E-Friendly Food List

E meals will allow you to gain health, vitality, and a fired-up metabolism while eating carbs - delicious, energizing carbs that are always safely anchored by protein. These lean meals are designed to give you a pep to your step without giving you a sugar crash later. Please be mindful that this information is property of Trim Healthy Mama, LLC and not intended to be shared outside of this subscribed membership community.

Please Note: Please refer to pages 49 through 53 of the Trim Healthy Mama Plan book for a complete E-Friendly Food List. For space purposes, some of the explanations have been shortened.

### E-Friendly Meats
Avoid fatty meats and eat freely from all of the following lean meats:

- Chicken breast
- Lean deli meats (natural brands are best)
- Lean ground turkey or chicken (96%- 99% lean)
- Other ground meats (96%-99% lean)
  
**Note:** Meat with higher fat levels can be browned, drained, then rinsed well with hot water and used in FP meals in up to 4-ounce portions (see p. 188 of the THM Plan book).
- Salmon (Both wild-caught and most pouch or canned forms are fine; farm-raised may have more fat, so look for less than 5 grams of fat.)
- Tuna packed in water
- All other fish (not fried)
- Turkey breast
- Venison

### E-Friendly Dairy

- 0% plain Greek yogurt
  
**Note:** (Triple Zero stevia-sweetened Greek yogurt by Oikos is also on-plan.)
- Low-fat or nonfat, regular (not Greek) plain yogurt
- Plain low-fat or nonfat kefir
- 1% cottage cheese (2% is fine)
- Low-fat ricotta cheese
- Skim mozzarella cheese (garnish amounts only)
- Reduced-fat 2% hard cheeses (garnish amounts)
- Laughing Cow Cheese wedges

### E-Friendly Egg Sources

- Egg whites (Both carton egg whites and products like Egg Beaters are also acceptable.)
  
**Note:** It is best to leave whole eggs to S settings.

### E-Fuel Grains & Beans

- Brown rice - up to 3/4 cup cooked per serving
- Quinoa - up to 3/4 cup cooked per serving
- Whole Barley - up to 3/4 cup cooked per serving
- Farro - up to 3/4 cup cooked per serving
- Oatmeal - up to 1 & 1/4 cups cooked per serving
- Whole-grain bread - 2-piece servings in sprouted, artisan sourdough, or dark rye form.
  
**Note:** (See the THM Plan book for particulars and brand information.)
- Sprouted tortilla - 1 large tortilla
- Sprouted whole-grain flours
- Sprouted whole-grain pasta (Best used as a side dish - see the THM Plan book for more info.)
- Light Rye, Fiber, or Flax Seed Wasa crackers - up to 4 crackers
- Multi Grain, Hearty, Whole Grain, or Sourdough Wasa crackers - 2 to 3 crackers.
  
**Note:** Most Ryvita crackers will be fine for E meals.
- Popcorn - 4 to 5 cups of popped kernels
- Baked corn chips
  
**Note:** (Use to top chili or soup; don’t overdo.)
### E-Fuel Fruits

All fruits in moderate quantities, for example:
- 1 apple
- ½ large banana or 1 small (best if not overdone)
- 1 generous slice of cataloupe
- 1 orange
- 1 peach
- 1 cup of watermelon (best if not overdone)

All berries, in liberal quantities.

1 tablespoon all-fruit jelly for use with Greek yogurt or on *Trim Healthy Pancakes*. (This type of jelly usually does contain some fruit juice concentrate, but it is minimal.)

**Note:** Please stay away from drinking fruit juice.

### E-Fuel Vegetables

All non-starchy, Fuel Pull friendly, veggies can be eaten in liberal amounts when in E mode, except white potatoes (save potatoes for occasional Crossover meals). Please note that non-starchy veggies are not significant carb sources.

The following E fuel veggies would be considered significant carb sources for your E meals:
- Carrots, both raw and cooked
- Parsnips
- Sweet potatoes - 1 medium sweet potato

### E-Friendly Condiments

- Unsweetened cocoa powder
- Low-fat dressings (homemade or store-bought)
- Horseradish sauce
- Hot sauce (prepared without sugar)
- Mayo—up to 1 teaspoon or just a smear (You can mix 1 teaspoon with Greek yogurt for a nice sandwich spread.)
- Mustard
- Soy sauce/tamari/Bragg Liquid Aminos/Coconut Aminos
- All spices prepared without sugar or needless fillers
- All vinegars

### E-Friendly Oils

- 1 teaspoon oil (coconut, olive, etc.)
- 2 teaspoons MCT oil (explained on page 44 of the Trim Healthy Mama Plan book)

### E-Friendly Nuts & Seeds

- Limit nuts to garnish amounts (5 grams)
- 1 teaspoon for nut butters
- 1 to 2 Tablespoons Pressed Peanut Flour

### E-Friendly Specialty Items

- Pristine Whey Protein Powder
- Integral Collagen
- Just Gelatin
- Glucomannan “Glucie” Organic Fiber
- Plan-approved sweeteners (p. 103 Plan book)
- Trim Healthy Mama Baking Blend
- Pressed Peanut Flour
- Not-Naughty-Noodles or Not-Naughty-Rice
- Unsweetened nut milks, such as: almond, cashew, flaxseed, etc. (Canned coconut milk is not FP-friendly unless small amounts of the light variety are used.)

Check out Ch. 18, "Specialty Food Stars" (p. 140 of the THM Plan book), where descriptions of many of the above products are given. We will also tell you where you can find other brands of the above products, if you don't want to purchase online.

### E-Friendly “Personal Choice” Items

- Joseph’s low-carb pita or lavash bread
- Low-carb tortillas
- Fat-free Reddi-wip
  (Don't overdo - avoid lighter fat-free Cool Whip due to the inclusion of high-fructose corn syrup.)
- Laughing Cow Light Swiss cheese wedges
- Light Progresso soups (excluding “cream of” versions); Add a significant carb source like a sprouted or soured bread.
- Dreamfield’s pasta

**Note Concerning Dreamfield’s Pasta:**
(Limit to once a week, and assess your own reaction to this pasta. Although current nutritional information displays this as a significant carb source, the resistant starch may not amount to enough glucose for an E meal. Add something to your meal like beans or fruit.)