Trim Healthy *mama*



THM *Foundational* Menu

OVER 80 RECIPES

By Pearl Barrett & Serene Allison

Trim Healthy mama

Trim Healthy Foundational Menu

This extremely simple, yet delicious menu is a great way to keep things doable for your Trim Healthy Journey.

Trimming, Delicious, Nourishing... let's do this thing!

Following a specific menu isn't at all required to do the Trim Healthy Plan. You can easily create your own meals using simple whole foods from your local grocery store - get creative in the kitchen and have fun! However for those of us who enjoy being inspired by different recipes or who are new to Trim Healthy and are still learning the ropes, you may find this foundational menu especially helpful.

This menu is created for someone who is utilizing the foundational Trim Healthy eating plan. It will sustain and build your health. It is designed to flood your body with both macro and micronutrients and help restore leptin sensitivity.

Let's put this on repeat... **Enjoy all the food groups... eat your carbs... eat your fats... and eat that glorious protein that will help keep your muscles around and help fill you up.**

Speaking of protein, there are a few recipes on this menu that are just a little shy in that department. To support your lean body mass, you'll want to get at least 25 grams of protein at every fueling, including breakfast, lunch, supper, and even snack time! The quinoa and oatmeal breakfasts are close to that, but depending on the options you choose, may be slightly lacking. *Eggs & Avs, Okra Lovers Soup, Unlikely Heroes, Hash-N-Eggs, Get Methylating Soup, Incredible 95 Calorie Soup, and the Quick & Easy Mediterranean Salad* could all use a little protein bump too. This is super easy to do with half to a full serving of TH ESSENTIAL Amino Acid Powder alongside your meal or a small protein drink made with half a couple tablespoons of TH Pristine Whey Protein Powder or Optimized Plant Protein.

Now, let's talk about sustainability... you must make your eating lifestyle doable. This menu is designed to not overwhelm you. It can show you that healthy eating doesn't take hours in the kitchen.

Because we are all different — different likes, dislikes, needs, and even food aversions — this menu has a variety of options for each meal. Must be dairy-free? No worries. There is very little dairy here, but if you can't have any dairy at all... many subs have been listed. Choose your options and try this menu out for a week... then switch things up by choosing different meal options for a second week.

How This Menu Works!

This is all about the simple!

You'll choose between oatmeal or quinoa in the morning for four of the days and have an egg-based breakfast the other three days (if you cannot tolerate eggs, tofu or tempeh can be great morning egg substitutes or sauté some veggies with chicken sausage).

You will eat one giant salad per day… This will help you methylate more efficiently and is the best natural detox. Really oomph up your greens in the salad so it is large and filling (if you are not a volume eater you don't have to worry so much about that). You'll eat this salad for lunch or dinner. Your choice.

Lunch – You'll choose between a large salad, a sandwich, or an open-face toast option.

Supper – You'll eat the salad if you didn't have it for lunch or a hot and hearty supper option.

Be sure to include at least half of your meals and snacks as E options. This menu is designed to rev your metabolism and help with lagging leptin levels. You need carbs to do that. You can choose to include more than half of your meal and snack options as E's, but you don't have to. So long as you have about half of them as E's, you'll be doing fine. If you are unable to do the sprouted grain options for the sandwiches, perhaps make up the *THM No Carb Easy Bread* and add in a piece of fruit to make it an E meal.

Some of the options given for supper meals, such as *Creamy Herb Chicken* or *Chicken Parmy* should be accompanied by non-starchy veggies like sliced cabbage, diced zucchini, or others that you love. Grill them, steam them, bake them, or sauté them with seasonings (nutritional yeast always makes veggies taste amazing). Don't use oodles of fat when you cook your veggies, but a little… like a spray of oil or a teaspoon or so will be just fine. While plenty of healthy fats are included, we are not going overboard with amounts here.

Repeat this menu for another week using options you didn't try the first week… or repeat some of the options that you loved in the first week. It's up to you!

Snacks, Desserts, and Drinks – Snacks are very much a part of your Trim Healthy day! You want to be sure to include at least 25 grams of protein even in your snack options. There are so many possibilities, but here are a few ideas to get you started. If your snack is a little lower on the protein side, just include our Stupid Simple Whey Protein Drink below or gulp down a serving of TH ESSENTIAL Amino Acid Powder.

Snack Ideas

- Fruit with lean protein option of choice
- 2 boiled eggs with salt, pepper, & nutritional yeast
- 2 or 3 large stalks of celery with Peanut Junkie Butter
- 1 - 1½ cups kefir (preferably home-fermented) mixed with a Trim Healthy Hydrate (like Cherry Berry) or an on-plan sweetener and fruit or berries

- Low-sugar turkey jerky
- 1 cup cottage cheese (as is or blended) or Greek yogurt with half a serving of added protein supplement with berries or fruit of choice
- Deli Meat Roll Ups
- Lettuce Wraps with deli meat or leftover protein
- Turkey Pepperoni slices with raw veggies like cucumber slices or a large carrot
- Any protein drink or smoothies of your choice
- 1-2 slices of sprouted or soured toast with toppings and protein option of choice

If you are more of a recipe follower when it comes to snack time, please check out the snack ideas section starting on page 71 of this booklet.

Desserts – We haven't listed desserts in the actual menu. However, if you are craving dessert, you don't have to go without it. Consider making up a batch of our cookie or brownie mixes to have a little treat throughout the week. A square of stevia-sweetened or 85% dark chocolate can always help with that sweet fix when you need it!

Drinks – Enjoy all the all-day sippers and hot drinks your heart desires. Below are a couple of our favorite protein drink options. Check out the drink section starting on page 84 for some fun drink recipe ideas if you need inspiration!

Stupid Simple Whey Protein Drink:

1 cup unsweetened almond milk
¼ cup chocolate, strawberry (or other flavored) TH Pristine Whey Protein Powder
Shake or gently blend.

ESSENTIAL Berry Baby Frap

As a meal add-on:

½ cup unsweetened nut milk of choice
½ - 1 Scant Tbs TH ESSENTIAL Amino Acid Powder
(depending on the protein amount in your meal)
½ - 1 Doonk TH Pure Stevia Extract (or to taste)
½ cup frozen berries of choice. Use more or less for desired thickness.
Add all to blender and blend until smooth!

As a stand-alone snack:

1 cup unsweetened nut milk of choice
1 Scant Tbs TH ESSENTIAL Amino Acid Powder
1 Doonk TH Pure Stevia Extract (or to taste)
1 cup frozen berries of choice. Use the full cup or less for desired thickness. Add all to blender and blend until smooth!

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Trim Healthy Foundational Menu

DAY ONE		
Breakfast (E)	***Choose from quinoa or oatmeal.***	
	<u>Quinoa Options:</u> *Serene's Neapolitan Quinoa* (E) (OR) *Pearl's Sweat Pants Quinoa* (E)	**<u>Oatmeal Options:</u>** *Pearl's PPP Porridge* (E) (OR) *Sweat Pants Oatmeal* (E)
Lunch (S or E)	***Choose from a sandwich or salad option.***	
	<u>Sandwich Options:</u> *Pearl's Loaded Tuna Hummus Toast* (E) (OR) *Bizzaro Sandwich* (E)	**<u>Salad Options:</u>** *Goats in the Berry Patch* (S) *Better Than Chef's Salad* (E)
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (S or E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	<u>Salad Options:</u> *Goats in the Berry Patch* (S) *Better Than Chef's Salad* (E)	**<u>Hot & Hearty Meal Options:</u>** *Quick Crispy (Simple) Salmon* (S) *Creamy Herb Chicken* (S)
DAY TWO		
Breakfast (S)	*Eggs & Avs* (S) (OR) *Unlikely Heroes Breakfast* (S)	
Lunch (S or E)	***Choose from a sandwich or salad option.***	
	<u>Sandwich Options:</u> *S-Style Sandwich* (Light S) (OR) *E-Style Sandwich* (E)	**<u>Salad Options:</u>** *Pearl's Best Weird Salad* (E) *Ranch Hand Taco Salad* (E)
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (S or E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	<u>Salad Options:</u> *Pearl's Best Weird Salad* (E) *Ranch Hand Taco Salad* (E)	**<u>Hot & Hearty Meal Options:</u>** *Chicken Parmy* (S) *Peanut Popper Chicken* (S)

DAY THREE		
Breakfast (E)	***Choose from quinoa or oatmeal.***	
	Quinoa Options: *Serene's Neapolitan Quinoa* (E) (OR) *Pearl's Sweat Pants Quinoa* (E)	**Oatmeal Options:** *Big Bowl Cinnamon Oatmeal* (E) (OR) *Sweat Pants Oatmeal* (E)
Lunch (S or E)	***Choose from a sandwich or salad option.***	
	Sandwich Options: *Crispy Egg White & Zucc. Sand.* (E) (OR) *Warm Chicken Sprouted Sand.* (E)	**Salad Options:** *5-Minute Asian Salad* (S) *Hot Tomato Salad* (E)
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (S or E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	Salad Options: *5-Minute Asian Salad* (S) *Hot Tomato Salad* (E)	**Hot & Hearty Meal Options:** *Get Methylating Soup* (E) *Creamy Chicken & Wild Rice Soup* (E)
DAY FOUR		
Breakfast (S)	*Big Bowl Egg Scram* (S) (OR) *Hash 'N' Eggs* (S)	
Lunch (S or E)	***Choose from a sandwich or salad option.***	
	Sandwich Options: *S-Style Sandwich* (Light S) (OR) *E-Style Sandwich* (E)	**Salad Options:** *Cherries on Top Chicken Salad* (E) *Apple & Walnut Salad* (E)
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	Salad Options: *Cherries on Top Chicken Salad* (E) *Apple & Walnut Salad* (E)	**Hot & Hearty Meal Options:** *Incredible 95-Calorie Soup* (E) *Okra Lover's Soup* (E)
DAY FIVE		
Breakfast (E)	***Choose from quinoa or oatmeal.***	
	Quinoa Options: *Serene's Neapolitan Quinoa* (E) (OR) *Pearl's Sweat Pants Quinoa* (E)	**Oatmeal Options:** *Pearl's Maple Peach Oatmeal* (E) (OR) *Sweat Pants Oatmeal* (E)
Lunch (S or E)	***Choose from a sandwich or salad option.***	
	Sandwich Options: *Easy Crunch Lunch* (E) (OR) *Mozzarella Turkey Toast* (E)	**Salad Options:** *3-Minute Sensational Salad* (S) *5-Minute Asian Salad* (S)

DAY FIVE, CONTINUED…		
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (S or E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	<u>Salad Options:</u> *3-Minute Sensational Salad* (S) *5-Minute Asian Salad* (S)	**<u>Hot & Hearty Meal Options:</u>** *Get Methylating Soup* (E) *Creamy Chicken & Wild Rice Soup* (E) *Sweet & Spicy Asian Stir Fry* (S or E)
DAY SIX		
Breakfast (S)	*Omelet of Wisdom* (S) (OR) *Field of Greens Omcake* (S)	
Lunch (E)	***Choose from a sandwich or salad option.***	
	<u>Sandwich Options:</u> *Warm Chicken Sprouted Sand.* (E) (OR) *E-Style Sandwich* (E)	**<u>Salad Options:</u>** *Harvest/Chicken & Sweet Potatoes* (E) *Quick & Easy Mediterranean* (E)
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	<u>Salad Options:</u> *Harvest/Chicken & Sweet Potatoes* (E) *Quick & Easy Mediterranean* (E)	**<u>Hot & Hearty Meal Options:</u>** *Get Methylating Soup* (E) *Creamy Chicken & Wild Rice Soup* (E) *Sweetie on Steroids* (E)
DAY SEVEN		
Breakfast (E)	***Choose from quinoa or oatmeal.***	
	<u>Quinoa Options:</u> *Serene's Neapolitan Quinoa* (E) (OR) *Pearl's Sweat Pants Quinoa* (E)	**<u>Oatmeal Options:</u>** *Pearl's Maple Peach Oatmeal* (E) (OR) *Sweat Pants Oatmeal* (E)
Lunch (S or E)	***Choose from a sandwich or salad option.***	
	<u>Sandwich Options:</u> *S-Style Sandwich* (Light S) (OR) *E-Style Sandwich* (E)	**<u>Salad Options:</u>** *5-Minute Asian Salad* (S) *E is for Easy Salad* (E)
PM Snack (S, E, or FP)	Please see the snack recipe section for ideas.	
Supper (S or E)	**If you didn't have a salad for lunch…now's the time! Don't forget to use tons of greens to fill your plate.**	
	<u>Salad Options:</u> *5-Minute Asian Salad* (S) *E is for Easy Salad* (E)	**<u>Hot & Hearty Meal Options:</u>** *Egg Roll in a Bowl* (S) *Flaky Parmesan Tilapia* (S)

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MEALS

Three-Minute Sensational Salad (S)



Servings

1 Single Serve Recipe

Ingredients

- 2 handfuls baby field greens
  (enough to fill large dinner plate)
- 2 tsp MCT oil
  (or olive oil)
- 1 tsp tahini
  (sesame paste)
- 2 Tbs Pecorino Romano cheese
  (or green can parmesan) (for dairy free use grated Hello Cheese, p 487)
- black pepper
  (to taste)
- 1 handful Blendtons recipe, p. 476
  (optional)
- 4 oz tuna
  (4-6 oz packet)
- 1 tsp sesame oil
  (1-2 tsp) (toasted)
- balsamic vinegar
  (to taste)
- 1 sprinkle sesame seeds
  (toasted) (or chopped walnuts)
- TH Mineral Salt
  (to taste)
- cayenne pepper
  (to taste)

Instructions

1. Put the greens on a large dinner plate. Add the tuna, then drizzle on the oils, tahini, and vinegar.

2. Toss, then add the cheese, sesame seeds, and seasoning. Sprinkle the Blendtons on top (if using).

5 Minute Asian Chicken Salad (S)



Servings
1 Multiple Serve Recipe (2-3 Servings)

Ingredients

For The Salad

- 14 oz bagged cole slaw mix
  (or similar amount of chopped cabbage)
- 1 cup pre-cooked chicken
  (1-2 cups; diced & seasoned)

For The Dressing

- 2 Tbs natural peanut butter (sugar-free)
- 2 tsp sesame oil
- 1 Tbs rice vinegar
- 1/4 tsp TH Mineral Salt
- 1 Tbs TH Gentle Sweet
  (or more to taste)
- 1/3 cup TH Peanut Flour
- 1/4 cup water
- 2 Tbs soy sauce
  (or tamari)
- 1/2 tsp ground ginger
  (or more to taste)

Toppings

- almonds
  (sliced; for topping)
- sesame seeds
  (for topping)

Instructions

1. Add the coleslaw mix and chicken to a big salad bowl.
2. Add all of the ingredient for the dressing into a small bowl and whisk very well.
3. Add the dressing to the coleslaw mix and toss everything together.
4. Top with some sliced almonds and sesame seeds.

