Trim Healthy *mama*

MEAL BUILDING CHEAT SHEETS

For S, E, FP & XO Meals



A Companion Resource to

The 7 Skills to Lasting Health

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THM has a place for everyone, whether your goal is to lose, maintain, or gain weight. All 7 Skills to Lasting Health form the foundation of the plan, and for many, simply putting these into practice can bring meaningful changes in health and body composition.

When additional fat-loss support is needed, separating fuels, as taught in Skill 4, can be a powerful tool, but it isn't necessary for everyone or every season. That's why the Meal Building Blocks that follow show you how to build both fuel-separated meals and Crossovers. You can use the approach that best supports your body, your goals, and where you are right now.



S CHEAT SHEET

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

How to Build Your S Meal:

Fat focused meals

Refer to our food lists for more options



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S FOOD LIST

S-Friendly Protein Choices (fatty or lean):

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

S-Friendly Fuel-Pull Add-ons:

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

S Fat Choices:

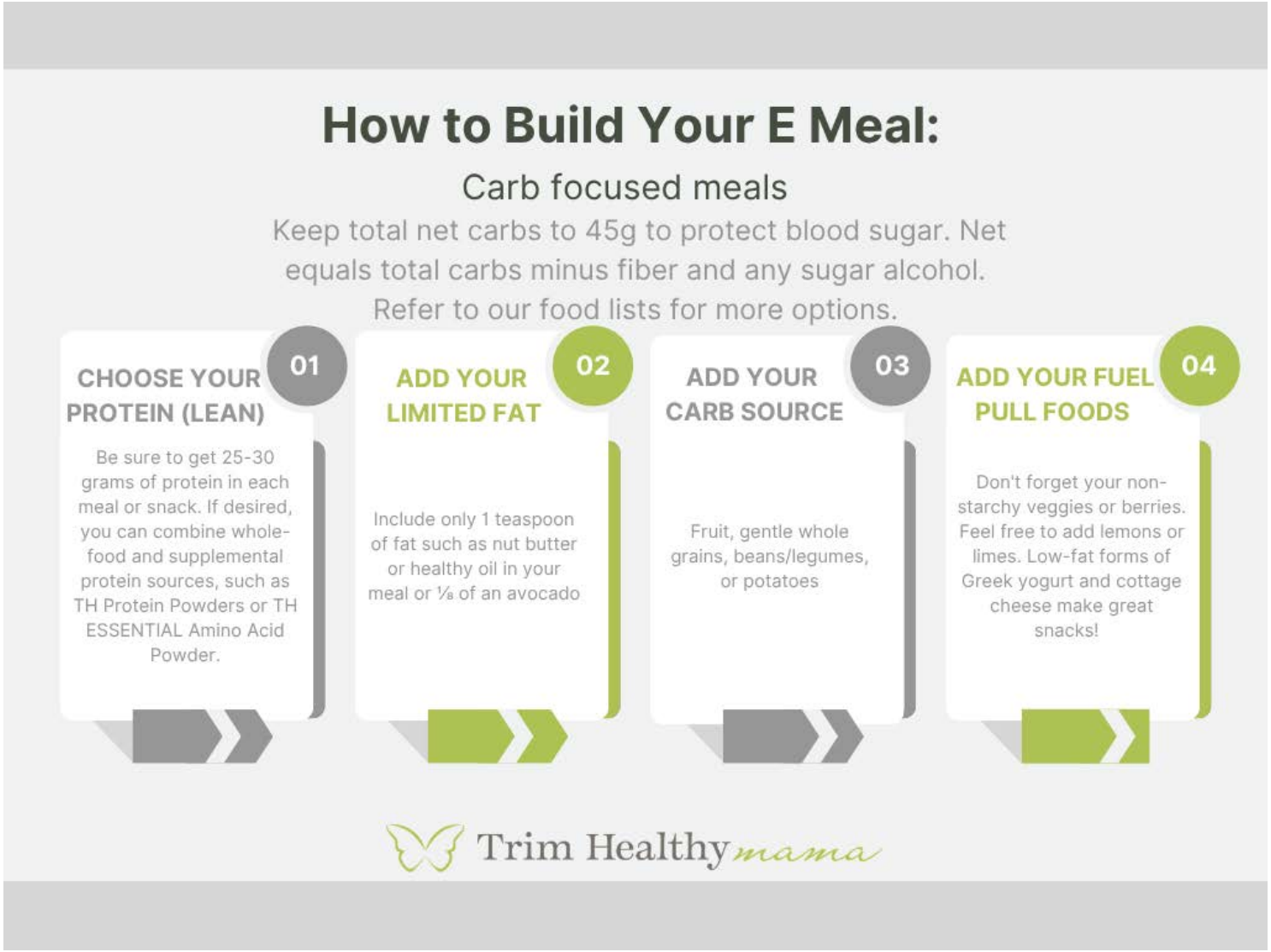
- Butter
- Cheeses
- Healthy cold-pressed oils such as olive, avocado, and sesame oil
- Saturated oils for cooking such as coconut and palm
- Mayo or other fat-containing condiments or salad dressings (2 grams of carbs or less)
- Coconut
- Avocado
- Full-fat dairy such as: sour cream, cream cheese, half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

S-Friendly Allowances:

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

E CHEAT SHEET

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



E FOOD LIST

E-Friendly Lean Protein Choices:

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

E-Friendly Fats:

- Any healthy fat option from our S list but in a limited amount such as 1 teaspoon healthy oil (coconut, olive, etc.), ⅛ avocado, a garnish of nuts (5 fat grams), a tsp of nut butter, a garnish of skim or reduced fat cheeses, etc.

E-Friendly Fuel-Pull Add-ons:

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

E Carb Sources:

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

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

FP CHEAT SHEET

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

How to Build Your FP Meal:

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

Refer to our food lists for more options



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FP FOOD LIST

FP Protein Choices:

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

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

FP-Friendly Fats:

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

FP Vegetables/Fruits:

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

FP-Friendly Allowances:

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