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 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 [TrimHealthyMama.com](http://TrimHealthyMama.com) 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!
**Trim Healthy Mama Plan Group Discussion Guide: Session 1**
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.
Trim Healthy Mama Plan Group Discussion Guide: Session 2
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!
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.
Trim Healthy Mama Plan Group Discussion Guide: Session 4
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 God-given 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!
Trim Healthy Mama Plan Group Discussion Guide: Session 5
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 ½ 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!
**Trim Healthy Mama Plan Group Discussion Guide: Session 6**
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

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**Notes:**
**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. The scale is not for everyone - 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

1 Week Progress (list any positive changes…these may not be scale related at first):

3 Week Progress (list any positive changes):

6 Week Progress (list any positive changes):

3 Month Progress (list any positive changes):

6 Month Progress (list any positive changes):

1 Year Progress…. your Trimmaversay! (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 ½ 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. ___ Smoothie made with 1 whole orange, low fat cottage cheese, whey protein and unsweetened almond milk
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. ___ 2 whole oranges, peeled
19. ___ Baked chicken breast and one medium baked sweet potato
20. ___ 1 cup cooked Dreamfields pasta or Not Naughty Noodles (konjac noodles) with creamy chicken alfredo sauce
21. ___ 1 ounce 85% dark chocolate
22. ___ ½ cup fresh or frozen blueberries
23. ___ 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. ___ Matchstick radishes sautéed in generous butter with onions mushrooms and 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 underlined words show the fuel source, the bold letters show the answers.

1. ___ Coffee with 2 tablespoons of heavy cream - S
2. ___ Oatmeal with ½ cup of fresh blueberries and plain 0% Greek Yogurt - E
3. ___ Krispy Kreme Donuts - OP
4. ___ 4-5 cups of air popped popcorn lightly sprayed with coconut oil, sea salt - E
5. ___ 1 stick of low fat string cheese plus some lean deli meat slices - FP
6. ___ Smoothie made with 1 whole orange, 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
10. ___ Two light Rye Wasa crackers spread with Light Laughing Cow cheese and cucumber slices - FP
11. ___ Chopped whole apple with 1 cup lowfat cottage cheese, celery, salt and pepper - E
12. ___ 1 tablespoon pressed peanut flour - FP
13. ___ Sprouted whole wheat tortilla with lowfat refried beans, salsa and 0% Greek Yogurt - E
14. ___ Small handful of almonds - S
15. ___ 8 oz Diet Coke - OP
16. ___ Ribeye steak, 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. ___ 2 whole oranges, peeled - OP (too much fruit at once!)
19. ___ Baked chicken breast and one medium baked sweet potato - E
20. ___ 1 cup cooked Dreamfields pasta or Not Naughty Noodles (konjac noodles) with creamy chicken alfredo sauce - S
21. ___ 1 ounce 85% dark chocolate - S
22. ___ ½ cup fresh or frozen blueberries - FP
23. ___ Smoothie made with unsweetened cocoa powder, whey protein, 1 tablespoon of heavy cream and 1 heaping tablespoon natural, sugar free peanut butter - 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. ___ Bacon, 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**
39. ___ Matchstick radishes sautéed in generous **butter** with onions, mushrooms and **sausage** and topped with **cheese** - **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.
___ I’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 butter!
___ 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:
_________________________
_________________________
_________________________
<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oils/Fats/Nut &amp; Seeds/Butters</td>
<td></td>
</tr>
<tr>
<td>Baking Ingredients</td>
<td></td>
</tr>
<tr>
<td>Plan Approved Sweeteners</td>
<td></td>
</tr>
<tr>
<td>Condiments/Seasonings</td>
<td></td>
</tr>
<tr>
<td>Beverages</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
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</tbody>
</table>
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.

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