the TH Shake n Bake in the Trim Healthy community. Once you’ve made this a few times you may want to make up large batches of the seasonings listed here and store in a jar for quicker meal prep. (Note: We as authors don’t use pork in our recipes due to some Biblical convictions we have but we don’t expect all our readers to feel the same way).

- Coconut oil (or other) cooking spray
  - 2 to 3 pounds drumsticks, wings, thighs, or any other bone-in chicken pieces, or 1 ½ pounds boneless, skinless, breasts or tenderloins, thawed if frozen (if breasts are large . . . cut in half)
  - 4 tablespoons butter, melted
  - ¼ cup plus 2 tablespoons grated Parmesan cheese (we use powder-style from the green can)
  - 2 tablespoons [TH Nutritional Yeast](#)
  - 1½ tablespoons dried parsley flakes
  - 1 teaspoon paprika
  - 1 teaspoon garlic powder
  - ½ teaspoon dried oregano
  - ¾ teaspoon [TH Mineral Salt](#)
  - ½ teaspoon black pepper
  - 1/8 teaspoon cayenne pepper (or add just a tiny sprinkle if you are fearful of spice heat)
1. Preheat the oven to 375°F for bone in chicken or 400°F for boneless. Spray 1 large shallow pan with coconut oil.
  2. Put the chicken in a large bowl, pour the melted butter over it, and mix thoroughly with your hands so each piece is coated well.
  3. On a dinner plate, mix together the Parmesan, Nutritional Yeast, parsley flakes, paprika, garlic powder, oregano, salt, black pepper, and cayenne. Roll each piece of butter-glazed chicken in the seasonings. (If there is any leftover but-ter . . . pour it over the chicken).
  4. Place the chicken on the prepared pan and bake bone in chicken for 50 minutes, then broil on high for just a few minutes, until the tops are nice and brown (keep a watch so they don’t burn). For large

boneless breasts bake 30–40 minutes, 20–30 for smaller breasts and 15–20 for tenderloins or cubed chicken. You can also air fry regular size chicken breasts at 400 for 20 minutes.

**MAKE A FAMILY MEAL:** For the weight-loss plan, enjoy the chicken with any yummy S-style, cooked non-starchy veggie, and don't forget your side salad. For a veggie, you could simply steam up some broccoli or cauliflower or yellow squash and toss it with butter, salt, and pepper. Family members needing Crossovers can have a healthy carb side such as whole milk, sprouted-grain bread and butter, or a baked potato with butter.



## FLAKY PARMESAN TILAPIA

S

SERVES ABOUT 4 (depending upon appetites in your household, you may have leftovers)

This is a quick and easy way to include more fish in your life. There is only so much chicken and red meat you can eat, so please make lots of room for fish. (Check out the Hangry Pockets recipe page 144 for more easy ideas for fish!) Fish is a wonderful, slimming part of the TH balanced-protein approach. If you don't like the idea of using tilapia, use any other thin white fish of your liking.

- 1 to 1½ pounds tilapia or other thin white fish fillets, thawed if frozen
  - 2–2½ tablespoons butter, melted (use the extra half tablespoon if you use the larger amount of tilapia)
  - black pepper
  - red pepper flakes (optional)
  - ¼ cup plus 2 tablespoons grated Parmesan cheese (we use powder-style from the green can)
  - 2 tablespoons mayonnaise
  - 1 heaping tablespoon Greek yogurt
  - ½ teaspoon dried dill
1. Preheat the oven to a high broil.
  2. Rinse the fish and pat it dry. Place it in a single layer (no overlap) in a large baking dish. Pour the melted butter over the top and turn each fillet in the butter to coat well on both sides. Sprinkle lightly with black pepper and pepper flakes (if using).
  3. Combine the Parmesan, mayo, yogurt, and dill in a bowl and stir until a paste forms. Set aside.
  4. Put the fish on the second rack from the top of the oven and broil for 3 minutes.
  5. Remove from the oven, turn each piece over, and smear with some Parmesan paste to cover the top of the fish (easily done with a fork). Broil for another 4 to 5 minutes, until it's bubbling and golden brown on the top and flaky in the middle.

**MAKE A FAMILY MEAL:** For the weight-loss plan, enjoy the fish with a side salad and/or a veggie like spiralized zucchini tossed in butter and Mineral Salt or sautéed or steamed riced cauliflower. Family members needing Crossovers can add brown rice or buttered, whole-grain bread.





## TRIM MAC SALAD

S

SERVES ABOUT 4 (depending upon appetites in your household, you may have leftovers)

All the flavor of the most famous burger in the world, without the weight problems that can come with it. If you've never been much of a salad lover, this hearty meal just might change all that. You and your family could get addicted to this stuff! It's all about that special sauce, right? That's a cinch when you use our Thousand Island Dressing. Keep it handy in your fridge for this meal and others too.

- 1 to 1½ pounds thawed ground beef
- ¼ cup water or beef broth
- 2 teaspoons Worcestershire sauce
- 1 teaspoon paprika
- ¾ teaspoon [TH Mineral Salt](#)
- ½ teaspoon black pepper
- ½ large onion, finely diced
- ½ tablespoon butter
- 2 to 3 large heads crisp romaine lettuce, shredded or roughly chopped
- 2 ripe tomatoes, roughly chopped
- 4 ounces cheddar cheese, grated or finely shredded 2–3 dill pickles, chopped, or 2–3 tablespoons dill relish Thousand Island Dressing (see next page)
- 2 tablespoons sesame seeds

1. Brown the meat in a large skillet over medium-high heat, about 10 minutes, then pour off any excess fat. Add the water, Worcestershire sauce, paprika, salt, and pepper.
2. In a separate smaller skillet, sauté the onion in the butter until translucent.
3. Assemble individual salad bowls by layering first the lettuce, then the meat, then the onion, then the tomatoes, cheese, and pickles, and then the Thousand Island Dressing. Top with the sesame seeds. (Or just layer in one big bowl and let people serve themselves.)

**MAKE A FAMILY MEAL:** For the weight loss plan, enjoy a super large bowl full on its own or add an S friendly bread side if needed. Family members needing Crossovers can enjoy whole grain bread on the side or rice or perhaps fruit to finish their meal.

## THOUSAND ISLAND DRESSING

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S

MULTIPLE SERVE—MAKES ABOUT 1½ CUPS

- ½ cup mayonnaise
  - ½ cup plain 0% Greek yogurt
  - ¼ cup plus 1 tablespoon water
  - 2 teaspoons apple cider vinegar
  - 2 tablespoons tomato paste
  - 2½ tablespoons [JH Gentle Sweet](#)
  - Several dashes of hot sauce of choice (optional)
  - 2 heaped tablespoons dill relish
1. Whisk all ingredients (except dill relish) in a bowl or blend with a hand blender or combine all the ingredients in a blender and blend until smooth. Then stir in dill relish. Refrigerate until ready to serve.



# RANCH HAND TACO SALAD

E

SERVES ABOUT 4 (depending upon the appetites in your family, you may have leftovers)

This salad is a hearty E with plenty of tasty meat along with the health and heart benefits of beans. Dig in!

- 1 pound ground ultra-lean turkey, venison, or beef, thawed if frozen
- 1 heaped teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika (smoked or regular)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon [TH Mineral Salt](#)
- ¼ cup plus 2 tablespoons water
- 2–3 large heads romaine lettuce, chopped
- ½ pint cherry tomatoes, halved
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 (15-ounce) can black beans, rinsed and drained
- ½ cup corn kernels (canned, frozen or fresh)

## FOR THE EASY RANCH DRESSING

- 1/3 cup plain 0% Greek yogurt
- ¼–½ teaspoon garlic powder
- ¼–½ teaspoon onion powder
- ¼ teaspoon [TH Mineral Salt](#)
- ¼–½ teaspoon black pepper
- 1 teaspoon dried parsley flakes

## OPTIONAL TOPPINGS

- Some crumbled baked corn chips (no need to go overboard)
- Salsa
- Greek Yogurt

1. Brown the meat in a large skillet over medium-high heat. If the meat is not at least 96% lean, once cooked, rinse it very well under hot (better yet, boiling) water to release all the fat. Return the meat to the skillet and add the chili powder, cumin, paprika, garlic powder, onion powder, salt, and water. Simmer for 2 to 3 minutes, then remove from the heat.
2. Put the chopped lettuce, tomatoes, beans, and corn in a large salad bowl.
3. Make the ranch dressing. Combine the yogurt, seasonings, and parsley flakes in a small bowl.
4. Dump the dressing into the large bowl with the salad and mix well to coat. Add the seasoned meat. Toss all the ingredients well. Add the toppings if desired.

**NOTE:** Start with the smaller amounts of seasonings for the Ranch dressing, if you don't find the Ranch flavor as strong as you prefer—go up to the larger amounts the next time you make the salad.

**MAKE A FAMILY MEAL:** For the weight-loss plan, have a big bowl or two just as written. Or you can pair this with a baby-size FP Frisky (page 172) or Easy Chocolate Milk (page 177) for more filling factor. Family members needing Crossovers can enjoy extra fats like grated cheese and avocado on their salad.





# 11

## Soups and Chilis

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### NO SPECIAL INGREDIENT SOUP AND CROCKPOT MEAL IDEAS

**Create Your Own Soup**—This chapter contains our best no fail chili and soup recipes but feel free to get creative with some of your own. Always having a pot of soup around means you'll be far less likely to slip off plan. And best of all, broth based soups, powerfully help your body burn fat. Soup can be as ridiculously simple as chicken broth, lots of frozen or fresh or even canned veggies of choice (such as onion, tomatoes, peppers, cauliflower, okra, zucchini, yellow squash, spinach or kale) and some precooked meat of any kind. For E soups, adding in a sprinkle of beans is a great idea. Then all you have to do after throwing everything in the pot is, bring to a boil, let simmer and season up with your favorite spices and you're set! Watch the weight melt off you!

**Put Your Trusty Crockpot to Good Use**—While we're in the Soup and Chili chapter we can't forget about your crockpot (or fast cooker like an Instant Pot) if you prefer . . . check out Trim Healthy Table for recipes that use a pressure cooker! Throw the soup or chili ingredients in your crockpot in the morning, go about your day and you'll never have to stress about a tasty dinner waiting for you. But crockpots are handy for more than soups and chilis). Simple meals thrown in the crockpot in the morning like the following can become your go to's:

## CROCKPOT DUMP MEAL IDEAS

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(Note: For the following meal ideas, seasonings usually begin with [TH Mineral Salt](#) and pepper then add any others of your choice. Since these are all ideas rather than actual recipes, we are not giving fine details when it comes to amounts but crockpot dump meals like these are very forgiving and you can't really mess up.)

