



TRIM HEALTHY MAMA'S
Summer Meals and BBQ
RECIPE COLLECTION



OVER 50 RECIPES TO KEEP YOU
ON PLAN ALL SUMMER LONG!



Trim Healthy Summer Meals & BBQ

Summer is upon us and that means BBQ's, picnics, church potlucks, and family gatherings will abound! No worries about staying on the Trim Healthy Mama plan this summer... we have a **Summer Meals & BBQ Recipe Collection** with over 50 recipes that are going to put the sizzle in your grillin'! One look at these recipes and you'll want to start planning your next trim and healthy gathering. Or don't even wait for a gathering... make some of them part of your basic summer meal rotation.

Whether you're looking for easy grilling recipes, new salad and sides ideas, or cookout food everyone will enjoy, these recipes can please even the pickiest of eaters. We've packed this summer blockbuster with your fave appetizers, grilled meats and veggies, picnic sides, sunshine-y desserts, and thirst-quenching drinks!

You'll be ready to dine alfresco with your family with the recipes you'll find in our Main Dish & Grilled Meats section, like *Shish-Kabobs Family Style* and *Rosemary Ranch Chicken*! Nothing quite pairs with BBQ like a great prepared salad - we've got 8 to choose from with both *Thai Slaw* and *Caprese Salad* being brand new this summer! We have included some delicious and great new side dishes too like *Cauli Rice Tabbouleh*, *Grilled Ratatouille*, and *Trim Healthy BBQ Beans*! Our thirst-quenching drinks include what is sure to be a new summer favorite - *Matcha Iced Latte*. We've included yummy desserts and frozen treats, including *Game Changing Ice Cream*! This is a "sneak peak recipe" that is an easy and ultra-delicious ice cream from the new THM Starter book due to be released later this year.





Trim Healthy Summer Meals & BBQ

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(Trim Healthy Summer Meals & BBQ, continued...)

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Boosted Frozen Lemonade (FP)

Boosted Frozen Lemonade is the summer drink that slims you! This is one amazing beverage... this frozen drink cleanses your liver, helps trim you, boosts your immune system and tastes like the best days of Summer! This recipe is an All-day Sipper! Kids love it, too.

Serving Size: Single-serve (All-day Sipper)

INGREDIENTS:

- 1 lemon (peeled, leave most of the white and remove the seeds, cut into 4 to 6 pieces)
- 3/4 cup water
- 1 & 1/2 to 2 teaspoons THM Baobab Boost Powder
- 2 teaspoons THM Super Sweet Blend
- 1 & 1/2 to 2 cups ice cubes

INSTRUCTIONS:

1. Blend all of the ingredients except for the ice in a blender really well or until the lemon is completely "creamified" or with no stringy bits left over.
2. Next add the ice and blend again until you reach the desired consistency of a frozen beverage!

NSI (Use a store-bought, on-plan sweetener and store-bought baobab powder.)

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The *Boosted Frozen Lemonade* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cider Pop (FP)

Who needs soda pop when you can revitalize your body with Cider Pop? Include this easy drink recipe into your arsenal of health promoting THM All-Day Sippers. It contains the benefits of ACV (apple cider vinegar), but is a cinch to make. We gave you Good Girl Moon Shine which also contains ACV, but Cider Pop is even quicker to make and nice for a change up when you want something bubbly. It is reminiscent of sparkling apple cider, that perfect synergy between sweet and sour – our kids beg for it!

Serving Size: Single-serve

INGREDIENTS:

- 1 & 1/2 Tablespoons apple cider vinegar
- 2 doonks THM Pure Stevia Extract Powder
- Ice cubes
- Sparkling water

INSTRUCTIONS:

1. Place apple cider vinegar and stevia into a quart-sized jar.
2. Add ice to the top.
3. Fill with sparkling water (store-bought or use a Soda Stream)
4. Stir and you're done!

NSI (If using a store-bought, on-plan sweetener.)

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The *Cider Pop* recipe and other delicious THM recipes can be found at

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Cream Soda Good Girl Moonshine (FP)

If you are searching for a chilled "sweet beverage" with just the right amount of vanilla and cream look no more!!! You will have all of that with this delicate "Cream Soda" variation of the famous, slimming, health promoting drink Good Girl Moonshine recipe!! The stars of this recipe are the THM Integral Collagen and THM MCT Oil which adds a creamy smooth feel to this crazy good Trim Healthy Mama All-Day Sipper!! This is a single-serve recipe that makes 1 full quart to be sipped on all day. Recipe can be doubled for a 2-quart sipper!

Serving Size: Single-serve; 1-Quart All-Day Sipper

INGREDIENTS:

- 1 cup water (plus more water to finishing filling up the quart jar)
- 2 Tablespoons apple cider vinegar
- 1 teaspoon THM Integral Collagen
- 3 doonks THM Pure Stevia Extract Powder
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon caramel extract
- 1/2 teaspoon THM MCT oil (you could probably leave out, but it does make for a creamier beverage)
- 1 small pinch Mineral Salt
- Ice cubes

INSTRUCTIONS:

1. Fill quart jar with ice cubes.
2. Blend all remaining ingredients and pour over the ice.
3. Add water (or carbonated water) to fill jar.

NSI (If using a store-bought, on-plan sweetener.)

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The *Cream Soda Good Girl Moonshine* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Green Tea Lemonade (FP)

If you have ever been a fan of the fancy "Shaken Ice Tea" drinks from many coffee shops, you will be excited about our next offering! Those sweet icy drinks can have up to 50 grams of sugar for one drink and Trim Healthy Mamas are just too smart for that kind of nonsense. Try our Green Tea Lemonade at home or make some ahead to sip on while you are on the go for a sweet, refreshing treat that won't spike your blood sugar nor swell your waistline! Lemons are cleansing, alkalizing and detoxifying while Green tea is slimming, full of antioxidants and nerve calming. You can drink this as an all day sipper if desired! Drink up!

Serving Size: Single-serve; Makes a 1-quart Serving

INGREDIENTS:

- 2 green tea tea bags
- Juice of 1 lemon (or 3 Tablespoons of bottled lemon juice)
- 4 doonks THM Pure Stevia Extract Powder
- 32-ounces water (divided; 16 ounces boiled to brew tea & 16 ounces cold to fill the quart jar)
- Ice cubes (enough to fill a quart jar)

INSTRUCTIONS:

1. Steep tea bags in 2 cups of boiled water for 5 minutes.
2. Remove tea bags and add sweetener and lemon juice.
3. Fill a quart size glass or jar with ice.
4. Pour in the tea mixture and stir.
5. Add enough water to fill the rest of the jar. Approximately 2 cups of water.
6. Adjust sweetener to taste if needed.

NSI (If using a store-bought, on-plan sweetener.)

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The *Green Tea Lemonade* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Iced Coffee (FP)

Mmmm... sipping on an Iced Coffee Latte - Trim Healthy Mama style. Thanks, Jessica Myers, for the easy instructions. This beyond easy recipe is inexpensive and super kind to your health and waistline - why hand over a five dollar note for a store bought latte and get nothing back but a little change and exploded fat cells? This will keep you happier and healthier.

Serving Size: Single-serve; or Share

INGREDIENTS:

- 1 cup unsweetened almond or cashew milk
- 1/2 scoop THM Pristine Whey Protein or 1 scoop THM Integral Collagen
- 10 to 12 large ice cubes
- 1 cup strongly brewed coffee, cooled
- 2 teaspoons THM Super Sweet Blend

INSTRUCTIONS:

1. Pour the almond milk into a quart jar. Add the whey protein and stir well. Add the ice cubes, followed by the coffee and sweetener. Stir well.

DF (If using collagen instead of whey protein powder.)

The *Iced Coffee* recipe and other delicious THM recipes can be found at
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Lemon-Lime Trim Pop (FP)

The Trim Healthy Mama plan offers you so many healthy hydrating drinks, but sometimes you just gotta have something bubbly! Once again you don't have to feel deprived! Get your pop fix with this revitalizing drink. Enjoy the bubbles dancing on your tongue and the zingy flavor of the citrus juice as it cleanses and alkalizes your body!

Serving Size: Single-serve

INGREDIENTS:

- Juice of 1/2 lemon (or 1 Tablespoon lemon concentrate)
- Juice of 1/2 lime (or 1 Tablespoon lime concentrate)
- 2 doonks THM Pure Stevia Extract Powder, or to taste
- 3 to 6 large ice cubes
- 12 ounces sparkling water

INSTRUCTIONS:

1. Pour the juices into a large glass or jar, add the sweetener, and stir well. Add the ice cubes and then fill with the sparkling water.

RECIPE NOTE:

Please feel free to experiment with the THM Pure Stevia Extract Powder. 2 doonks is sweet enough for us, but our husbands enjoy another doonk!

NSI (If using a store-bought, on-plan sweetener.)

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The *Lemon-Lime Trim Pop* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Matcha Iced Latte (FP)

This is a refreshing afternoon pick-me-up with the added bonus of having the superfood benefits of matcha!

Serving Size: Single-serve

INGREDIENTS:

- 1/2 cup unsweetened nut milk
- 1/2 cup water
- 1/2 to 1 teaspoon powdered matcha tea
- 1 teaspoon THM Gentle Sweet (to taste)
- 1 teaspoon vanilla extract
- 2 teaspoons THM unflavored Pristine Whey Protein Powder
- 1/2 cup ice

INSTRUCTIONS:

1. Blend and serve. (Leave some ice chunky if desired.)

RECIPE NOTE:

For a creamier S-version, add 1 Tablespoon heavy cream or half-n-half.

The *Matcha Iced Latte* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Sparkling Berry Lemonade (FP)

Who needs health and waistline robbing soda when you can drink this bubbly, healthy goodness on a warm afternoon? This makes one-quart of yummy goodness to be shared among 4 people, make multiple batches for a larger group! While this is not an all-day sipper (due to the berries) it is a FP on the Trim Healthy Mama plan and can be enjoyed frequently with meals!

Serving Size: Approximately 4

INGREDIENTS:

- 1/2 cup fresh berries (can also use frozen, your choice of berries)
- 1 cup water
- Juice of 2 lemons
- 1 quart sparkling water
- 6 doonks THM Pure Stevia Extract Powder

INSTRUCTIONS:

1. Add 1/2 cup of berries and 1 cup of water to blender and blend smooth.
2. Using a fine mesh strainer or cheesecloth, strain berry liquid to remove any pulp or seeds.
3. Add the rest of the ingredients and stir. Adjust sweetener to your taste – “own it”!
4. Pour over ice and garnish with lemons and mint for a fancy presentation or just drink it "plain" for a refreshing treat.