Apple and Walnut Salad (E)



Servings

1 Single-Serve Recipe

Ingredients

- 1 head romaine lettuce; finely diced
- balsamic vinegar
  (to taste)
- TH Mineral Salt
  (to taste)
- 3 ounces tuna
  (3-oz foil pack of tuna or chicken breast)
- 1 apple (s)
  (diced)
- apple cider vinegar
  (to taste)
- TH Gentle Sweet
  (to taste)
- 1 sprinkle Make 'Em Count Spicy Nuts Recipe (garnish amount to stay in E-mode)

Instructions

1. Place the romaine lettuce in a bowl or on a plate.

2. Add the apple and then pour over both kinds of vinegar liberally, sprinkle on the mineral salt and the TH Gentle Sweet to taste. Stir all together well.

3. Add tuna and then nuts and you're done!

Make ‘Em Count Spicy Nuts Hack (S)



Servings

1 Multiple-Serve

Ingredients

- chopped nuts
  (we chose walnuts; as many as you like) (best to do a whole lot as they will keep well in a baggie in your cupboard)
- Bragg’s liquid aminos
- cayenne pepper
- TH Gentle Sweet
  (optional; see Recipe Note)

Instructions

1. Spread nuts out on a baking dish. Squirt Braggs liberally over them then generously sprinkle with cayenne pepper (you should put more on than you think you’ll like as you need each tiny nut morsel to really count flavor wise in your meal).

2. Put tray on medium rack in oven and broil until tops of nuts start to brown (this only takes a minute or two so keep a vigilant watch so nuts don’t burn and blacken). Toss nuts then broil again until new sides of nuts are browning… another minute or so.

3. Remove from oven, allow to fully cool before putting in ziplock baggie.

Recipe Notes

Serving Suggestion:

- If you love a little sweetness to your nuts, sprinkle some TH Gentle Sweet over the cayenne pepper.

Better Than Chef's Salad (E)

Enjoy an energizing and delicious Chef Salad, with as many leafy greens that you can handle, veggies, beans and fruits of your choice!!! "Better Than Chef's Salad" (E) is found on Page 304 of the original Trim Healthy Mama Book!

Servings

1 Single Serve Recipe

Ingredients

- leafy greens
  (use plenty of leafy greens; like a ton of greens)
- tomato (s)
  (sliced)
- 3 oz lean deli meat
  (3-4 ounces of turkey, chicken, or ham; lean deli meat, pre-cooked chicken breast or canned chicken breast)
- balsamic vinegar
- black pepper
- cucumber (s)
  (sliced)
- onion (s)
  (sliced)
- 1 generous handful garbanzo beans
  (or other favorite bean of your choice)
- 1 apple (s)
  (small amount of sliced fruit of choice such as mango, apple, pineapple, or a smattering of goji berries)
- extra virgin olive oil
- TH Mineral Salt

Instructions

1. Put the leafy greens and veggies like a sliced cucumber, tomato, and onion into your favorite bowl.
2. Add a generous handful of garbanzo beans (or any bean of your choice) and a small amount of sliced fruit of your choice such as mango, apple, pineapple, or a smattering of goji berries.
3. Add the diced lean deli meats or leftover/canned chicken breast.
4. Dress with a generous drizzles of balsamic vinegar, a light splash of extra virgin olive oil, black pepper and sea salt.

Big Bowl Cinnamon Oatmeal (E)



Servings

1 Single Serve Recipe

Ingredients

- 1/2 cup old fashioned rolled oats
- 1 cup water
- 4 tsp TH Gentle Sweet
  (or 1.5 teaspoons TH Super Sweet Blend
- 1 dash TH Natural Burst Vanilla Extract
  (optional)
- Cinnamon Sugar Recipe
  (Mix 1 cup TH Gentle Sweet with 3 Tbs cinnamon and store in a sprinkle jar.)
- 3/4 cup unsweetened nut milk
  (unsweetened cashew or almond milk)
- 1/2 tsp cinnamon
  (ground)
- 1 pinch TH Mineral Salt
  (1-2 pinches mineral salt)
- 2 tsp TH Baobab Boost Powder
  (optional)

Instructions

1. Put all the ingredients (except the cinnamon sugar) into a small saucepan and bring to a quick boil. Reduce the heat to low, remove from the heat for about 30 seconds while it cools down, then return to low heat, cover the pot, and allow to steam for 10 minutes.

2. Come back to the pot, remove from the heat, stir, and allow to cool and thicken even more for about a minute.

Big Bowl Chocolate and Strawberry Variations:

- CHOCOLATE BIGGIE OATMEAL: Omit the cinnamon and pull back the TH Gentle Sweet to 1 to 2 teaspoons. Add 1 teaspoon unsweetened cocoa powder before cooking. Once cooked, mix 2 tablespoons TH Chocolate Pristine Whey Protein Powder with 2 tablespoons unsweetened almond milk and stir in. Sprinkle the top of the oatmeal with extra TH Gentle Sweet if you have a sweet tooth.
- STRAWBERRY BIGGIE OATMEAL: Omit the cinnamon and stir in a handful of chopped frozen strawberries before cooking. Once cooked, mix 2 tablespoons TH Strawberry Pristine Whey Protein Powder with 2 tablespoons unsweetened almond milk and stir in.

Big Bowl Egg Scram (S)



Servings

1 Single Serve Recipe

Ingredients

Veggie Options- Choose 1 to 3 of the Veggies or a Combination of those Listed Below For a Total of 2 to 3 Cups of Veggies for your Big Bowl Egg Scram

- fresh kale
  (very finely chopped)
- onion (s)
  (very finely chopped)
- fresh mushroom (s)
  (sliced)
- tomato (s)
  (very thinly sliced)
- fresh spinach
  (very finely chopped)
- rainbow bell pepper (s)
  (very finely chopped)
- zucchini
  (very finely diced)
- cabbage
  (very thinly sliced)

For the Egg Scramble

- coconut oil cooking spray
- 2 large egg (s)
- 1/2 tsp miso
  (optional, but ultra yummy; add mineral salt to taste if not using)
- 1 squirt liquid smoke
  (mesquite liquid smoke; optional)
- 1 sprinkle garlic powder
  (optional)
- chipotle chili powder
  (optional)
- sesame seeds
  (optional)
- 4 pinches TH Mineral Salt
- 1/2 cup egg white (s)
- 1 tsp TH Nutritional Yeast
- 1 tsp apple cider vinegar
  (1-2 teaspoons; basically a small drizzle)
- 1 sprinkle onion powder
  (optional)
- 1 Tbs water
- 1 rounded tsp extra virgin coconut oil
- Parmesan cheese
  (small amount; or a small amount of grated Pecorino Romano; optional, this is a Light S breakfast, so don't go piling on heaps of cheddar cheese and turning this into Heavy S)

Continued...

Instructions

1. Spray a large skillet with coconut oil and set it over medium high heat. Add the veggies, sprinkle with the salt, and stir. Once they start to sizzle, reduce the heat to low and cover while you prepare the eggs. (Just stir now and then to check that your nonstarchies are not sticking.)

2. Blend the eggs, miso (if using), nutritional yeast, vinegar, liquid smoke (if using), onion and garlic powders (if using), and water in a small bowl or jar using a stick blender (or whisk very well).

3. Uncover the skillet, pour the eggs over the veggies, and increase the heat to medium. Stir well while the egg coats and cooks among the soft and caramelized veggies.

4. Place your scram in a bowl and drizzle your rounded teaspoon of coconut oil on top and sprinkle the top with the (optional but absolutely AMAZING and highly recommended) chipotle powder. For the final topping, sprinkle with the cheese and sesame seeds (if using).

Cherries on Top Chicken Salad (E)



Servings

1 Single Serve Recipe

Ingredients

For the Cherry Dressing

- 1/4 cup frozen cherries
  (or fresh pitted cherries)
- 1/2 tsp MCT oil
  (or extra virgin olive oil)
- 2 pinches TH Mineral Salt
- 1 dash cayenne pepper
- 1 Tbs water
- 2 tsp balsamic vinegar
- 1/2 tsp TH Super Sweet Blend
  (1/2 to 3/4 teaspoons)
- 1 dash black pepper
- 2 tsp TH Baobab Boost Powder
  (optional; for an added Vitamin C and extra anti-inflammatory boost)

For the Salad

- 1 small romaine hearts
  (chopped)
- 3/4 cup frozen cherries
  (or fresh pitted cherries, halved (we use frozen because they are already pitted, just take them out ahead of time to thaw . . . or you can pit your own fresh cherries)
- 5 oz canned chicken
  (one- (5-ounce) can chicken breast, drained, or 5 to 6 ounces diced cooked chicken breast (see page 45 for cooking methods)
- 1/4 cup pre-cooked quinoa
  (1/4 to 1/3 cup pre-cooked quinoa or rice)
- 1 tsp slivered almonds
  (1 heaping teaspoon)

Instructions

1. Make the dressing. Put all the ingredients in a bowl and use a stick blender to mix well. (Or you can just mix with a fork, mashing the cherries as best you can; it doesn't matter if the dressing stays a little chunky.)

2. Assemble the salad. Put the chopped lettuce on a large dinner plate and top with the chicken, cherries, and rice or quinoa. Pour the dressing over the salad and top with the almonds.

Chicken Parmy (S)



Servings

6 SERVINGS

Ingredients

- 3/4 cup TH Baking Blend
- 2 Tbs Italian seasoning
- 1/4 tsp TH Mineral Salt
- 2 tsp garlic powder
- 2.5 lbs chicken breast (s)
  (boneless and skinless, or tenderloins)
- 1.5 cups mozzarella cheese
  (grated)
- 3/4 cup Parmesan cheese
  (grated)
- 2 tsp parsley
  (dried)
- 1/2 tsp black pepper
- coconut oil spray
- 4 Tbs butter
- 1.5 cups spaghetti sauce
  (or pizza sauce, no sugar added)

Instructions

1. Preheat the oven to 425°F.

2. In a bowl, whisk together the Baking Blend with the Parmesan cheese and the seasonings. Spread the breading mix on a large dinner plate.

3. Lightly coat a large baking sheet with coconut oil cooking spray.

4. Dip each chicken breast into the melted butter, then into the breading and pat to coat well on both sides. Place the chicken pieces on the baking sheet and sprinkle any leftover breading mix evenly over the tops of the chicken.

5. Bake for 20 minutes (or 15 minutes for tenderloins). Take the chicken out of the oven, top each breast with 2 tablespoons sauce, and sprinkle with a little of the mozzarella. Put back in the oven and bake for another 5 to 10 minutes, or until the cheese is melted and the sauce is bubbling.

Chicken Parmy-Single Serve (S)



Servings

1 Single Serve Recipe

Ingredients

- 1 Tbs TH Baking Blend ▪ (or 1 teaspoon of each; almond flour, ground flax & coconut flour)
- 1 sprinkle dried parsley
- 1 sprinkle black pepper
- coconut oil cooking spray
  (or olive oil cooking spray)
- 1 tsp butter
  (or extra-virgin coconut oil)
- 2 Tbs mozzarella cheese
  (or a dairy-free cheese substitute of choice)
- 1 Tbs Parmesan cheese
  (use TH Nutritional Yeast if dairy-free)
- 1 sprinkle Italian seasoning
- 1 sprinkle TH Mineral Salt
- 1 sprinkle garlic powder
- 1 chicken breast (s)
  (fresh or thawed from frozen)
- 2 Tbs pizza sauce
  (no-sugar added pizza sauce OR no-sugar added spaghetti sauce)

Instructions

1. Preheat the oven to 425°F.

2. In a bowl, whisk together the Baking Blend with the Parmesan cheese and the seasonings. Spread the breading mix on a large dinner plate.

3. Dip the chicken breast into the melted butter, then into the breading and pat to coat well on both sides. Place the piece of chicken on the baking sheet and sprinkle any leftover breading mix evenly over the top of the chicken.

4. Bake for 20 minutes. Take the chicken out of the oven, top each breast with 2 tablespoons of your sauce of choice, and sprinkle with a little of the mozzarella. Put back in the oven and bake for another 5 to 10 minutes, or until the cheese is melted and the sauce is bubbling.

Creamy Chicken and Wild Rice Soup (E)



Servings

6 SERVINGS

Ingredients

- 32 oz frozen cauliflower
  (2-16oz bags frozen or 1 large fresh head, cut into florets)
- 3 cups celery
  (3-4 cups, chopped)
- 3/4 cup wild rice
- 1 tsp black pepper
- 3 oz cream cheese
  (1/3 less fat cream cheese)
- 2.5 quarts chicken broth
- 3 cups carrot (s)
  (3-4 cups, chopped)
- 1 large onion (s)
  (diced or sliced) or (1 1/2 cups Seasoning Blend: onions, celery, peppers, frozen, diced)
- 3 tsp TH Mineral Salt
- 1.5 tsp thyme
  (dried)
- 4 cups chicken
  (4-5 cups diced, cooked chicken)

Instructions

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. Combine all ingredients well and heat through. (You can simmer for a few minutes but you don't have to. As soon as soup is hot, it is done.) Check the seasonings and serve.

Creamy Herb Chicken (S)



Servings

6 SERVINGS

Ingredients

- coconut oil spray
- 1 cup 0% Greek yogurt
- 1 cup Parmesan cheese (finely grated)
- 2 Tbs oregano (dried)
- 1 tsp garlic powder
- 2.5 lbs chicken breast (s) (thawed, boneless and skinless)
- 1/2 cup mayonnaise
- 3 Tbs parsley (dried)
- 3/4 tsp TH Mineral Salt
- 3/4 tsp black pepper

Instructions

1. Preheat the oven to 425°F.
2. Spray a large 9×13-inch shallow baking pan with coconut oil cooking spray. Arrange the chicken breasts in the pan.
3. Mix all other ingredients and generously spread on the chicken. Sprinkle a little more Parmesan on top of each piece. Bake for 25 minutes, or until the tops of the chicken are golden brown and the meat is cooked through.

