DISCUSSION GUIDE for CHURCH STUDY GROUPS



Dear Discussion Group Leader (or Leaders),

First of all, thank you for your willingness to lead and encourage your group as you journey together through the *Trim Healthy Mama Plan*. We've designed this discussion guide to support your leadership efforts, with loads of in-depth discussion questions to choose from, and (optional) quizzes and activities to help you create a fun and engaging time of learning and fellowship together.

How to Use this Discussion Guide:

Ideally, each person will have access to the *Trim Healthy Mama Plan* for reading during the week, and it's a good idea to have at least one copy on hand to refer to (if needed) during group discussions. Please make copies of the *Reading Calendar*, included in the *Printables* section of this packet, and make it available to your group members right away, as they'll want to have read the first assignment before to the first discussion time.

You may have group members who have already read the book but still want to attend the meetings or who have not read it but can't wait for the next reading assignment and choose to read the book in a week or two... or perhaps a day or two - that's okay! We just recommend that they take a few minutes to review the assigned chapters before the discussion time so that the current discussion topics are fresh in their mind.

As written, this guide is designed with six reading assignments that take the group through the *Trim Healthy Mama Plan*, with six corresponding sets of discussion questions. Please don't feel like you need to get through every question on the list each time you meet, or that every person needs to answer every question.

With a smaller group, you may do well to pick five or six questions and have each person answer each one. But with a larger group you can certainly ask that just a few people share their answers for each question, rotating so that you involve everyone throughout the discussion. Just like each Trim Healthy Mama needs to make the plan her own, we encourage you to customize this discussion guide by using the questions and resources that best fit the needs of your unique group. You can use this guide to give direction to your meetings but general discussions that naturally arise are fine, as are testimonies of the Trim Healthy lifestyle from those already implementing it.

Optional Activities

For each discussion session we've included a corresponding optional game or quiz (these can be found in the *Printables* section at the very end of this packet). Just make a copy for each group member and follow the directions on the printable to use!

You could also:

- Check out <u>TrimHealthyMama.com</u> for free recipes to make and share together.
- Create a private local Facebook group for further connection and encouragement.



- Order sweeteners or specialty ingredients and divide into small 'trial' sized baggies for sampling.
- Organize a Trim Healthy Mama style brunch or potluck to enjoy together.

Some Words of Encouragement

By taking the role of leader, you certainly don't have to feel pressured to know the *Trim Healthy Mama Plan* perfectly inside and out, or be an expert in any way. Perhaps you are new to the plan yourself. That is fine. Don't take that burden on of teaching the plan! Your job as group leader is simply to facilitate the discussion and keep the conversation positive and respectful - you don't have to be a Trim Healthy Mama expert in any way or form. The book does all the teaching, you are leading to offer encouragement and support. If someone has a question that you can't answer we encourage you to direct that question to support@trimhealthymama.com or to take it to one of the official Facebook groups where THM admins can help.

Also, we must note that while some do experience rapid weight loss in their first few weeks on plan, there are many who don't. Of course we love to celebrate the quick losses, but we must ask that you be sensitive to those who take longer to grasp the basics of the Plan, or who (often unknowingly) struggle with underlying health or metabolism issues that can make weight loss painfully slow. Some may choose to avoid the scale altogether and this is fine! Please do your best to keep the discussions focused in a positive direction, and celebrate Non-Scale Victories (like clothing fit, improved energy or mood, less cravings, etc.) right alongside those big or small losses on the scale!

There are a few personal choice topics in the *Trim Healthy Mama Plan* that some may feel *very* strongly about - whether or not to consume unclean meats, GMO's or non-organic foods, etc. These strongly held convictions, while honorable, can often become unnecessary sources of division and conflict in group settings. We encourage groups to set these issues to the side, allowing room for each person to make the Plan their own, *without* condemnation or debate. Thank you for all you do to help keep the discussion groups a place of Food Freedom for all!



Read: Pages xi - 78 (Introduction - Chapter 8)

Introduction

This reading assignment covers the basic principles of the plan and how to create meals that support healthy metabolisms and body weight. Much of this information contradicts what many of us have been taught over the years about health and wellness. Let's dig in and discuss how our own dietary backgrounds and beliefs influence our food choices, and use this time to gain a deeper understanding of what we've read.

Food for Discussion

Do you relate to any of the diet types in Chapter 1? (For example, Whole Grain Jane or Drive Thru Sue, etc.) Which one (or two) types fits you the best?

What has been your biggest struggle with your current (or past) diet or way of eating?