NSI (If using a store-bought, on-plan sweetener.)

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The *Sparkling Berry Lemonade* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cheesy Zucchini Cups (S)

Warm months are the perfect time to make use of zucchini which is so abundant during the summer months at farmer's markets or from your own garden. This recipe is a fantastic side dish to any meat based meal or a fun appetizer for friends and family. A big "Yay!" for the fact that it requires no special ingredients at all. Time for a happy dance!

Serving Size: Multiple-serve

INGREDIENTS:

- 3 small zucchini (washed and cut into 1/2 inch slices)
- 8 to 10 cherry tomatoes (sliced)
- 1/3 cup crumbled blue cheese (or feta cheese)
- 1/3 cup grated Parmesan cheese (green can is fine)
- Mineral Salt (to taste)
- Black pepper (to taste)
- Fresh basil
- Extra virgin olive oil (optional)
- Bacon bits (optional)

INSTRUCTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. With a melon baller or small knife, scoop out some of the center of each zucchini slice to create a small bowl shape. Place slices on a foil lined baking sheet.
3. Fill each slice with a small spoonful of your Blue or Feta cheese.
4. Add optional turkey bacon bits (or you can use pork).
5. Top with tomato slices, Parmesan cheese, and a sprinkle of salt & pepper.

(Continued... Instructions)

(Cheesy Zucchini Cups, Continued...)

6. Optional: Drizzle with a little bit of extra virgin olive oil.
7. Bake at 350 for 7 to 9 minutes or until cheese melts. Keep an eye on them so they don't burn.
8. Remove from oven and top with fresh basil leaves (use little leaves or roughly chopped bigger leaves).

NSI

The *Cheesy Zucchini Cups* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



Deviled Eggs (S)

This easy appetizer is always a crowd pleaser. If you'd like to dress up your Deviled Eggs for your Holiday occasion, we've given you some garnish ideas below.

Serving Size: Multiple-serve; Feeds 6 or more

INGREDIENTS:

- 6 to 12 large eggs
- 3 Tablespoons mayonnaise (6 Tablespoons if using 12 eggs)
- Creole seasoning (to taste)
- Paprika or cayenne pepper (to taste)

OPTIONAL GARNISH IDEA INGREDIENTS:

- Bacon pieces
- Capers and fresh dill
- Fresh chives
- Fresh parsley
- Green onion
- Olive slices
- Pickled okra
- Pickled jalepeños
- Pimentos

INSTRUCTIONS:

1. Fill a medium to large saucepan to the half way point with water and bring to a boil over high heat.

2. Put the eggs in the boiling water and boil for 10 minutes.

(Continued... Instructions)

(Deviled Eggs, Continued...)

3. Run under cool water to cool the eggs, then peel them when cool enough to handle.
4. Cut each egg down the center lengthwise and scoop the yolks into a bowl. Place the whites on a large plate.
5. Mix the mayo with the yolks, then sprinkle ever so lightly with the creole seasoning (don't use too much or the eggs will taste too salty). Fill the cavities of the whites with the yolk mixture.
6. Sprinkle lightly with paprika and/or cayenne pepper.
7. Garnish, if desired.

NSI

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The *Deviled Eggs* recipe and other delicious THM recipes
can be found at www.TrimHealthyMembership.com



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Tangy Bacon Dip (FP)

Perfect for dipping all those summer fresh veggies into or use this dip with Joseph's low carb pita pieces. Either way you will be very happy!!! You can also scoop out the seeds of a cucumber and fill and enjoy a tasty snack. This dip is crazy simple to make and a perfect protein rich afternoon snack. This will be either a FP or an S recipe on the Trim Healthy Mama plan depending upon whether you choose turkey bacon or regular bacon. Enjoy!

Serving Size: Approximately 2 or 3 people

INGREDIENTS:

- 2 strips turkey bacon (use regular bacon for an S recipe)
- 1 cup 0% Greek yogurt
- 1/2 cup 1% cottage cheese
- 1/3 teaspoon Mineral Salt
- 1/4 teaspoon onion powder
- Black pepper (to taste)

INSTRUCTIONS:

1. Cook bacon strips, drain on paper towel then crumble into a bowl.
2. Add all other ingredients, combine well and taste to adjust for seasonings (you may prefer more salt and other seasonings).

RECIPE NOTES:

- ◆ As written this recipe makes 2 to 3 very generous servings.
- ◆ You may double or even triple the recipe for a family or party size dip.
- ◆ Using regular bacon will make this an S Recipe.
- ◆ Serve with loads of fresh cut veggies or with Joseph's Crackers/Chips

NSI

The *Tangy Bacon Dip* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Trim & Healthy Boosted Fruit Dip & Fresh Fruit Tray

Serving Size: Party-size

Trim & Healthy Boosted Fruit Dip (FP)

INGREDIENTS:

- 16 to 20 ounces 0% Greek Yogurt
- 1 Tablespoon heavy cream
- 2 Tablespoons of THM Gentle Sweet
- 1 Tablespoon THM Baobab Boost Powder
- 1 teaspoon Natural Burst Apricot Extract
- 1 teaspoon Natural Burst Vanilla Extract
- 1/4 to 1/2 teaspoon Natural Burst Cherry Extract

INSTRUCTIONS:

1. Blend all ingredients together until smooth.
2. Chill in the refrigerator until ready to serve with your fresh fruit tray.

Fresh Fruit Tray (E)

INGREDIENTS:

- Fresh cantaloupe (chunks)
- Fresh watermelon (chunks)
- Fresh honeydew melon (chunks)
- Fresh strawberries (left whole)
- Fresh pineapple (chunks)
- Green grapes
- Red grapes
- Fresh blueberries
- Fresh leaf lettuce leaves (optional)

(Continued... Instructions)

(Fresh Fruit Tray, Continued...)

INSTRUCTIONS:

1. Line a large serving tray with fresh leaf lettuce, if desired.
2. Place the chunked fruit, grapes and blueberries on the tray.
3. Serve with the Trim & Healthy Boosted Fruit Dip.

The *Trim & Healthy Boosted Fruit Dip & Fresh Fruit Tray* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Vegetable Tray with Rohnda's Ranch Dressing (S)

We thought about trying to be a bit fancy and use “crudités” in our title for our vegetable tray appetizer - since crudités is a French term that refers to raw vegetables, but we decided to keep things as simple as possible. Crudités is a platter that typically consists of one or more types of vegetables served with one or more dips. These are great for parties and can be served in place of a salad. The sky is the limit as far as what you can place on them - it doesn't have to be just the standard carrots, celery, broccoli, and cauliflower! Mix and match to discover what you like best. We've included “Rohnda's Ranch Dip” for you here as well...

Serving Size: Multiple-serve

OPTIONAL VEGETABLE TRAY INGREDIENTS:

- Asparagus (may need blanched)
- Bell Pepper Strips
- Broccoli
- Carrots
- Cauliflower
- Cherry Tomatoes
- Celery
- Cucumber slices
- Dill Pickle spears
- Green Beans (blanched)
- Endive leaves
- Fennel cuts
- Jicama (peeled & cut)
- Mini Sweet Peppers
- Mushrooms
- Olives (black or green)
- Radishes
- Sugar Snap Peas

INSTRUCTIONS:

1. Choose your favorite fresh veggies from our list of suggestions.
2. The amount to purchase of each veggie that you choose would be based on the number of guests you are serving.
3. Wash fresh veggies, dry thoroughly, and then prep to your liking. Some items will remain whole, others will need to be blanched, and other items may need to be sliced into strips, bite size pieces or sticks.
4. Arrange the fresh veggies onto a serving platter and have your ranch dip nearby for all to enjoy!

(Continued... Rohnda's Ranch Dressing)

ROHNDA'S RANCH DRESSING

This is a delicious homemade ranch dressing that can be whipped up in a jiffy. What a wonderful treat to be able to enjoy a homemade, fresh ranch dressing for all of your salads or dipping needs. This is a multiple-serve recipe that makes about 1 & 1/4 cups.

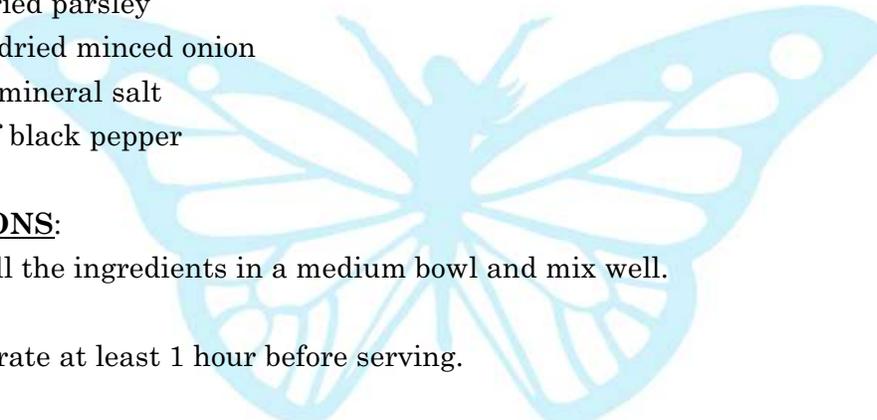
INGREDIENTS:

- 3/4 cup mayonnaise (homemade or store-bought)
- 1/2 cup plain 0% Greek yogurt
- 1 or 2 garlic cloves, minced (or, 1/2 to 3/4 tsp powdered garlic)
- 1 tsp dried parsley
- 1/2 tsp dried minced onion
- 1/2 tsp mineral salt
- Dash of black pepper

INSTRUCTIONS:

1. Place all the ingredients in a medium bowl and mix well.
2. Refrigerate at least 1 hour before serving.

NSI



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The [Vegetable Tray with Rohnda's Ranch Dressing](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Asian Ginger Slaw (FP)

This is the perfect side for a cook out or to many meat dishes. This is a Fuel Pull, so it compliments any meal type.

