

UNOFFICIAL cheat sheet for THM-friendly meals

S

S Meals

- Low carb, high in healthy fat
- Under 6 grams of carbs in packaged foods, under 10 grams of carbs in homemade foods
- Protein as the base of each meal/snack

E Meals

- Low in healthy fat, higher in healthy carbs
- Under 5 grams of fat (1 teaspoon)
- 45 grams or less of a healthy, on-plan carb source
- Lean protein as the base of each meal/snack

E

FP

FP Meals

- Low in healthy fat, low in healthy carbs
- Under 5 grams of fat (1 teaspoon)
- Under 6 grams of carbs in packaged foods, under 10 grams of carbs in homemade food
- Lean protein as the base of each meal/snack

Things to Remember

- Check to see if foods are on-plan using the THM Food Analyzer App, the THM books, or the main THM Facebook group
- generally skip the white stuff (white flour, white rice, etc).
- Space your meals 3-4 hours apart