Creamy Herb Chicken-Single Serve (S)



Servings

1 Single Serve Recipe

Ingredients

- coconut oil spray
- 2 Tbs 0% Greek yogurt
- 1 Tbs Parmesan cheese
  (finely grated; green can is fine)
- 1 sprinkle TH Mineral Salt
- 1 sprinkle garlic powder
- 1 chicken breast (s)
  (fresh or thawed from frozen)
- 1 tsp mayonnaise
  (1-2 teaspoons)
- 1 sprinkle dried parsley
- 1 sprinkle oregano
- 1 sprinkle black pepper

Instructions

1. Preheat the oven to 425°F.
2. Spray a shallow baking pan with coconut oil cooking spray and place the chicken breast on the pan.
3. Mix all other ingredients and generously spread on the chicken. Sprinkle a little more Parmesan on top of each piece. Bake for 25 minutes, or until the tops of the chicken are golden brown and the meat is cooked through or until done.

Crispy Egg White and Zucchini Sandwich (E)



Servings

1 Single Serve Recipe

Ingredients

- 2 slices sprouted bread
  (sprouted whole grain bread; toasted)
- 1 small zucchini
  (sliced; or can use 1 sliced tomato)
- black pepper
  (for sprinkling)
- 1 wedge Light Laughing Cow Cheese
- 1 cup egg white (s)
  (carton or fresh)
- TH Mineral Salt
  (for sprinkling)
- TH Nutritional Yeast
  (for sprinkling)

Instructions

1. Spray a large pan with coconut (or other) oil spray 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 slices with the cheese wedge, layer with egg whites then zucchini, then cut sandwich in half.

E is for Easy Salad (E)



Servings

1 Single Serve Recipe

Ingredients

- 1 small head romaine lettuce
  (or half of a large head)
- 1/2 tsp TH Super Sweet Blend
  (or 1 teaspoon TH Gentle Sweet)
- 1 apple (s)
  (peeled and diced)
- TH Mineral Salt
  (to taste)
- 1 Ryvita Cracker (s)
  (optional)
- 1 tsp MCT oil
- 2 Tbs apple cider vinegar
- 2 squirts Bragg's liquid aminos
  (optional; can use soy sauce or 2 pinches mineral salt)
- 5 oz tuna
  (1-5 oz can tuna, packed in water, drained)
- cayenne pepper
  (to taste)
- coconut oil spray
- spices
  (your choice; parsley, basil, dill, to sprinkle on the Ryvita Cracker)

Instructions

1. Chop or rip the entire head of romaine lettuce into a large bowl.
2. Pour the 1 teaspoon of MCT oil on top of the chopped/ripped lettuce and massage the oil into the lettuce.
3. Sprinkle the apple cider vinegar, TH Super Sweet Blend, and Braggs Liquid Aminos over the salad, toss salad gently.
4. Peel and dice the apple add to salad.
5. Drain the can of tuna and add to salad.
6. Take 1 Ryvita Cracker and spray with the coconut oil spray, and then sprinkle with your choice of spices such as parsley, basil, dill etc. and then crumble the cracker on top of your salad.
7. Toss salad one more time and enjoy!

Egg Roll in a Bowl (S)



Servings

6 -8 SERVINGS

Ingredients

- 2 Tbs sesame oil
  (2-3 Tbs,, toasted sesame oil)
- 1 large head cabbage
  (cored and thinly sliced, or 2-3 sixteen ounce packages of coleslaw mix)
- 4 stalks green onion (s)
  (finely chopped)
- 1/3 cup coconut aminos
  (or soy sauce)
- black pepper
  (to taste)
- 2 lb ground pork
  (venison or beef;thawed)
- 2 medium onion (s)
  (chopped)
- 4 cloves fresh garlic
  (minced)
- 2 tsp ginger
  (ground)
- TH Mineral Salt
  (to taste)
- 1 tsp crushed red pepper flakes
  (optional)

Instructions

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 onion (not the green onions yet) and sesame oil, and lightly brown the onions.

3. In a small bowl, mix together the garlic, ginger and coconut aminos or soy sauce and add to the skillet and then immediately add the sliced cabbage and stir. Cook for a few minutes, stirring often, so that it doesn't burn and so all cabbage slightly wilts and reduces in size.

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) and serve.

Continued...

To Make it an E:
Use extra lean meat instead (ground turkey, or skinless chicken breast – ground, chopped, or shredded) and because of the lack of juiciness (fat) from the meat, add 1/4 cup of fat-free chicken stock (or water). You may want to also add a bit more of the aminos (or soy sauce) and ginger, and feel free to add extra carrots too, you can add one cup of shredded carrots if you would like or to your own personal taste! Serve over a full E Serving of brown rice or quinoa.

To Make it a FP:
Use extra lean meat instead (ground turkey, or skinless chicken breast – ground, chopped, or shredded) and because of the lack of juiciness (fat) from the meat, add 1/4 cup of fat-free chicken stock (or water). You may want to also add a bit more of the aminos (or soy sauce) and ginger. You could serve the FP version over Cauli Rice or the **TH Ancient Wisdom Noodles**.

To Make it an S Helper: Prepare recipe as written and serve over a *1/3 cup* of cooked quinoa, OR a *1/4 cup* of cooked brown rice OR *1 slice* of sprouted bread.

Deep S Recommendations: Leave out the carrot and onions.

However, with the above said, it's by far best as S using ground pork (not sausage) or ground beef.

Egg Roll In A Bowl – Single Serve (S)



Servings

1 Single Serve Recipe

Ingredients

- 1 tsp sesame oil
  (1-2 teaspoons)
- 3 large handfuls bagged cole slaw mix
  (or sliced cabbage)
- garlic powder
  (or fresh garlic to taste)
- 1/3 tsp ground ginger
- TH Mineral Salt
  (to taste)
- crushed red pepper flakes
  (to taste)
- 4 oz pre-cooked meat of choice
  (about 1/2-3/4 cup of ground chicken, beef, turkey, or pork)
- 1/8 cup onion (s)
  (chopped; optional)
- green onion (s)
  (chopped; small amount, optional)
- Bragg's liquid aminos
  (or coconut liquid aminos or soy sauce; to taste)
- black pepper
  (to taste)

Instructions

1. In a small pan saute the onion in the sesame oil and lightly brown the onions.
2. In a small bowl, mix together the garlic, ginger and coconut aminos or soy sauce and add to the skillet and then immediately add the sliced cabbage or cole slaw mix and stir. Cook for a few minutes, stirring often, so that it doesn't burn and so all cabbage slightly wilts and reduces in size.
3. Add the pre-cooked meat of choice to the pan and gently combine with the other ingredients to warm the meat through.
4. Turn off the heat, and add the green onions, salt and black pepper to taste. Stir one last time, sprinkle with the crushed red pepper flakes (if using) and serve.

Continued...

To Make it an E:
Use extra lean meat instead (ground turkey, or skinless chicken breast – ground, chopped, or shredded) and because of the lack of juiciness (fat) from the meat, add 1/4 cup of fat-free chicken stock (or water). You may want to also add a bit more of the aminos (or soy sauce) and ginger, and feel free to add extra carrots too, you can add one cup of shredded carrots if you would like or to your own personal taste! Serve over a full E Serving of brown rice or quinoa.

To Make it a FP:
Use extra lean meat instead (ground turkey, or skinless chicken breast – ground, chopped, or shredded) and because of the lack of juiciness (fat) from the meat, add 1/4 cup of fat-free chicken stock (or water). You may want to also add a bit more of the aminos (or soy sauce) and ginger. You could serve the FP version over Cauli Rice or the **TH Ancient Wisdom Noodles.**

To Make it an S Helper: Prepare recipe as written and serve over a *1/3 cup* of cooked quinoa, OR a *1/4 cup* of cooked brown rice OR *1 slice* of sprouted bread.

Deep S Recommendations: Leave out the carrot and onions.

However, with the above said, it's by far best as S using ground pork (not sausage) or ground beef.

Eggs and Avs (S) p. 245



Servings

1 Single Serve Recipe

Ingredients

- coconut oil spray
- TH Mineral Salt
- 1/2 avocado (s)
  (cut into chunks)
- 2 tsp TH Nutritional Yeast
- 3 egg (s)
- black pepper
- Pecorino Romano cheese
  (grated)

Instructions

1. Lightly coat a small skillet with coconut oil cooking spray. Place the skillet over medium-high heat and crack the eggs into the skillet. Sprinkle the eggs with the salt and pepper and cook to your preference.

2. Put the avocado chunks on one side of a dinner plate and your cooked eggs alongside them. Drizzle both the avocado and eggs with the olive oil and then sprinkle with the cheese and nutritional yeast. Enjoy all the drippy goodness!

E-Style Sandwich (E)



Servings

1 Single Serve Recipe

Ingredients

- bread
  (E friendly: TH Pan Bread, true sour dough, sprouted bread, TH No Carb Easy Bread, *Joseph's pita or lavash, or similar)
- sandwich fixings
  (E friendly: mustard, horseradish, lettuce, cucumber, onion, tomato, etc.)
- 3 oz sandwich fillings
  (3-4 ounces of ultra lean deli meat or chicken/tuna salad, made with 0% Greek yogurt)
- 2 wedges Light Laughing Cow Cheese

Instructions

1. Fill your E-friendly bread with the appropriate fillings and fixings.

2. Enjoy!

Recipe Notes

- For those who cannot do a grain based bread you can choose to use the TH No Carb Easy Bread or WWBB and then add a piece of fruit of your choice, a serving of beans or baked sweet potato fries to your sandwich to keep in **E mode.**
- If using Joseph's pita or lavash – be sure to include a carb source such as a piece of fruit of your choice, a serving of beans or baked sweet potato fries to keep in **E mode.**
- If choosing the sandwich for your lunch option, please consider adding sliced cucumber chips sprinkled with TH Nutritional Yeast and mineral salt or a small side salad to help fill up! So easy and filling.

Fields of Green Omcake (S)



Servings

1 Single Serve Recipe

Ingredients

- 2 whole egg (s)
- 1 cup fresh spinach
  (finely chopped, fresh)
- TH Mineral Salt
  (to taste)
- cayenne pepper
  (to taste)
- 1 Tbs extra virgin coconut oil
  (1-3 tsp, extra virgin) (or, red palm oil)
- 1/3 cup egg white (s)
  (from carton or fresh)
- 1 tsp parsley
  (generous tsp, dried) (or, 1/4 cup diced ,fresh parsley)
- black pepper
  (to taste)
- 1 tsp butter
  (or coconut oil spray)
- 1 tsp TH Nutritional Yeast
  (1-2 tsp)

Instructions

1. Whisk eggs, egg whites, and seasoning in a bowl.
2. Add greens and combine.
3. Set large fry pan on medium heat and melt butter or spray with coconut oil.
4. Pour omelet mix into pan and allow to cook until bottom side is slightly golden.
5. Flip entire om-cake over and allow to brown on other side until done.
6. Slide onto large dinner plate then top with coconut oil and a small sprinkle of nutritional yeast.

Flaky Parmesan Tilapia (S)



Servings

6 People

Ingredients

- 2 lbs tilapia
  (2 pounds tilapia or other thin whitefish fillets, thawed if frozen)
- crushed red pepper flakes
  (optional)
- 1/4 cup mayonnaise
- 3/4 tsp dill weed
  (dried dill)
- 4 Tbs butter
  (melted; 1/2 stick)
- black pepper
  (to taste)
- 3/4 cup Parmesan cheese
  (¾ cup grated Parmesan cheese; we use powder-style from the green can)
- 2 tsp 0% Greek yogurt
  (2 heaping teaspoons)

Instructions

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 an extra-large baking dish or 2 medium baking dishes. 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.

Flaky Parmesan Tilapia – Single Serve (S)



Servings

1 Single Serve Recipe

Ingredients

- 1 tilapia fillet
  (1-large or 2 small fillets: or other white fish)
- black pepper
  (to taste)
- 1.5 Tbs Parmesan cheese
  (powder-style from the green can or can use TH Nutritional Yeast for dairy free)
- 3/4 tsp dill weed
  (dried dill)
- 2 tsp butter
  (or extra virgin coconut oil; melted)
- crushed red pepper flakes
  (to taste; optional)
- 1 tsp mayonnaise
- 1 heaping tsp 0% Greek yogurt
  (can use coconut yogurt for dairy free)

Instructions

1. Preheat the oven to a high broil.
2. Rinse the fish and pat it dry. Place it on a baking dish. Pour the melted butter over the top and turn the fillet in the butter to coat well on both sides. Sprinkle lightly with black pepper and pepper flakes (if using).
3. Combine the Parmesan cheese, mayo, yogurt, and dill in a bowl and stir until a paste forms. Set aside.
4. Place the fish on the second rack from the top of the oven and broil for 3 minutes.
5. Remove from the oven, turn the piece over, and smear with some Parmesan paste to cover the top of the fish (easily done with a fork).
6. Broil for another 4 to 5 minutes, until it's bubbling and golden brown on the top and flaky in the middle.

Get Methylating Soup (E)



Servings

1 Multiple Serve Recipe

Ingredients

- 1 lb lentils
  (2.5 cups of dried lentils)
- 2 tsp TH Mineral Salt
  (or any Himalayan or Celtic sea salt)
- cayenne pepper
  (to taste)
- fresh spinach
  (optional; any amount you would like)
- sour cream
  (optional for the Loaded Version)
- 10 cups water
  (2 &1/2 quarts)
- 1 tsp onion powder
- 1/4 tsp black pepper
- Bragg's liquid aminos
  (to taste, use a few squirts)
- Seasoning Blend: onion, celery, green pepper
  (optional)
- cheddar cheese
  (optional for the Loaded Version)

Instructions

Crock Pot Instructions

1. Place the lentils into a crock pot, add the water and all other ingredients. Stir to combine.
2. Cover and cook in your crock pot on low all day. Time will vary. Cook until lentils are lovely and soft.