Serving Size: Approximately 6 people

INGREDIENTS:

- 4 to 6 cups cabbage (green or red)
- 1 large carrot (julianned or shredded)
- 1 bell pepper (yellow or orange, sliced thin)
- 6 radishes (sliced thin, optional)
- 1/4 cup cilantro (coarsely chopped)
- 1/4 cup green onions (sliced thin)
- 1/4 teaspoons crushed red pepper flakes
- 3 Tablespoons rice vinegar
- 3 Tablespoons soy sauce (or Bragg's Liquid Aminos)
- 2 teaspoons sesame oil
- 1 small piece ginger (about the size of your thumb, use more or less depending on your taste)
- 1 Tablespoon THM Super Sweet Blend (or 3 doonks THM Pure Stevia)

INSTRUCTIONS:

1. Mix together cabbage, carrot, sweet pepper, radishes, cilantro, green onion, and red pepper flakes. Set aside.
2. Into a blender add: rice vinegar, soy sauce (or liquid aminos), sesame oil, ginger, and Sweet Blend. Blend dressing until the ginger is completely broken down and all ingredients are incorporated.
3. Pour the dressing mixture over the slaw mixture and toss to coat well.
4. Can be served right away or chilled for a few hours to allow the flavors to meld.

NSI (If using a store-bought, plan-approved sweetener.)

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The *Asian Ginger Slaw* recipe and other delicious THM recipes can be found at
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Asian Noodle Salad (FP)

This recipe is amazing and so incredibly filling. You don't even have to cook the noodles! Use egg whites and you can have this as a Fuel Pull meal and get completely full while doing so. Enjoy filling up on a full bed of lettuce, lot's of non-starchy veggies and the slimming Trim Healthy Noodles! The salad dressing for this salad just sends this recipe over the top in flavor!

Serving Size: Single-serve

INGREDIENTS:

For the Salad Dressing...

- 2 Tablespoons soy sauce
- 2 Tablespoons rice vinegar
- 1 Tablespoon THM Gentle Sweet (or 1 teaspoon of THM Super Sweet Blend, or use your own favorite stevia blend to taste)
- 1 teaspoon sesame oil (or more, if desired, for an S meal)
- 1 dash crushed red pepper flakes (optional)

For the Salad...

- Lettuce (enough to create a large bed of lettuce on your plate)
- 7 ounces *Trim Healthy Noodles* (1-single serve package; drained & rinsed)
- 1 egg (scrambled, cooked and sliced)
- 2 slices lean deli meat (cut into strips)
- Tomatoes (diced)
- Cucumbers (diced)
- Green onions (diced)
- Sesame seeds (optional)

INSTRUCTIONS:

1. Mix all of the ingredients for the salad dressing in a small bowl and set aside.
2. Arrange a large bed of a lettuce of your choice on your plate. Line your plate fully with the lettuce.
3. Place the drained and rinsed noodles on top of the bed of lettuce.
4. Arrange the topping choices, the cucumbers, tomatoes, green onions and sesame seeds over the noodles and pour on dressing just before serving.

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The *Asian Noodle Salad* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Broccoli and Bacon Salad (S)

This fabulous tasting Broccoli & Bacon Salad is loaded with flavor and crunch! Whether it's shared at a barbeque or enjoyed at home as a S side, who can resist an extra helping of this creamy, yet tangy, broccoli salad? It is so good it will make even the biggest broccoli snob take a second look. Folks who hate raw broccoli have gobbled this up and gone back for seconds!

Serving Size: Approximately 6 people

INGREDIENTS:

- 1 head fresh broccoli (cut into bite size pieces, about 5 cups)
- 1/4 red onion (more or less, to your taste)
- 5 slices turkey bacon (cooked and chopped)
- 1/4 cup peanuts (roasted, salted)
- 2 teaspoons THM Super Sweet Blend
- 2/3 cup mayonnaise
- Mineral Salt (to taste)
- Black Pepper (to taste)

INSTRUCTIONS:

1. Mix everything together well.
2. Allow to chill for half an hour before serving.

NSI (If using a store-bought, plan-approved sweetener.)

The *Broccoli and Bacon Salad* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Caprese Salad (S)

This is a refreshingly light summer salad that is a breeze to throw together if you are the Drive Thru Sue type and opt to buy fresh, pre-spiralized zucchini. Whether you buy the pre-spiralized version or prefer doing that yourself at home, this salad is sure to become a family favorite!

Serving Size: Feeds 6 to 8 people

INGREDIENTS:

- 3 medium-sized zucchini, spiralized and cut for bite-size
- 1-pint cherry tomatoes, halved
- 6 ounces fresh mozzarella, cubed in 1/2" pieces
- 1/3 cup fresh basil leaves, torn into small pieces
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- Mineral Salt, to taste

INSTRUCTIONS:

1. Combine zucchini noodles, tomatoes, mozzarella, and basil in a medium bowl.
2. Immediately before serving, whisk together balsamic vinegar, olive oil, and Mineral Salt.
3. Drizzle over salad tossing gently.

The *Caprese Salad* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cauli Potato Salad (S)

Great recipe for barbecue get-togethers in the summer months! Goes great with burgers. For a more flavorful salad, roast or sauté the cauliflower. Don't be put off by the word "cauli" here. This really is fantastic.

Serving Size: Family-serve; 6 to 8 people

INGREDIENTS:

- 2-16 oz frozen bags or 2 fresh heads cauliflower
- 5 whole eggs (hard-boiled, peeled, and chopped)
- 1/2 cup mayonnaise (or, 1/4 cup mayo & 1/4 cup Greek yogurt)
- 1/2 medium onions (finely diced)
- 2 stalks celery
- Handful bacon bits (optional)
- Diced dill pickles (optional)
- Creole seasoning (to taste) (optional)
- Mineral Salt (to taste)
- Black pepper (to taste)

INSTRUCTIONS:

1. Lightly steam 2 bags frozen cauliflower (or 2 fresh heads of cauliflower) do not let cauliflower get mushy.
2. Boil 5 eggs and peel off shells. Dice eggs and place in bowl.
3. Transfer cooked cauliflower to bowl and cut any big pieces to resemble the size of diced potatoes.
4. Add 1/2 finely diced onion and optional diced pickle.
5. Add Creole seasoning, or Mineral Salt, and black pepper.
6. Add enough mayonnaise (and/or optional Greek yogurt) to coat everything well. Mix all ingredients together without mashing too much.

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The *Cauli Potato Salad* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Pea Salad (S)

Peas are slightly higher in carbs than other non-starchy vegetables, but if you have made some good progress managing your weight, you may include them in your meals in moderate doses. This salad goes well as a side to salmon or white fish meals and is very quick and simple.

Serving Size: Approximately 4 people

INGREDIENTS:

- 1 or 2 cans (15-ounce) sweet peas (you can also use fresh or frozen)
- 1/2 small onion (finely diced)
- 2 to 3 ounces cheddar cheese or pepper jack cheese (a bit more than 1/4 of an 8-ounce block)
- Mayonnaise (enough to coat)

INSTRUCTIONS:

1. Drain the canned peas and place into a bowl. (If using fresh or frozen: cook, cool and drain before placing into the bowl.)
2. Add the finely diced onion.
3. Cube the cheese. Add to the bowl.
4. Add enough mayo to coat well. Carefully mix all the ingredients to prevent smashing the peas.

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The *Pea Salad* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Strawberry-Kale Salad (S)

You'll want second helpings of this, but there's no need to feel guilty loading your plate high! It's the perfect salad to go with grilled meats for summer time meals.

Serving Size: Approximately 4 people

INGREDIENTS:

- 8 to 10 cups kale (or 2 bunches) of Kale (washed & shredded)
- 1/3 cup olive oil
- 2 Tablespoons lemon juice (best if fresh)
- 2 Tablespoons THM Gentle Sweet
- 1/2 teaspoon Mineral Salt
- 2 cups fresh, sliced strawberries
- 1/4 cup roasted, salted sunflower seeds (or other nuts of choice)

INSTRUCTIONS:

1. Put kale in a large bowl and drizzle olive oil over it. Using your hands, gently mix and massage olive oil into kale. This process will slightly wilt the kale and make for a softer leaf.
2. In a small bowl, mix lemon juice, salt and sweetener. Pour over kale and mix in well.
3. Add strawberries and sunflower seeds (or other nuts of your choice) just before serving.
4. Toss and serve along side of your S meal.

NSI (If using a store-bought, plan-approved sweetener.)

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The *Strawberry-Kale Salad* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Thai Slaw (FP or S)

This is a delightful twist on traditional coleslaw. Super quick and easy to make and fresh with the flavors of lime, vinegar, curry, and peanuts, it will be a tasty addition to any BBQ, picnic or general dinner or lunch meal this summer. Goes great as a bed to any protein source. Grill up some chicken or fish and place it on top or next to it. Without the peanuts this is a tasty FP, add the peanuts and you have a very light S.

Serving Size: Approximately 6 people

INGREDIENTS:

- 1-14 oz bag of coleslaw
- 2 Tablespoons THM peanut flour
- 1 teaspoon THM Gentle Sweet
- 2 Tablespoons rice vinegar (0 carb)
- 2 Tablespoons soy sauce
- 1 teaspoon fish sauce (optional, but adds great depth of flavor)
- 1 teaspoon red curry paste
- 1 Tablespoon lime juice (bottled or fresh)
- 1 teaspoon sesame oil
- 3 Tablespoons chopped peanuts (optional)

INSTRUCTIONS:

1. Place coleslaw in a medium-sized bowl.
2. Combine peanut flour, Gentle Sweet, rice vinegar, curry paste, lime juice, sesame oil and optional fish sauce in a small bowl and whisk till combined.
3. Combine dressing with coleslaw, mix well then top with optional peanuts. Refrigerate before use.

The *Thai Slaw* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Rosemary Ranch Chicken (S)

Looking for a way to add some pizzaz to your summer BBQ? Look no further than this flavor-packed marinated chicken recipe! Tender and moist chicken, sure to please even the pickiest palate!

Serving Size: Family-size; Approximately 6 people

INGREDIENTS:

- 6 chicken breasts
- 2 teaspoons finely crushed, dried rosemary
- 1 cup 0% Greek yogurt
- 1/4 cup extra virgin olive oil
- 1 teaspoon lime juice
- 2 Tablespoons *Rohnda's Ranch Mix* (or dry ranch mix of choice)
- 1 Tablespoons THM Gentle Sweet
- 2 Tablespoons Worcestershire sauce
- 1 teaspoon Mineral Salt
- 1/2 teaspoon pepper

INSTRUCTIONS:

1. Mix all ingredients except chicken breasts and place in a gallon Ziploc bag. Add breasts and marinate several hours.
2. Remove chicken from marinade, shaking off excess.
3. Grill over medium/high heat, turning as needed until a meat thermometer reads 160 degrees Fahrenheit.
4. Remove and cover for 10 minutes, if possible.

RECIPE NOTE:

Alternately, cube the chicken and skewer on wooden shish-kabob sticks. Grill, turning often to cook on all sides.

NSI (If using a store-bought, plan-approved sweetener.)

