



trim healthymama™  
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## “Back to Busy” Sandwiches

*The busy season means no time to fuss with elaborate lunches. Back to school or back to work or back to home... in any or all of these cases a sandwich usually makes the most sense. Sandwiches can be an awesome and tasty part of the THM plan. Put together a five-minute lunch with the following sandwich options... and don't forget to fill up further with the Easy or Slimming Chocolate and Strawberry Milk recipes.*

### E-Style Sandwich

Serving Size: Single-serve

#### **INGREDIENTS:**

- E-friendly Bread:  
Sprouted bread, true sour dough, Trim Healthy Pan Bread (original THM book, pgs. 266-267), Wonderful White Blender Bread (Trim Healthy Table, p. 242) Joseph's pita or lavash, or similar low-carb item (\*See Recipe Note below.), etc.
- E-friendly Sandwich Fillings:  
(Ultra lean deli meat or chicken/tuna salad made with 0% Greek yogurt)
- E-friendly Sandwich Fixings:  
(Mustard, horseradish, hot sauce, lettuce, cucumber, onion, tomato, pickles, etc.)
- 1 or 2 wedges Light Laughing Cow Cheese

#### **INSTRUCTIONS:**

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

#### **RECIPE NOTE:**

\*If using Joseph's pita or lavash or other low-carb bread item, be sure to include a carb source to keep in E-mode. Something like beans, a piece of fruit, or baked sweet potato fries.

*(Recipes Continued...)*

# FP-Style Sandwich

Serving Size: Single-serve

## INGREDIENTS:

- FP-friendly Bread:  
Wonderful White Blender Bread (Trim Healthy Table, p. 242), Wonder Wraps (Trim Healthy Mama Cookbook, p. 204 - or be sure to check out our video making these on our website!), Joseph's pita or lavash or similar low-carb item, etc.
- FP-friendly Sandwich Fillings:  
(Lean deli meat, chicken breast, tuna, etc.)
- FP-friendly Sandwich Fixings:  
(Mustard, horseradish, hot sauce, lettuce, cucumber, onion, tomato, pickles, etc.)
- 1 or 2 wedges Light Laughing Cow Cheese

## INSTRUCTIONS:

1. Fill your FP-friendly bread with the appropriate fillings and fixings.
  2. Enjoy!
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# S-Style Sandwich

Serving Size: Single-serve

## INGREDIENTS:

- S-friendly Bread:  
Wonderful White Blender Bread (Trim Healthy Table, p. 242), Wonder Wraps (Trim Healthy Mama Cookbook, p. 204 - or be sure to check out our video making these on our website!), Golden Flat Bread (original THM book, p. 270) Joseph's pita or lavash or similar low-carb item, etc.
- S-friendly Sandwich Fillings:  
(Deli meat, egg salad, tuna salad, chicken salad, etc.)
- S-friendly Sandwich Fixings:  
(Cheese, avocado, mayo, mustard, lettuce, cucumber, onion, tomato, pickles, etc.)

## INSTRUCTIONS:

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