Stove Top Instructions

1. Place the lentils into a soup pot, add the water and all other ingredients.
2. Stir to combine. Bring to a boil and then top with a lid and simmer.
3. Cook until lentils are lovely and soft.

For the Nakey Version

1. Serve the soup as is.

For the Loaded Version (XO)

1. Add some sour cream and shredded cheddar cheese for a Crossover meal.

Goats In The Berry Patch Salad (S)



Servings

1 Single Serve Recipe

Ingredients

- 3 large handfuls leafy greens
  (chopped romaine lettuce or leafy greens; use plenty of leafy greens, like a ton of greens)
- 2 squirts Bragg's liquid aminos
  (or a couple pinches of mineral salt)
- 1.5 Tbs goat cheese
  (crumbled or feta cheese)
- 1/4 cup fresh blueberries
  (or you can use fresh or thawed from frozen berries of any kind)
- 2 Tbs balsamic vinegar
  (2-3 Tbs balsamic vinegar and 1 Tbs Apple Cider Vinegar)
- 1 tsp TH Gentle Sweet
  (or 1/3- 1/2 tsp TH Super Sweet)
- 3 oz protein of choice
  (3-4 ounces of pre-cooked blackened salmon, grilled chicken breast, a pouch or can of tuna OR other protein of choice)
- 1.5 Tbs nuts and seeds
  (nuts of choice; diced or chopped, OR pumpkin or sunflower seeds)

Instructions

1. Place the leafy greens in a large bowl or on large dinner plate.
2. Dress the greens with vinegar, sweetener, cayenne pepper and Braggs (or salt). Toss greens well in this marinade several times to make sure every leaf gets flavor.
3. Add your choice of nuts or seeds, the goat's or feta cheese, protein of choice and berries.
4. Please see the recipe notes below for Pearl's Blackened Salmon.

Continued...

Pearl's Blackened Salmon

My blackened salmon is a 4 – 6 ounce piece of fresh salmon (Or you can use thawed from frozen but fresh tastes best).

Oven or Stove Top Method For Pearl's Blackened Salmon

1. If baking the salmon turn oven to 400 degrees and spray a small baking dish with coconut or olive oil baking spray.
2. If using a pan place to high heat and put a 1/2 tsp of coconut oil in the pan to heat for 1 piece.
3. Coat one side (skin side if using skin on salmon) with a generous amount of dark chili powder, a pinch of mineral salt and TH Nutritional Yeast. Place this coated side in a baking pan or in a fry pan.
4. Now coat the other side with the exact same seasonings.
5. Place the salmon in oven if baking, cover and bake for 13 – 16 minutes or until just done in the middle (do not overbake).
6. If searing in pan, allow first side to brown for a couple minutes. Place another half teaspoon of coconut oil on top side. Turn fillet over. Turn heat down to low.
7. Cover and cook on low until salmon is just done on the inside but not over cooked.
8. This salmon can also be used for another meal with 2 yellow summer squash or zucchini sauteed in the pan,

Harvest Salad with Chicken and Sweet Potatoes (E)



Servings

4 SERVINGS

Ingredients

Harvest Salad Ingredients

- 2 heads romaine lettuce
  (or green leaf lettuce)
- 1 cup purple cabbage
  (sliced or rough chop)
- 3 chicken breast (s)
  (3-4 cooked chicken breasts; sliced; can use the equivalent amount of chicken tenderloins)
- 4 tsp pumpkin seeds
  (optional; roasted, salted pumpkin seeds)
- 8 oz button mushrooms
  (fresh)
- 1 yellow bell pepper(s)
  (thinly sliced)
- 1 sweet potato (s)
  (1-2, cooked; sliced or diced)
- 1 pear (s)
  (1-2 fresh pears; sliced)

Creamy Mustard Vinaigrette Ingredients

- 3 Tbs 0% Greek yogurt
- 3 Tbs apple cider vinegar
- 1 Tbs MCT oil
- 1/2 tsp TH Mineral Salt
- 3 Tbs TH Gentle Sweet
- 1 Tbs prepared yellow mustard
- 2 Tbs water

Remaining Ingredients

- onion powder
  (to taste)
- black pepper
  (to taste)
- coconut oil pan spray
  (to spray the grill pan or skillet)
- TH Mineral Salt
  (to taste)
- paprika
  (to taste)

Instructions

Basic Salad Instructions

Continued...

1. Wash and cut lettuce and divide into 4 large bowls or dinner plates.
2. To each plate add portions of the cooked sliced chicken, cooked sliced sweet potatoes, pear and other veggies.
3. Sprinkle the top of each salad with approximately 1 teaspoon of the roasted pumpkin seeds or other seed or nut of your choice.
4. Serve with the Creamy Mustard Vinaigrette.

Creamy Mustard Vinaigrette Instructions

1. Place all of the ingredients in a bowl or blender.
2. Whisk well or blend until smooth.

Chicken Preparation and Skillet Cooking Instructions

1. Sprinkle one side of the thawed chicken breasts or tenderloins with onion powder, mineral salt and black pepper.
2. Spray a grill pan or skillet with coconut oil pan spray and bring to a high heat.
3. Place the chicken, seasoned side down, into the pan to sear for about 2 minutes.
4. While it is searing, season the other side and then turn over. Cook another few minutes and then turn down the heat to low and cover the pan. Allow to cook another 10 to 20 minutes,depending on the thickness of your chicken.
5. Remove from heat and allow to rest another 10 minutes before slicing.

Sweet Potato Preparation and Skillet Cooking Instructions

1. Slice or dice your sweet potatoes and place in a bowl.
2. Spray them with the coconut oil spray and then mix to evenly coat.
3. Sprinkle with mineral salt, black pepper, onion powder and paprika. Mix to evenly coat the pieces of sweet potatoes.
4. Heat skillet and spray with the coconut oil pan spray or 1 teaspoon of melted coconut oil or butter.
5. Toss in the sweet potatoes and stir occasionally until they are cooked through.

Hash 'N' Eggs (S)



Servings

1 Single Serve Recipe

Ingredients

- 3 tsp butter
  (or extra virgin coconut oil)
- TH Mineral Salt
- TH Nutritional Yeast
- hot sauce
  (optional)
- 1 medium summer squash
  (1 medium to large summer squash or zucchini; finely diced)
- black pepper
- 2 large egg (s)
  (use 3 if you are super hungry or if you are a guy)

Instructions

1. Heat 2 teaspoons of the butter in a large skillet over medium-high heat. Add the squash, sprinkle with the seasonings, cover, and cook. Cover the pan for a minute or two to get the squash cooked more quickly.

2. Uncover, push the squash to one side of the pan, and add the remaining 1 teaspoon butter. Crack the eggs into the melted butter, season them, and fry according to how you like them. Once the squash is tender, put it on a large dinner plate and top with the eggs, then drizzle on hot sauce if desired.

Hot Tomato Salad (E or XO)



Servings

1 Single Serve Recipe

Ingredients

Hot Tomato Salad

- leafy greens
  (huge plate of lettuce or any leafy greens such as spinach)
- 1/2 cup beans
  (canned or pre-cooked beans of your choice)
- TH Mineral Salt (to taste)
- 2 tsp water(if needed)
- 1 large tomato (s)
  (1 large bubble but tomato, diced (you'll get that if you listen to the Poddy... or 2 smaller tomatoes)
- 1/2 cup pre-cooked brown rice
  (if you do not have the 1/2 cup of pre-cooked rice you can use just 1 full cup of beans)
- black pepper (to taste)

Plant Strong Dressing (FP or S)

- 1 tsp nut butter
  (use 1 full Tbs for an S; Pearl uses almond butter)
- 1 Tbs TH Nutritional Yeast
- cayenne pepper
  (to taste)
- 3 oz pre-cooked chicken
  (or 3 ounces of tuna)
- 2 Tbs water
  (divided)
- Bragg's liquid aminos
  (to taste, but do be generous)
- TH Super Sweet Blend
  (optional; sprinkling of an on plan sweetener to taste)

Instructions

For the Hot Tomato Salad

1. Chop the lettuce or leafy greens of your choice, or not but if you're like me and hate big pieces.. chopping is best and lay the greens on a huge plate.

Continued...

2. Place the diced tomato in a pan with the rice and beans and season to your liking. Heat for a few minutes and allow to bubble, add water if it gets too dry.

3. Pour the hot tomato stew over the salad greens and then top with the Plant Strong Dressing. Recipe is below.

For the Plant Strong Dressing

1. Using a fork, whisk together the nut butter of your choice and 1 Tbs of the water in a small jar or glass.

2. Next add the nutritional yeast, whisk again and then add the other tablespoon of water and keep whisking.

3. Add a couple generous squirts of Braggs Liquid Amino's and a small sprinkle of cayenne pepper, then stir and pour all over your Hot Tomato Salad.

Incredible 95-Calorie Soup (FP)



Servings

2 SERVINGS

Ingredients

- 4.5 cups water
- 1/2 tsp TH Mineral Salt
  (rounded)
- 2 Tbs TH Integral Collagen
  (2-3 Tbs; optional if you are going to use some chicken breast or other protein of your choice)
- 1/4 tsp black pepper
- Bragg's liquid aminos
  (desired amount)
- 1 tsp TH Glucomannan ("gluccie")
  (rounded)
- paprika
  (desired amount to dust on top of the soup; or a pizzazz as Serene call's it)
- 12 oz frozen cauliflower
  (1-12 ounce bag frozen cauliflower florets)
- 2 Tbs TH Nutritional Yeast
  (if you are preparing this soup Dairy-Free use 2 extra teaspoons)
- 2 Light Laughing Cow Cheese
  (2 wedges)
- 1/4 tsp onion powder
- hot sauce
  (desired amount)
- 1 dash cayenne pepper
  (in the soup, and any desired amount to dust on top of the soup)
- 1 Tbs natural bacon bits
- Parmesan cheese
  (desired amount to dust on top of the soup)

Instructions

1. In a sauce pan place the water and the frozen cauliflower florets and cook until cauliflower is fork tender.

2. Spoon most of the cauliflower into a blender and add some of the water from the sauce pan. Leave some of the cauliflower in the pan for some texture to your soup.

Continued...

3. Add the remaining ingredients into your blender and blend for one minute or until mixture thickens. You will see a lovely thick cheese sauce consistency once you have blended it for the right amount of time.

4. Pour the cheese sauce mixture directly back into the saucepan with the remainder of the water and whatever cauliflower florets you left in the pan.

5. Stir in the bacon bits and then simmer the soup over low heat for 10-15 minutes.

6. If you would like to smash any of the leftover cauli pieces down a little bit you can do that while the soup is simmering.

7. You can top your soup with a dusting of Parmesan cheese, cayenne pepper and paprika if so desired.

Mozzarella and Turkey Toast (E)



Servings

1 Single Serve Recipe

Ingredients

- 2 slices sprouted bread
  (dark rye or whole grain sourdough)
- 3 oz deli meat
  (lean turkey or Canadian bacon)
- black pepper
  (to season)
- sprinkle mozzarella cheese
  (grated, reduced-fat)
- sprinkle Italian seasoning
  (to taste)
- tomato (s)
  (optional, sliced)

Instructions

1. Sprinkle a small amount of grated, reduced-fat mozzarella cheese on 2 pieces bread (sprouted dark rye or whole grain sourdough).
2. Layer with lean turkey deli meat or Canadian bacon.
3. Sprinkle with Italian herbs and black pepper.
4. Bake on tray in the oven, or toaster oven, until cheese bubbles and melts. Sliced tomato could be used in place of, or alongside turkey, for this recipe.

Okra Lover's Soup (FP)



Servings

4 SERVINGS

Ingredients

- 1 tsp extra virgin coconut oil
- 12 oz frozen okra
  (1- 12-16 ounce bag of frozen cut okra)
- 10 oz Rotel tomatoes & chilies
  (1-10 ounce can Rotel; I use hot but use medium or mild if you are not a heat freak
- onion powder
  (to taste)
- 32 oz bone stock
  (if not using bone stock, use broth and add 8 ounces of chicken)
- 1 squirt Bragg's liquid aminos
  (optional)
- 1/2 onion (s)
  (chopped)
- 15 oz diced tomatoes
  (1-15 ounce can of diced tomatoes)
- 1 tsp TH Mineral Salt
- 1 tsp cumin
- 1 tsp chili powder
- garlic powder
  (to taste)
- 1/2 cup old fashioned rolled oats (uncooked)
- 1/3 cup nutritional yeast

Instructions

1. Heat coconut oil in medium soup pot, add onions and stir for a couple minutes.
2. Add frozen okra and seasonings and stir well for another couple minutes.
3. Add stock/broth and cans of tomatoes.
4. Bring to boil then add oats and simmer about 30 minutes.
5. Add nutritional yeast at the end.

Omelette of Wisdom (Light S)



Servings

1 Single Serve Recipe

Ingredients

- 1/2 tsp butter
- 1 cup egg whites
- fresh spinach
  (desired amount)
- 1 pinch TH Mineral Salt
  (1-2 pinches of mineral salt)
- TH Nutritional Yeast
  (enough to sprinkle on top of the melted butter in the pan)
- 1 wedge Light Laughing Cow Cheese
  (broken into tiny pieces)
- cheddar cheese
  (less than a 1/4 cup)
- hot sauce
  (to taste)

Instructions

1. Over medium heat melt the butter in a ceramic skillet. Once the butter is melted and dispersed across the bottom of the pan, sprinkle on enough nutritional yeast to cover the melted butter.
2. Pour the egg whites into the pan, on top of the melted butter and nutritional yeast and let cook for about 30 seconds.
3. Place the tiny pieces of the Light Laughing Cow wedge on top of one side of the egg whites, next place a layer of the fresh spinach, followed by the sprinkling of the shredded cheddar cheese. Sprinkle on the mineral salt and hot sauce to taste.
4. Leave like a flat pancake to cook for a minute or two and then fold the unlayered side over top of the other to close the omelette.
5. Let cook another couple minutes or until cheese is melted.