The *Rosemary Ranch Chicken* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Shish-Kabob's Family Style (S)

Shish-Kabob's are a fun and delicious recipe that can be a very quick and easy meal for those hot summer days when you are ready to grill! The trick that we have found when making shish-kababs is to cook the beef or chicken separately from the vegetables so nothing overcooks. This recipe is "heavy" on the veggies, take time to enjoy all of these non-starchies! Please see the Recipe Notes below for some different cooking and serving options! This Family Style Shish-Kabob recipe will serve 6 to 8 people.

Serving Size: Family-size; Approximately 6 to 8

INGREDIENTS:

- 2 pounds sirloin steak (thawed; 3/4-inch-thick steaks cut into 1-inch cubes OR thawed chicken breast cut into 1 inch cubes)
- 4 large onions (yellow, white or red) (sliced into 1-inch chunks)
- 4 to 6 large bell peppers (any color; cut into 1-inch pieces)
- 36 to 48 cherry tomatoes (6 to 8 per person; or two-three packages)
- 4 zucchini (sliced into 1-inch chunks)
- 4 yellow squash (sliced into 1-inch chunks)
- 24 to 36 fresh, whole mushrooms (4 to 6 mushrooms per person; or 2-3 packages)
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons *Sweet & Smokey BBQ Seasoning Rub* recipe
- Mineral Salt (to sprinkle on top of the skewers of veggies)
- Black pepper (to sprinkle on top of the skewers of veggies)

INSTRUCTIONS:

1. If using wooden or bamboo shish-kabob skewers soak them in a shallow pan of water for about an hour while preparing the food. If using metal skewers, you can skip this step.
2. Cut your thawed sirloin or chicken breast into 1-inch chunks and place on a platter.

(Continued... *Instructions & Recipe Notes*)

(Shish-Kabob's Family Style, Continued...)

3. Sprinkle the pieces of meat with the Sweet & Smokey BBQ Seasoning Rub and then using your hands, gently rub the spice blend into each piece of meat.
4. Cover the platter of meat with plastic wrap and place in fridge while preparing the veggies.
5. Chop all vegetable into 1-inch chunks, except for the cherry tomatoes and mushrooms, leave them whole as they grill up much better when left whole.
6. Arrange all of the prepared vegetables onto a large baking tray and drizzle with the olive oil. Season lightly with the mineral salt and black pepper or to taste. Toss the veggies around to ensure that they are coated evenly.
7. Begin to thread the skewers with a vegetable of its own, for example you may get 4 full skewers of onions, 4 full skewers of cherry tomatoes, 4 full skewers of peppers, 4 full skewers of mushrooms, and 4 full skewers of each squash.
8. Next, thread the meat onto skewers of their own.
9. Place the skewers of meat and veggies onto your preheated grill set to medium high heat.
10. Grill the kabobs directly over medium/high heat for about 10-15 minutes or until cooked to your preference, turning 1/4 rotation every 2-3 minutes with a pair of tongs. Grill the veggie skewers until they are just starting to soften with slight grill marks.
11. Keep an eye on the veggies as they will get done a bit faster than the meat and they can blacken quickly if not attended to.
12. Place the cooked skewers of meat and veggies onto a baking tray. Very carefully remove the meat and veggies from the skewers and place onto serving platters of their own.

(Continued... Instructions & Recipe Notes)

(Shish-Kabob's Family Style, Continued...)

RECIPE NOTES:

Preparation, Cooking and Serving Tips...

- ▶ After much experimentation we have found that using separate skewers for each ingredient make for a most excellent shish-kabob. The meat and veggies cook more evenly, than when combining the meats and veggies on the same skewers.
- ▶ You can precut your meat & veggies the morning of your BBQ, place them in the fridge and have them ready to go for easy assembly for when you are ready to grill.
- ▶ **Time Saving Tip:** If you are looking for a time saver, you can thread the meat only onto skewers, grill until done to your liking and then use a grill pan to grill the prepared veggies on. That makes for a very beautiful presentation of mixed grilled veggies as well.
- ▶ **Build Your Own Shish-Kabob:** You can set out platters of the prepared uncooked meats and veggies and have each guest thread their own skewers with meats and veggies of their choice and then grill to their own personal liking.

NSI (If using a store-bought, plan-approved sweetener in the *Sweet & Smokey BBQ Seasoning Rub* recipe .)

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Slim Sloppy Joes (S)

Grab your big ol' iron skillet, just like Grandma used to use. Pearl Chats: "My family is crazy about this meal. If it's not on the menu every week or so, they start asking for it... I love this meal not only for the flavor, but for the ease. You don't even have to chop anything when you use handy, frozen Seasoning Blend."

Serving Size: Approximately 6 people

INGREDIENTS:

- 2 pounds ground meat (beef or venison)
- 2 cups Seasoning Blend: onion, celery, green pepper (frozen, diced)
- 6 ounces tomato paste (1 small can)
- 8 ounces tomato sauce (1 small can)
- 3/4 cup water
- 3 Tablespoons mustard (or, 4 Tablespoons prepared, yellow mustard)
- 1 teaspoon Mineral Salt
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 & 1/2 teaspoons THM Super Sweet Blend (or, 2 doonks of Pure Stevia Extract)
- 1 & 1/2 Tablespoons apple cider vinegar
- 1 dash cayenne pepper

INSTRUCTIONS:

1. Brown the meat in a large skillet, then briefly remove the meat and drain most of the fat (keep some in for flavor), return the meat to the skillet. (If your meat is lean, there is no need to drain the fat, so you can save time.)
2. Add the Seasoning Blend and saute for a few minutes, stirring the meat.
3. Add the remaining ingredients, stir well, and simmer for 10 minutes.
4. Serve on plan-approved bread or make sandwiches with it, adding some grated cheese.

NSI (If using a store-bought, plan-approved sweetener.)

DF (If not topping with grated cheese.)

The *Slim Sloppy Joes* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Wipe Your Mouth BBQ (E or FP)

This is a smack-your-lips, sweet heat, wipe-that-mouth saucy BBQ that makes your busy season so much less stressful! Just throw the ingredients in your crockpot in the morning and you no longer have to worry about dinner. The traditional E version is perfect on sprouted rolls or over brown rice with steamed veggies on the side. Or, simply throw some finely cut cabbage in with your sandwich if you want less fuss. This recipe was first featured in our Trim Healthy Mama cookbook but now we have a FP-version. To make Wipe Your Mouth BBQ FP-style, please see the Recipe Notes below.

Serving Size: Family-size; Approximately 6 to 8

INGREDIENTS:

- 2 & 1/2 pounds chicken breast (boneless, thawed and drained)
- 1 (14.5 oz) can diced tomatoes
- 4 teaspoons onion powder
- 1 Tablespoon tomato paste
- 3 Tablespoons prepared yellow mustard
- 3 Tablespoons apple cider vinegar
- 3 Tablespoons paprika
- 1 teaspoon cayenne pepper (or to taste)
- 3 teaspoons Mineral Salt
- 1 teaspoon black pepper
- 2 teaspoons liquid smoke
- 2 teaspoons blackstrap molasses
- 1 cup pineapple chunks, drained
- 4 teaspoons THM Super Sweet Blend (or 4 doonks Pure Stevia Extract)
- Extra 1 Tablespoon THM Super Sweet Blend (if making the recipe FP-version)
- 1/2 teaspoon Natural Burst Pineapple Extract (if making the recipe FP-version)

INSTRUCTIONS:

1. Place the chicken in the crock pot.
2. Place all other ingredients in a blender and process until smooth.

(Continued... *Instructions & Recipe Notes*)

(Wipe Your Mouth BBQ , Continued...)

3. Add the sauce to the crock pot and cook on low heat all day or on high heat for 5 to 6 hours.
4. Once the chicken is cooked, shred it and mix it into the sauce. Let sit in the sauce (to soak up the BBQ sauce) for 10 to 15 minutes, then serve.

RECIPE NOTES:

FP-Style Wipe Your Mouth BBQ:

If you'd prefer to make this recipe FP-style, simply remove the pineapple from the recipe and add in 1/2 teaspoon Pineapple Burst extract along with an extra Tablespoon of Super Sweet Blend.

ALTERNATE DIRECTIONS FOR PREPARING THIS IN AN ELECTRONIC PRESSURE COOKER:

Followed the recipe exactly. Then 15 minutes using the manual setting, NR (natural release).

FOR FREEZER-TO-CROCK PREP:

Label frozen bag of chicken breasts or tenderloins as “Wipe Your Mouth BBQ – E/FP” with a Sharpie. Blend all the other ingredients and pour into another freezer bag. Label the freezer bag with recipe name and put both bags in freezer. The morning before cooking (24-hours prior), put both bags in the refrigerator to thaw. Next morning, pour out excess fluid from the chicken and place the chicken in the crock pot. Add the sauce.

NSI (If using a store-bought, plan-approved sweetener.)

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Swiss Bread & Swiss Loaf (FP)

Swiss Bread (FP)

We call this Swiss Bread because like Switzerland, it doesn't take sides. It can be your go-to bread replacement for any meal. You can eat it with either S or E meals, or keep it in Fuel Pull mode. It makes a wonderful ooey-goey grilled cheese or a great side to soup or stew, especially when topped with a bit of buttah for S. Enjoy it as a FP sandwich, with lean fillings, but have fruit on the side for an E option. Bake in a bun pan to enjoy at your BBQ with your hamburger or hotdog! The ideas for flavors are limitless. Add rosemary, garlic or onion powder, jalapeño and cheese (the cheese would make it an S) - whatever flavors you can dream up!

Serving Size: Single-serve

INGREDIENTS:

- Coconut oil spray
- 1/4 cup THM Baking Blend
- 2 egg whites
- 1 Tablespoon water
- 1 pinch Mineral Salt
- 2 pinches THM Super Sweet Blend
- 1/2 teaspoon aluminum-free baking powder

INSTRUCTIONS:

1. Mix and place all ingredients in a prepared coffee mug, or bread-shaped glass dish.
2. Microwave for 1 to 1 & 1/2 minutes. Or, bake at 350° for 15 minutes or until lightly browned and done through.
3. Slice the bread into two pieces and enjoy!

(Continued... *Recipe Note & Swiss Loaf recipe*)

(Swiss Bread & Swiss Loaf, Continued...)

RECIPE NOTE:

For *Swiss Garlic Bread* melt 2 teaspoons butter (or coconut oil) with 1 clove minced garlic (or a sprinkle of garlic powder) in a skillet. Brown both sides of the *Swiss Bread* in the garlic butter. (Alternative method: Smear bread with butter and minced garlic or garlic powder and put under the broiler for a couple minutes watching carefully that it does not burn.)