**Easiest Mexican Chicken**—jar of salsa, chicken breasts (FP)—add cheese on top for (S) or canned or home cooked beans for (E)

**Creamy Salsa Verde Chicken**—jar of salsa verde, package of 1/3 less fat cream cheese, chicken breasts, seasonings (S)

**Corned Beef**—corned beef and cabbage leaves (S)

**Pot Roast**—chuck roast, 2 cups water, cut celery, onion and radishes, seasonings (S)—  
Note: radishes are very much like little potatoes when cooked

**Simple Stew**—diced beef cuts, sliced pepper and onions, 1 small can tomato paste, 1 cup water, seasonings (S)

**Budget Friendly Lentil Soup**—1 pound lentils, 2 quarts chicken broth or water, seasonings (E)  
— add diced chicken breast for more protein

**Italian Chicken**—jar of sugar free spaghetti or pizza sauce, chicken breasts, can of diced tomatoes, seasonings, Parmesan cheese (FP) if using just a little Parmesan cheese) if adding grated cheese (S)

**Coconut Curry**—can of coconut milk, chicken breasts, frozen cauliflower florets, seasonings including curry paste or curry powder (tip—use plenty of [TH Mineral Salt](#) in curry) (S)

**Spinach Lovers Chicken**—lots of fresh or frozen spinach, packet of 1/3 less fat cream cheese, chicken breasts, seasonings (S)

**Loaded Chicken**—chicken breasts, bacon bits, cherry tomatoes, packet of 1/3 less fat cream cheese, seasonings (S)

**Red Beans and Rice**—1 cup uncooked brown rice, 2 cups water, 2 cans red beans, 1 can diced tomatoes, seasonings (E)—add some diced chicken breast for more protein

**Sausage and Peppers**—1 cup sugar free spaghetti or pizza sauce, 1 can diced tomatoes, Italian sausage links, sliced pepper and onions, seasonings (S)



## WICKED WHITE CHILI

E

SERVES ABOUT 4 (depending upon the appetites in your family, you may have leftovers)

This hearty chili is wicked good! It can be a life saver during busy seasons. Throw the ingredients in your crockpot in the morning and you no longer have to stress about dinner.

- 1¼–1½ pounds boneless, skinless chicken breasts or tenderloins, thawed if frozen
- 2 (15-ounce) cans great northern beans, rinsed and drained
- 1½ cups chicken broth
- 1 (10-ounce) can Rotel-style tomatoes and chilies (mild, medium, or hot)
- 1 (14.5-ounce) can diced tomatoes
- 1 cup frozen or fresh veggie blend (page 43)
- 1 cup frozen or canned corn kernels
- 1 teaspoon [TH Mineral Salt](#)
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼–½ cup plain 0% Greek yogurt (optional)

1. Place the chicken in the bottom of the crockpot.
2. Blend 1 of the cans of beans with the broth in a blender and add to pot.
3. Add all the other ingredients (including remaining can of beans) except the yogurt and stir.
4. Cook on low heat all day or on high heat for 4 to 5 hours.
5. For later: Thirty minutes before serving, take out the chicken and shred it with 2 forks, then return it to the cooker (or you can shred it in the pot). Combine well, then add the yogurt and mix well.

**MAKE A FAMILY MEAL:** For the weight loss plan top your E chili with a few crumbled baked corn chips and perhaps just a garnish sprinkle of cheese in your bowl to stay in E mode. Feel free to add diced green onions and a dollop more of Greek Yogurt if desired. Family members needing Cross-overs can have lots of grated cheese or sour cream on their chili for added fats.

## PEARL'S CHILI

S

SERVES ABOUT 4 (depending on appetites in your household, you may have leftovers)

**PEARL CHATS:** We gave you an E chili with Wicked White Chili, now it is time for S Chili's turn. We put this recipe in our very first self-published book and it remains a staple at dinner time in thousands of TH homes every evening. I'm trying not to get too big a head about the fact that my Chili has won many first prize awards in Chili Cook-offs across the country. Well I lie . . . I rub this into Serene all the time. . . . her Chili has never won any awards and my head is huge over this! But hey . . . she invented some of our biggest recipes like Good Girl Moonshine and Boost Juice and she started the okra in smoothies craze so I'll take what I can get. Enjoy this Chili and let me know if it gets a blue ribbon for you (just so I can tell Serene).

- 1½ pounds ground beef, thawed if frozen
- ½ large onion, diced
- 1 (10-ounce) cans Rotel-style tomatoes and chilies (mild, medium or hot)
- 1 (15-ounce) can diced tomatoes
- 1 (8-ounce) can tomato sauce
- ¾ cup cooked beans of any kind (pintos are great), rinsed and drained
- 1½–2½ cups water (depending on how brothy you like your chili)
- 1 teaspoon [TH Mineral Salt](#)
- 2½ teaspoons chili powder
- ½ teaspoon onion powder
- Garlic powder to taste
- 1 to 2 squirts Bragg Liquid Aminos (optional but super yummy)

1. Brown the meat with the onion in a soup pot over med/high heat, about 5 minutes. If the meat is very fatty, brown alone first, drain off the fat, then brown the onions with the cooked meat.
2. Add all other remaining ingredients and simmer for 30 minutes to 1 hour. Check the seasonings and tweak until it rocks your world then serve.

**MAKE A FAMILY MEAL**—Top your S chili with your choices of grated cheese, green onions, sliced olives and/or a little sour cream. Family members needing Cross-overs can have plenty of crumbled baked corn chips or an added grain based bread item for a healthy carb.

**NOTE:** You will notice this recipe includes beans and that may confuse you at first since beans are an E fuel. There are not really enough in this recipe to cause a collision of fuels. So long as you keep beans to  $\frac{1}{4}$  cup or less in your personal S meal, you should be fine to use them occasionally this way in S meals.





## WHOOOP WHOOOP SOUP

S

SERVES ABOUT 4 (depending on appetites in your household, you may have leftovers)

Feeling overwhelmed and like you need some handholding as you start? Allow this tasty, filling soup to help lead you into success. It is crazy easy, can be on your table in 15 minutes and makes great leftovers. That's enough to make you do a whoop whoop, fist pump, and happy dorky dance! Fill up on delicious meals like this one, and you'll be making giant strides toward a trimmer and healthier you!

- 1 pound ground sausage meat (we use turkey or venison, but you can use pork if desired), thawed if frozen
  - 1 quart chicken broth
  - 1 cup water
  - 1/3–1/2 cup heavy cream
  - 6–8 ounces chopped spinach (either fresh or frozen . . . both work great)
  - 1/2–3/4 teaspoon [TH Mineral Salt](#)
  - 1/2 teaspoon black pepper
  - 1/2 teaspoon onion powder
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon red pepper flakes
  - 1/2–3/4 teaspoon [TH Glucomannan “Glucicie”](#)
1. Brown the sausage in a soup pot over medium-high heat. Add all the other ingredients (except for the Glucicie). Allow the soup to come to a low boil, then reduce the heat to medium. If you added frozen spinach, wait until it thaws in the hot soup before adding the Glucicie.
  2. Once the spinach has thawed, stir it in well, then add the 1/2 teaspoon Glucicie a little at a time by tapping your teaspoon containing the Glucicie on the edge of your pot to add small amounts little by little. Use your other hand to whisk it in well while you are adding so it doesn't clump. Reduce the heat to medium-low and allow the soup to simmer for 5 to 15 more minutes, depending on how much time you have available. (This is not supposed to be a thick soup but the Glucicie adds a lovely, slightly thickened, silky texture to it . . . if you want it slightly thicker, add the extra 1/4 teaspoon).
- MAKE A FAMILY MEAL:** For the weight-loss plan, this is fantastic with a side salad (with vinaigrette or creamy dressing) and/or a bread like Wonderful White Blender Bread (page 185). Family members needing Crossovers can enjoy a healthy carb side such as buttered whole grain toast.

## CREAMY CHICKEN AND WILD RICE SOUP

E

SERVES ABOUT 4 (depending on appetites in your household, you may have leftovers)

Here's a wonderful recipe from Rohnda Monroy, our very clever and creative friend who takes all the amazing pictures for our cookbooks. She's a flat-out Trim Healthy Wizard in the kitchen. We predict you will love this soup and make it over and over.

- 1 (16-ounce) bag frozen cauliflower florets, or 1 large head of fresh cauliflower, cut into florets
- 1 quart chicken broth plus 1 cup water
- 1½–2 cups chopped carrots
- 1½ cups chopped celery
- ½ large onion, diced
- ¼ cup plus 2 tablespoons uncooked wild rice
- 1½ teaspoons [TH Mineral Salt](#)
- ½ teaspoon black pepper
- ¾ teaspoon dried thyme
- 1 heaped tablespoon 1/3 less fat cream cheese
- 2–2½ cups diced, pre-cooked chicken breast

1. Put the cauliflower and broth in a soup pot over high heat and bring to a quick boil. Turn the heat down a little and simmer until the cauliflower is tender (takes just a few minutes). Scoop out the cauliflower with a slotted spoon or strainer.

Put the cauliflower into a blender with 2 cups of the broth and set aside.

2. Add the carrots, celery, onion, and wild rice to the soup pot along with the salt, pepper, and thyme and simmer for 45 minutes to 1 hour. You want the veggies to be tender and the wild rice to begin breaking open.
3. Add the cream cheese to the blender and puree for 1 minute or until smooth. Transfer to the soup pot, stirring well.
4. Add the chicken and simmer the soup for another 15 to 20 minutes. The rice will break apart and soak up all the flavor and more of the liquid.

**MAKE A FAMILY MEAL**—For the weight-loss plan, enjoy a generous bowlful or two alone or pair with an E-friendly side salad with lean dressing or a piece of sprouted grain bed with just a tad of butter. Family members needing Crossovers can enjoy extra fat on their side salad such as creamy dressing or grated cheese or plenty of butter on their bread.



## FAT-BURNING CHICKEN NOODLE SOUP

---

S

SERVES ABOUT 4 (depending on appetites in your household, you may have leftovers)

This nourishing, coconut based soup is inspired by the flavors of Asia. It is incredibly easy to make so please give it a try! Coconut based meals like this one support your thyroid gland, which in turn helps rev your metabolism. Ancient Wisdom Noodles (see note at the bottom for easy subs) kick up the fat-burning even further, and the blended okra shoots it through the roof! This is a lighter S meal . . . you need these sometimes for dietary balance. It is also dairy-free, soul-warming, body-nourishing, and, of course, fat-burning!



- 2 teaspoons coconut oil
- 2–3 garlic cloves, minced, (or ½–1 teaspoon garlic powder, depending upon preference)
- 1 cup frozen or fresh veggie blend (see page 43)
- 1 cup full-fat, canned coconut milk, shake well before opening can
- generous 1/3 cup frozen, sliced okra
- 1 quart chicken broth
- 2–3 cups diced pre-cooked chicken (see page 92 for cooking methods)
- 2 teaspoons bottled or fresh lime juice, optional
- ¼–½ teaspoon red pepper flakes (adjust to your liking)
- 1 teaspoon [TH Mineral Salt](#)
- ½ teaspoon black pepper
- ½ teaspoon ground ginger (or 1 teaspoon finely grated fresh ginger)
- 1 generous doonk [TH Pure Stevia Extract](#)
- 1 single-serve bag Ancient Wisdom Noodles, rinsed well and drained (see note for subs)

1. Heat the coconut oil in a large soup pot over medium-high heat. Add the garlic and veggie blend and toss around the bottom of the pot for about 3 minutes.
2. Put the coconut milk, okra and half cup of the chicken broth in a blender and blend until smooth. Still see flecks of okra? Not good enough . . . Blend again! Pour it into the pot, add the rest of the broth and whisk together until smooth. Add the cooked chicken, lime juice (if using), pepper flakes, salt, black pepper, ginger, sweetener, and noodles. Bring to a quick boil, then reduce the heat to a low simmer and cook for 15 to 20 minutes.