Peanut Popper Chicken (S)



Servings

6 SERVINGS

Ingredients

- 3 lbs chicken breast (s)
  (thawed, boneless, and cut into bite sized pieces)
- 1/2 cup water
- 3/4 tsp black pepper
- 1/2 tsp onion powder
- 1 cup TH Peanut Flour
- 3 Tbs natural peanut butter (sugar-free)
  (chunky-style works great here)
- 1 & 1/4 tsp TH Mineral Salt
- 1/4 tsp cayenne pepper
- 2 Tbs butter
  (or coconut oil)

Instructions

1. Preheat the oven to 425°F.

2. Put the chicken pieces in a large bowl, add the peanut flour, peanut butter (if using), water, salt, pepper, cayenne, and onion powder, and combine to coat well.

3. Melt the butter, then pour into a 9 × 13-inch baking pan. Place the seasoned chicken on top, spreading it out to leave room between the pieces. Bake for 15 minutes.

4. Run the pan under the broiler for 5 to 10 minutes, or until the tops of the chicken pieces are golden brown and get ultra-crispy. Watch closely after 5 minutes, so they don't burn.

Peanut Popper Chicken- Single Serve (S)



Servings

1 Single Serve Recipe

Ingredients

- 1 chicken breast (s)
  (fresh or thawed from frozen; diced or cut into small pieces with kitchen scissors)
- 1 sprinkle TH Mineral Salt
- 1 sprinkle cayenne pepper
  (if you like a little spicy)
- 1 tsp butter
  (or extra-virgin coconut oil)
- 1 Tbs natural peanut butter (sugar-free)
- 1.5 Tbs TH Peanut Flour
- 2 tsp water
- 1 sprinkle black pepper
- 1 sprinkle onion powder
- 1 squirt Bragg's liquid aminos
  (optional)
- 1 spiralized zucchini

Instructions

1. Preheat the oven to 425°F.
2. Place the chicken breast in a large bowl, add the peanut flour, peanut butter (if using), water, salt, pepper, cayenne, and onion powder, and combine to coat well.
3. Melt the butter, then pour into a small baking pan. Place the seasoned chicken on top of the melted butter. Bake for 15 minutes.
4. Run the pan under the broiler for 5 to 10 minutes, or until the top of the chicken breast is golden brown and gets ultra-crispy. Watch closely after 5 minutes, so it does not burn.
5. Serve over a bed of spiralized & sauteed zucchini.

Pearls Best Weird Salad (E)



Servings

1 Single Serve Recipe

Ingredients

- 1 carrot (s)
  (1- large organic unpeeled carrot; grated)
- 13 unsweetened raisins
  (cut in half)
- 1 squirt Bragg's liquid aminos
- 1 light sprinkle cayenne pepper
- curry powder
  (to taste; to sprinkle on to the tuna as it heats up)
- 1 Tbs almond slices
  (roasted & sliced, Pearl loves the Fresh Gourmet Brand)
- 1/2 English cucumber (s)
  (1/2 of a large peeled cucumber; grated, that's weird to grate I know but just roll with it))
- 2/3 cup pre-cooked quinoa
- 1 splash apple cider vinegar
  (a good splash)
- 1/4 tsp TH Super Sweet Blend
- 3 ounces Safe Catch Tuna
- TH Mineral Salt
  (to taste; to sprinkle on to the tuna as it heats up)

Instructions

1. Put the grated carrot, cucumber and raisins in your fave bowl.
2. Add ACV, Super Sweet, Braggs and cayenne and toss well.
3. Add the quinoa and toss all ingredients gently.
4. Heat tuna in a non stick pan and sprinkle with curry powder and mineral salt... will be warm in 1 minute.
5. Top salad with tuna, then add the nuts.

Pearl's Loaded Tuna Hummus Toast (E)



Servings

2 SERVINGS

Ingredients

- 2 slices sprouted bread
  (or sourdough bread; toasted; use 2 slices of sprouted toast per serving.)
- 2 Tbs hummus
  (2-3 Tbs hummus)
- onion (s)
  (diced: any desired amount of choice)
- pickled jalapeño pepper(s)
  (sliced; any desired amount of choice)
- unsweetened cranberries
  (unsweetened dried cranberries; sweetened with Gentle Sweet, any desired amount of choice)
- chipotle chili powder
  (optional)
- 1 packet Safe Catch Tuna
  (Trader Joe's tuna packet or other tuna packet of your choice; drain well)
- 1 stalk celery
  (chopped)
- carrot (s)
  (grated; any desired amount of choice)
- dill pickles
  (sweetened with Gentle Sweet; chopped, any desired amount of choice)
- hot sauce
  (optional)
- cayenne pepper
  (optional)
- smoked paprika
  (optional)

Instructions

1. Toast two slices of your bread of choice and set aside on a plate.

2. In a small bowl combine all of the other listed ingredients and mix well. This tuna mixture will be enough for two meals.

3. Spread half of the tuna mixture onto the two slices of sprouted toast.

4. Sprinkle the top of the loaded toast with the cayenne pepper, chipotle powder, or smoked paprika... if choosing to use them.

Pearl's Maple Peach Oatmeal (E)



Servings

1 Single Serve Recipe

Ingredients

- 1/4 cup quick oats
- 1/4 cup old-fashioned rolled oats
- 1/2 to 2 tsp. TH Whole Husk Psyllium Flakes (Start with smaller amount if you are new to psyllium)
- Few drops Maple Natural Burst Extract
- 1 pinch Mineral Salt
- 2 doonks TH Pure Stevia Extract
- 2 - 3 Tbs. TH Optimized Plant Protein
- 1 cups water
- 1/2 cup peaches such as a 4oz fruit cup in natural juice or stevia sweetened, partially drained.
- 1 – 2 Brazil nuts, chopped (if you have huge Brazil nuts, only use about 1 to stay in E mode)

Instructions

1. Place all of the ingredients except for the peaches and the nuts in a small saucepan.
2. Bring the mixture to a quick boil and then turn down the heat and let simmer for a couple of minutes.
3. Pour into a bowl and let that sit for a few minutes to set.
4. Top the oats with the diced peaches and chopped Brazil nuts.

Recipe Notes

***Suggestion from** Pearl:*

- You can leave out the psyllium flakes if you want but you'll have to let the oatmeal sit like 10 – 15 minutes to thicken up. I prefer it in as it gives extra fiber and thickness.

Continue...

- Pour just a little of the juice out of the “To-Go” fruit cup so you don’t spike your blood sugar too high but you can keep some in.
- The protein in this oatmeal plus the fiber makes this sit really well with me and my blood sugar remains perfectly stable.
- For the Brazil nuts… I uses these for my added fat because just 2 Brazil nuts provide wonderful amounts of selenium which is so good for thyroid health and other things. I was taking a selenium supplement but this gives me just as much selenium in a natural way… and it is yummy so heck yeah… I’d rather get my selenium in like this.

More on the TH Optimized Plant Protein…

TH Optimized Plant Protein brings that wonderful balance to your Trim Healthy life. The healthiest protein approach is to have a nice balance of both plant and animal. We love our whey protein and our collagen and still use those frequently but have been looking for the right plant protein source for years now. But most of them are chalky, taste not so great, they’re not creamy and many times have either too high carbs or fats.

Well that all changes now… we are the first to bring this beautiful protein that is sourced from the hemp seed… it is completely defatted and only has that wonderful anti-inflammatory protein that is so good for us. Oh and taste… no hemp flavor or color or taste… no hemp positives on testing either. I have tasted and tried so many other hemp proteins but they are totally different to this. They are swamp green… TH Optimized Plant Protein is a lovely creamy white color.

Pearls Sweat Pants Quinoa (E)



Servings

1 Single Serve Recipe

Ingredients

- 1 cup pre-cooked quinoa
- 2 Tbs TH Optimized Plant Protein
- 1 generous pinch TH Mineral Salt
- 1 sprinkle cinnamon
- 3/4 cup unsweetened cashew milk
- 12 unsweetened raisins
  (12-13 unsweetened raisins)
- 1 sprinkle TH Gentle Sweet
- 1 tsp almond slices
  (oven-roasted)

Instructions

1. Place the pre-cooked quinoa in your bowl.
2. Place the unsweetened cashew milk in a measuring cup, add the protein powder and stir until combined, it is okay if there are some chunky bits, this does not need to be smooth. (If you prefer this hot please feel free to heat the unsweetened cashew milk before stirring in the protein powder.)
3. Pour that mixture over your pre-cooked quinoa and gently stir.
4. Add the raisins.
5. Then top with mineral salt, sweetener, cinnamon and the almond slices.

Quick And Easy Mediterranean Salad (E)



Servings

3 -4 Large Servings

Ingredients

For The Salad

- 4 cups fresh kale
  (finely chopped)
- 1 cup cucumber (s)
  (diced)
- 1.5 cups pre-cooked quinoa
- 2 medium sized carrot (s)
  (finely diced)
- 15 oz chickpeas
  (1- 15 ounce can; drained)

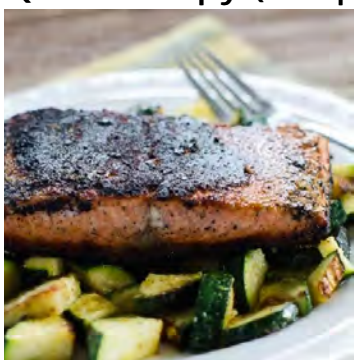
For The Dressing

- 1/4 cup hummus
  (sugar-free)
- 2 lemon (s)
  (use the juice only from 2 lemons)
- 1/4 cup water
- cayenne pepper
  (light sprinkle)
- 2 Tbs TH Optimized Plant Protein
- 1/4 cup TH Nutritional Yeast
- 1 generous squirt Bragg's liquid aminos
- 3 generous pinches TH Mineral Salt
- garlic powder
  (to taste)

Instructions

1. Add all the salad ingredients to a big salad bowl and place to the side.
2. Add all the dressing ingredients to separate small bowl and mix very well.
3. Pour the dressing over the salad and toss everything together.

Quick Crispy (Simple) Salmon (S)



Servings

1 Single Serve Recipe

Ingredients

- 1 filet salmon
- 1 zucchini
  (1-2 zucchini or yellow summer squash; diced or sliced)
- chili powder
  (to taste)
- TH Mineral Salt
  (to taste)
- crushed red pepper flakes
  (to taste)
- 1 tsp butter
  (1-2 tsp of butter or coconut oil to cook the fish)
- 1 tsp butter
  (or coconut oil to saute the squash)
- onion powder
  (to taste)
- black pepper
  (to taste)
- TH Nutritional Yeast
  (to taste)

Instructions

1. Dice the zucchini into tiny cubes and saute in 1 tsp butter, (place lid on saucepan to accelerate cooking time) and toss occasionally.
2. Generously sprinkle all seasonings over one side of salmon, being extra liberal with the chili powder for a blackening effect.
3. In a separate pan from the zucchini, place the seasoned side of fish down in hot oil or butter.
4. Season top side of fish while bottom is browning.
5. Crisp salmon on both sides.
6. Place the cooked salmon on a bed of the finely diced or sliced, sauteed zucchini or yellow summer squash.

Ranch Hand Taco Salad (E)



Servings

6 People

Ingredients

For the Salad

- 2 lbs ground turkey
  (venison or beef; thawed if frozen)
- 2 tsp paprika
  (smoked or regular)
- 1 tsp TH Mineral Salt
- 3 large romaine lettuce
  (3-4 large heads, chopped)
- 15 oz black beans
  (canned, rinsed and drained; or 1.5 cups home-cooked)
- 1.5 Tbs chili powder
- 2 tsp cumin
  (ground)
- 1 tsp garlic powder
- 1 tsp onion powder
- 3/4 cup water
- 1 pint cherry tomatoes
- 30 oz pinto beans
  (2-15 oz cans, rinsed and drained; or 3 cups home-cooked)
- 15 oz corn
  (canned, rinsed and drained)

For the Easy Ranch Dressing

- 1/2 cup 0% Greek yogurt
  (rounded)
- 1 tsp onion powder
  (rounded)
- 1 tsp black pepper
  (rounded)
- 1 tsp garlic powder
  (rounded)
- 1 tsp TH Mineral Salt
  (rounded)
- 2 tsp parsley flakes

Optional Toppings

- corn chips
  (baked, crumbled)
- salsa
- 0% Greek yogurt

Instructions

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,

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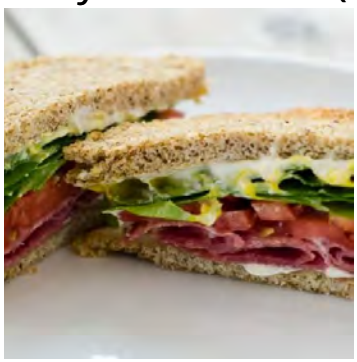
and water. Simmer for 2 to 3 minutes, then remove from the heat.

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.

S-Style Sandwich (S)



Servings

1 Single Serve Recipe

Ingredients

- bread
  (S friendly: TH No Carb Easy Bread, Bread in a Mug, Golden Flat Bread, Oopsie Rolls, Basic Sandwich Buns, Joseph's pita, Lavash, low-carb wrap, etc.)
- 3 oz sandwich fillings
  (3-4 ounces of S friendly: deli meat, egg salad, tuna salad, or chicken salad)
- sandwich fixings
  (S friendly: avocado, cheese, mayo, mustard, lettuce, cucumber, tomatoes, onions, etc.)

Instructions

1. Fill your S-friendly bread with the appropriate fillings and fixings.

2. Enjoy!

Serving Suggestion:

- Add a large side of sliced cucumber chips sprinkled with TH Nutritional Yeast and mineral salt to your S-Style Sandwich!! So easy, yummy and filling!!

Serenes Neapolitan Quinoa (E)



Servings

1 Single Serve Recipe

Ingredients

- 3/4 cup pre-cooked quinoa
  (3/4 cup- 1 cup cooked quinoa)
- 1 pinch TH Mineral Salt
- 1/2 cup 1% cottage cheese
  (low-fat cottage cheese)
- 1 handful fresh blueberries
- coconut oil spray
- 1 tsp TH Gentle Sweet
  (1-2 teaspoons)
- 1 sprinkle cinnamon
  (for the pre-cooked quinoa)
- 1 tsp TH Gentle Sweet
  (to top the cottage cheese)
- cinnamon
  (to sprinkle on the cottage cheese)

Instructions

1. Spray a small skillet with coconut oil non-stick spray.
2. Place the pre-cooked quinoa in the skillet over medium high heat, sprinkle with mineral salt, cinnamon and sweetener and stir it around until it is piping hot.
3. Place the heated mixture into your bowl.
4. On the other side of your bowl add the cottage cheese and sprinkle with sweetener and cinnamon.
5. Place the blueberries in the middle of the quinoa and cottage cheese. Do not stir.