DF

Swiss Loaf (FP)

Our numero uno goal was to come up with an actual Fuel Pull loaf of bread that you can cut, slather butter on and not turn into a Crossover in the process. Fats with bread are what we all long for right? Our lofty goal was to create a protein based loaf that wasn't dry like a brick or too heavy and eggy. One that you can have under fried eggs for S or make a lean sandwich with room for fruit on the side for E.

The single-serve Swiss Bread recipe wasn't hard to get right. This loaf gave us far more trouble. At times we doubted our quest would be possible. There were many, many failures along the way. Many flat loaves, squishy loaves, yucky loaves, dry loaves, eggy loaves... but we got closer and closer. The final loaf came out of the oven, we cut into it and knew goal was achieved. Our children love this, our husbands love this. No, it's not your fluffy wonder bread from the store but it's pretty darn good and so good for you!"

Serving Size: Multiple-serve; 1 Medium-sized Loaf

INGREDIENTS:

- Coconut oil spray
- 6 large egg whites
- 1 cup water
- 1 Tablespoon apple cider vinegar
- 1 & 1/2 cups THM Baking Blend
- 3 & 1/2 Tablespoons THM Psyllium Husk Flakes
- Scant 1/4 teaspoon Mineral Salt
- 1/2 teaspoon THM Super Sweet Blend
- 1 & 1/2 teaspoons aluminum-free baking powder
- 1 & 1/2 teaspoons baking soda

(Continued... *Instructions & Recipe Notes*)

(Swiss Loaf, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Place the egg whites in a food processor, add the water and vinegar, and process for 15 seconds. Add the other food ingredients, pulse to combine for a few seconds, scrape down the sides of the processor bowl with a spatula, then pulse again for 10 seconds. Allow the mixture to sit for 3 or 4 minutes.
3. Lightly spray a 4 & 1/2 × 8 & 1/2-inch loaf pan with coconut oil spray (pan size is important; too big a pan and your loaf will be flat). Pour the dough into the pan, then smooth the top gently with your spatula. Cut a large X in the top, then gently widen it so the top cracks evenly. Put the bread on the middle rack of the oven, then immediately turn the oven temperature down to 375°F. After 20 minutes, cover the top of the loaf with foil and continue baking for another 40 minutes for a full hour total.
4. Remove the loaf from the oven and let cool briefly, then remove from the pan and allow to cool on a wire rack or on the top of the loaf pan for a couple hours. Protein-rich breads are much better after having sat out for a while. If you cut into it too soon, it will appear too moist. The texture will be even better the next day, after drying out a little.

RECIPE NOTE:

You can freeze extra bread in baggies, separating the pieces with wax paper or coffee filters.

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Wonderful White Blender Bread (FP)

Just blend and bake! Couldn't be easier. You don't know how excited we are to give you this white, fluffy bread, which we affectionately abbreviate to WWBB. It is going to change your world. After months of tweaking and trying for the ultimate low-carb, low-fat white bread, we have it! It makes perfect slices for sandwiches, grilled cheese, French toast, garlic bread; or just spread a piece with butter and sugar-free jelly and say "Mmm." Bake in a bun pan to enjoy at your BBQ with your hamburger or hotdog! Best of all, it is a Fuel Pull!

There are plenty of low-carb bread options out there online, but most are loaded with almond flour and tons of whole eggs. You don't want to eat calorie-laden bread like that on a daily basis. We don't have to count calories, but piling butter or mayonnaise on top of bread that already has a bunch of fat can turn into calorie abuse; it is not the balanced Trim Healthy way. There's just no need to do that. Fuel Pull bread makes more sense for your daily bread. Now you can put some butter on your bread and really enjoy it!

Serving Size: Multiple-serve; 1 Loaf

INGREDIENTS:

- Coconut oil cooking spray
- 1 & 1/2 cup egg whites (carton or fresh)
- 1/2 teaspoon xanthan gum
- 3/4 cup THM Pristine Protein Powder (original; unflavored)
- 1 cup THM Baking Blend
- 1 cup 0% Greek yogurt (or 1% cottage cheese)
- 2 & 1/2 teaspoons aluminum-free baking powder
- 1 teaspoon THM Super Sweet Blend
- 1/2 teaspoon Mineral Salt

(Continued... *Instructions & Recipe Notes*)

(Wonderful White Blender Bread, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350°F. Spray a 9 × 5-inch (standard) glass loaf pan with coconut oil. You want your pan to be as straight-sided as possible. Slanted pans can cause the bread to fall over the pan as it rises. If your bread rises a bit lopsided, though, never fear, it will still taste great.
2. Put the egg whites and xanthan gum in a blender and blend on high for 1 minute, until thickened and frothy. Add all the other ingredients and blend well for another minute or so.
3. Using a spatula, scrape the batter into the loaf pan and bake for 40 minutes. If after 20 minutes the top of the bread looks like it's browning too much, place a folded piece of parchment paper over the top.
4. Once the bread is out of the oven, allow it to sit for a couple minutes, then remove it from the pan (you may need to use a knife around the sides of the pan to help it come out). Let it cool at least another 10 to 15 minutes before carefully slicing your first piece or two with a serrated knife.
5. Cover the rest of the loaf with a paper towel and put it in a gallon baggie. You can store it on the counter for the first day, if desired, but after that it is best kept in the refrigerator.

RECIPE NOTES:

Pearl's best advice for the *Wonderful White Blender Bread...*

I want to talk about how it can be a huge blessing to your journey or how if abused, it might become a hindrance.

HOW IT BLESSES YOU...

- ▶ It is FP and protein rich
- ▶ Helps you stay on plan because you don't feel deprived and are less likely to binge on junk bread
- ▶ Perfect side to soup or salad
- ▶ Grilled cheese and pb and j are your besties again

(Continued... Recipe Notes)

(Wonderful White Blender Bread, Continued...)

- ▶ Helps you fill up... very filling and has superfood ingredients to bless your health

Give yourself lots of grace if you find yourself eating a lot of the first loaf. You have white fluffy bread again so it is fine to celebrate! Have a few pieces with butter without guilt. I have seen many posts where it has become a part of every meal. That's so fine at first but after that... let's talk balance.

HOW IT MAY HINDER YOU...

- ▶ If it takes the place of your non-starchy veggies
- ▶ If you never have meals without it
- ▶ Butter is great an' all but if you're eating oodles more butter than normal because it is always on your bread, maybe that's overdoing it.

To explain... if you are replacing your salads and green veggies with Blender Bread all the time, as much as I hate being a big meanie, I have to say... please don't.

Let me give you an example of how it might become a hindrance rather than a help...

You eat a breakfast of eggs, sausage and sauteed spinach. Now you're excited to add Blender Bread to your breakfast so you add two pieces drenched with butter! That's fine for a now and then... but if you want bread with your eggs, nix that meat. You already have plenty of protein with the eggs and this bread is protein rich. Be sure that you're not piling more and more fuel on your plate. No need to overdo protein either. Here's how I love it for breakfast... I cut two ultra thin slices of it and place it in the pan next to my fried eggs as they are cooking. I season the bread as I season my eggs, they get super crispy then I plate the fried eggs over the crispy bread at the end... such a delish breakky. No overdoing it this way!

Please hear my heart here... I am not limiting you to a certain number of pieces or wanting you to feel any guilt at all for eating it very frequently. I sure eat it frequently. And you sure can have meat on it in a sandwich... such as a turkey sandwich. Serene and I just really want you to keep your veggies in and if you're adding bread... just be mindful of all the other items you are eating as well.

(Continued... Recipe Notes)

(Wonderful White Blender Bread, Continued...)

Now, for a few more pieces of advice...

1. When making grilled cheese with it... keep the pieces thin.. the sandwich tastes much better and gooier that way.
2. If you have portion control issues after your second loaf.. freeze in zippy bags... two slices per bag
3. Use a serrated knife when cutting it or sometimes the crust will want to pull off
4. Be sure your baking powder is fresh when making it (I've seen a couple pictures where the bread fell after baking... this is stumping me, unsure of why this is happening but maybe we'll all get to the bottom of it).
5. I mentioned in the book to use a glass pan. I have had the most success this way but many of you are having great success with metal or ceramic pans so maybe that doesn't matter so much.
6. The recipe calls for xanthan gum to stabilize the egg whites... this is what helps give the bread its lightness. Some here have used Glucic and mentioned they had good results doing that so take your pick.

That's it for now...

~ Pearl

NSI (Use a grocery store on-plan sweetener and whey protein, see page 43 of the Trim Healthy Mama Cookbook. Use the Frugal Flour option, see page 40 of the Trim Healthy Mama Cookbook. Please note that this will take this bread from an FP and an S and it won't look as white.)

The *Wonderful White Blender Bread* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cauli Rice Tabbouleh (S)

Serving Size: Feeds 6 to 8 people as a side dish.

(Serves 4 as a main dish with added protein such as cooked chicken pieces.)

INGREDIENTS:

- 1 fresh, (16-ounce) bag of cauli crumbles or a medium head cauliflower, riced
- 1/2 to 1 large cucumber, finely diced
- 1 large tomato, finely diced
- 1 bunch parsley, finely chopped
- 2 Tablespoons fresh mint, finely chopped (optional)
- 3 Tablespoons chopped Kalamata olives (optional)
- 3 Tablespoons feta cheese, crumbled (optional)
- 1/4 cup extra virgin olive oil
- 3 to 4 Tablespoons lemon juice
- Mineral Salt and pepper, to taste

INSTRUCTIONS:

1. Combine all the vegetables and optional ingredients (if using) in a bowl.
2. Whisk together olive oil, lemon juice, and salt and pepper.
3. Pour dressing over vegetables, tossing gently to combine.
4. Chill for an hour or more for flavors to marry before serving.

RECIPE NOTE:

A fantastic tweak to this salad is to use cooked cauliflower rice in place of raw. Give it a try some time and see which way you like best.

The *Cauli Rice Tabbouleh* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Grilled Ratatouille (S)

Ratatouille is traditionally simmered on top of the stove, but the grill brings this dish to a whole new level! Slightly charring these veggies intensifies their already fabulous flavor, making this a summertime favorite for picnics and BBQ's!