What food groups does God give His people in Deuteronomy 14:4 and 32:13-14? How do these differ from today's dietary "wisdom"?

Briefly describe the difference between Satisfying (S) and Energizing (E) meals.

What is so great about Fuel Pull foods? Why is it important NOT to overdo Fuel Pull meals?

What is the difference between a Crossover and a Cheat? What are some of the reasons for choosing to eat a Crossover meal?

What are some of the foods listed in the S and E chapters that you may have previously considered as unhealthy or fattening?

Dig Even Deeper

Do you prefer to gently work your way into the plan, or would you rather dive-in head first and learn as you go?

Are you at peace with the fact that your trim and healthy journey will be very different from others in this group and that you may lose weight more slowly or quickly depending on your age, sex, unique metabolism, history of dieting and approach to starting the plan?

How will you encourage yourself if your progress is not as fast as you would like it to be or if you feel like you have failed meals or full days or make mistakes during the learning curve?

Why is it important to fuel our bodies during weight loss? What message does restricting fuels or foods send to our bodies?



Why do we need to allow times of rest between fueling?

What is one small change or baby step towards Trim & Healthy that you can make in this coming week?

For More Fun

Complete the "*Starting Line Worksheet*" and (optionally) take "before" photos for any who would like to do so.



Read: Pages 79-115 (Chapters 9-13)

Introduction

Last week we discussed the basics of the Trim Healthy Mama plan. This week, we're digging even deeper into some of the finer points of putting it all into action. As we digest this information, remember that this is a unique, personal journey and we are each free to go at our own pace. Let's not get caught in the painful trap of comparison or trying to master everything at once, but instead learn together with patience and kindness towards one another and ourselves.

Food for Discussion

Do you consider yourself more of a Grazing Grace or a Three Meal Mandy?

How do the natural cycles described in Ecclesiastes 3 give us wisdom into our eating habits? What pleasures are we robbed of by constant snacking? How do long breaks between meals affect the metabolism?

What steps can you take to make sure your snack times are meaningful and savored?

What is the difference between a trim and healthy dessert and a regular sugar-laden treat? Is it okay to frequently eat "desserts" that are nourishing, anchored in protein and easy on your blood sugar levels?

Why are fuel types *always* more important than nutrition label numbers? How can knowing the "numbers" help with choosing on-plan foods?

Briefly describe (in a nutshell) the different types of S meals. Is this information something that you should be concerned with right away? Did anyone here skip this chapter knowing it will be too much to digest at first? If you did read through it, how can this knowledge help you in the long term?

Dig Even Deeper

What are some of the benefits to using pure stevia extract (or blends) during your journey of weight loss? How does this God-made natural sweetener compare with manmade artificial sweeteners? Are you the type who needs lots of sweet treats to keep you happy and not feeling deprived on your trim healthy journey or will you prefer to do the plan rarely eating desserts and instead choose to use honey or coconut sugar for a rare sweet treat?

What does Proverbs 25:27 say about honey? How do our modern lifestyles differ from those in Bible times? Does that affect how much honey we can wisely consume?

Focusing on the CAN Have's - what foods and beverages do you already enjoy that fit into Trim & Healthy food choices?



What is one baby step you can take this week towards learning to enjoy on-plan sweeteners?

For More Fun

Take *The Can-Have Quiz* and see how just how much you can enjoy!



Read: Pages 119-160 (Chapters 14-18)

Introduction

This week we learned how to adapt the *Trim Healthy Mama Plan* to meet the needs of family members who don't need to lose weight, as well as the specific needs for growing children. We also discovered how to order an on-plan meal when eating out, and tackled the tricky question of whether to Treat or Cheat (and how to recover from a detour off plan). Lastly, we explored the many affordable and specialty superfood options.

Food for Discussion

How can regularly eating on-plan treats help in resisting the temptation of sugary, processed foods?

Romans 2:4 tells us it is God's kindness that leads us to repentance. How can we be more like our heavenly Father in responding to our own planned detours or slip-ups?

Which of the "Affordable Superfoods" listed in Chapter 17 do you already enjoy? Are there any that you haven't tried?

Are the "Specialty Food Stars" (in Chapter 18) essential to the Trim Healthy Mama Plan? What specialty foods interested you the most? Was anything on the list already in your pantry?

Dig Even Deeper

Is your family going to be on-plan (with healthy Crossovers if needed) or are you on this journey alone? What is the biggest challenge you face in this area? What steps can you take to overcome (or endure) this challenge?

Are you more inclined to "treat" yourself by sticking to delicious nourishing foods, or do you lean towards occasional off-plan "cheats" for special circumstances?