**MAKE A FAMILY MEAL:** For the weight-loss plan, enjoy a generous bowlful or two alone or pair with an S-friendly side salad and perhaps a piece of buttered WWBB bread (page 185). Family members needing Crossovers can enjoy a piece of fruit such as an orange after their soup for a Crossover or make use of another healthy carb.

**NOTE:** [TH Ancient Wisdom Noodles](#) are incredible zero net carb noodles that are ultra-trimming due to the fact that they are made from the incredible konjac root . . . give that root an online search sometime to read its impressive health and weight loss benefits. If you would rather not buy our Trim Healthy brand you can often find other brands of konjac based noodles at your local grocery store. However, the Trim Healthy brand has been formulated to look and act a lot more like regular noodles. Most store bought konjac noodles are rather chewy but we used to eat them that way and still enjoyed them. They will be near the tofu in the refrigerated produce section. Just look for Konjac root in the ingredients but before using just remember to drain them then rinse really well. If you can't find them just use some spiralized zucchini or skip the noodles altogether. Soup is still great without them.

## LOADED BROCCOLI AND CHEESE SOUP

S

SERVES ABOUT 4 (depending on appetites in your household, you may have leftovers)

- 16 ounces frozen or fresh broccoli florets
  - 1 quart chicken broth plus 1 cup water
  - 1 level cup frozen diced okra
  - 1 cup 1% cottage cheese
  - ¼ cup heavy cream
  - ¼ cup [TH Unflavored Pristine Whey Protein Powder](#)
  - 1 teaspoon [TH Mineral Salt](#)
  - ½ teaspoon black pepper
  - ½ teaspoon onion powder
  - ½ teaspoon garlic powder (or more if you love it)
  - 1/8 teaspoon cayenne pepper (really helps to bring out the flavor of the small amount of cheese, so if you are afraid of spice, don't leave it out but reduce to a tiny sprinkle)
  - A couple squirts Bragg Liquid Aminos or Coconut Aminos (optional)
  - Optional, 1/8 teaspoon liquid smoke
  - ¾ teaspoon [TH Glucomannan "Glucic"](#)
  - 2 ounces real bacon bits (either turkey or regular) ½ cup grated cheddar cheese
  - Optional—1 cup small diced or shredded pre-cooked chicken
1. Put the broccoli, broth and water in a soup pot and bring to a boil over high heat. Reduce to medium and simmer the broccoli until tender.
  2. Put all the remaining ingredients except the bacon bits, cheddar and optional chicken in a blender. Add about a

quarter of the cooked broccoli to the blender and just a small amount of the hot broth to help things blend. Hold the lid down real tight, and blend for about 30 seconds. Let rest for a few seconds, then blend again until completely creamified. . . . no little specks of okra left!

3. Pour the blended mixture back into the soup pot. Add the bacon bits and chicken if using. Break up the remaining broccoli pieces with a fork or potato masher so they are more bitsy but not smashed up completely. Stop worrying about the frothy white stuff on top of the soup . . . it will go away and become perfectly creamy. Cover, reduce to a low simmer, and go away while it cooks. Come back in 20 minutes, stir, and behold the miracle of creaminess. Add the cheddar, stir again, then taste and adjust the seasonings until you love it. If it is not thick enough for your preference, scoop some more broth into the blender, add another ¼ teaspoon Glucic or so, and blend for a minute before returning it to the pot.

**MAKE A FAMILY MEAL:** For the weight-loss plan, this soup is perfect with buttered WWBB bread (page 185). Or simply pair with a side salad and have a couple big bowlfuls of soup. Family members needing Crossovers can enjoy buttered whole grain toast on the side.



## TRIM TRAIN TACO SOUP

FP WITH S AND E OPTIONS

SERVES 4 for a meal with enough leftovers for more than a week's worth of single-serve lunches or quick dinners

This soup is a magic pot of trimming tricks that can help you start your Trim Healthy journey off right and then take you all the way to goal! It makes a huuuuuuge pot of soup but this is on purpose in order to help you feel less overwhelmed when you start the plan. You can enjoy a big bowl or two for one of your daily meals in your first few days or week of finding your TH feet. Leftovers keep well in the fridge for 5–7 days and also freeze well (freezing in very generous, individual soup portions is a great idea).

It tastes like you're binging at a Mexican restaurant . . . scarfing down hundreds of fatty calories, all the while it trims you down! It has major filling power! Don't just have a measly cup full, have a large bowl then feel free to go back for seconds! Jump off the diet carousel that never goes anywhere but in circles and get on board the Trim Train!

P.S. No need to tell your family about the okra in this soup (unless you know they are all okra lovers). Okra has super slimming and gut healing powers but never fear, it is well disguised here.



- 2 pounds ground meat (beef, turkey, chicken or venison) thawed if frozen
- 2 cups frozen or fresh veggie blend (see page 43)
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- ½–1 teaspoon garlic powder
- 2½ teaspoons [TH Mineral Salt](#)
- 1-2 tablespoons hot sauce (like Texas Pete or Valentina)
- 1 teaspoon liquid smoke
- 1 (10 ounce) can Rotel style tomatoes & chilies (mild, medium or hot)
- 1 (14.5 ounce) can diced tomatoes
- 1 quart chicken broth (fat-free)
- 2 (12 ounce) bags frozen cauliflower florets
- 3 cups frozen, cut okra
- 7 cups just off the boil water
- 3 tablespoons extra virgin coconut oil (or, refined coconut oil)

**MAKE A FAMILY MEAL:** As written this soup is a FP but it is still deliciously rich this way. If desired, make it an S by topping with some sour cream and grated cheese. Or make it an E by adding a handful of cooked beans and sprinkling some baked corn chips on top. Top with chopped cilantro and a dollop of Greek yogurt, if desired. Family members needing Crossovers can include both fats and carbs to the soup such as grated cheese on top and whole grain bread on the side.

1. Brown meat in large soup pot. If browned meat is not at least 96% lean, rinse it well under very hot water in a colander to release all fat.
2. Return meat to pot, add veggie blend, plus all spices and flavorings and sauté with meat until veggies defrost and begin to tenderize.
3. Add the can of Rotel tomatoes, the can of diced tomatoes and the chicken broth, then let simmer.
4. Put frozen cauliflower florets in blender with half of the boiling water and puree until perfectly smooth (if you have a small blender this may require two batches). Add creamed cauliflower to soup pot.
5. Put diced, frozen okra in blender with the remaining boiling water and coconut oil.
6. Blend all well until completely smooth and creamified (there should be no little bits of okra left). Add the okra mixture to the soup pot.
7. Simmer until the soup is hot and flavors have melded. (A longer simmer time will completely reduce the “foam” that the okra can sometimes create at first)
8. Taste test to “own it”! As written, this is a mild-flavored soup that will fit most people’s palates. If you are a spice lover . . . add larger amounts of the seasonings!



# 12

## Hangry Meals

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### NO SPECIAL INGREDIENT IDEAS

Hangry Meals come to your rescue when you are too hungry to fuss with a bunch of food prep. You have to eat now or something's going to blow! These meals need to be ready in 5–10 minutes. They become fabulous single serve lunches or perhaps even dinners for nights you are eating alone and don't want to go to a lot of trouble. Aside from the awesome recipes in this chapter, you can create a bunch of your own fabulous Hangry Meals by trying some of the following ideas.

#### Lunch Time Salads

These are the perfect hangry meals. Throw together some of the following easy salad ideas (Note—Your greens can be chopped or ripped romaine, baby greens and/or spinach).

**Chef Salad**—large bed of greens, diced tomatoes and cucumber, optional sliced onion, sliced hard boiled eggs, diced natural deli meat, sunflower seeds, S friendly dressing of choice (S)

**Rice or Quinoa Strawberry Salad**—super large bed of greens,  $\frac{1}{2}$ – $\frac{3}{4}$  cup cooked brown rice or quinoa, sliced strawberries (or any berry), lean pre-cooked diced chicken or canned tuna, low fat vinaigrette of choice to stay within E fat guidelines (E)

**Mexican Cottage Cheese Salad**—large bed of greens,  $\frac{3}{4}$  cup 1% cottage cheese,  $\frac{1}{2}$ – $\frac{3}{4}$  cup black beans,  $\frac{1}{3}$  cup salsa (E)

**BLT Salad**—large bed of greens, crumbled cooked bacon, diced tomato, for dressing use 1 table-spoon mayo, mixed with 1 heaping tablespoon Greek yogurt then thinned with 2 teaspoons water (S) (add Easy Chocolate Milk on page 176 for added protein)

**Apple Tuna Salad**—canned tuna, 1 diced apple, 1 heaping cup bagged coleslaw, mixed with dressing made from  $\frac{1}{3}$  cup Greek yogurt and  $\frac{3}{4}$  teaspoon mayonnaise . . . add 1 teaspoon [TH Gentle Sweet](#) for sweetness if desired (E)

**Quick Cracker Lunch**—Another go to 5-minute lunch idea is 3–4 Light Wasa (or Ryvita crackers) smeared with 1–2 wedges Light Laughing Cow cheese and topped with sliced cucumber or tomato with seasonings (E) (add Easy Chocolate Milk on page 176 for protein or sliced, lean deli turkey meat).

**Veggie Wraps**—Please also remember that you can use lettuce leaves for sandwich wrappings and a halved and hollowed out cucumber makes a great boat for egg salad, chicken salad, tuna salad or mayo and deli meat (if made with mayo those ideas are all S)





## WALDORF COTTAGE CHEESE SALAD

E

### SINGLE SERVE

Here's a wonderfully filling way to get more E lunches in your life. The sweetness of the apple mixed with the spiciness of the nuts makes for a delicious meal. Since we're in E mode here, don't use too many nuts. Chop them very small, and put lots of spice on them so you get oodles of flavor for just a small amount.

- 2 teaspoons finely chopped nuts
  - Cayenne pepper and Bragg Liquid Aminos or soy sauce for coating
  - 1 medium apple
  - 2–3 celery stalks, thinly sliced
  - 1 cup 1% cottage cheese
  - Optional [TH Mineral Salt](#), black pepper and red pepper flakes for sprinkling
1. Mix the nuts with a little cayenne pepper and season with a small squirt of the liquid aminos or soy sauce. Toss in a small dry skillet over medium heat until brown and crispy, about 2 minutes, watch that nuts don't start to smoke and burn. Set aside. (Note: for a lazier version, don't heat the nuts in a skillet just allow to soak in the seasonings while you prepare the rest of the salad).
  2. Put cottage cheese and celery in a large ceramic cereal bowl and toss. Dice the apple, add to bowl then add the optional seasonings to taste then top with spicy nuts.





## CRISPY EGG WHITE AND ZUCCHINI SANDWICH

E

### SINGLE SERVE

You can make lots of creative E style sandwiches using any lean protein of choice such as lean deli slices like turkey, ham or chicken and veggies such as lettuce, sliced onion and tomato. Just keep mayo to one teaspoon, feel free to add Greek yogurt or mustard. But here is a warm, hearty sandwich that doesn't rely on meat. We absolutely love this one. You just might find yourself making it over and over again. Crispy egg whites make an excellent, inexpensive and tasty protein for an E sandwich. Pair this sandwich with a side of fruit like some fresh cherries . . . oh boy . . . perfect! To fill up further, enjoy Easy Chocolate Milk (page 177).