Sweat Pants Oatmeal (E)



Servings

1 Single Serve Recipe

Ingredients

- 1/2 cup old fashioned rolled oats
- 1/2 cup unsweetened nut milk
- 2 tsp TH Gentle Sweet
- 1 sprinkle cinnamon
  (a generous sprinkling)
- 1 cup water
- 12 unsweetened raisins
  (10-12 raisins; optional or any cut fruit)
- 2 pinches TH Mineral Salt
  (generous pinches)
- 1/2 tsp extra virgin coconut oil
- 2 Tbs water
  (2-3 Tbs very hot water to place the coconut oil in)

Instructions

1. Place the oats, water, nut milk and raisins in a very small saucepan and bring to a quick boil, then turn to medium and let boil more gently for about 3 minutes.

2. Take the pan off of the heat and go do something for your morning routine. Come back 10 – 12 minutes later.

3. It will be quite set. Sprinkle the Gentle Sweet, the mineral salt and cinnamon over the oatmeal.

4. Place the coconut oil into the 2-3 Tablespoons of very hot water, mix and pour over your bowl of oatmeal.

Continue...

Tips & Suggestions from Pearl…….

I wanted to give you some extra tips on my ***"Sweat Pants Oatmeal"*** *I described in the Poddy then gave you the recipe here yesterday since I've noticed a bunch of you are making it. The pic I posted yesterday was my bowl half eaten so you did not get to see the succulent coconut oil liquid on top.*

This is actually what it looks like before eating… see those amazing droplets of coconut goodness???!!! It feels like you are eating a decadent fatty crossover… like oatmeal with cream or something. I encourage you not to mix in this water… just let it flow naturally into every spoonful. Float the oil baby! And don't be stingy with the mineral salt or the cinnamon.

Oh man… I still just can't believe we get to eat like this some days.

_____

Sweat Pants Oatmeal (Pearl's Tweaked Version with Gluccie & Oat Fiber)

Here is my latest version… you'll notice I add gluccie, oat fiber and more water now. I'm in love with the taste, texture and everything about it.
This recipe is for 1 Single Serving!!
Ingredients:
-Scant 1/2 cup old fashioned rolled oats (I tried pulling back a little because even though my blood sugar handles oats well, I know some who have more sensitive blood sugar have to be scarce with grains and I was imagining I was you)
-1 1/3 cups water
-1/2 cup unsweetened nut milk
Put these three things in a small saucepan, bring to a quick boil. (I add my 12 raisins now too…. but if your blood sugar is more unstable… try unsweetened dried cranberries or just go without those things). Once this boils. Turn down to medium/low and add the following ingredients:
Next Add These Ingredients:
-2 tablespoons oat fiber
-1/3 teaspoon Gluccie
Now let simmer for another 3 – 4 minutes or so. After that, stir well, take off heat and let stand for another few minutes. Doesn't need as long as my original sweat pants oatmeal to thicken up. Thickens much quicker.

Topping Ingredients for Sweat Pants Oatmeal:

-Mineral salt (couple of good pinches)
-Gentle Sweet (or Super Sweet, I do a combo of both, 1 teaspoon each)
-Cinnamon (sprinkle liberally)
-1/4 cup water mixed with 1/3 – 1/2 teaspoon coconut oil ((do 1/3 now and it is plenty)
Sprinkle on toppings then pour over oil/water mix… don't stir it all in. Let the delicious silky liquid mix into every bit of the thick, hearty oatmeal.
Tell me what you think if you make this and how your blood sugar reacts. You may need a little collagen in your coffee or tea for added protein.

Sweet and Spicy Asian Stir-Fry – Family Serve (FP)



Servings

6 Servings

Ingredients

- 2 lbs chicken tenderloins
- 1 bag stir fry veggies
  (1 or 2 12-ounce bags)
- cayenne pepper
  (to taste)
- 3 doonks TH Pure Stevia Extract
  (3-4 doonks) (or 3-4 tsp TH Super Sweet Blend)
- TH Mineral Salt
  (to season)
- crushed red pepper flakes
  (optional)
- 2 cups chicken broth
  (2-3 cups total) (fat-free)
- 4 Tbs TH Peanut Flour
- 1/4 cup soy sauce
  (1/4 – 1/2 cup)
- onion powder
  (to taste)
- TH Glucomannan ("gluccie")(to thicken)
- black pepper
  (to season)
- TH Ancient Wisdom Noodles
  (optional)

Instructions

1. Prebake or poach a 2 pound bag of chicken tenderloins.
2. Put 1 cup fat-free chicken broth in large skillet.
3. Add 1–2 (12 oz) packets of frozen stir fry veggies (depending on size of family).
4. Once veggies are nearly tender, add 4 Tbs peanut flour or 4 flat tsp peanut butter and whisk well.
5. Add ¼–½ cup soy sauce, cayenne pepper and onion powder to taste and either 3–4 doonks TH Pure Stevia Extract (or 3–4 tsp TH Super Sweet Blend).

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6. Add 1–2 more cups of chicken broth, then thicken sauce by moving the veggies to one side of the skillet so you can have better access to the liquid. Shake in glucomannan from a salt shaker a little at a time and whisking until desired thickness is achieved. Taste to see if more sweetener, spice, or soy sauce is needed for your preference.

7. Dice chicken breasts, season with salt and pepper and add to vegetables and sauce.

8. Serve with konjac noodles, rice, or quinoa and top with chili flakes, if desired.

Sweet and Spicy Asian Stir-Fry – Single Serve (FP)



Servings

1 Single Serve Recipe

Ingredients

- 3/4 cup chicken broth
- 2 Tbs TH Peanut Flour
  (or 1 tsp natural-style peanut butter)
- 1/2 tsp TH Super Sweet Blend
  (or 1 tsp TH Gentle Sweet)
- 1/4 tsp onion powder
- 1/4 tsp TH Glucomannan ("gluccie")
  (or enough to thicken sauce)
- 7 oz TH Ancient Wisdom Noodles
  (optional, rinsed and drained) (1-single serve package)
- 6 oz stir fry veggies
  (frozen) (6-8 oz)
- 2 Tbs soy sauce
  (up to 3 Tbs) (or 1-2 squirts Braggs or Coconut liquid aminos)
- cayenne pepper
  (several pinches, up to 1/8 tsp)
- 1/4 tsp garlic powder
- 3 oz chicken breast (s)
  (up to 4 oz, cooked) (or ultra lean steak)

Instructions

1. Put the broth and veggies in a medium skillet over medium high heat, and cook until almost tender, stirring occasionally, about 5 to 8 minutes. (You can cover the skillet if you want to speed the process.)

2. Add the peanut flour, soy sauce, Super Sweet Blend, and the seasonings. Whisk well, then push the veggies to the side to make some room. Slowly whisk the Gluccie into the sauce. Simmer over low heat, allowing the sauce to thicken for a few more minutes (add only enough Gluccie to thicken to your own preference).

3. Taste and adjust the seasonings to "own it"—it may need more salt, or sweetness, or spice. Then add the chicken or steak and stir.

4. If using the TH Ancient Wisdom Noodles, add them to the skillet and stir to heat through.

Sweetie on Steroids (E)



Servings

1 Single Serve Recipe

Ingredients

- 1 sweet potato (s)
  (peeled and diced small; or a pre-baked then fridge cooled sweet potato)
- 1/4 cup chicken broth
  (or water with a pinch of mineral salt)
- 1 Tbs TH Nutritional Yeast
- 1/8 tsp garlic powder
- 1 sprinkle creole seasoning
  (can use 2 sprinkles)
- 1 tsp extra virgin coconut oil
- 1 large tomato (s)
  (diced finely)
- 1/2 medium onion (s)
  (diced finely)
- 1/2 tsp TH Mineral Salt
- 1/8 tsp cayenne pepper
  (or 1/4 tsp black pepper)
- 1 tsp apple cider vinegar
- 1/4 tsp cumin
  (ground)
- 3 oz chicken breast (s)
  (can use up to 6 oz) (or, tuna – canned or quick pouch)
- Pecorino Romano cheese
  (or finely grated Parmesan cheese, for sprinkling)

Instructions

1. Place the sweet potato, tomato, and onion in a medium saucepan. Add the broth and bring to a boil over high heat. Tightly cover and simmer on lowered heat until tender.

2. Uncover the saucepan and turn up the heat a bit to allow the liquid to start to evaporate while you add the seasonings.

3. Start to smash everything with the back of a fork until nearly smooth. Add the cooked meat and toss all until heated.

4. Add the coconut oil and taste, adjusting the flavors to “own it.” Garnish with a small amount of the cheese.

Unlikely Heroes Breakfast (S)



Servings

1 Single Serve Recipe

Ingredients

- 1 cup Cauli Quick Trick, See Recipe Below
  (at least a cup full but as much as you want)
- 1 Tbs MCT oil
  (or a healthy oil of your choice for drizzling)
- egg whites
  (optional; 1/2 cup, cooked while heating up the Cauli Quick Trick, if not using collagen in your tea or coffee)
- 1 avocado (s)
  (1 mini avocado or 1/2 of a regular avocado)
- seasonings of choice
  (nutritional yeast, mineral salt, black pepper, cayenne pepper, etc.)
- hot sauce
  (optional)

Instructions

1. Heat as much of the Cauli Quick Trick as you desire in a non-stick pan. No need to use any oil, just heat for a minute or two until warm.
2. Put on a plate and then add the sliced or chopped avocado pieces on top.
3. Drizzle oil (about 1 Tablespoon) over the top and then sprinkle on your fave seasonings.

Recipe Notes

Put some collagen in your coffee or other drink for protein or if collagen is not your thing you can get protein by cooking up some egg whites with the cauli rice as you heat it. The reason we suggest egg whites instead of whole eggs here is you are primarily focusing on the fats of your avocado and oil of choice. You don't need to add a third fat source in the form of egg yolks if you are trying to shed stubborn weight.

Continued...

Cauli Quick Trick (FP)

Servings

1 MULTIPLE SERVE RECIPE

Ingredients

- 36 oz frozen cauliflower
  (3-12 ounce bags of frozen cauliflower florets)
- 1.5 tsp MCT oil
- black pepper
  (to taste)
- 3/4 cup water
  (or just enough for steaming)
- TH Mineral Salt
  (to taste)
- TH Nutritional Yeast
  (to taste)

Instructions

1. Place 3/4 cup of water, or enough water for steaming into a cook pot with a steamer basket and place the frozen cauliflower florets in the basket.

2. Steam the cauliflower over medium heat until well steamed not “al dente”. You want your cauliflower to be nice and tenderly done.

3. Drain the water off of the cauliflower. Once drained use a whisk to gently chop the cauliflower in the pan until little pieces begin to form or to a size of your personal liking.

4. Top the chopped cauliflower with the MCT oil, mineral salt, black pepper and nutritional yeast and stir gently until combined.

Meal Idea’s & Suggestions:

- While these instructions use just 3 bags of cauliflower, you can easily increase or decrease amounts for your unique family and situation.

1. ***“Two Sunny Side Up Fried Eggs”*** served on top of a bed of warmed up “***Cauli Quick Trick***“, drizzle some MCT oil or other oil of your choice on top and enjoy! This would be an S Meal.
2. ***“Avocado & Cauli Quick Trick”*** …Cut up a mini avocado or a half of a large avocado and place on top of a plate of the “*Cauli Quick Trick”*, top with mineral salt, black pepper, Braggs Liquid Amino’s and some nutritional yeast. This would be an S Meal.
3. ***“Cauli Quick Trick 5 Minute Stir Fry”***… Place your “***Cauli Quick Trick”*** in the pan, add your pre-cooked ground beef, perhaps from Pearl’s “Hack Your Ground Beef”, add in some fresh spinach and mushrooms and heat until your veggies are softened and heated through. This would be an S Meal.

Warm Chicken Sprouted Sandwich (E)



Servings

1 Single Serve Recipe

Ingredients

- 2 slices sprouted bread
- mayonnaise
  (light mayo)
- TH Mineral Salt
- 1 chicken breast (s)
  (pre-cooked and seasoned)
- mustard
- tomato (s)
- turkey breast
  (optional, one slice or a slice of Canadian bacon)

Instructions

1. Heat precooked seasoned chicken breast in a lightly sprayed or oiled nonstick pan.
2. Toast 2 slices sprouted Trader Joe's or Ezekial bread.
3. Spread thin layer of light mayo on toast and add as much mustard as you desire.
4. Put slices of tomato on toast and season with mineral salt and pepper.
5. Ladle on hot chicken, then slice your sandwich in half with a sharp knife.

SNACKS

Apple Dip (FP)



Servings
1 SINGLE-SERVE RECIPE

Ingredients

- 2.5 Tbs Peanut Junkie Butter
  (recipe can be found on pg 77)
- 1 doonk TH Pure Stevia Extract
  (to taste)
- 2.5 Tbs 0% Greek yogurt
  (or 2 Tbs NoGurt, pg 343 of the TH Cookbook)

Instructions

1. Whisk together all the ingredients in a bowl.

Deli Meat Roll Ups (FP)



Servings

1 PERSON

Ingredients

- deli meat
  (natural, lean deli meat)
- sandwich fillings
  (of choice)

Instructions

1. Take slices of natural, lean deli meat and pat them dry with a paper towel.
2. Spread mayo and mustard, if desired (keep to light mayo or use only mustard or horseradish for E or FP).
3. Add pencil size (julienne cut) strips of cheese (only very thin slices of skim mozarella for E or FP).
4. Add pencil size (julienne cut) strips of green pepper or celery.
5. Roll up and secure with toothpick.