What would you order for an on-plan meal at your favorite restaurant?

For More Fun

Test your Trim & Healthy skills with *The Fast & Fun Fuel Sorting Game*! If your group size allows, split up into teams of two or three to do this activity.



Read: Pages 163-213 (Chapters 19-23)

Introduction

This week's reading was all about fine-tuning the plan to fit specific needs and circumstances, and really taking the time and effort to make it your own. Whether you're a Drive Thru Sue or an ardent Purist, whether you live on a tiny budget or are constantly on the go and pressed for time, the *Trim Healthy Mama Plan* can work for you! Let's help each other make that a reality as we discuss and brainstorm together.

Food for Discussion

Which of the following lifestyle factors apply to how you will work the *Trim Healthy Mama Plan*? *(It's quite likely that more than one will fit!)* Are you a Drive Thru Sue or a Purist? A Budgeting, Working (outside the home) or Pregnant and/or Nursing Mama?

Are you someone who prefers structured, planned out menus and meal times, or do you prefer taking things one meal or day at a time?

Like Esther, (Esther 4:14) we have been born into a specific age and time in history with a Godgiven plan and purpose for our lives. How can we apply that truth to our current circumstances, whether it's budget or time limitations or the quality of foods available to us?

What are some simple snacks and meals that require no special ingredients that you can implement frequently in your Trim Healthy journey?

How can just a few minutes here and there spent on food prep each week help you stay on plan *and* help save time and money?

Dig Even Deeper

Why is it important to make this plan your own, instead of relying on one-size-fits-all recipes and generic menus?

How can we protect ourselves from the "everything-is-out-to-kill-ya" mindset? What steps can we take to abolish purism stress and choose peace over perfection?

What special considerations should pregnant and nursing mamas take to make the plan fit their specific needs?

What is one small step you can take to make the Trim Healthy Mama Plan fit your unique circumstances this week?

For More Fun

Take the Discover the Non-Scale Victories Quiz to find some NSV's of your own!



Read: Pages 214-259 (Chapters 24-28)

Introduction

This week we've explored how to make the Trim Healthy Mama Plan fit the needs of those with health and metabolism issues that make weight loss painfully slow. We also learned how guys, vegetarian and allergen free mamas can tweak the plan to fit their needs. Maintenance mode may seem FAR off for some of us, but it's so helpful to see how to make this way of eating work long term. Let's recap some of what we've learned and encourage each other today.

Food for Discussion

Do regular weight loss stalls and/or slower losses of around $\frac{1}{2}$ pound per week make you a Turtle Loser?

What are some potential causes of weight loss stalls? How can we support our bodies during this time? Should you ever start the plan with a Fuel Cycle as described in the Turtle Loser's chapter?

Discuss some specific ways that Turtle mama's can tweak the plan to fit their needs. How can the Fuel Cycle help you understand more about the plan and what might it teach you?

Are you a vegetarian mama or one who has to adapt to allergies and food sensitivities? What is one way that you can tweak the plan to fit your needs?

How do 3 John 1:2 and Deuteronomy 30:19 apply to our health and weight loss journeys?

What are some special considerations for men on the Trim Healthy Mama Plan?

Dig Even Deeper

How will you continue trim and healthy eating after you've reached your weight loss goals? What are the benefits to eating this way long term?

Have you often found yourself trapped in the brambles of guilt and shame from falling off the path of healthy eating choices? How does God respond to our mistakes? How can we apply His grace and forgiveness to our lives?

What is one way you can "choose life" in your trim and healthy journey this week?

For More Fun

Take the "You Know You're a Trim Healthy Mama IF..." Quiz and see how you score!



Read: Pages 263-296 (Chapters 29-32)

Introduction

The last four chapters of the book cover some of the essential next steps to our journeys towards trim and healthy - From exercise and skin care to finding balance and continuing forward in this lifelong way of eating. Let's enjoy the discussion, and truly celebrate how far we've come already!

Food for Discussion

What is your exercise background? Are you a fitness newbie or a weekend warrior? Does the idea of exercising make you cringe or are you very active with hours of intense exercise every week?

What is meant by the phrase "take it easy and don't exercise? in the exercise chapter?" What types of exercise is this talking about? What should we still include in day-to-day life?

Why is it difficult for females to maintain a "shredded" lean, muscular physique? What happens physically when a woman drops below 20 percent body fat?

What does Isaiah 40:11 say about how God leads us, especially mothers? Does this jive with intense "bootcamp" workouts or long hours at the gym?