**NOTE:** If you have to stay away from gluten, this sandwich can be made with WWBB bread (page 185). Be sure to have a side of fruit if you're aiming for an E meal as without the fruit, mak-ing it with WWBB bread would result in a FP.

- 2 slices sprouted whole grain bread, toasted
- ½ -1 cup egg whites\* (carton or fresh)
- 1 small zucchini, sliced (or can use 1 sliced tomato)
- [TH Mineral Salt](#), black pepper
- [TH Nutritional Yeast](#) for sprinkling
- 1 Light Laughing Cow cheese wedge

\***NOTE:** if using only 1/2 cup egg whites more protein will be needed to reach 25 grams.

1. Spray a large pan with coconut (or other) oil and heat to medium/high. Pour whites in but try to contain them to one side of the pan. Put the sliced zucchini (or tomato) on the other side of the pan.
2. Sprinkle egg whites and zucchini well with the salt, pepper and Nutritional Yeast. Crisp the egg whites and zucchini slices on both sides. After removing the cooked whites from the pan, put a lid on the pan and cook the zucchini all the way through for another couple minutes.
3. Smear toasted bread pieces with the cheese wedge, layer with egg whites then zucchini, then cut sandwich in half.

## Grilled Cheese Both Ways

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(S and E versions of Grilled Cheese are both included here)

### GOOEY GRILLED CHEESE

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S

#### SINGLE SERVE

A Goopy Grilled Cheese sandwich is the perfect comfort food . . . with a side of crunchy celery & peanut butter and a nice tall glass of “Easy Chocolate Milk” (page 177) . . . sit back and say . . . Ahhh! You can go with the classic yet always awesome “cheese alone style” or kick it up with the sliced onion and turkey. This meal does not give you 25 grams of protein so you’ll want to be sure to add some more.

- 2 slices WWBB (page 185)
- cheese slices to cover bread (cheddar works great)
- optional 2 slices lean deli turkey butter or coconut oil (enough for smearing on each piece of bread)
- 2 light sprinkles cayenne pepper (optional, to taste)
- optional onion, finely sliced (any amount that you would enjoy)

1. Lay all the slices of cheese on one of the pieces of bread if using “cheese alone style”. If using turkey, place half the cheese down, layer on the turkey and onion then top with the rest of the cheese and the other slice of bread.
2. Put a dollop of butter or coconut oil in a pan set to medium/low heat and place the sandwich in the melted fat. Spread some more butter or coconut oil on the top of the sandwich. Once browned on the bottom side, turn the sandwich over and brown on the other side. It is done when cheese is melted in the middle. (To ensure full melting of the cheese you can cover pan while sandwich is browning).





## PIZZA GRILLED CHEESE

E

### SINGLE SERVE

This E version of a grilled cheese sandwich merges traditional grilled cheese with pizza . . . the perfect, quick, craving-soothing lunch or quick dinner. Don't forget to add more protein.

- 2 slices sprouted whole grain bread
- 2 wedges Light Laughing Cow Cheese
- 2 tablespoons sugar-free pizza sauce (we use Walmart Great Value brand)
- 3 slices turkey pepperoni, diced
- optional 1 to 2 teaspoons diced onion
- (optional) red pepper flakes or a sprinkle of cayenne pepper for a boost
- ¼ teaspoon butter

1. Make a sandwich with the bread and all the fillings and seasonings by smearing 1 wedge of cheese on each slice. Put all remaining ingredients on one slice and cover with the other. Spray a skillet with coconut (or other) oil, set it over medium/low heat, and add the butter to melt. Place sandwich in the skillet and brown on both sides, until the cheese is melty. (You can cover pan while cooking to ensure “meltiness”)

**NOTE:** Fill up further with either sandwich by adding Easy Chocolate Milk (page 177) or the FP version of the Baby Frisky (page 172).

## HOT BACON AND EGG SALAD

S

### SINGLE SERVE

You might think of bacon and eggs as breakfast foods, but this can be a fabulous go-to lunch or even dinner when you need something quick, filling, and tasty. Many people shy away from salad because they think “cold food” when it comes to salads. Our bodies often crave warm and hearty meals in order to feel satisfied. This salad feels warm and comforting as the hot eggs wilt the lettuce and take away all the “brrrrr” cold feelings.

- 3-4 slices bacon, diced (we use turkey bacon, but you can use any kind or you can use natural bacon bits)
  - 1 or 2 teaspoons butter (optional; only needed for turkey bacon)
  - A dinner plate FULL of leafy greens (really pile them on as they'll wilt)
  - 2 large eggs
  - [TH Mineral Salt](#), black pepper and [TH Nutritional Yeast](#) for sprinkling
  - optional 2 teaspoons MCT oil or extra-virgin or avocado oil
  - Sprinkle of grated Parmesan cheese (the green can kind is fine)
  - optional couple small dashes hot sauce
1. If using turkey bacon, melt the butter in a large skillet over medium-high heat. Otherwise, just put the bacon in the pan. Toss the bacon around to brown, then remove it to the plate of greens.
  2. Crack the eggs into the skillet (adding more butter only if needed). Season the eggs with salt, pepper, and nutritional

yeast. Let the eggs crisp on the bottom, then flip them over. Keep cooking for a few minutes if you want hard eggs but we love them softer.

3. Transfer the eggs to the salad plate. If your eggs have soft yolks, prick them with a fork to let the yolks become part of the dressing for the greens. Stir the yolks into the greens just a little. Now drizzle any hot leftover grease from the pan over the top of the salad greens to help them wilt a little. If there is not enough grease left over, add the optional MCT oil or olive oil, followed by the Parmesan, a sprinkle of Nutritional Yeast, and a very small dash or two of hot sauce (if using). Toss a little, then enjoy.

**NOTE:** Fill up further with Easy Chocolate Milk (page 177) or an S-friendly add-on shake from the Shakes and Smoothies chapter (page 168).





## JUST LIKE CAMPBELL'S TOMATO SOUP

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SINGLE SERVE AND FAMILY SERVE (Which Serves 4) included here:

This is comfort food at its best. Pair it with a grilled cheese sandwich made with WWBB Bread (page 185) or a Joseph's pita, and sit down to bliss. While this makes a quick alone meal for you, we couldn't not include a family size version because you can get this soup ready for your family in just 5–10 minutes. Don't forget to add more protein to this meal.

### SINGLE SERVE

- 1 (8-ounce) can tomato sauce
- 1 cup chicken broth or water
- ½ doonk [TH Pure Stevia Extract](#)
- 3 generous pinches [TH Mineral Salt](#)
- Black pepper and optional cayenne pepper to taste
- 1 tablespoon [TH Nutritional Yeast](#)
- 2 to 3 tablespoons heavy cream

### FAMILY SERVE

- 4 (8 ounce) cans tomato sauce
- 1 quart chicken broth or water
- 2 doonks [TH Pure Stevia Extract](#)
- ½ teaspoon [TH Mineral Salt](#) (to start . . . more may be needed)
- Black pepper and optional cayenne pepper to taste
- ¼ cup [TH Nutritional Yeast](#)
- 1/3–½ cup heavy cream

1. Put all the ingredients except the cream in saucepan set over medium-high heat and whisk while heating. When the soup is hot enough to serve, stir in the cream; taste and adjust the seasonings to “own it.”

**MAKE A FAMILY MEAL**—Top with a sprinkling of grated cheddar cheese, if desired. Pair with a side salad or Goey Grilled Cheese (page 136) or WWBB Garlic Bread (page 188).

## HANGRY POCKETS

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### SINGLE SERVE

Think of Hangry Pockets as your TH frozen dinners. When you are Hangry let these pockets come to your rescue. They'll keep you from grabbing the potato chips or stopping for fast food on the way home. Come home, pop them in the oven and in a short while you'll sit down to a tasty, filling, blood sugar friendly meal. They literally blow up with steam and lock in all the goodness of your food while quick cooking a moist and succulent gourmet fest of flavors in a pouch. We know this chapter is full of 5–10 minute meals but even though these take a little longer to heat up in the oven, they fit here because once you have a bunch of them in the fridge or freezer, you have absolutely no prep to worry about.

It is a great idea to take a Saturday once a month and fill some large gallon zippies with these pouches to put in your freezer. Just throw a couple in the fridge to thaw the night before and you will have a Hangry meal or two ready to go the next day. While baking with aluminum foil seems to be all the rage these days, we try to avoid heating food with foil due to the health hazards of metal toxicity. Parchment paper does not pose the same potential health issues and this pocket idea allows for beautiful, moist, flavorful oven-steamed meals.

Here we have included 4 example Hangry Pocket ideas but feel free to use your own creativity. Always include a protein, lots of veggies (more than you think you need as they shrink as they cook down, some nice fats for S or a healthy carb for E. Just be sure to keep meat pieces small for quick cooking. Use cubed chicken or tenderloins rather than large breasts. Fish fillets work great! You can even use raw ground meat if you crumble it. You really can't mess these up and if you are feeling super lazy and don't want to chop veggies, use pre-chopped frozen veggies such as Veggie Blend (page 43).

## HERE ARE THE 4 BASIC STEPS FOR A HANGRY POCKET

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**STEP 1:** CHOOSE YOUR PROTEIN (keep it lean for E or FP, fatty or lean is fine for S)

**STEP 2:** CHOOSE YOUR NON-STARCHY VEGGIES (and optional grain or diced sweet potato for E)

**STEP 3:** CHOOSE YOUR FLAVORINGS AND HEALTHY FATS (use plenty of good TH Mineral Salt . . . about 1/8–1/4 teaspoon for each pocket and other herbs and seasonings of your choice. Use 1 teaspoon fat such as butter or coconut oil for E or FP and 1–2 tablespoons for S or include another fat)

**STEP 4:** FOLD AND BAKE (fold a 15-inch square of parchment paper in front of you like a book, spine side facing left. Using scissors, cut a half shape around the open right side, rounding the corner at the top and cutting down to a point to the spine at the bottom of your book shape. Open your heart shape and lightly coat it with coconut (or other) oil spray. Put all ingredients just to the right side of the crease in the middle. Fold the left parchment page over the right, then working from the top open end, begin tightly folding the edges of the paper. Continue folding the edge, working downward to form a seal until you get to the bottom point, which you will tuck underneath the pouch. Bake on a cookie sheet at 400 for 15–20 minutes for thawed pocket or 35–45 minutes for frozen. Once baked, place pouch on a dinner plate and let it steam for a few minutes before opening.