Glycine Glory Pudding (FP)



Servings

1 Multiple Serve Recipe

Ingredients

- 2 cups unsweetened almond milk
  (unsweetened cashew milk, or Foundation Milk;page 439)
- 1 tsp extra virgin coconut oil
  (1-2 tsp. extra virgin, or pastured butter, or 2-3 tsps. MCT Oil)
- 3 Tbs TH Integral Collagen
- 1 Tbs TH Just Gelatin
  (plus 1/2 teaspoon)
- 3 pinches TH Mineral Salt
- 1 tsp TH Natural Burst Vanilla Extract
- 1 tsp TH Natural Burst Butter Extract
  (or butterscotch, maple, banana or caramel extract)
- 2 tsp TH Super Sweet Blend (2-2.5 tsp)

Instructions

1. Put ½ cup of the milk into a small saucepan over medium heat. As it warms, add the gelatin, whisking as the milk comes almost to a boil. Remove from the heat. (If you are using coconut oil or butter, add to the hot milk to soften; if using MCT oil, this is not necessary.)

2. Put the remaining 1½ cups milk and the remaining ingredients, including the MCT oil (if using), in a blender. Add the hot milk and blend well.

3. Pour the mixture into 2 snack-size jars or 4 very small containers, then refrigerate to chill and firm up. Give the puddings a little stir after 1 hour if you think about it; that will disperse any froth or bubbles that might be trying to set at the top.

Lemon Mousse (FP)



Servings

1 SERVING

Ingredients

- 1 lemon (s)
  (or lemon concentrate)
- 2 cups water
- 2 tsp TH Glucomannan (“gluccie”)
- 4 Tbs 0% Greek yogurt
  (or 1/4 cup canned, light coconut milk)
- 3 tsp TH Super Sweet Blend
  (3-5 tsps or 3-5 doonks TH Pure Stevia Extract)

Instructions

1. Peel only yellow rind off a lemon, leaving as much of the white as you can. Cut lemon up into chunks, removing any seeds that are visible.
2. Put all lemon pieces and juice into blender, or use several good squirts of lemon juice concentrate.
3. Add 4 Tbs 0% Greek yogurt, or ¼ cup light coconut milk.
4. Add 2 cups water.
5. Add 3–5 tsp TH Super Sweet Blend or 3–5 doonks TH Pure Stevia Extract (or you can try a combination of both).
6. While blender is running, slowly add 2 tsp glucomannan. Blend for a couple of minutes. Stop blender and let contents rest for a couple more minutes. Restart blender and whip again until mousse is starting to thicken well.

Lettuce Wraps (FP)



Servings

1 -2 PEOPLE

Ingredients

- 6 large lettuce leaves
- mustard
- chicken breast (s)
  (or pieces of lean sausage, bacon, or beef)
- onion (s)
  (optional)
- mayonnaise
  (can be either light of full-fat depending on Fuel type)
- horseradish sauce
  (optional, instead of mustard and mayonnaise)
- tomato (s)
  (optional)
- cheese of choice
  (sliced or grated)

Instructions

1. Put 6 large lettuce leaves on a couple of dinner plates.
2. Spread each one with mayo and mustard or horseradish sauce (mayo can be either light or full-fat depending on S, E or Fuel Pull).
3. Add small pieces of any meat like sausage, bacon, chicken, or beef. Use only lean meats if making wraps E or Fuel Pull style.
4. Add finely diced tomato and onion if desired. (For E, you can add some quinoa or beans, or a little pineapple).
5. Add some grated or thin sliced cheese for S. For E or Fuel Pull don't use any cheese at all, or include a little skim mozzarella.
6. Roll each leaf up around the fillings, securing with a toothpick so they don't unravel on your plate.
7. Transfer all your lettuce wraps to one plate and enjoy your slimming lunch or dinner.

Peanut Junkie Butter (FP)



Servings

1 Multiple Serve Recipe

Ingredients

- 3/4 cup TH Peanut Flour
- 3/4 tsp MCT oil
  (or, 1/2 tsp softened butter)
- 1/2 tsp TH Gentle Sweet
  (or more, to taste)
- 9 Tbs water
- 1/3 tsp TH Mineral Salt
  (or more, to taste)

Instructions

1. Whisk all the ingredients in a small bowl, then transfer to a small jar with a lid. Cover and keep refrigerated until ready to use.

Peppe Pick Me Up Snack (FP)



Servings

1 Single Serve Snack

Ingredients

- 16 slices turkey pepperoni
  (See Recipe Notes Below)

Instructions

1. Place 2 pieces of paper towel on a microwave safe plate.
2. Place your pepperoni slices on top of the lined plate.
3. Cover the sliced pepperoni with an additional piece of paper towel.
4. Microwave on high for 1 to 2 minutes, or until crispy.

Recipe Notes

The amount of slices to use will depend on your brand but most **turkey pepperoni** is 16 slices per serving and fits into FP mode nicely. For optimal results those that are are **Slow Losers** need to use turkey pepperoni to keep it in Fuel Pull Mode, however regular pepperoni and cheese can be added for those who want to make it an S snack.

Prepare-Ahead Chocolate Pudding (FP)



Servings

4 SERVINGS

Ingredients

- 2 cups water
- 2 heaping Tbs unsweetened cocoa powder
- 2 pinches TH Mineral Salt
- 7 tsp TH Super Sweet Blend
  (7-10 tsp)
- 2 cups unsweetened almond milk
- 1 tsp extra virgin coconut oil
  (or MCT oil)
- 2 dashes TH Natural Burst Vanilla Extract
- 3 1/2 tsp TH Glucomannan (“gluccie”)
  (3 1/2-4 1/2 tsp)

Instructions

1. Add all ingredients, except glucomannan, to blender.
2. While blending add glucomannan then blend for a couple of minutes.
3. Let pudding rest for another couple of minutes.
4. Blend again until desired consistency or finish blending and refrigerate as pudding should thicken further in the fridge.
5. Transfer to small containers or jars with lids for easy snack or dessert options.

Prepare-Ahead Lemon Pudding (FP)



Servings

4 SERVINGS

Ingredients

- 2 cups water
- 2 lemon (s) Juiced
- 6 tsp TH Super Sweet Blend
  (6-8 tsp) (or 6-8 doonks TH Pure Stevia Extract)
- 2 cups unsweetened almond milk
- 1 tsp extra virgin coconut oil
- 2 pinches TH Mineral Salt
- 3 1/2 tsp TH Glucomannan (“gluccie”)
  (3 1/2-4 1/2 tsp)

Instructions

1. Add all ingredients, except glucomannan, to blender.
2. While blending add glucomannan then blend for a couple of minutes.
3. Let pudding rest for another couple of minutes.
4. Blend again until desired consistency or finish blending and refrigerate as pudding should thicken further in the fridge.
5. Transfer to small containers or jars with lids for easy snack or dessert options.

Prepare-Ahead Peanut-Power Pudding (FP)



Servings

4 SERVINGS

Ingredients

- 4 cups water
- 1 tsp extra virgin coconut oil
  (or MCT oil)
- 3.5 tsp TH Glucomannan (“gluccie”)
  (3.5-4.5 tsp)
- 4 Tbs TH Peanut Flour
- 3 pinches TH Mineral Salt
- 6 doonks TH Pure Stevia Extract
  (or 6-7 tsp TH Sweet Blend)

Instructions

1. Add all ingredients, except glucomannan, to blender.
2. While blending add glucomannan then blend for a couple of minutes.
3. Let pudding rest for another couple of minutes.
4. Blend again until desired consistency or finish blending and refrigerate as pudding should thicken further in the fridge.
5. Transfer to small containers or jars with lids for easy snack or dessert options.

Vanilla Gluccie Pudding (FP)



Servings

3 TO 4 SNACK OR DESSERT-SIZE PUDDINGS

Ingredients

- 2.5 cups unsweetened nut milk (almond or cashew)
- 2 pinches TH Mineral Salt (2 or 3 pinches)
- 1/4 cup TH Pristine Protein Powder (or 1.5 Tbsp Integral Collagen – collagen peptides; optional)
- 2 tsp TH Super Sweet Blend
- 2 doonks TH Pure Stevia Extract
- 2 tsp TH Natural Burst Vanilla Extract
- 1.5 tsp TH Glucomannan ("gluccie") (see Recipe Notes below)
- 3/4 Tbs TH Integral Collagen (or, 1/4 cup Pristine Protein Powder; optional)

Instructions

1. Put the almond milk in a blender with the two types of sweeteners, salt, and vanilla extract. Start blending on low and then sprinkle in the Gluccie. Blend on high for 1 minute.

2. Let the blender rest for 30 seconds, then resume blending for another 1 to 2 minutes. Just before stopping, add the whey protein (if using) and blend for another 10 to 20 seconds on high. If it's not pudding texture yet, don't worry; the Gluccie will thicken up more after chilling in the fridge for a while.

3. Pour the pudding into a quart-size yogurt container or into four 1 cup containers with lids. Transfer to the refrigerator.

Vanilla Gelatin Pudding (Gluccie Alternative) (FP)



Servings

4 Dessert Size Servings

Ingredients

- 2 cups unsweetened nut milk (divided)
- 1 tsp TH Natural Vanilla Extract
- 2 tsp TH Super Sweet Blend
- 2 doonks TH Pure Stevia Extract
- 2 tsp TH Just Gelatin (2-3 tsp depending on how thick you like it)

Instructions

1. This “recipe” is really just a method. You can add whatever flavorings you like using any of the gluccie pudding recipes out there.
2. Bloom the gelatin in 1/4 cup of nut milk by whisking it in to form a thick liquid/gel. If you like your pudding to be soft, just 2 tsp. If you like it thicker, like a pie filling, use 3 tsp. Set aside.
3. Heat the remaining nut milk and all other ingredients and flavorings of your choice over medium heat until hot, but not quite boiling, whisking often.
4. Whisk in the bloomed gelatin until fully dissolved in the hot milk mixture.
5. Pour into your storage container or serving jars/bowls and refrigerate until set. This will take several hours, or even overnight.

DRINKS

Baby Frap (FP)



Servings

1 SINGLE-SERVE RECIPE

Ingredients

- 1/4 cup unsweetened almond milk
  (or cashew milk)
- 1/4 tsp flavorings or extracts
  (optional, if you want caramel, vanilla or orange flavored)
- 1.5 tsp TH Super Sweet Blend
  (1.5 to 2 tsp, to taste) (or 1.5 to 2 doonks TH Pure Stevia Extract)
- 2 Tbs TH Pristine Protein Powder or Optimized Plant Protein
- 1/4 cup water
- 1 tsp unsweetened cocoa powder
  (optional, if you want chocolate flavored)
- 2 pinches TH Mineral Salt
- 1/6 tsp TH Glucomannan ("gluccie")(1/6 to 1/8 tsp)
- 6 large ice cubes
  (6-8 ice cubes)

Instructions

1. Put all ingredients except whey and ice into blender and blend for a few seconds.
2. Add ice then blend on high until ice has broken down.
3. While blender is running, add TH Pristine Whey Protein Powder and blend again for a little longer until mixture begins to look fluffy.
4. Taste and tweak flavors before pouring into your glass.

Chai Trimmy (FP)



Servings

1 SINGLE-SERVING RECIPE

Ingredients

- 12 oz water
  (1.5 cups "just off-the-boil-hot water")
- 1/4 tsp sunflower lecithin (optional)
- 3/4 Tbs TH Integral Collagen
  (3/4 - 1.5 Tbs – Healing Trimmy) (1 tsp for Basic Trimmy)
- 1 tsp TH Pristine Protein Powder
  (optional for a frothier Trimmy)
- chai tea
- 1 tsp TH Super Sweet Blend (or more, to taste)
- 1 tsp MCT oil
  (1 to 2 tsp for FP & 1 Tbs for S) (or, 1.5 tsp butter & 1.5 tsp MCT for S)
- 3 pinches TH Mineral Salt
- 1/2 tsp TH Natural Burst Vanilla Extract
- 1 drop essential peppermint oil
  (optional; or orange oil)

Instructions

1. Brew your favorite chai tea in a large mug of just-off-the-boil water; cover while brewing to retain heat.

2. Add all the other ingredients to the blender before adding the tea. Blend for a few seconds or use an immersion blender.

Cheater's Trimmy (FP)



Servings

1 Single-Serve Recipe

Ingredients

- 1 cup brewed, strong coffee
  (hot coffee or hot brewed tea)
- 1/2 tsp butter
- TH Gentle Sweet
  (optional; if sweetener is desired)
- 1 tsp TH Integral Collagen
- 1/2 tsp extra virgin coconut oil
- 1 tsp TH Pristine Protein Powder

Instructions

1. Pour the hot coffee or tea into a blender or use a tall heatproof cup and a stick blender.

2. Add the collagen, coconut oil, butter and sweetener (if desired). Turn your blender on or use your stick blender on low speed and blend.

3. While the blender is still running add the whey protein powder and then turn the blender to high for 10 seconds until Trimmied up nicely... meaning frothy and deliciously creamy (or use a stick blender).

Choco Chip Baby Frap (FP)



Servings

1 Single Serve Recipe

Ingredients

- 1/4 cup unsweetened almond milk (or cashew milk)
- 1/3 tsp TH Natural Burst Vanilla Extract
- 1/8 tsp TH Glucomannan ("gluccie")(1/8 to 1/4 tsp)
- 2 Tbs TH Pristine Protein Powder or Optimized Plant Protein
- 1/4 cup water
- 1 pinches TH Mineral Salt (1 or 2 pinches)
- 1 tsp TH Super Sweet Blend (1 to 1.5 tsp; or to taste)
- 7 large ice cubes (7 to 8 ice cubes)
- 1/4 oz Skinny Chocolate (chopped; can use FP amount of stevia-sweetened chocolate or 85% dark chocolate)

Instructions

1. Put all the ingredients except the ice cubes, whey, and chocolate in a blender and blend for 10 to 15 seconds. Add the ice and blend until smooth. Add the whey while the blender is still running and blend for 10 to 15 seconds more.

2. Turn the blender off and add the chocolate. Pulse briefly, until the chocolate is broken into tiny pieces small enough to suck through a straw (don't overblend). Taste, and adjust the flavors to "own it."

Collagen Tea (FP) p. 436



Servings

1 SINGLE-SERVE RECIPE

Ingredients

- 12 oz water
  (1.5 cups “just off-the-boil-hot water”)
- 1 tea bag of choice
- 1.5 Tbs TH Integral Collagen
  (3/4 teaspoon to 1.5 Tablespoon depending on your protein needs)

Instructions

1. Place the hot water in a large mug and add the tea bag; cover while brewing. Remove the tea bag, then stir the collagen into the hot tea with a fork. Keep stirring until completely dissolved. At first the tea will appear cloudy, but after 30 seconds to 1 minute, it will be clear. Enjoy!