How can we determine if a diet trend or fad will stand the test of time? What do we measure it against?

Were we designed to live in perfect, sterile bubbles? Why do we need a little bit of everything, including the imperfections?

Dig Even Deeper

What does Proverbs 17:22 compare a merry heart to? Are the benefits to exercising with joy and a carefree spirit just emotional or physical as well?

Chapter 29 (Balance is Beautiful) shares that we will need to protect our own balance from the constant new waves of tangents, fads and trends. What is one way that you can do that?

How does "Do your best, don't sweat the rest" apply to your own personal Trim and Healthy journey?

For More Fun

Complete the "*Stay Grounded in Sane Simple Solutions*" worksheet, and take optional "during" photos to record your progress both on and off the scale.



The Trim Healthy Mama Plan Reading Calendar

Session	Reading Assignment	Meeting Times
Session One: Introduction thru Chapter 8	Pages: xi-78, 263-264 up to "When You're Ready"	
Session Two: Chapter 9 thru Chapter 13	Pages: 79-115	
Session Three: Chapter 14 thru Chapter 18	Pages: 116-160	
Session Four: Chapter 19 thru Chapter 23	Pages: 163-213	
Session Five: Chapter 24 thru Chapter 28	Pages: 214-259	
Session Six: Chapter 29 thru 32	Pages: 263-296	

Notes:



The Trim Healthy Mama Plan Starting Line Worksheet

****NOTE**** These worksheets are for your own tracking purposes and are completely optional! You don't have to turn them in or share them with anyone else. They are included because many of our mama's have mentioned that they wished they had kept better records of where they started so they could be reminded of their progress along the way. Enjoy!

Name: Age : Weight loss background (check all that apply): __Never dieted __Counting calories __Counting Points __Skipped meals __Low Carb __Meal Replacement Bars/Shakes __Low fat __Primal/Paleo __Other

Current diet (check one):

- ___I consider my diet to be very healthy
- ___I consider my diet to be healthy enough

__I don't really choose foods based on health, I eat a standard American, high sugar diet.

Weight loss goals (check and fill those that apply):

- ___I'd like to lose a size or two
- __I need to lose a significant amount of weight

___I will assess my weight loss goals as I get further in my journey and tackle small amounts at a time

- __I need to gain weight
- ___I'm doing this for health or informational purposes as I don't need to lose any weight.
- __I am pregnant or nursing

___Optional: My starting weight is (____) My ultimate weight loss goal is (____)

Current health challenges (check all that apply):

___High Blood sugar in any form this may be insulin resistance, pre-diabetes or Type 2 diabetes

- ___High Blood pressure
- __Inflammation
- __Joint pain
- Poor energy levels/fatigue
- __Hormonal imbalance
- ___Thyroid imbalance



- _PCOS (Poly Cystic Ovarian Syndrome)
- ___High triglycerides and an unhealthy cholesterol profile
- ___Acne or other skin issues
- __Poor muscle tone
- ___Poor hair, skin or nails quality
- __Infertility
- __Others:

My biggest reason for choosing to learn about the Trim Healthy Mama Plan is:

Note A word about the scale and weighing regularly: The body can fluctuate within several pounds throughout the day, and fluctuations from hormones, salt or carbohydrate intake, etc. are normal and should not be a cause for concern. <u>The scale is not for everyone</u> - it can be a healthy way to track progress for some, but if it causes you to stress, obsess or be depressed we encourage you to find another way to track.

Alternative tracking methods:

Clothing fit - go for non-stretchy clothes like a pair of jeans or a cotton blouse.

Photographs - full body, in fitted clothing, front/back and side views.

Measurements - these can be tricky though, so try to measure at the same places each time. Non-Scale Victories - health and skin improvements, blood pressure and cholesterol levels, improved energy and mood, etc.

Any other notes or goals:



The Trim Healthy Mama Plan Positive Progress Log

<u>1 Week Progress</u> (list any positive changes...these may not be scale related at first):

<u>3 Week Progress</u> (list any positive changes):

6 Week Progress (list any positive changes):

<u>3 Month Progress</u> (list any positive changes):

<u>6 Month Progress</u> (list any positive changes):

<u>1 Year Progress.... your Trimmaversay!</u> (list any positive changes):

2 Year Progress (list any positive changes):



The Trim Healthy Mama Plan The Can-Have Quiz

Directions: Check off ANY meals or snacks on this list that you *already love* or *would like to try*: *(Note: These can all be made with on-plan ingredients found at your local grocery store!)* Use this list to help you focus on some of the delicious foods you CAN have every day in your trim and healthy life!