### Hangry Pocket Suggestions:

## PHILLY CHEESE HANGRY POCKET

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- 4–6 ounces sliced roast beef (precooked works better or you can use lean ground beef, uncooked . . . break it up so it is not in one clump)
- plenty of sliced green or red peppers and onions plus lots of sliced mushrooms or any other veggie you desire (diced or spiraled zucchini always works well as a filler)
- 1/8–1/4 teaspoon [TH Mineral Salt](#) plus black pepper and garlic or onion powders to taste
- 1 teaspoon butter
- grated provolone, Swiss or mozzarella cheese

## PIZZA CHICKEN HANGRY POCKET

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- diced chicken breasts or thighs or chicken tenderloins
- generous amount frozen veggie blend
- generous amount riced cauliflower
- generous sprinkle [TH Mineral Salt](#) and black pepper
- 1–2 tablespoons sugar free pizza sauce
- plenty of diced olives
- diced pepperoni
- grated mozzarella

## TURKEY TACO HANGRY POCKET

E

- Ultra-lean (96% lean) ground turkey or venison, thawed if frozen (break it up so it is not in one big clump)
- ¾–1 cup black beans
- lots of veggies including lots of diced tomatoes and peppers
- 3–4 tablespoons salsa of your choice
- ¼ teaspoon each [TH Mineral Salt](#), onion powder, cumin, chili powder and garlic powder
- optional splash hot sauce
- 1 teaspoon butter or coconut oil

## FISH AND RICE HANGRY POCKET

E

- 1 large or 2 smaller fish fillets of choice (tilapia works great or choose any other thin white fish or lean salmon)
- ½–¾ cup cooked brown rice or quinoa
- super large handful of spinach
- diced tomatoes and other veggies such as small diced zucchini or zucchini spirals
- 1/8–¼ teaspoon [TH Mineral Salt](#) plus other herbs or spices of your choice
- optional squeeze or two of lemon juice
- 1 teaspoon butter or coconut oil

## BLT WRAPS

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### SINGLE SERVE

This is too easy! You gotta try.

- 4–5 slices bacon (we use turkey but you can use any bacon)
- 4–5 large lettuce leaves, for wrapping (romaine works well)
- Mayonnaise, for smearing
- Small tomato, chopped
- black or cayenne pepper
- ½ avocado, sliced (optional)

1. Cook the bacon in a skillet until browned. Set aside.
2. Smear each lettuce leaf with some mayo. Layer the chopped tomato on the lettuce, sprinkle with pepper, add 1 slice bacon for each wrap followed by avocado (if using).

**NOTE:** Fill up further and get more protein with Easy Chocolate Milk (page 177) or a baby-size S- or FP-friendly shake from the Drinks chapter (page 168).





## SINGLE-SERVE PIZZA

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### SINGLE SERVE

You can prep ahead and make a simple crust using our [Trim Healthy Pizza Mix](#). If you don't have that, no need to feel left out, store bought low carb wraps or low carb Joseph's pitas make excellent thin and crispy pizza crusts. On plan, we consider these sorts of bread items personal choice because while they don't have perfect ingredients, they are "close-ish". Serene calls them Frankenfoods, Pearl calls them reality foods. While low carb bread items can make TH more doable if you are a Drive-thru Sue type, it is best not to overdo them nor rely on them daily. A couple/few times a week should be okay though. You may need more protein with this meal, depending on how much meat you use to top your pizza. If using our Trim Healthy Pizza crust, it already contains 12 grams.

1. Preheat oven to 425°F.
2. If using a Joseph's pita, cut around seamed circumference so you can separate it into two very thin rounds. Place on baking tray. If using a low carb wrap, use 2 small, or 1 medium and place on tray.
3. Top crust of choice with sugar free pizza sauce, skim mozzarella cheese then all your favorite meat and veggie pizza toppings.
4. Bake for 8–12 minutes or until cheese is bubbling and top-pings are crisping (you can always broil tops of pizza at the end of cooking but watch it doesn't burn).



# 13

## Sweet Treats

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### NO SPECIAL INGREDIENT IDEAS

Don't forget to look through our other [TH Cookbooks](#) for so many more dessert recipes (borrow from the library if you'd prefer not to buy). Our website, [TrimHealthyMama.com](http://TrimHealthyMama.com) is full of them too! But you don't even need an actual recipe to keep a simple sweet tooth satisfied. If you are a dark chocolate lover, you can buy 85% chocolate from any grocery store and have a couple pieces at the end of an S snack or meal to keep you sane. While this option is not completely perfect as it does have a small amount of sugar, it is not really enough to push you off plan.

Please don't forget about fruit! A piece of fruit with some lean protein makes for a wonderful sweet afternoon snack, or use fruit as part of your lunch or breakfast for a pop of sweetness taste bud treat. For many people doing TH, simply enjoying daily fruit is enough sweet satisfaction so they don't feel the need for a lot of baked goods. Note: If you want to have fruit as a dessert after a meal . . . best to stick to berries. Since berries are FP they won't add too much fruit sugar to end your meal. A small bowl of fresh or frozen raspberries after a meal always hit the spot. We love thawing frozen berries and putting them into a pretty glass and enjoying their tart sweetness after any meal.

Another simple way to satisfy your sweet tooth is to end your meal with either Easy Chocolate Milk (page 177) or one of the baby sized shakes or smoothies from the Drinks Chapter (page 168).

## COTTAGE BERRY WHIP

FP

### SINGLE SERVE

This simple frozen treat can be a super quick ice cream replacement. Yep, you're going to see cottage cheese in the ingredient list. Don't let that throw you, it doesn't taste or feel or look anything like it in this treat. This recipe has won many over to the cottage-cheese-lovin' side. Whatcha waitin' for? Be brave, give it a try, and you'll be surprised.

- ½ cup 1% cottage cheese
- ½ cup frozen berries
- 1-1½ tablespoons [TH Gentle Sweet](#) or 2 to 3 doonks [TH Pure Stevia Extract](#)
- 2 teaspoons [TH Baobab Boost Powder](#)

1. Place all the ingredients in a food processor and process until smooth.





## TRIMTASTIC CHOCOLATE CAKE/CUPCAKES

S

### MULTIPLE SERVE

You're new to plan. You're weaning yourself off sugar. You're craving chocolate, NOW! You feel yourself about to cave to the cupcakes at the bakery down the road. There's no time to mess around with recipe experiments in such dire circumstances. This is an emergency! Make this and you'll be comforted with the fact that, yes, you can be trim healthy for the rest of your life. It's so moist, so chocolaty, and since it uses Gentle Sweet, you won't get any weird bitter taste. So easy—all the ingredients get blended up then pop 'er in the oven.

#### FOR THE CAKE

- 1 medium zucchini (about 1 1/3 to 1 1/2 scant cups) or 1 cup canned 100% pumpkin puree
- 2 large eggs
- 1/2 cup egg whites
- 4 tablespoons (1/2 stick) butter
- 3/4 cup [TH Baking Blend](#)
- 3/4 cup [TH Gentle Sweet](#)
- 1/8 teaspoon [TH Pure Stevia Extract](#)
- 1 1/2 teaspoons [TH Natural Burst Vanilla Extract](#)
- 1 teaspoon aluminum-free baking powder
- 1 teaspoon baking soda
- 2 pinches [TH Mineral Salt](#)
- 4 tablespoons unsweetened cocoa powder
- optional 1/3 cup on-plan chocolate chips or chopped nuts

#### FOR THE FROSTING

- 1/2 cup heavy cream
- 2 tablespoons unsweetened cocoa powder
- 3–3 1/2 tablespoons [TH Gentle Sweet](#)
- dash of [TH Natural Burst Vanilla Extract](#)

1. Preheat the oven to 350°F. Lightly coat an 8-inch square baking pan with coconut oil spray.
2. Trim ends of zucchini, (don't peel) chop into a few pieces, and process in a food processor with the rest of the ingredients or blend all together in a blender until well combined. If using chocolate chips or nuts, add them after blending (save a few for topping if you like).
3. Pour the batter into the prepared pan and bake for 35 to 40 minutes or pour into 12 muffin holes and bake cupcakes for 15–20 minutes.
4. While the cake is cooling inside the tray, make the frosting. Blend all the ingredients in a blender until thickened or beat in a bowl. Spread onto the cake inside the tray. If making cupcakes frost the tops of the cuppies!

## BUST A MYTH BANANA CAKE

E

### MULTIPLE SERVE

This rustic cake makes a great afternoon, pick me up snack or even a wonderful breakfast. Individual pieces freeze well, so it's perfect for grab-and-go breakfasts. Have a big ol' piece! Enjoy with a dollop of Greek yogurt or a squirt of fat-free Reddi-wip if you are not a purist.

- 2 large bananas
  - 2 cups old-fashioned rolled oats, ground into flour in a blender
  - ½ cup old-fashioned rolled oats (left whole)
  - Scant ¼ teaspoon [TH Mineral Salt](#)
  - 2 teaspoons aluminum-free baking powder
  - 1 teaspoon baking soda
  - ½ cup [TH Gentle Sweet](#)
  - 2 to 3 doonks [TH Pure Stevia Extract](#)
  - 1 cup plain Greek yogurt
  - 1 cup egg whites (carton or fresh), lightly beaten
  - 1 teaspoon [TH Natural Burst Vanilla Extract](#)
  - 1 teaspoon [TH Natural Burst Banana Extract](#) (optional)
1. Preheat the oven to 350° F. Lightly coat an 8-inch square baking pan or a 9 x 13 inch baking dish with coconut oil (or other) spray.
  2. Mash the bananas in a large bowl with a fork. Add all the other ingredients and blend well. Pour the batter into the prepared pan and bake for 35 to 40 minutes, or until golden brown on top. Leave the cake in the pan to cool.





## SKINNY MILK CHOCOLATE

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### MULTIPLE SERVE

So long as you have some of this in your freezer, you will never have to feel chocolate deprived again. We came out with the original Skinny Chocolate recipe in our very first self-published book. That was an extremely dark tasting chocolate but it was the saving grace for many when chocolate cravings hit. It took us a few years but we finally figured a way to make this taste more milk chocolatey so please enjoy this new version making its debut right here in this book! The coconut oil helps nourish your thyroid and rev your metabolism—that’s why we call it “skinny.”

We get so many requests for serving size allowances on this recipe. We hate putting limits on things but eating up to one-third of this batch in a day is probably about right, but that is not a “law”. It will probably last you longer than three days though.

- ½ cup unsweetened almond or cashew milk
  - 2–2½ tablespoons [TH Gentle Sweet](#) (go for the higher amount if you have a sweet tooth but most people will be happy with 2¼)
  - ¼ cup unsweetened cocoa powder
  - ¼ cup [TH Unflavored Pristine Whey Protein Powder](#)
  - 2–3 generous pinches [TH Mineral Salt](#)
  - ¼–½ teaspoon [TH Natural Burst Vanilla Extract](#) (or any extract of choice, caramel or peppermint are amazing!)
  - rounded ¼ teaspoon [TH Glucomannan “Glucic”](#)
  - ½ cup coconut oil, extra-virgin (or use cooking coconut oil for a neutral taste)
1. Put the milk in a small saucepan. Add the Gentle Sweet and whisk for a few seconds. Turn the heat to medium, add all other ingredients except coconut oil and whisk well while heating to warm but not hot to touch. This should only take a minute or so. Once mixture is very warm, immediately take off heat.
  2. Put coconut oil in blender. Add contents of sauce pan and blend for a full minute.
  3. Using a spatula, scrape out mixture into a quart sized zippy bag. Squish mixture around in the baggie a little bit (without having it squeeze out of the top of the bag. Try to let all the air out of the baggie then seal it. Squeeze mixture so that it spreads out into the full square size of the baggie. Place on a flat plate or lid and store in the freezer for 8–12 hours. It needs this much time to set.
  4. Break pieces inside the baggie to enjoy as you wish by snapping on the outside of the bag. Keep baggie sealed in the freezer.