Easy Chocolate Milk (FP)



Servings

1 SERVING

Ingredients

- 1 cup unsweetened almond milk
  (or cashew milk)
- 1.5 tsp TH Super Sweet Blend
  (or double amount of Gentle Sweet)
- 1 tsp unsweetened cocoa powder
  (rounded)
- 2 Tbs TH Pristine Protein Powder
  or Optimized Plant Protein

Instructions

1. Place all the ingredients in a blender and blend until smooth.

Ginger Cream Trimmy (FP)



Servings

1 Single Serve Recipe

Ingredients

- 12 oz water
  (1.5 cups "just off-the-boil-hot water")
- 1 tsp TH Super Sweet Blend
  (or more, to taste)
- 3/4 Tbs TH Integral Collagen
  (3/4 Tbs - 1.5 Tbs – Healing Trimmy) (1 tsp for Basic Trimmy)
- 1 tsp TH Pristine Protein Powder
  (optional for a frothier Trimmy)
- 1/4 tsp ginger
  (1/4 to 1/2 tsp ground ginger)
- 1/4 tsp sunflower lecithin (optional)
- 1 tsp MCT oil
  (1 to 2 tsp for FP & 1 Tbs for S) (or, 1.5 tsp butter & 1.5 tsp MCT for S)
- 3 pinches TH Mineral Salt
- 1/2 tsp TH Natural Burst Vanilla Extract

Instructions

1. Place all the ingredients in a blender. Hold the lid on tightly and blend for 10 seconds, until frothy and deliciously creamy (or use an immersion blender).

Hit The Spot Hot Chocolate (FP)



Servings

1 Single Serve Recipe

Ingredients

- 6 oz water
- 1 tsp unsweetened cocoa powder
  (1 generous teaspoon)
- 2 pinches TH Mineral Salt
- 1 tsp heavy cream
- 6 oz unsweetened almond milk
- 1 tsp TH Super Sweet Blend
  (1 scant or level teaspoon of TH Super Sweet Blend OR 3 teaspoons of TH Gentle Sweet)
- extract of your choice
  (desired amount of an extract of choice or essential oil)

Instructions

1. Place the water and unsweetened almond milk in a small saucepan.
2. Next add the unsweetened cocoa powder, sweetener, salt and your choice of any extract or essential oil.
3. Whisk all of the ingredients over low to medium heat until hot.
4. Pour into your mug and enjoy!

Hot Chocolate Trimmaccino (FP)



Servings

1 Single Serve Recipe

Ingredients

- 12 oz water
  (1.5 cups "just off-the-boil-hot water")
- 1 tsp TH Super Sweet Blend
  (or more, to taste)
- 3/4 Tbs TH Integral Collagen
  (3/4 to 1.5 Tbs – Healing Trimmy) (1 tsp for Basic Trimmy)
- 1 tsp TH Pristine Protein Powder
  (optional for a frothier Trimmy)
- 2 tsp unsweetened cocoa powder
  (rounded)
- 1/4 tsp sunflower lecithin (optional)
- 1 tsp MCT oil
  (1 to 2 tsp for FP & 1 Tbs for S) (or, 1.5 tsp butter & 1.5 tsp MCT for S)
- 3 pinches TH Mineral Salt
- 1/2 tsp TH Natural Burst Vanilla Extract
- 1 drop essential peppermint oil (optional; or orange oil)

Instructions

1. Place all the ingredients in a blender. Hold the lid on tightly and blend for 10 seconds, until frothy and deliciously creamy (or use an immersion blender).

Jaffa Baby Frap (FP)



Servings

1 SINGLE-SERVE RECIPE

Ingredients

- 1/4 cup unsweetened almond milk
- 1 pinch TH Mineral Salt
- 1.5 tsp TH Super Sweet Blend
  (1.5 to 2 tsp) (or 1.5 to 2 doonks TH Pure Stevia Extract)
- 7 ice cubes (7-8)
- 1/4 cup water
- 1/4 tsp TH Glucomannan (“gluccie”)
  (or a tad less) (or xantham gum)
- 1 heaping tsp unsweetened cocoa powder
- 2 drops orange essential oil
  (2 to 3 drops) (or, 1/4 to 1/2 tsp pure orange extract)
- 2 Tbs TH Pristine Protein Powder or Optimized Plant Protein

Instructions

1. Put all ingredients except ice and whey powder in a blender and blend for 10 seconds.
2. Add ice and blend until ice is completely broken down.
3. Add whey powder while blender is still running and blend until Baby Frap is thick and fluffy.

Matcha Ninny (S)



Servings

1 Single Serve Recipe

Ingredients

- 6 oz unsweetened nut milk
  (unsweetened almond, cashew or coconut milk)
- 1/3 tsp TH Super Sweet Blend
  (1/3-1/2 teaspoon)
- 1 tsp TH Pristine Protein Powder
  (for a DF version use 1 tsp of TH Integral Collagen)
- 6 oz water
- 3/4 tsp matcha powder
- 2 generous pinches TH Mineral Salt
- 1 tsp extra virgin coconut oil
  (a good rounded teaspoon; for a FP version use 1/2 tsp of coconut oil)

Instructions

1. In a small sauce pan combine the unsweetened milk of your choice and water and heat on top of the stove until it comes to a full boil.

2. While that is heating put the remaining ingredients except for the whey protein powder into a blender.

3. Pour boiled water and milk into the blender and blend with other ingredients. While blending add 1 tsp Pristine Whey Protein then blend another ten seconds or so.

4. Pour into a 12 ounce mug and enjoy warm or you can pour this over a glass of ice and enjoy this cold.

Mighty Maca Trimmy (FP)



Servings

1 SINGLE-SERVING RECIPE

Ingredients

- 12 oz water
  (1.5 cups "just off-the-boil-hot water")
- 1 tsp TH Super Sweet Blend
  (or more, to taste)
- 3/4 Tbs TH Integral Collagen
  (3/4 Tbs - 1.5 Tbs – Healing Trimmy) (1 tsp for Basic Trimmy)
- 1 tsp TH Pristine Protein Powder
  (optional for a frothier Trimmy)
- 1 tsp maca powder
  (gelatinized)
- 1/4 tsp sunflower lecithin (optional)
- 1 tsp MCT oil
  (1 to 2 tsp for FP & 1 Tbs for S) (or, 1.5 tsp butter & 1.5 tsp MCT for S)
- 3 pinches TH Mineral Salt
- 1/2 tsp TH Natural Burst Vanilla Extract

Instructions

1. Place all the ingredients in a blender. Hold the lid on tightly and blend for 10 seconds, until frothy and deliciously creamy (or use an immersion blender).

Pearl's Oolong Trimmy (FP)



Servings

1 Single Serve Recipe

Ingredients

- 12 oz water
  (just off the boil)
- 1/2 tsp extra virgin coconut oil
- 1 sprinkle cinnamon
  (ground)
- 1 tsp TH Pristine Protein Powder
- 1 oolong tea bag (s)
- 1 tsp TH Integral Collagen
- 1 pinch TH Mineral Salt
- 1/2 tsp TH Super Sweet Blend
- 1 doonk TH Glucomannan ("gluccie")

Instructions

1. Add all ingredients except the Pristine Whey to your mug of hot tea and blend well.
2. Next add the Pristine Whey for the last few seconds of blending.
3. Enjoy!

Rashida's Immunity Apple Cider (FP)



Servings

1 Multiple Serve Recipe Serves About 4-6

Ingredients

- 8 cups water
  (8-9 cups of water)
- 1/4 tsp TH Mineral Salt
- 3/4 tsp cinnamon
- 2000 mg Vitamin C Powder
  (or crushed Vitamin C tablets; see Recipe Notes below)
- 1/3 cup apple cider vinegar
  (1/3 cup + 2 Tablespoons)
- 1/4 cup TH Baobab Boost Powder
  (optional)
- 3 cinnamon sticks
- 20 cloves (whole cloves)
- 1 tsp blackstrap molasses
- 1/2 tsp orange extract
  (pure orange extract)
- 1 Tbs TH Super Sweet Blend
- 1/4 cup TH Gentle Sweet
- 2 Tbs TH Integral Collagen
  (optional)

Instructions

1. Add everything but the collagen to a large pot, cover with a lid and cook on high to bring to a boil. Reduce heat to medium-low, whisk in the collagen. You can continue to let it simmer if you want an even bolder flavor and your house will smell even more amazing!

Salted Caramel Baby Frap (FP)



Servings

1 SINGLE-SERVE RECIPE

Ingredients

- 1/4 cup unsweetened almond milk
- 2 pinches TH Mineral Salt
- 1.5 tsp TH Super Sweet Blend
  (1.5 to 2 tsp) (or 1.5 to 2 doonks TH Pure Stevia Extract)
- 1/4 cup water
- 1/4 tsp TH Glucomannan (“gluccie”)
  (or a tad less) (or xantham gum)
- 1/4 tsp caramel extract
- 7 ice cubes
- 2 Tbs TH Pristine Protein Powder
  or Optimized Plant Protein

Instructions

1. Put all ingredients except ice and whey powder in a blender and blend for 10 seconds.
2. Add ice and blend until ice is completely broken down.
3. Add whey powder while blender is still running and blend until Baby Frap is thick and fluffy.

Salted Caramel Creamy Oolong (FP)



Servings

1 Single Serve Recipe

Ingredients

- 12 oz water
  (1.5 cups "just off-the-boil-hot water")
- 3 pinches TH Mineral Salt
- 1 tsp heavy cream
  (or 1 Tbs half and half, or 1 to 2 Tbs heavy cream for an indulgent S)
- 1 squirt fat-free Reddi-Wip
  (optional, for Drive Thru Sue's)
- 1 oolong tea
  (1 oolong tea bag or tea flavor of your choice)
- 1/8 tsp Natural Burst Caramel Extract
- 1/2 tsp TH Super Sweet Blend
  (1/2-3/4 tsp)
- 1 Tbs TH Pristine Protein Powder
  (scant)

Instructions

1. Place the hot water in a large mug and add the tea bag; cover while brewing.
2. Place all the remaining ingredients except the whey protein and Reddi-wip in a blender. Add the tea and blend for a few seconds.
3. Add the whey and blend for 5 to 10 seconds more. Serve with a squirt of Reddi-wip on top, if desired.

Speedy Chocolate Milk (FP)



Servings

1 Single Serve Recipe

Ingredients

- 1 cup unsweetened nut milk
  (a generous cup of unsweetened nut milk; either cashew or almond)
- 2 Tbs. TH Pristine Protein Powder Chocolate Flavor

Instructions

1. Blend all the ingredients in a stand blender or use a stick blender.

NOTE: If you don't have chocolate whey protein, no worries, you can use our original recipe to get a similar result. This is how we made the drink before we had chocolate-flavored whey.

Pearl's Slimming Chocolate Milk

-1 cup unsweetened cashew or almond milk

-1 rounded teaspoon unsweetened cocoa powder

-1 rounded teaspoon TH Super Sweet Blend

-1 to 2 tablespoons unflavored TH Pristine Whey Protein Powder.

Blend all ingredients until combined.

If you have sufficient protein in your meal, you can leave off the whey . . . still tastes great.

Speedy Strawberry Milk (FP)



Servings

1 Single Serve Recipe

Ingredients

- 1 cup unsweetened nut milk ▪ (a generous cup of unsweetened nut milk; either cashew or almond)
- 1 frozen strawberries
  (1-2 frozen strawberries; optional)
- 2 Tbs TH Pristine Protein Powder Strawberry Flavored

Instructions

1. Blend all the ingredients in a stand blender or use a stick blender.

Strawberry White Chocolate Trimmy (S)



Servings

1 PERSON

Ingredients

- 12 oz unsweetened nut milk
- 3/4 Tbs TH Integral Collagen
- 2 tsp cocoa butter
  (see alternatives in the notes section)
- 2 strawberries (fresh or frozen)
- 1.5 tsp TH Super Sweet Blend
- 1 pinch TH Mineral Salt

Instructions

1. Heat milk and blend with all other ingredients. Top with a dollop of stevia sweetened whipped cream for an extra indulgent treat.

Recipe Notes

If you don't have cocoa butter handy, you have a few alternatives. Coconut oil or MCT oil would be easy! But, you could also use about 1/2 ounce of unsweetened Bakers Chocolate for a Strawberry Hot Chocolate version of this drink.

Trimmaccino Light (FP)



Servings

1 Single-Serve recipe

Ingredients

- 12 oz coffee
  (hot coffee or hot brewed tea)
- 1 tsp TH Integral Collagen
  (3/4 to 1.5 Tbs for a Healing Trimmy)
- 1 tsp TH Pristine Protein Powder
  (optional)
- 1 tsp MCT oil
  (1 to 2 tsp; or, 1 tsp butter or coconut oil)
- 1/8 tsp sunflower lecithin (optional)
- TH Gentle Sweet
  (2-3 teaspoons of TH Gentle Sweet; or another on plan sweetener such as TH Super Sweet Blend; optional, to taste)

Instructions

1. Place all the ingredients in a blender. Hold the lid on tightly and blend for 10 seconds, until frothy and deliciously creamy or use a stick blender.

Vanilla Rooibos Trimmy (FP)



Servings

1 SINGLE-SERVING RECIPE

Ingredients

- 12 oz water
  (1.5 cups "just off-the-boil-hot water")
- 1/4 tsp sunflower lecithin (optional)
- 3/4 Tbs TH Integral Collagen
  (3/4 to 1.5 Tbs – Healing Trimmy) (1 tsp for Basic Trimmy)
- 1 tsp TH Pristine Protein Powder
  (optional for a frothier Trimmy)
- rooibos tea
- 1 tsp TH Super Sweet Blend (or more, to taste)
- 1 tsp MCT oil
  (1 to 2 tsp for FP & 1 Tbs for S) (or, 1.5 tsp butter & 1.5 tsp MCT for S)
- 3 pinches TH Mineral Salt
- 1/2 tsp TH Natural Burst Vanilla Extract

Instructions

1. Brew the rooibos tea in a large mug; cover while brewing to retain heat.

2. Add all the other ingredients to the blender before adding the tea. Blend for a few seconds or use an immersion blender.