Breakfasts

- ____A cheesy Denver Omelet with green peppers, onions, ham and cheddar.
- ____A spinach Parmesan Omelet and creamy hot coffee.
- ____Mushrooms sautéed in butter, with scrambled eggs and melty shreds of cheese.
- ____Fried eggs, bacon and side of fresh berries.
- ____Oatmeal with chopped apples, cinnamon and just a drizzle of heavy cream.
- ____Smoothies made with fresh fruit and yogurt.
- ____A warm cinnamon muffin, dripping with butter.
- ____German chocolate waffles, drizzled with peanut butter.
- ____Crunchy grain-free granola with cold almond milk.
- ____Sauteed garden-fresh veggies with scrambled eggs and hot sauce.
- ____Fluffy pancakes with a light creamy filling and fresh fruit.
- ____Perfectly crisp toast with fresh tomatoes and cottage cheese.
- ____A thick, creamy chocolate breakfast shake.

Lunches:

____Smoked deli turkey sandwich on sprouted whole grain bread with mustard and a thin slice of sharp cheddar.

____Crunchy iceberg lettuce loaded with seasoned beef, sour cream, fresh salsa, cheese and olives.

____A big bowl of creamy tomato soup, with a sandwich, quesadilla or crisp toast on the side.

- ____Roast beef and cheddar cheese roll-ups with a mustard-mayo dipping sauce.
- ____Lemon and butter baked salmon over fresh garden greens.
- ____Rotisserie chicken and celery slices dipped in buffalo sauce and blue cheese dressing.
- ____Fresh garden tomato slices topped with creamy tuna salad.
- ____Apple slices, string cheese and thin slices of deli turkey.

____Thinly shredded lettuce topped with feta cheese, kalamata olives, sliced turkey, grape tomatoes and a flavorful oil and vinegar Greek dressing.

Dinners:

____Crispy baked chicken with a side of butter drenched broccoli and a fresh garden salad.

___Chicken Alfredo over pasta or zucchini noodles sauteed in butter.

____Grilled chicken breast, fresh greens topped with chopped apples, a sprinkle of pecans and a light vinaigrette.

____Ribeye steak, roasted green beans drizzled with olive oil and garlic, creamy mashed cauliflower.



- ____Rotisserie chicken, spring mix salad greens, shredded cheese and creamy ranch dressing.
- ____Baked salmon fillet, perfectly baked sweet potato topped with a pat of butter and cinnamon.
- ____Fajita salad with grilled steak slices, onions, and peppers, fresh salsa, lettuce and tomatoes.
- ____Creamy broccoli soup topped with chives and chunks of seasoned chicken breast.
- ____Spicy stir-fried chicken and veggies over steaming brown rice.

Desserts:

- ____Cheesecake topped with fresh berries and curls of dark chocolate.
- ____Baked pear topped with cinnamon and a light swirl of cream.
- ____Rich and creamy coconut milkshake.
- ____Tangy strawberry lemon frozen yogurt.
- ____Warm chocolate cake topped with fresh whipped cream.
- ____Soft peanut butter cookies dipped in cold almond milk.
- ____Smooth, organic dark chocolate.
- ____Fresh berries with a swirl of heavy cream.



The Trim Healthy Mama Plan The Fast & Fun Fuel Sorting Game

Directions:

- Read carefully through the different foods listed below and determine what fuel type you think they fall into **S=Satisfying**, **E=Energizing**, **FP=Fuel Pull**, and **OP=Off Plan**. Be careful... we might trick you but work quickly, because the first one done with the most correct answers, wins! (And, of course, NO Cheating!)
- 1. ____ Coffee with 2 tablespoons of heavy cream
- 2. ____ Oatmeal with 1/2 cup of fresh blueberries and plain 0% Greek Yogurt
- 3. ____ Krispy Kreme Donuts
- 4. _____ 4-5 cups of air popped popcorn, lightly sprayed with coconut oil and sea salt
- 5. ____1 stick of low fat string cheese plus some lean deli meat slices
- 6. <u>Smoothie made with 1 whole orange, low fat cottage cheese, whey protein and unsweetened almond milk</u>
- 7. ____ Stevia sweetened 0% Greek Yogurt with ½ banana stirred in
- 8. ____ Sprouted whole grain toast with low fat cottage cheese and sliced tomato
- 9. ____ Stevia sweetened dark chocolate
- 10. ____ Two light Rye Wasa crackers spread with Light Laughing Cow cheese and cucumber slices
- 11. ____ Chopped whole apple with 1 cup lowfat cottage cheese, celery, salt and pepper
- 12. ____ 1 tablespoon pressed peanut flour
- 13. ____ Sprouted whole wheat tortilla with lowfat refried beans, salsa and 0% Greek Yogurt
- 14. ____ Small handful of almonds
- 15. ____ 8 oz Diet Coke
- 16. ____ Ribeye steak, steamed broccoli, and a glass of dry red wine
- 17. ____ Baked Wild Caught Salmon 3-4 Ounces, with steamed non starchy veggies
- 18. <u>2 whole oranges, peeled</u>
- 19. ____ Baked chicken breast and one medium baked sweet potato
- 20. <u>1 cup cooked Dreamfields pasta or Not Naughty Noodles (konjac noodles) with</u> creamy chicken alfredo sauce
- 21. ____ 1 ounce 85% dark chocolate
- 22. ____ ¹/₂ cup fresh or frozen blueberries
- Smoothie made with unsweetened cocoa powder, whey protein, 1 tablespoon of heavy cream and 1 heaping tablespoon natural, sugar free peanut butter