# CINIBOMB CAKE

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## MULTIPLE SERVE

Get your cinnamon bun fix with this cake adapted from our Cini Minis in our [Trim Healthy Table Cookbook](#). We've made this recipe even simpler here . . . no bun making required. Normally cin-namon buns start out with a sugary, waist exploding, white bread yeast dough that requires rolling, then filling, before being cut into neat little buns, rising for hours, and finally baked. Too much work and too taxing on your health! Cinibomb Cake eliminates all of those steps and is kind to your waistline . . . the total bomb diggity of cinnamoniness!

### Cake:

- 2 eggs
- 2/3 cup egg whites
- 2/3 cup unsweetened almond or cashew milk
- ½ cup [TH Gentle Sweet](#)
- 1/8 teaspoon [TH Pure Stevia Extract](#)
- 1½ cups [TH Baking Blend](#)
- 2 teaspoon baking powder
- ½ teaspoon baking soda

### Cinnamon Swirl:

- ¼ cup [TH Gentle Sweet](#)
- 2 tablespoons Cinnamon
- 4 tablespoons butter

### Frosting:

- 4 tablespoons butter
- 6 tablespoons 1/3 less fat cream cheese
- ¼ cup [TH Gentle Sweet](#)
- 1–2 doonks [TH Pure Stevia Extract](#) (for added sweetness)
- 1½ teaspoons [TH Natural Burst Vanilla Extract](#) (or another yummy extract such as pure orange)
- 2–3 tablespoons unsweetened nut milk of choice

1. Preheat oven to 375°F and spray a 9x13 baking dish with coconut (or other) oil.
2. Mix all cake batter ingredients together and pour into pan.
3. Mix all cinnamon swirl ingredients together—if too stiff, add just a teaspoon of hot water and stir so that it is thick, but can be scooped out with a measuring spoon. Drop cinnamon swirl 1 teaspoon at a time on top of cake batter and gently swirl it around but do not completely mix it in.
4. Bake at 375 for 20-25 minutes.
5. Meanwhile, mix up all the frosting ingredients with a fork or hand blender until there are no more lumps. Now add the nut milk a little at a time and mix in. Once cake is done, spread or drizzle the frosting over top of warm cake or if preferred, remove cake from pan after it cools and drizzle over the top and sides, allowing it to be as messy and oozy as it wants to be. The messier . . . the better!





## PAY OFF DAY CANDIES

S

MULTIPLE SERVE—MAKES ABOUT 16 CANDIES

Your decision to stay on-plan is paying off—reward yourself with this yummy creation by our friend Jennifer Morris. These are reminiscent of PayDay candy bars, but in this case, they won't harm your health or your waistline.

- ¼ cup [TH Gentle Sweet](#)
  - 2 doonks [TH Pure Stevia Extract](#) (optional—for if you are a real sweetie)
  - 2 tablespoons butter
  - 2 tablespoons heavy cream
  - 1/8 teaspoon [TH Natural Burst Caramel Extract](#)
  - 2 teaspoons natural-style, sugar-free peanut butter
  - 2 to 3 pinches [TH Mineral Salt](#)
  - ¾ cup chopped peanuts (or other nuts of your choice)
1. Melt the Gentle Sweet, stevia (if using), and butter in a small saucepan. Add the cream and caramel extract and allow to gently boil until it reaches the desired caramel color (about 6–8 minutes) stirring often.
  2. Take off the heat and add the peanut butter, salt, and peanuts. Stir well, then shape into mounds on parchment paper. Refrigerate until firm.

## GAME CHANGING CHOCOLATE ICE CREAM

S

MAKES ABOUT 4 LARGE OR 6 SMALLER SERVINGS

No need for deprivation on the TH Plan. Get your ice cream fix the smart, slimming way!

- 1 cup cottage cheese
- ½ cup heavy cream
- ½ cup [TH Gentle Sweet](#) (or 1/3 cup TH Gentle Sweet plus 3 doonks [TH Pure Stevia Extract](#))
- ¼ cup unsweetened cocoa powder
- 2½ cups unsweetened cashew or almond milk
- ¼ cup [TH Unflavored Pristine Whey Protein Powder](#)
- 1½–2 teaspoons [TH Natural Burst Vanilla Extract](#)
- 2 pinches [TH Mineral Salt](#)
- ¾ teaspoon [TH Glucomannan “Glucic”](#)

1. Blend all ingredients together until smooth. Pour into an ice cream maker and let churn according to the manufacturer’s instructions (usually about 20 minutes will do the job).

**NOTE:** If your ice cream maker is only 1.5 quarts or less, halve recipe. As written this works great for 2–2.5 quarts.





# 14

## Shakes, Smoothies and Sippers

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### NO SPECIAL INGREDIENT IDEAS

There are so many beverage options to rock your world. Teas of all kinds, coffee, . . . even iced coffee . . . they're all on plan. For a refreshing afternoon iced coffee, pour your coffee over ice and add in a splash of heavy cream or half and half . . . easy (sweeten with [TH Gentle Sweet](#) if desired)!

Sparkling water (found at any grocery store) with a squeeze of lemon makes for a simple yet delightful bubbly drink. Feel free to add a doonk of [TH Pure Stevia Extract](#) for a sweet lemon soda taste. Another healthy soda replacement is to put 1 teaspoon of Apple Cider Vinegar in a glass with a doonk or two of TH Pure Stevia Extract. Fill with ice and sparkling water and you have what we affection-ately call Cider Pop. Our children love this!

Be sure to stay away from all fruit juice as it ignites your blood sugar which causes fat gain but you won't miss it with the Boost Juice recipe (page 180)

Check out the recipe for our All Day Sipper drink called The Shrinker on our website [www.trimhealthymama.com](http://www.trimhealthymama.com). That drink uses Oolong tea and its name says it all . . . it shrinks your fat cells!

**NOTE:** You'll notice two different sizes for the shakes and smoothies in this chapter. The biggie size is ultra large . . . usually 3–4 cups worth and can even be a full meal such as a breakfast or lunch or you can have it as a very filling afternoon snack. The baby option is about 1½ cups full, it makes a perfect dessert to end your meal or have it as part of any meal or snack to help you fill up further and to offer more protein.

# STRAWBERRY CHEESECAKE SHAKE

S

## SINGLE SERVE

### For the Biggie Shake:

- ½ to ¾ cup frozen strawberries (or raspberries if you prefer)
- ½ cup 1% cottage cheese
- 1–2 teaspoons [TH Baobab Boost Powder](#)
- ½ cup unsweetened almond or cashew milk
- 1/3 cup water
- 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))
- 1 tablespoon [TH Gentle Sweet](#) plus 1–2 doonks [TH Pure Stevia Extract](#)
- 1 rounded tablespoon 1/3 less fat cream cheese
- 1½–2 cups ice cubes
- ¼ teaspoon [TH Glucomannan “Glucic”](#)

### For the Baby Shake:

- ¼–1/3 cup frozen strawberries (or raspberries)
- ¼ cup 1 % cottage cheese
- 1 teaspoon [TH Baobab Boost Powder](#)
- ¼ cup unsweetened almond or cashew milk
- 1/8 cup water
- 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))
- 1–2 teaspoons [TH Gentle Sweet](#) plus 1–2 doonks [TH Pure Stevia Extract](#)
- 1–2 teaspoons 1/3 less fat cream cheese
- ¾ cup ice cubes
- 1/8 teaspoon [TH Glucomannan “Glucic”](#)

1. Place all the ingredients in a blender and blend until smooth. Taste for sweetness and adjust if needed.





## SINGLE SERVE

If you love a Wendy's Frosty, you are going to love this thick and creamy Frisky! It is best to use a powerful blender to get your Frisky smooth. Since it has less liquid, you really need to blend then blend some more until it is perfectly smooth and not icy. If you have to add another tablespoon or two of nut milk to help get it blended, you can do so. But don't give up . . . Friskies are worth it! They make a great ice cream replacement and the Baby size is a perfect dessert; or heck, indulge once in a while and even do the Biggie size for a huge dessert if that makes you happy. Without the cream for S or the Banana for E this is a natural FP. Enjoy it all ways and feel free to add extracts to create awesome new flavors!

## BIGGIE SIZE

- 2/3 cup unsweetened cashew or almond milk
- 2 tablespoons heavy cream, or 1 heaping tablespoon peanut butter (for S)
- 1 small or ½ large banana (for E)
- 2 generous tablespoons unsweetened cocoa powder
- 3–4 pinches [TH Mineral Salt](#)
- 2 tablespoons [TH Gentle Sweet](#) plus 1 heaping doonk of [TH Pure Stevia Extract](#)
- ½ teaspoon [TH Glucomannan "Glucic"](#)
- ½ teaspoon pure extract of choice (and/or add in a tsp or two of [TH Baobab Boost Powder](#) for an antioxidant boost)
- 16 to 18 large ice cubes
- 4 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))

Feel free to add in some on-plan chocolate chips at the end for a chocolate blizzard version.

## BABY SIZE

- 1/3 cup unsweetened cashew or almond milk
  - 1 tablespoon heavy cream, or ½ tablespoon peanut butter (for S) or 1/3 banana (for E)
  - 1 tablespoon unsweetened cocoa powder
  - 1–2 pinches [TH Mineral Salt](#)
  - 1 tablespoon [TH Gentle Sweet](#) plus another doonk of [TH Pure Stevia Extract](#) if needed
  - ¼ teaspoon [TH Glucomannan "Glucic"](#)
  - ¼ teaspoon pure extract of choice
  - 8 to 10 large ice cubes
  - 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))
1. Put all ingredients except ice and whey protein into blender and blend for 10 seconds. Add ice and keep blending on high until fully smooth. Finally add whey protein and blend for another 15-20 seconds.

## CHOCO SECRET BIG BOY SMOOTHIE

FP

### SINGLE SERVE

This chocolaty, creamy drink soothes digestion, moisturizes your insides, and helps shed stubborn pounds. The “secret” comes from the fact that you would never guess all that creamy goodness contains a full cup of slimming okra! If you ever find yourself stalled in your Trim Healthy journey (a true stall is no weight loss for a couple of months) come back to this smoothie, have it as a breakfast or lunch and see if it can’t get stubborn weight to shed.