Serving Size: Approximately 8 to 10 people

INGREDIENTS:

- 1 medium-size eggplant, cut into 1" chunks (peel if desired)
- 1 large onion, sliced
- 3 large tomatoes, cut into 2" chunks
- 2 medium-sized zucchini, cut on the diagonal
- 2 medium-sized summer squash, cut on the diagonal
- 3 bell peppers, cored and cut into 2" pieces
- 2 teaspoons dried thyme
- 1/4 teaspoon red pepper flakes
- 1/3 cup extra virgin olive oil
- 1 teaspoon Mineral Salt
- 1/2 teaspoon pepper
- 1 Tablespoon minced garlic

INSTRUCTIONS:

1. Place all cut veggies on large jelly roll pan. Combine olive oil, thyme, salt, pepper, and pepper flakes and whisk. Pour over veggies and toss gently to coat.
2. Grill over medium/high heat, tossing occasionally till tender and lightly charred, 8 to 10 minutes.
3. Remove from grill and place veggies in a serving bowl. Add the 1 Tablespoon minced garlic and toss gently to combine.
4. May be grilled ahead and served at room temperature.

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The *Grilled Ratatouille* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Trim Healthy BBQ Beans (E)

A BBQ just isn't complete without a side of BBQ beans!

Serving Size: Approximately 4 people

INGREDIENTS:

- 1 small/medium onion (diced)
- 1 teaspoon coconut oil (or butter)
- 1 Tablespoon water
- 1-14.5 ounce can diced tomatoes
- 4 teaspoons onion powder
- 1 Tablespoon tomato paste
- 3 Tablespoons prepared yellow mustard
- 3 Tablespoons apple cider vinegar
- 3 Tablespoons paprika
- 1/8 to 1 teaspoon Cayenne pepper, to taste (1/8 teaspoon for mild, 1/2 teaspoon for spicy, and 1 full for hot)
- 2 & 1/2 teaspoons Mineral Salt
- 1 teaspoon black pepper
- 1 teaspoon Liquid Smoke
- 1 teaspoon blackstrap molasses, optional
- 4 teaspoons THM Super Sweet Blend (or 4 doonks Pure Stevia Extract)
- 2-15 ounce cans white beans (such as Great Northern)

INSTRUCTIONS:

1. Place diced onion and butter in a small saucepan set to medium heat. Allow onions to cook for a couple minutes, tossing well in the butter. Add the water and continue to cook them until they become softer and a golden color.
2. Place all other ingredients, except for beans, in a blender and process until smooth.
3. Add the beans and blended ingredients to saucepan with lid and cook over low to medium until heated through.
4. Leftover sauce can be added to the beans, if needed, or stored in the refrigerator.

The *Trim Healthy BBQ Beans* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Body-Burn Mayonnaise (S)

The MCT oil in this dressing is a metabolism reviver and helps protect your brain from the ravages of diseases like Alzheimer's. This mayo is a lovely golden color from the egg yolks and mustard. If you are a Drive Thru Sue, know that you can purchase regular mayonnaise from the store and it will be still on plan. But if you want to get adventurous and try your hand at homemade sometime, don't be skeered! It's easy and healthier.

Serving Size: Multiple-serve; Makes about 1 cup

INGREDIENTS:

- 2 large egg yolks
- 1 Tablespoon lemon juice (or apple cider vinegar)
- 1/2 teaspoon Mineral Salt
- 1 teaspoon Dijon mustard
- 1 doonk THM Pure Stevia Extract Powder
- 1/2 cup THM MCT oil
- 1/2 cup grapeseed oil (or any mild, cold-pressed oil)

INSTRUCTIONS:

1. Put all the ingredients except the oils in a blender, then run the blender on its slowest setting. Slowly add the oils a little at a time while the blender is running. (You can also try this in a bowl with a whisk; it will be a workout for your arm but you should get a similar result.)
2. Chill in the fridge.

NOTE TO PURISTS:

You can extend the refrigerator life of this by adding a couple Tablespoons of whey water from your cheese making, then leaving the mayo to sit on the counter for a few hours before refrigerating.

NSI (If you use your favorite store-bought, on-plan sweetener.)

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The *Body-Burn Mayonnaise* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Hip Trim Honey Mustard (FP)

This dressing is great for all salads and also works as a topping or dip for grilled or sauteed chicken. You could use the basic skeleton of this recipe and make other flavors.

Serving Size: Multiple-serve

INGREDIENTS:

- 1 & 1/4 cup water (1/4 cup needs to be hot water)
- 2 teaspoons Dijon mustard
- 1 teaspoon mineral salt
- Dash onion powder
- Sprinkle black pepper
- 1/4 cup apple cider vinegar (raw is best)
- 1 teaspoon red palm oil
- 2 teaspoons THM Super Sweet Blend (or 2 doonks THM Pure Stevia Extract)
- 1/2 teaspoons THM Glucomannan ("gluccie")

INSTRUCTIONS:

1. Put water in blender.
2. Add the Dijon mustard, mineral salt, dash of onion powder and sprinkle of black pepper.
3. Add the apple cider vinegar (raw is best) and red palm oil.
4. Add the THM Super Sweet Blend or 2 doonks THM Pure Stevia Extract Powder.
5. Blend on high. While blending add generous the glucomannan.
6. Keep blending and drizzle in the boiling water. This will emulsify palm oil so it does not sit on top. Blend until creamy consistency is achieved
7. Pour dressing into a squeeze bottle e.g. empty mustard bottle and refrigerate.

NSI (If using other store-bought, plan-approved sweetener and if using xanthan gum in place of glucomannan.)

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The *Hip Trim Honey Mustard* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Mayonnaise (S)

This recipe is for "scratch purists" who would rather not buy mayonnaise from the store.

Serving Size: Multiple-serve

INGREDIENTS:

- 1 whole egg
- 2 egg yolks
- 1/2 teaspoon Mineral Salt
- Dash black pepper
- Dash onion powder (optional)
- 1/2 cup extra virgin coconut oil (expeller pressed)
- 1/2 cup extra virgin olive oil
- 1 Tablespoon Dijon mustard (optional)

INSTRUCTIONS:

1. Place all the ingredients into the blender except the coconut oil and olive oil and blend well.
2. While the blender is still running, slowly add the coconut oil and olive oil.
3. Chill before serving.

RECIPE NOTE:

The optional Dijon mustard will give your mayo a little kick.

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The *Mayonnaise* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Rohnda's Ranch Dressing (S)

This is a delicious homemade ranch dressing that can be whipped up in a jiffy. What a wonderful treat to able to enjoy a homemade, fresh ranch dressing for all of your salads or dipping needs.

Serving Size: Multiple-serve; Makes about 1 & 1/4 cups

INGREDIENTS:

- 3/4 cup mayonnaise (homemade or store-bought)
- 1/2 cup plain 0% Greek yogurt
- 1 or 2 garlic cloves, minced (or, 1/2 to 3/4 teaspoon powdered garlic)
- 1 teaspoon dried parsley
- 1/2 teaspoon dried minced onion
- 1/2 teaspoon Mineral Salt
- Dash of black pepper

INSTRUCTIONS:

1. Place all the ingredients in a medium bowl and mix well.
2. Refrigerate at least 1-hour before serving.

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The *Rohnda's Ranch Dressing* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Sweet & Smokey BBQ Seasoning Rub (FP)

This Sweet & Smokey BBQ Seasoning Rub is a sugar-free alternative that will make your grilled meats come to life at your next BBQ!! This is a great choice compared to most rubs that you will find out in the market that are filled with brown sugar, regular sugar and other off-plan ingredients that can spike your blood sugar. This rub can be used on beef, chicken, or pork! This mixes up nicely and can be kept in a sealed jar and stored on a shelf with your other spices. Use 1 Tablespoon of rub per pound of meat.

Serving Size: Multiple-serve

INGREDIENTS:

- 4 Tablespoons Mineral Salt
- 3 Tablespoons smoked paprika (or, regular paprika, the smoked gives a great flavor)
- 1 Tablespoon Hungarian paprika (Sweet Hungarian Paprika or regular paprika, the Sweet Hungarian gives a great flavor)
- 1 Tablespoon garlic powder (or granulated garlic)
- 1 Tablespoon onion powder (or granulated onion)
- 1/2 Tablespoon black pepper
- 1 teaspoon chili powder
- 1 teaspoon dry mustard
- 1 teaspoon celery seed
- 2 teaspoons THM Super Sweet Blend
- 1/2 teaspoon cumin
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground nutmeg
- 1 slight sprinkle cayenne pepper

INSTRUCTIONS:

1. Place all ingredients into your food processor or spice grinder and pulse 2-3 times until nicely combined.
2. Place the rub into a sealed jar and store with your other spices.

(Continued... *Instructions*)

(Sweet & Smokey BBQ Seasoning Rub, Continued...)

3. Use 1 Tablespoon of rub per one pound of meat.
4. Sprinkle the rub onto your thawed cuts of meat and rub in well before cooking on the grill.

NSI (If using a store-bought, plan-approved sweetener.)

The *Sweet & Smokey BBQ Seasoning Rub* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Trim Healthy Ketchup (FP)

Most ketchups are laden with sugar. We don't get too worried if you order a low-carb burger with ketchup at a drive thru here and there, but it's a great idea to keep a healthier ketchup on hand at home so you can use it as liberally as you want. Whip this up in 2 minutes flat! Kid approved!

Serving Size: Multiple-serve; Makes about 1 cup

INGREDIENTS:

- 6 ounces tomato paste (1-6 ounce can)
- 3/4 cup water
- 2 Tablespoons apple cider vinegar (or, red or white wine vinegar)
- 1 teaspoon Mineral Salt
- 1/3 teaspoon onion powder
- 2 to 3 teaspoons THM Super Sweet Blend (or, 2 to 3 doonks THM Pure Stevia Extract powder)

INSTRUCTIONS:

1. Whisk together all the ingredients in a small bowl.
2. Transfer to a glass jar, cover, and keep refrigerated.

NSI (If using a store-bought, plan-approved sweetener.)

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The *Trim Healthy Ketchup* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cry-No-More Brownies (S)

Wipe away your grieving tears over the loss of brownies. We'll admit that healthy versions too often do not taste like the real thing, with their weird, catch-in-your-throat texture and bitterness. It's enough to make you cry. Well, cry no more, Mama, 'cause the brownies you have been pining for... are back! Not only will they soothe a real sweet tooth but they will also soothe your stomach lining with their healing ingredients and lower your blood sugar levels. They'll help you keep the weight off, not on. Yeehah!!