- 24. ____ 2 fried eggs with sautéed mushrooms in butter
- 25. ____ Toasted white sourdough bread
- 26. ____ Thin sliced zucchini sautéed in a buttery garlic sauce
- 27. ____ Bacon, lettuce and tomato sandwich on a low carb tortilla or in a Joseph's pita
- 28. ____ 1 cup frozen strawberries
- 29. ____ Generous handful of black, green or kalamata olives
- 30. ____ Cucumber slices dipped in guacamole
- 31. ____ Grilled all beef hot dog dipped in mustard
- 32. ____ Celery stuffed with all natural peanut butter
- 33. ____ Club soda with lime juice and stevia
- 34. ____ Sweet pickles
- 35. ____ Dill pickles
- 36. ____Grilled chicken with mango, black bean salsa
- 37. ____Glass of unsweetened almond milk with plan approved sweetener added
- 38. Smoothie made with 3/4 cup berries, 0% Greek Yogurt, unsweetened almond milk and whey protein
- 39. <u>Matchstick radishes sautéed in generous butter with onions mushrooms and</u> sausage and topped with cheese
- 40. ____ 0% Greek Yogurt, 1 teaspoon peanut butter, on-plan sweetener and vanilla



The Trim Healthy Mama Plan ANSWER KEY - The Fast & Fun Fuel Sorting Game

How to use the Answer Key: The <u>underlined words</u> show the *fuel source*, the **bold letters** show the *answers*.

- 1. ____ Coffee with 2 tablespoons of heavy cream S
- 2. Oatmeal with 1/2 cup of fresh blueberries and plain 0% Greek Yogurt E
- 3. ____ Krispy Kreme Donuts OP
- 4. _____ 4-5 cups of <u>air popped popcorn</u> lightly sprayed with coconut oil, sea salt E
- 5. ____1 stick of low fat string cheese plus some lean deli meat slices FP
- Smoothie made with <u>1 whole orange</u>, low fat cottage cheese, whey protein and unsweetened almond milk - E
- 7. ____ Stevia sweetened 0% Greek Yogurt with ½ banana stirred in E
- 8. ____Sprouted whole grain toast with low fat cottage cheese and sliced tomato E
- 9. ____ Stevia sweetened dark chocolate S
- <u>Two light Rye Wasa crackers</u> spread with Light Laughing Cow cheese and cucumber slices - FP
- 11. <u>Chopped whole apple</u> with 1 cup lowfat cottage cheese, celery, salt and pepper E
- 12. ____ 1 tablespoon pressed peanut flour FP
- 13. <u>Sprouted whole wheat tortilla</u> with <u>lowfat refried beans</u>, salsa and 0% Greek Yogurt E
- 14. ____ Small handful of <u>almonds</u> S
- 15. ____ 8 oz Diet Coke OP
- 16. <u>Ribeye steak</u>, steamed broccoli, and a glass of dry red wine S
- 17. ____ Baked Wild Caught Salmon 3-4 Ounces, with steamed non starchy veggies FP
- 18. <u>2 whole oranges, peeled</u> **OP** (*too much fruit at once!*)
- 19. ____ Baked chicken breast and one medium baked sweet potato E
- 20. <u>1 cup cooked Dreamfields pasta or Not Naughty Noodles (konjac noodles) with</u> <u>creamy chicken alfredo sauce</u> - **S**
- 21. ____ 1 ounce 85% dark chocolate S
- 22. ____1¹/₂ cup fresh or frozen blueberries FP
- 23. Smoothie made with unsweetened cocoa powder, whey protein, 1 tablespoon of <u>heavy cream</u> and 1 heaping tablespoon natural, sugar free <u>peanut butter</u> **S**
- 24. 2 fried eggs with sautéed mushrooms in butter S