#### Biggie Size:

- 1 cup water (or cold coffee)
- 1 cup frozen diced okra (you can start with ½ cup to get used to it at first)
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon extra-virgin coconut oil (or 2 teaspoons MCT oil)
- ½ teaspoon [TH Natural Burst Vanilla Extract](#)
- 3 generous pinches [TH Mineral Salt](#)
- 2 tablespoons [TH Gentle Sweet](#) (plus 1–2 doonks [TH Pure Stevia Extract](#))
- 12 to 16 large ice cubes
- ¼ cup [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))

#### Baby Size:

- ½ cup water (or cold coffee)
- ½ cup frozen cut okra (you can start with ¼ cup)
- 1 tablespoon unsweetened cocoa powder
- ¼ teaspoon [TH Natural Burst Vanilla Extract](#)
- 1–2 generous pinches [TH Mineral Salt](#)
- 1 tablespoon [TH Gentle Sweet](#) (plus a doonk of [TH Pure Stevia Extract](#) only if needed at the end)
- 8 large ice cubes
- 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))

1. Place all the ingredients except the ice cubes and whey in a blender and blend until very smooth. It is very important not to blend the ice and whey yet. You want all the okra completely broken down first. Blend until it is absolutely creamified and you don’t see any green flecks! Add the ice and blend well again. You may have to stop the blender and stir a couple times or add the ice slowly.
2. Add the whey and blend for 10 to 15 seconds more. Taste and adjust the flavors if needed to “own it”! You can add a tablespoon or two of peanut flour for a Snickers sort of flavor. You can purchase our defatted [Pressed Peanut Flour](#) or try to find a sugar free option at your grocery store.



## CHOCOLATE-COVERED CHERRY SHAKE

E

### SINGLE SERVE

Cherries are a wonderful E fuel. They are packed with antioxidants, help with insomnia, fight inflammation, and powerfully wage war against belly fat. You can easily get them year-round in the frozen section of your grocery store. This just might become your favorite shake.

#### BIGGIE SIZE:

- 1 cup frozen pitted cherries
- 1½–2 tablespoons unsweetened cocoa powder
- ½ cup 1% cottage cheese
- 1 cup unsweetened cashew or almond milk
- 2 pinches [TH Mineral Salt](#)
- 2 tablespoons [TH Gentle Sweet](#) (plus 1–2 doonks [TH Pure Stevia Extract](#))
- ¼ teaspoon natural cherry extract (optional)
- 1 teaspoon heavy cream (optional)
- ¼ to ½ teaspoon [TH Glucomannan “Glucicie”](#)
- Large handful of ice
- 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))

#### BABY SIZE:

- ½ cup frozen pitted cherries
- 2 to 3 teaspoons unsweetened cocoa powder
- ¼ cup 1% cottage cheese
- ½ cup unsweetened cashew or almond milk
- Pinch of [TH Mineral Salt](#)
- 1 tablespoon [TH Gentle Sweet](#) (plus a doonk of [TH Pure Stevia Extract](#) if needed)
- 1/8 teaspoon natural cherry extract (optional)
- ½ teaspoon heavy cream (optional)
- 1/8 to ¼ teaspoon [TH Glucomannan “Glucicie”](#)
- Small handful of ice
- 2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))

1. Blend all the ingredients in a blender until completely smooth.



## EASY CHOCOLATE MILK

FP

### SINGLE SERVE

Sometimes only a tall glass of chocolate milk will do. Make it the smart, slimming way with this easy recipe. Regular chocolate milk is fat in a glass. It might be labeled as fat-free . . . nope, not when it hits your blood stream. It causes a sugar spike, which causes an insulin surge which causes more fat storage on your body. Here's how to make a quick, delicious big ol' glass of chocolate milk and actually do your body good! This can really help you fill up more when added to any meal. If your meal has plenty of protein just use the one tablespoon of the protein powder, if your meal is lacking protein . . . add the second tablespoon.

**NOTE:** If you want an even quicker and easier version than this, purchase our [Chocolate Pristine Whey Protein Powder](#) and add 2 tablespoons to a large glass of unsweetened nut milk and blend . . . perfect!

- 1 rounded teaspoon cocoa powder
- 1 cup unsweetened almond or cashew milk
- 2-3 rounded teaspoons [TH Gentle Sweet](#) or 2 doonks [TH Pure Stevia Extract](#)
- 1-2 tablespoons [TH Unflavored Pristine Whey Protein Powder](#) (Or [TH Optimized Plant Powder](#))
- 1 teaspoon heavy cream, optional

1. Add cocoa powder, protein powder, Mineral Salt, and sweetener to a mug or blender. Add almond milk, and optional cream.
2. Blend or use a frother to mix up thoroughly.

**NOTE:** This recipe can be converted to hot cocoa easily by heating in a small saucepan.





## BOOST JUICE

FP

SINGLE SERVE or FULL PITCHER SERVE

Make this immune boosting, blood sugar friendly juice in a jiffy for you and your kids! You can sip on it freely all day to help ward off the blahs and colds or flus or just sip because it is delicious! Remember Baobab has more antioxidants than any other food on this planet. It also has 10 times the vitamin C of oranges plus plenty of natural iron. This helps build the health of your adrenals and over time can be a boon for your energy levels.

### For a Single Tall Glass:

- Juice of 1 lemon (or the juice of half of a lemon, if you would like it less tart)
- 1 teaspoon [TH Baobab Boost Powder](#)
- 1 doonk [TH Pure Stevia Extract](#)
- 1 cup ice cubes
- Water (enough water to fill your glass to the top)

### For a Pitcher Full:

- Juice of 4–6 lemons
- 2 tablespoons [TH Baobab Boost Powder](#)
- ¼ teaspoon [TH Pure Stevia Extract](#)
- Several cups ice cubes
- Water . . . enough to fill up a pitcher

1. Squeeze the lemon into glass or pitcher.
2. Stir in Baobab Boost Powder and mix well. You can add a small amount of water at this time to properly mix and dissolve the baobab.
3. Add the stevia and continue to mix well.
4. Fill your glass or pitcher with ice and then enough water to fill to the top. Taste for sweetness and adjust to your liking.

## GOOD GIRL MOONSHINE

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FP

### SINGLE SERVE ALL DAY SIPPER (MAKES 1 QUART)

This is our original All Day Sipper drink. It is slimming, health promoting and has helped tens of thousands ditch soda and detox their bodies. It's your Baptist-friendly buzz toddy—no alcohol involved, yet it just might make you say “Eeee Ahhh!” and do a wild karate kick after you take your first sip. Ginger and apple cider vinegar, the superfood stars of this drink, are both powerful digestive aids. GGMS (this recipe's affectionately abbreviated name) detoxifies, clarifies, alkalizes your body, and aids in weight loss. It can also be made with sparkling water for a fizz effect or with any fruit-flavored herb tea.

- 1 to 2 tablespoons apple cider vinegar (preferably one with the mother)
  - 1 teaspoon ground ginger (see Note)
  - 2 to 4 doonks [TH Pure Stevia Extract](#)
  - Extracts of choice (optional; for different flavors)
  - Water (or cooled, fruit flavored herb tea) and ice cubes
1. Put the vinegar, ginger, sweetener, and extract of choice (if using) into a quart-size jar. Add a little bit of water so you are able to stir the ingredients.
  2. Fill the jar with ice cubes, then add more water (or cooled tea of choice) until the liquid reaches the top of the jar. Stir well, then taste and adjust the flavors to “own it!”
- NOTE:** This can be made with fresh ginger juice if desired in place of ginger powder





# 15

## Bread Glorious Bread!

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### **NO SPECIAL INGREDIENT IDEAS**

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Do yourself a favor and bake the bread provided in this final chapter at least once. We know not everyone feels up to baking bread though so if you really feel like too much of a Drive Thru Sue type to bake bread on a weekly or bi-weekly basis there are some store-bought options that can squeeze into the plan. Some of the ingredients are not perfect . . . but they can slide in. Look for low carb pitas and wraps, they may not be up to Serene's purist standards but they help keep many a Drive Thru Sue on plan.

#### **No Carb Easy Bread**

This bread is a TH Mix that makes whipping up a healthy loaf of bread a cinch. You just mix with liquids, blend or stir, then bake. When you visit the product page, you'll find a host of other recipes you can make with the mix. Or try your hand at the Wonderful White Blender Bread recipe coming up.

## WONDERFUL WHITE BLENDER BREAD

FP

MAKES 1 LOAF for slicing or 12 Sandwich Rounds that you can split and get two pieces from each one

Just blend and bake! Commonly known as WWBB by the Trim Healthy Community, this bread couldn't be easier. White bread is one of the most fattening foods in the world but this recipe changes all that! It makes perfect slices for sandwiches, PB and J, grilled cheese, French toast, garlic bread; or just spread a piece with butter and a teaspoon of All Fruit jelly and say "Mmm." This bread also turns into awesome pizza crusts.

Best of all, this bread is a Fuel Pull! There are plenty of low-carb, gluten free bread recipes and options out there online, but most are loaded with almond flour and tons of whole eggs. You don't want to eat calorie-laden bread like that on a daily basis. We don't have to count calories, but piling butter or mayonnaise on top of bread that already has a bunch of fat can turn into calorie abuse; it is not the balanced Trim Healthy way. Fuel Pull bread makes more sense for your daily bread. Now you can put some butter on your bread and really enjoy it!

- 1½ cups egg whites (carton or fresh)
  - ½ teaspoon [TH Glucomannan "Glucicie"](#) (or ½ teaspoon xanthan gum)
  - ¾ cup [TH Unflavored Pristine Whey Protein Powder](#)
  - 1 cup [TH Baking Blend](#)
  - 1 cup plain 0% Greek yogurt or 1% cottage cheese
  - 2½ teaspoons aluminum-free baking powder
  - 1 doonk [TH Pure Stevia Extract](#)
  - ½ teaspoon [TH Mineral Salt](#)
1. Preheat the oven to 350°F. Spray a 9 × 5-inch (standard) glass, stone or metal loaf pan with coconut (or other) oil. (You can put parchment paper at the bottom to help it come out if you desire.)
  2. Put the egg whites and Glucicie in a blender and blend on high for 1 minute,

until thickened and frothy. Add all the other ingredients and blend well for another minute or so.

3. Using a spatula, scrape the batter into the loaf pan or the 12 holes of a muffin top pan and bake for 40–45 minutes for the loaf and 20 minutes for the muffin tops. Once cooked, let loaf cool in the pan on its side for at least 10 to 15 minutes to help avoid it falling. Remove from pan and use a serrated knife when cutting slices. To store, cover loaf with a paper towel and put it in a gallon baggie. You can store it on the counter for the first day, if desired, but after that it is best kept in the refrigerator.



**Notes from the TH Community:** While most of our readers have had great success using a blender to mix this bread, some haven't and their bread deflated after cooking. Those who had this issue found that xanthan gum sometimes works better for them than Glucie and also that a stand mixer works better for them than a blender. Also, some add a packet of yeast mixed with 2–3 tablespoons of water and add this to the second blend with all the other ingredients. This doesn't help the rise, it is just for flavor . . . to give more of a bread taste. Another common tweak in the community is to replace half of the baking blend with oat fiber (find that on our website or elsewhere online). It makes the bread even whiter and seems to help ensure a perfect rise for some.