Serving Size: Multiple-serve

INGREDIENTS:

- Coconut oil cooking spray
- 4 ounces unsweetened chocolate
- 3/4 cup (1 & 1/2 sticks) butter
- 3/4 cup THM Gentle Sweet
- 3 to 4 doonks THM Pure Stevia Extract Powder
- 1 teaspoon vanilla extract
- 2 pinches Mineral Salt
- 1/2 cup THM Baking Blend
- 1/2 to 3/4 cup coarsely chopped walnuts or pecans (optional)
- 3/4 cup frozen diced okra (see Note)
- 3 large eggs

INSTRUCTIONS:

1. Preheat the oven to 350°F. Lightly coat an 8-inch square or 7 × 9-inch baking pan with coconut oil spray.
2. Place the chocolate and butter in a small ceramic bowl and set above a saucepan of simmering water to melt.
3. Combine all the remaining ingredients except the okra and eggs in a large mixing bowl. Place the eggs and okra in a blender and process until smooth. (If

(Continued... *Instructions & Recipe Note*)

(Cry-No-More Brownies, Continued...)

you're using a full cup of okra, you may need to let the okra thaw a bit first or blend in a couple of batches to get it smooth.)

4. Add the puree to the bowl along with the melted butter and chocolate. Carefully stir to combine ingredients; the secret to moist brownies is not overstirring at this point. Pour the batter into the prepared pan and bake for 30 to 35 minutes.

RECIPE NOTE:

Serene uses a full cup of okra, and her most determined okra-hating son asked for these brownies for his birthday after he tried them. That's top secret, so don't tell him. Also, these brownies are perfect left out of the refrigerator and usually get gobbled up before you could think of preserving them, but they get super fudgy when refrigerated so that is another great option.

DF (If you use coconut oil in place of butter.)

The *Cry-No-More Brownies* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Lemon Boost Sun Cake (FP with S option)

This cake sings of citrus flavor! Our secret ingredient is BAOBAB BOOST POWDER, of course... a perfectly sunshiny taste! This cake is FP (adapted from the WWBB bread) and is perfectly spongy and white! Add our decadent S "Cream Cheese Coconut Frosting" for a special treat or keep this FP by using the glaze. This also makes a fantastic breakfast cake. Layer a couple of thin slices between layers of 0% Greek yogurt and berries for a delicious protein-rich start to your day!

Serving Size: Multiple-serve

CAKE INGREDIENTS:

- 1 & 1/2 cups egg whites
- 1/2 teaspoon xanthan gum or Glucic
- 3/4 cup Unflavored Pristine Protein Powder
- 3/4 cup THM Baking Blend
- 1/4 cup THM Baobab Boost Powder
- 1 cup plain 0% Greek yogurt
- 2 & 1/2 teaspoons aluminum-free baking powder
- 3 Tablespoons THM Super Sweet Blend (or, rounded 1/2 cup THM Gentle Sweet)
- 1/4 teaspoon Mineral Salt
- Juice of 1 lemon
- 1/2 teaspoon vanilla extract
- 1/2 to 1 teaspoon lemon extract (optional for a total lemon burst!)

(FP) LEMON GLAZE INGREDIENTS:

- 2 Tablespoons unsweetened nut milk
- 1 teaspoon lemon juice
- 1/4 cup THM Gentle Sweet
- 1/8 teaspoon pure lemon extract

(S) CREAM CHEESE COCONUT FROSTING INGREDIENTS:

- 4 ounces 1/3 less fat cream cheese (softened)
- 2 Tablespoons butter (softened)
- 1 to 2 Tablespoons THM Gentle Sweet (depending on your sweet tooth)
- 1/4 teaspoon vanilla extract
- Unsweetened coconut flakes (see the Trim Tip in the Recipe Notes)

(Continued... *Instructions, Recipe Note, & Trim Tip*)

(Lemon Boost Sun Cake, Continued...)

CAKE INSTRUCTIONS:

1. Preheat oven to 350 and spray a 9 x 5-inch (standard) glass loaf pan with coconut oil spray.
2. Put the egg whites and xanthan gum in the blender and run on high for about 60 seconds.
3. Add all the other ingredients to the blender and blend for another minute or so.
4. Pour the cake batter into the prepared pan and bake for 35-40 minutes.
5. Allow the cake to cool completely and glaze (FP) or frost (S). (See the glazing and frosting instructions below.)

(FP) LEMON GLAZE INSTRUCTIONS:

1. Whisk together the ingredients until the glaze is smooth and pourable.
2. Pour the glaze over the cake (it may sink in a bit).
3. Top with 0% Greek yogurt or Reddi-wip and fresh berries, if desired.

NOTE: Run the Gentle Sweet through a coffee grinder first for an absolutely smooth glaze.

(S) CREAM CHEESE COCONUT FROSTING INSTRUCTIONS:

1. Whip together the softened cream cheese and softened butter.
2. Add the Gentle Sweet and the vanilla and mix until smooth.
3. Slice the cake in half length wise to make two cake layers.
4. Frost the bottom layer of the cake with the cream cheese mixture.
5. Carefully place the top layer of cake and frost with the remaining cream cheese mixture. Top with "sweetened coconut flakes", if desired. (See the Trim Tip below.)
6. Top with fresh berries, if desired.

RECIPE NOTE & TRIM TIP:

To sweeten unsweetened coconut flakes, just toss 1 teaspoon of MCT oil into 1/2 cup of coconut flakes and add a teaspoon or so of Gentle Sweet. Toss to coat evenly.

The *Lemon Boost Sun Cake* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Super Moist Trimtastic Lemon Cake (S)

Get your lemon fix with this lovely moist cake. The texture and taste will take you back to the days of refrigerator jello poke cakes... mmmm! Take your pick with the frostings - we couldn't leave our dairy-free peeps out! Even if you are not dairy-free, the glaze is awesome!

Serving Size: Multiple-serve

INGREDIENTS:

For the Super Moist Trimtastic Lemon Cake...

- Coconut oil cooking spray
- 1 small yellow squash (to yield 1 cup processed)
- 4 large eggs
- 4 Tablespoons butter (1/2 stick; or coconut oil)
- 1/4 cup lemon juice (approximately 2 lemons)
- 1 cup THM Baking Blend
- 3/4 cup THM Gentle Sweet (or 1/4 cup THM Super Sweet Blend)
- 2 pinches Mineral Salt
- 2 & 1/2 teaspoons aluminum-free baking powder
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract
- 2 teaspoons grated lemon zest (optional)

FOR THE OPTIONAL CREAMY FROSTING...

- 1/3 cup heavy cream
- 3 ounces 1/3 less fat cream cheese
- 1/4 cup THM Gentle Sweet
- Lemon juice from 1 lemon

FOR THE OPTIONAL DAIRY-FREE LEMON GLAZE...

- 1 Tablespoon unsweetened cashew milk (or almond milk)
- Lemon juice from 1/2 a lemon
- 1/4 cup THM Gentle Sweet
- 1/8 teaspoon lemon extract

(Continued... *Instructions*)

(Super Moist Trimtastic Lemon Cake, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350°F. Lightly coat an 8-inch square glass baking dish or 9-inch round cake or pie plate with coconut oil spray.
2. Trim the squash, chop into a few pieces, and process well in a food processor so it is not mush but broken down into tiny pieces. Add the eggs, butter, lemon juice, Baking Blend, sweetener, salt, baking powder, extracts, and lemon zest (if using) and process well.
3. Pour the batter into the prepared pan and bake for 30 to 35 minutes. Let the cake cool in the pan. While the cake is cooling, make either the frosting or the dairy-free glaze.
4. Keep the cake refrigerated until ready to eat.

FOR THE CREAMY FROSTING...

1. Blend all the ingredients in a blender until thickened. Frost the cake in the pan or invert the cake onto a plate and frost it.
2. Keep the cake refrigerated until ready to eat.

FOR THE DAIRY-FREE GLAZE...

1. Whisk the glaze ingredients together (if you want an absolutely smooth glaze, run the Gentle Sweet through your coffee grinder first). Spread the glaze over the cake.
2. Keep the cake refrigerated until ready to eat.

The *Super Moist Trimtastic Lemon Cake* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Time for Lime Cake or Cupcakes (S)

Made into cupcakes, this cake is a bright, fun treat for parties. But don't wait for a party. This moist, sweet, and citrusy cake with its creamy lime frosting makes a great afternoon snack, or even a breakfast with a Healing Trimmy. A few spinach leaves give it a lovely light green hue, but there is no spinach taste—we promise! And you don't have to use any special flours to make this cake; an 80-cent can of beans will do. You can find coconut flour at most grocery stores these days.

Serving Size: Multiple-serve; Makes approximately 12 cupcakes

INGREDIENTS:

FOR THE CAKE...

- Coconut oil spray
- 2 large eggs
- 2/3 cup egg whites (carton or fresh)
- 6 to 8 large fresh spinach leaves
- 15 ounces Great Northern beans (rinsed and drained) (or, 1 & 1/2 cups cooked white beans, drained)
- 1/2 cup THM Baking Blend (or 6 Tablespoons oat fiber or coconut flour)
- 1/2 cup THM Gentle Sweet
- 2 Tablespoons extra virgin coconut oil
- 1/3 cup 0% Greek yogurt (or cottage cheese)
- 1/4 cup fresh lime juice
- 3 to 4 drops essential lime oil (optional)
- 1 & 1/2 teaspoons aluminum-free baking powder
- 1/2 teaspoon baking soda

FOR THE FROSTING...

- 4 ounces 1/3 less fat cream cheese
- 3 large fresh spinach leaves
- 2 Tablespoons fresh lime juice
- 3 drops essential lime oil (optional)
- 1/2 cup heavy cream
- 8 teaspoons THM Gentle Sweet

(Continued... *Instructions & Recipe Notes*)

(Time for Lime Cake or Cupcakes, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350°F. Lightly coat an 8-inch square baking pan with the coconut oil spray if making the cake, or line the holes of a 12-cup muffin tin with paper liners.
2. Make the cake. Put the whole eggs, egg whites, and spinach in a blender and blend on high until the spinach is completely broken down; you don't want any little bits of leaf or stalk. Add all the other cake ingredients, then blend well for 30 seconds or so.
3. Pour the batter into the prepared baking pan and bake for 30 to 35 minutes, or for 25 minutes in the muffin tin for the cupcakes.
4. While the cake or cupcakes cool, make the frosting. Put the cream cheese, spinach, lime juice, and lime oil in a blender and process until pureed and smooth. Add the cream and and sweetener, and blend another minute or so.
5. Once cool, frost the cake in the pan or remove the cupcakes from the muffin tin and frost cupcakes in the liners. Place the cake or cupcakes in the refrigerator overnight or for a few hours before eating (this takes away any beaniness).