- 25. ____ Toasted white sourdough bread **OP** (needs to be whole grain sourdough)
- 26. ____ Thin sliced zucchini sauteed in a buttery garlic sauce S
- 27. <u>Bacon</u>, lettuce and tomato sandwich on a low carb tortilla or in a Joseph's pita S
- 28. ____ 1 cup frozen strawberries FP
- 29. ____ Generous handful of black, green or kalamata olives S
- 30. ____ Cucumber slices dipped in guacamole S
- 31. ____ Grilled all beef hot dog dipped in mustard S
- 32. ____ Celery stuffed with all natural peanut butter
- 33. ____ Club soda with lime juice and stevia FP
- 34. ____ Sweet pickles **OP** (unless homemade with plan approved sweeteners)
- 35. ____ Dill pickles FP
- 36. ___Grilled chicken with mango, black bean salsa E
- 37. ___Glass of unsweetened almond milk with plan approved sweetener added FP
- 38. Smoothie made with 3/4 cup berries, 0% Greek Yogurt, unsweetened almond milk and whey protein - FP
- Matchstick radishes sautéed in generous <u>butter</u> with onions, mushrooms and <u>sausage</u> and topped with <u>cheese</u> S
- 40. ____ 0% Greek Yogurt, 1 teaspoon peanut butter, on-plan sweetener and vanilla FP



The Trim Healthy Mama Plan Discover the Non-Scale Victories Quiz

Directions: Don't let the scale steal your joy! This is a life long journey not a race to shed fifty pounds. Check *anything* on this list that applies to you, and claim these Non-Scale Victories as your own! Don't see something on the list? Feel free to write your own!

- _____ I'm eating slimming, protein-packed foods that I enjoy every day.
- ____ My energy levels have improved.
- ____ My clothes feel a bit looser.... or a lot looser.
- ____ I'm starting to crave on-plan foods rather than sugar.
- ____ The inflammation in my body has gone down.
- ____ For the first time ever, I'm taking care of my body the way I know I should.
- _____ I'm eating more fruits and vegetables than I was before.
- _____ l've lost my fear of fat or carbs.
- ____ I'm enjoying food again.
- I needed to buy a belt.
- ____ My skin is clearer and is starting to show a healthy glow.
- ____ My hormones are beginning to balance out.
- _____ I've broken up with ______ ← Insert name of unhealthy food here.
- ____ I'm wearing clothes from the back of my closet.
- ____ My muffin top is going away while I eat muffins!
- ____ My family members are trying out new trim, healthy foods.
- ____ I found a trim healthy recipe that I just LOVE.
- ____ My shoes are looser.
- ____ I skipped the chips at a Mexican restaurant!
- _____ I'm eating regularly now no more skipping meals.
- ____ My feet don't hurt anymore.
- _____ I've lost an inch or two despite what the scale says.
- ____ My face and neck look thinner.
- ____ There's a new spring in my step.
- ____ I have peace about food choices now.
- ____ My blood pressure numbers are heading in the right direction.
- ____ My blood sugar levels are lower.
- ____ I need less medication now.
- ____ I accomplished a physical feat that I couldn't before.
- _____ I'm making time to take care of myself now.
- ____ My kids want to share my trim and healthy snacks.
- ____ I ate dessert for breakfast and felt amazing.
- _____ I'm no longer punishing myself for poor food choices with more poor food choices.
- ____ My hair has more body and shine.
- _____ I made an off-plan meal or treat for my family and didn't have a bite.
- _____ I'm feeling more poised and confident.
- ____ Looks like I'll get to wear my wedding ring again.



The Trim Healthy Mama Plan You Know You're a Trim Healthy Mama If... Quiz

Directions: Whether you're toe-dipping your way into the *Trim Healthy Mama Plan*, or dove in head first and haven't looked back, some of these are sure to apply to you! Check off the ones that describe you and see how much of a Trim Healthy Mama you really are.

You KNOW you're a Trim Healthy Mama IF:

You eat cheesecake for breakfast yet the scale is going down.

___Cauliflower is no longer just a vegetable to you, it's a food group.

You now automatically categorize food with letters of the alphabet.