## VARIATIONS

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### WWBB FOR ONE

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#### SINGLE SERVE

- ¼ cup egg whites (carton or fresh)
  - 1/8 teaspoon [TH Glucomannan "Glucie"](#)
  - 1½ tablespoons [TH Unflavored Pristine Whey Protein Powder](#)
  - 2 tablespoons [TH Baking Blend](#)
  - 2 tablespoons plain 0% Greek yogurt or 1% cottage cheese
  - ½ teaspoon aluminum-free baking powder
  - 3 pinches [TH Mineral Salt](#)
  - a pinch of [TH Pure Stevia Extract](#)
1. Put the egg whites and Glucie in a small bowl and blend for about 1 minute with a stick blender or put in a mini blender. Add the whey protein, Baking Blend, yogurt, baking powder, salt, and sweetener and stir with a fork, or blend until well combined.
  2. Spray a small slice of bread-size Pyrex (round or square) dish with coconut (or other) oil. Please don't use a mug . . . it doesn't work for this recipe. Scrape the batter into the dish and microwave it for 1 minute 50 seconds. Remove and slice it into 2 thin pieces of bread. Or bake for 15–20 minutes at 350.

## WWBB GARLIC BREAD

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S

### MULTIPLE SERVE

Perfect with any soup or any S-friendly meal you wish to pair it with.

- Slices or split rounds of Wonderful White Blender Bread (pages 186 and 187)
  - Butter or coconut oil
  - Garlic powder, parsley flakes, and Parmesan cheese, for sprinkling
1. Preheat the oven to 450°F. Spray a rimmed baking sheet with coconut (or other) oil.
  2. Smear the bread slices with butter or coconut oil and place them on the sheet. Sprinkle on garlic powder, parsley, and Parmesan and bake for about 5 minutes.

# S CHEAT SHEET

S meals celebrate fats. They are anchored by protein and lower in carbs. The S meal is very satisfying and helps deter cravings.

## How to Build Your S Meal:

Fat focused meals

Refer to our food lists for more options



### 01 CHOOSE YOUR PROTEIN

Be sure to get 25 grams of protein in each meal. You may need to utilize a combination of protein sources and supplemental protein such as TH Pristine Whey Protein, TH Optimized Plant Protein, or TH ESSENTIAL Amino Acid Powder.

### 02 ADD YOUR FATS

Add fats as desired: Play around with different amounts of healthy fat options and different types to find your best fit. Even if your protein source contains fat, other fats can be added to the meal.

### 03 ADD YOUR FUEL PULL FOODS

Don't forget your non-starchy veggies and/or berries. Lemons, limes, Greek yogurt or cottage cheese, if desired



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## S FOOD LIST

### S-Friendly Protein Choices (fatty or lean):

- Chicken, beef, fish, turkey, or other meat of choice
- Whole eggs and egg whites
- Dairy protein such as plain Greek yogurt, cottage cheese, or home fermented kefir
- Supplemental protein such as TH ESSENTIAL Amino Acid Powder, TH Pristine Whey Protein Powder, or TH Optimized Plant Protein

### S-Friendly Fuel-Pull Add-ons:

- All non-starchy veggies
- Use moderation in an S setting with:
  - Tomatoes
  - Onions
  - Peas
  - Carrots
- Limit butternut and acorn squash to ½-cup amounts in S meals
- Up to 1 cup of all kinds of berries, but keep blueberries to ½ cup
- Lemons and limes
- An occasional small kiwi
- Up to 1 tsp all-fruit jelly
- Low-fat dairy protein such as plain Greek yogurt or cottage cheese (best to keep to a ½ cup if using as your add-on and not your protein source)



### S Fat Choices:

- Butter
- Cheeses
- Healthy cold-pressed oils such as olive, avocado, and sesame oil
- Saturated oils for cooking such as coconut and palm
- Mayo or other fat-containing condiments or salad dressings (2 grams of carbs or less)
- Coconut
- Avocado
- Full-fat dairy such as: sour cream, cream cheese, half & half, heavy cream
- Full-fat cultured dairy such as ricotta, cottage cheese or Greek yogurt (keep to ½ cup serving if not your primary protein source)
- Full-fat home fermented kefir
- All nuts, nut flours, and nut butters with no added sugar
- All seeds, seed flours, and seed butters with no added sugar
- Olives

### S-Friendly Allowances:

- A quarter cup of beans/legumes on occasion
- One Light Rye Wasa (or similar on-plan cracker choice)
- Low-carb pita, lavash bread, wrap, or tortilla can be used as a Personal Choice (Look for 6 net carbs or less, per serving)

*Special Note: Curious about a specific ingredient that you don't see listed here and wondering where it fits on the Trim Healthy Plan? Download our FREE food analyzer app where we have a database that includes hundreds of ingredients with all the details you need for success. Available in the [App Store](#) & [Google Play](#)*

# E CHEAT SHEET

E meals celebrate gentle to your blood sugar carbs. They are anchored by lean protein and are lower in fats. The E meal helps you gain health, a fired-up metabolism and energy!

## How to Build Your E Meal:

### Carb focused meals

Refer to our food lists for more options and carb portion information



#### 01 CHOOSE YOUR LEAN PROTEIN

Be sure to get 25 grams of protein in each meal. You may need to utilize a combination of protein sources and supplemental protein such as TH Pristine Whey Protein, TH Optimized Plant Protein, or TH ESSENTIAL Amino Acid Powder.

#### 02 ADD YOUR LIMITED FAT

Include only 1 teaspoon of fat such as nut butter or healthy oil in your meal or ¼ of an avocado

#### 03 ADD YOUR CARB SOURCE

Fruit, gentle whole grains, beans/legumes, or potatoes

#### 04 ADD YOUR FUEL PULL FOODS

Don't forget your non-starchy veggies and/or berries. Lemons, limes, 0% Greek yogurt or low-fat cottage cheese, if desired

## E FOOD LIST

### E-Friendly Lean Protein Choices:

- Chicken, fish, turkey, venison or other meat of choice (96-99% lean)
- Lean deli meats (natural brands are best)
- Ground meats (96% to 99% lean)
- Ground meats with higher fat levels can be browned, drained, then rinsed well with hot water and used for E purposes in up to 4-ounce portion
- Salmon (look for less than 5 grams of fat per serving for E purposes)
- Tuna packed in water
- Egg whites
- Low-fat dairy protein such as 0% plain Greek yogurt, low-fat cottage cheese, or home fermented kefir
- Supplemental protein such as TH ESSENTIAL Amino Acid Powder, TH Pristine Whey Protein Powder, or TH Optimized Plant Protein

### E-Friendly Fats:

- Any healthy fat option from our S list but in a limited amount such as 1 teaspoon healthy oil (coconut, olive, etc.), ¼ avocado, a garnish of nuts (5 fat grams), a tsp of nut butter, a garnish of skim or reduced fat cheeses, etc.

### E-Friendly Fuel-Pull Add-ons:

- All non-starchy FP veggies can be eaten liberally when in E-mode. Please note that non-starchy veggies are not significant carb sources.
- All berries, in liberal quantities
- Low-carb pita, lavash bread, wrap, or tortilla can be used as a Personal Choice (Look for 6 net carbs or less, per serving)

### E Carb Sources:

Note: these include portion sizes to keep blood sugar in safe ranges

- Brown rice, quinoa, barley, farro - up to 3/4 cup cooked per serving
- Oatmeal - about 1/2 cup raw
- Whole-grain bread - 2-piece servings in sprouted, artisan sourdough, or dark rye
- Sprouted grain tortilla - 1 large
- Low-fat corn tortillas - 3-4 small
- Whole-grain flours that have been soaked, sprouted, or soured
- Oat, rye, brown rice, and buckwheat flours do not require fermenting or sprouting (see analyzer app for more details on flour options)
- Most Wasa or Ryvita Crackers - 3-4 crackers
- Popcorn - 4 to 5 cups (popped)
- Baked corn chips (don't overdo)
- All beans and legumes, including lentils and split peas (about 1 cup cooked, densely packed)
- All fruits in moderate quantities (usually about 1 medium piece of fruit or about 1 cup; watermelon can be 2-3 cups)
- 1 tablespoon all-fruit jelly (may be used alongside other carb sources)
- Carrots - Enjoy a generous serving of raw or cooked carrots in your E meals
- Parsnips
- Potatoes - one medium-sized, colorful, and/or waxy are preferred
- Sweet Potato - one medium-sized



*Special Note: Curious about a specific ingredient that you don't see listed here and wondering where it fits on the Trim Healthy Plan? Download our FREE food analyzer app where we have a database that includes hundreds of ingredients with all the details you need for success. Available in the [App Store](#) & [Google Play](#)*

# FP CHEAT SHEET

Fuel Pull foods are low in carbs, fat and calories. These wonderful, lighter foods round out your plate and make both your S and E meals complete. (Full FP meals can also be used but should not be eaten more often than S or E meals.)

## How to Build Your FP Meal:

Pull your fuels: low-carb and low-fat focused

Refer to our food lists for more options



### 01 CHOOSE YOUR LEAN PROTEIN

Be sure to get 25 grams of protein in each meal. You may need to utilize a combination of protein sources and supplemental protein such as TH Pristine Whey Protein, TH Optimized Plant Protein, or TH ESSENTIAL Amino Acid Powder.

### 02 ADD YOUR LIMITED FATS

Include only 1 teaspoon of fat such as nut butter or healthy oil in your meal or ¼ of an avocado

### 03 ADD YOUR FUEL PULL FOODS

Don't forget your non-starchy veggies and/or berries. Lemons, limes, 0% Greek yogurt, or low-fat cottage cheese, if desired

## FP FOOD LIST

### FP Protein Choices:

Avoid fatty meats and keep lean meat portions to 3 to 4 ounces in FP

- Chicken, fish, turkey, venison, or other meat of choice (96-99% lean)
- Lean deli meats (natural brands are best)
- Ground meats (96% to 99% lean)
- Ground meats with higher fat levels can be browned, drained, then rinsed well with hot water and used for E purposes in up to 4-ounce portion
- Salmon (salmon can be quite fatty, so look for less than 5 grams of fat per serving for FP purposes)
- Tuna packed in water
- Egg whites
- Low-fat dairy protein such as 0% plain Greek yogurt, low-fat cottage cheese, or home fermented kefir
- Supplemental protein such as TH ESSENTIAL Amino Acid Powder, TH Pristine Whey Protein Powder, or TH Optimized Plant Protein

### FP-Friendly Fats:

- Any healthy fat option from our S list but in a very limited amount such as 1 teaspoon healthy oil (coconut, olive, etc.), ¼ avocado, a garnish quantity of nuts (5 fat grams), a tsp of nut butter, garnish quantity of skim or reduced fat cheeses, etc.

### FP Vegetables/Fruits:

- Be liberal with all non-starchy veggies in Fuel Pull meals. Non-starchy veggies include all leafy greens and most other garden veggies except for root veggies or especially starchy veggies such as potatoes, yuca, corn, parsnips, cooked carrots, etc.
- Limit butternut and acorn squash to ½-cup amounts in Fuel Pull meals
- Up to 1 cup of all kinds of berries, but keep blueberries to ½ cup
- Avoid other fruits except lemons and limes

### FP-Friendly Allowances:

- A quarter cup of beans/legumes on occasion
- Two Light Rye Wasa (or similar on-plan cracker choice)
- Low-carb pita, lavash bread, wrap, or tortilla can be used as a Personal Choice (Look for 6 net carbs or less, per serving)



*Special Note: Curious about a specific ingredient that you don't see listed here and wondering where it fits on the Trim Healthy Plan? Download our FREE food analyzer app where we have a database that includes hundreds of ingredients with all the details you need for success. Available in the [App Store](#) & [Google Play](#)*

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