RECIPE NOTES:

The optional lime oil really, really makes it! Thankfully, pure essential lime oil is one of the least expensive oils. If you don't have an oil dealer as a friend (and who doesn't know an essential oil dealer these days?), you can buy it for about \$7 at health food stores.

NSI (If using coconut flour in place of Baking Blend and a store-bought, plan-approved sweetener instead of THM sweeteners.)

The *Time for Lime Cake or Cupcakes* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Very Cherry Cheesecake Shake (E)

Cherries! This wonderfully delicious fruit is packed with health-benefiting nutrients and unique antioxidants. Cherries can add a burst of sweetness to your "E"nergizing meals and are perfect in this protein packed shake. You can buy them fresh, but many stores also carry them in the frozen fruits section for a quick, easy way to add to shakes and smoothies.

Serving Size: Single-serve

INGREDIENTS:

- 1/2 cup 1% cottage cheese
- 1/2 cup unsweetened nut milk
- 1/2 cup cherries (fresh or frozen, pitted)
- 3 teaspoons THM Super Sweet Blend (or 3 doonks Pure Stevia Extract powder)
- 1/2 teaspoon vanilla extract
- 1 cup ice cubes
- 1 scoop THM unflavored Pristine Whey Protein Powder

INSTRUCTIONS:

1. Add the first 5 ingredients to a blender and process until smooth.
2. Add ice and whey protein powder and blend again, stirring if necessary to fully incorporate.
3. Enjoy the full amount as an E breakfast or snack... or share it for a lighter E dessert.

NSI (If using a store-bought, plan-approved sweetener and if using a store-bought, plan-approved whey protein powder.)

The *Very Cherry Cheesecake Shake* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Grapefruit Slushy (E)

Trim Healthy Mama slushies really shine when you want that something extra after a meal, but you know you already ate your full quota. These are a treat with lots of flavor but barely any fuel. They take a while to eat, so they are great to enjoy while watching a movie or relaxing in the shade on a hot Saturday afternoon.

Serving Size: Single-serve

INGREDIENTS:

- 1/2 grapefruit (halved and seeded)
- 1 drop essential grapefruit oil (optional)
- 1/2 cup water
- 12 to 14 large ice cubes
- 3 or 4 doonks THM Pure Stevia Extract Powder

INSTRUCTIONS:

1. Peel the grapefruit halves, leaving a lot of the white pith, which contains the health-promoting bioflavonoids. Place one half in the blender with the remaining ingredients. (Save the other half for a snack with 1% cottage cheese.)
2. Blend very well until the ice is completely broken down. You may have to stop the blender, stir things around, then blend again a couple of times.

NSI (If using a store-bought, plan-approved sweetener.)

DF

The *Grapefruit Slushy* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Lemonade Slushy (FP)

This lemon slushy can be enjoyed anytime. Think of it as your all-day sipper—it's truly free for whenever you want it. Trim Healthy Mama slushies really shine when you want that something extra after a meal, but you know you already ate your full quota. These are a treat with lots of flavor but barely any fuel. They take a while to eat, so they are great to enjoy while watching a movie or relaxing in the shade on a hot Saturday afternoon.

Serving Size: Single-serve

INGREDIENTS:

- 1/4 cup lemon juice
- 1/2 cup water
- 10 to 12 large ice cubes
- 4 doonks THM Pure Stevia Extract Powder

INSTRUCTIONS:

1. Place the ingredients in a blender and blend very well until the ice is completely broken down. You may have to stop the blender, stir things around, then blend again a couple of times.

NSI (If using a store-bought, plan-approved sweetener.)

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The *Lemonade Slushy* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Strawberry Slushy (FP)

Trim Healthy Mama slushies really shine when you want that something extra after a meal, but you know you already ate your full quota. These are a treat with lots of flavor but barely any fuel. They take a while to eat, so they are great to enjoy while watching a movie or relaxing in the shade on a hot Saturday afternoon.

Serving Size: Single-serve

INGREDIENTS:

- 3/4 cup water
- 5 frozen strawberries
- Juice of 1/2 of a lemon
- 1 & 1/2 teaspoons strawberry extract
- 12 large ice cubes
- 3 doonks THM Pure Stevia Extract Powder

INSTRUCTIONS:

1. Place the ingredients in a blender and blend very well until the ice is completely broken down. You may have to stop the blender, stir things around, then blend again a couple of times.

NSI (If using a store-bought, plan-approved sweetener.)

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The *Strawberry Slushy* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cottage Berry Whip Popsicles (FP)

Try our Cottage Berry Whip Popsicles for a fun summer treat that is packed with protein and sweet goodness. Make this into a frozen treat or eat it right away as soft serve... A great way for the whole family to cool down on a hot day!

Serving Size: Multiple-serve

INGREDIENTS:

- 1/2 cup low-fat cottage cheese
- 1/2 cup frozen berries
- 3 to 4 teaspoons THM Super Sweet Blend (or, 3 to 4 doonks THM Pure Stevia Extract Powder)
- Pinch Mineral Salt (optional)
- Dash vanilla extract

INSTRUCTIONS:

1. Place all ingredients into a food processor or high end blender.
2. Process until smooth
3. Taste and adjust sweetness if needed.
4. Pour immediately into molds and freeze.

NSI (If using a store-bought, plan-approved sweetener.)

The *Cottage Berry Whip Popsicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Creamy Fudge Pops (S)

These are delish and reminiscent of pudding pops! They are perfect as a dessert or snack when you need to scratch that chocolately itch. This recipe is a multiple-serve recipe that makes 4 to 8 pops depending on the size of your molds.

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

INGREDIENTS:

- 13.5 ounces light coconut milk
- 2 Tablespoons heavy cream
- 1 scoop THM Pristine Protein Powder
- 1/4 cup unsweetened cocoa powder
- 1/4 cup THM Gentle Sweet
- 2 or 3 doonks THM Pure Stevia Extract Powder
- 1 Tablespoon THM Just Gelatin
- 1 teaspoon vanilla extract
- 2 or 3 pinches Mineral Salt

INSTRUCTIONS:

1. Put all the ingredients in a food processor or blender and whizz or blend until smooth. Pour the mixture into ice-pop molds and freeze.
2. To unmold the ice pops, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

The *Creamy Fudge Pops* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Game Changing Chocolate Ice Cream (S)

This easy and ultra-yummy ice cream recipe is from the new THM Starter book due to be released later this year.

Serving Size: Makes about 4 large or 6 smaller servings

INGREDIENTS:

- 1 cup cottage cheese
- 1/2 cup heavy cream
- 1/2 cup THM Gentle Sweet (Or, 1/3 cup Gentle Sweet plus 3 doonks THM Pure Stevia Extract)
- 1/2 cup unsweetened cocoa powder
- 2 & 1/2 cups unsweetened cashew or almond milk
- 1 scoop (4 Tablespoons) unflavored THM Pristine Whey Protein
- 1 & 1/2 to 2 teaspoons vanilla extract (or any other extract of choice; THM Natural Burst flavors such as caramel or peanut butter work great, too)
- 2 pinches Mineral Salt
- 3/4 teaspoon Glucic

INSTRUCTIONS:

1. Blend all ingredients together until smooth.
2. Pour into an ice cream maker and let churn according to manufacturer's instructions (usually about 20 minutes will do the job).

RECIPE NOTE:

If your ice cream maker is only 1.5 quarts or less, halve the recipe. As written this works great for 2 to 2.5 quarts.

The *Game Changing Chocolate Ice Cream* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Lemon Creamsicles (S)

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

INGREDIENTS:

- 1 cup unsweetened nut milk
- 1/2 cup 0% Greek yogurt
- 1/2 cup lemon juice (fresh or from concentrate)
- 1/8 teaspoon grated lemon zest (optional)
- 4 Tablespoons heavy cream
- 1 teaspoon vanilla extract
- 1 Tablespoon THM Just Gelatin (dissolved)
- 1/8 to 1/4 teaspoon Mineral Salt
- 2 Tablespoons THM Gentle Sweet
- 3 to 4 doonks THM Pure Stevia Extract Powder

INSTRUCTIONS:

1. Place all the ingredients in a blender and blend until smooth. Taste and adjust for desired sweetness. Pour into ice-pop molds. Freeze until set.
2. To unmold the ice pops, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

The *Lemon Creamsicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Mango Creamsicles (E)

Sweet and creamy, these are a creamy version of the Mangosicles. They have a little protein, so now and then they can be a full snack alone.

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

INGREDIENTS:

- 2 cups frozen mango
- 1/2 cup 0% Greek yogurt
- 6 doonks THM Pure Stevia Extract Powder
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1/2 cup water
- 2 pinches Mineral Salt
- 1/2 teaspoon THM Glucomannan ("Glucie")

INSTRUCTIONS:

1. Place all the ingredients (except the Glucie) in a food processor and process until smooth. Sprinkle in the Glucie, then process 20 more seconds to combine. Pour the mixture into ice-pop molds and freeze until set.
2. To unmold the ice pops, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

The *Mango Creamsicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Mangosicles (E)

Enjoy these after any light E meal (if you still have room to reach 45 grams) or after a Fuel Pull meal—you'll be now heading into E territory, but that's fine. You could also have one as a mid-morning snack or evening treat (these do not have protein, so it's best not to have them alone as your important afternoon snack, which needs some protein to get you through to supper time). The number of pops made depends on the size of your molds. This recipe is a multiple-serve recipe that makes 4 to 8 pops.

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

INGREDIENTS:

- 2 cups frozen mango
- 1 cup water
- 4 doonks THM Pure Stevia Extract Powder
- 1 teaspoon lemon juice

INSTRUCTIONS:

1. Place the mango, water, stevia, and lemon juice in a food processor. Process until smooth. Pour into ice pop molds and freeze until set.
2. To unmold the Mangosicles, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

NSI (If you use your favorite store-bought, plan-approved sweetener.)

DF

The *Mangosicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Strawbsicles (FP)

Enjoy after any meal type as a refreshing light treat. This recipe is a multiple-serve recipe that makes 4 to 8 pops.

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

INGREDIENTS:

- 2 cups frozen strawberries
- 1 cup water
- 4 doonks THM Pure Stevia Extract Powder
- 1 to 2 teaspoons lemon juice

INSTRUCTIONS:

1. Place the strawberries, water, stevia, and lemon juice in a food processor. Process until smooth. Pour into ice pop molds and freeze until set.
2. To unmold the Strawbsicles, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

NSI (If you use your favorite store-bought, plan-approved sweetener.)

DF

The *Strawbsicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com