____You've had dreams about S meals and E meals

____You have had to hike your pants and underwear up several times or be in danger of losing them.

____You have a quart (or three!) of a slimming, healthy beverage in the fridge.

____You feel entirely comfortable drinking Moonshine on a daily basis (the Good Girl kind).

____You have purchased an extra set of measuring spoons since starting the Plan.

You love steamed broccoli drenched in buttah!

You have slipped up or accidentally crossed over, and thought "No problem, in just three hours I can start again!"

You are constantly asking a family member to taste or try a new recipe.

____You talk to your non-THM friends about "S", "E" and "Fuel pull" without explaining, and they look at you like you're nuts.

____You realize that your jeans or skirt now slide off without unzipping or unbuttoning.

____You have had to add a hole to your belt.

____You have chocolate muffins for lunch and consider it a healthy choice.

____Your children come running at the sound of the blender.

____You've hidden your skinny chocolate under a pack of frozen veggies from your family members.

You sneak gelatin into everything.

You found out that you actually *do* like cottage cheese, salmon, and/or okra.

You know how to order an on-plan drink at Starbucks.

____You've been wearing baggy jeans for a while now but don't want to spend money on another size you'll only wear for a while as you shrink.

You are drawn to new, fun drink holders and containers for all your special snacks.

____You take a bite of a sugary treat only to think "This is NOT as good as I remembered."

_____You accidentally drank Oolong tea all day and then found yourself reorganizing the linen closet or deep cleaning your kitchen until 3am because you were still awake and full of energy.

____You can turn cottage cheese into a milkshake, pancake or ice cream without batting an eye.

____Your wedding rings were too tight and now are loosening up.

____You think a meal is incomplete without protein.

____You use your blender more than once a day.

____You'll talk about the Trim Healthy Mama Plan to anyone who will listen.



____You've been tempted to swap out unhealthy foods for on-plan items... in other people's baskets at the grocery store.

____You have eaten more coconut oil since starting the Plan than the rest of your years combined.

____Your husband calls you at work and asks if he can make supper, and then says "Do you want E or S?"

____You know what a doonk is.

____You are healthier, happier, have better energy & continue eating chocolate!

____You can add to this list with at least three examples of your own.



The Trim Healthy Mama Plan Moving Forward: Stay Grounded in Sane Simple Solutions

Directions: You did it! In this final activity, we want to put the focus on staying grounded as you move forward. Whether you're a veteran THM or still baby-stepping your way, this worksheet will help you to remember sane, go-to meals and snacks for those crazy days and stressful seasons that everyone experiences!

Snacks
Easy S snack:
Easy E snack:
Easy FP snack:
Breakfasts
Simple S breakfast:
Simple E breakfast:
Simple FP breakfast:
Lunches:
Quick S lunch:
Quick E lunch:
Quick FP lunch
Dinners

Easy S Dinner:	
Easy E Dinner:	
Easy FP Dinner:	

Desserts:

Simple S Dessert:	
Simple E Dessert:	
Simple FP Dessert:	



The Trim Healthy Mama Plan Sane & Simple Shopping List

Directions: Looking at your Sane & Simple Meals List, find the common ingredients that you can keep on hand, and list them below. This way, no matter how crazy life gets you'll know what to stock up on to keep yourself on plan and feeling great no matter what!

Lean Protein:

S Protein:

Non-Starchy Veggies & Berries

E Fruits & Veggies:

E Breads, Rice, Grains & Beans:



Oils/Fats/Nut & Seeds/Butters

Baking Ingredients

Plan Approved Sweeteners

Condiments/Seasonings

Beverages

Other



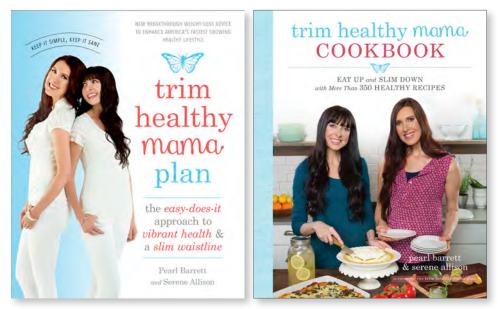
forget the fad diets join the food freedom movement



Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Pearl Barrett and Serene Allison, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the TRIM HEALTHY MAMA PLAN, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down, and keep off the weight once and for all.

Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar-friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre- or post-menopausal women, and also those without weight or health issues—even men and growing children.

The book includes menu plans, a list of key superfoods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals.



Both the Trim Healthy Mama Plan and the companion cookbook featuring more than 350 recipes, Trim Healthy Mama Cookbook, are available everywhere books are sold.







TrimHealthyMama

@TrimHealthvMama

THMamas