



Coach Jen's

STUBBORN WEIGHT BLUEPRINT

A S M A L L N O T E

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WELCOME!

Do you ever feel like you've tried everything but you're not getting the results you hoped for?

Or maybe you have to keep giving yourself pep talks to follow through with your workouts, nutrition, and healthy habits?

Do you feel like you are fighting an uphill battle?

If that's you – you're not alone.

I've coached thousands of women since 2017 as a Certified THM Coach. I know what gets results - and what doesn't

You might be doing the right things, but it may be time to make some tweaks to get you where you need to go. And if you're wondering what the right things are, I'm here to coach you in the methods THM has created for breaking through stubborn weight loss stalls.

I've been where you are, and I can't wait to help you get started on your path to success! Thank you for joining me!

FEATURED IN ..

THE TRIM HEALTHY MAMA
PLAN BOOK

TRIM HEALTHY TABLE

MONEYSAVINGMOM.COM
& MORE!



COACH JEN

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01

WHAT IS STUBBORN
WEIGHT?



Stubborn weight is just



How do I know if I'm a stubborn loser?

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WHAT TO EXPECT



What to Expect

per week
on average

Scales, measuring
tapes, and photos
are



MY COMMITMENT
TO MYSELF:

&

are preferred
over:

Notes

What is 100% On Plan?

frankenfoods
per week

personal choice
items per week



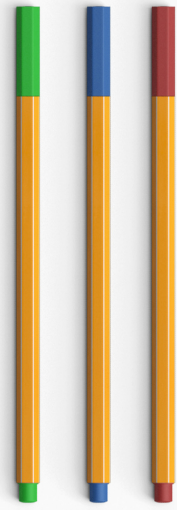
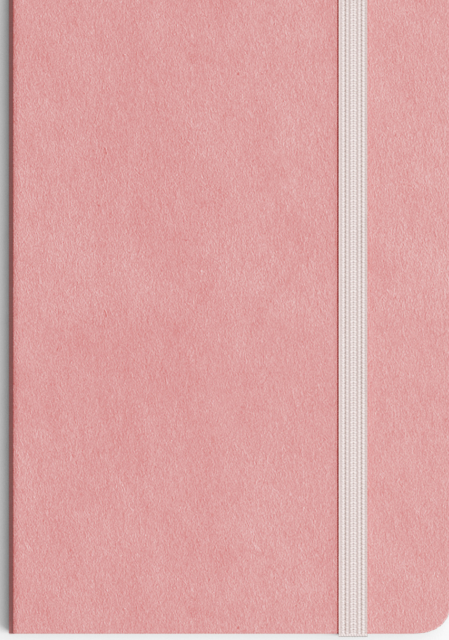
MY COMMITMENT
TO MYSELF:

E's per week

grams of
protein per
meal/snack

Notes

Blank area for notes.



MY THM JOURNEY GUT-CHECK



Am I 100% on plan? Why or why not?

Have I been taking small bites of off-plan foods or mindlessly grazing?

Am I exercising? Why or why not?

Am I really committed to this lifestyle? Have I been working on systems and habits to help me in my journey? If so, what are they? If not, what do I need to do to get started?

Ultimate Goals vs. SMART Goals



ULTIMATE GOALS

Set an Ultimate Goal! (inches or weight loss 2 lbs at a time)
My goal is:

SMART GOALS

- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Relevant
- ✓ Time-bound

Examples: ~~I will lose ten pounds in two months.~~
I will walk for 30 minutes every day. ✓
I will stay on plan. ✓

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WHAT TO EAT



STAYING ON PLAN

Trim Healthy does not work if you do not use it!

Tips to stay on plan:

- ✓ Have a _____.
- ✓ Have a _____.
- ✓ Work on your _____.

YOUR BEST FUEL TYPES

_____ meals are not as slimming as
_____.

IDEAS TO CONSIDER:

- Alternating carb sources
- Alternating protein sources
- Introducing Superfoods, particularly MCT oil, fish, and Oolong tea

Coach Jen's Favorite THM Podcasts

Superfoods

Episode 87- Kefir

Episode 91 & 129 Cinnamon

Episode 139- Okra

Episode 159- "Fish" Poddy

Episode 168- Baobab (Baobab is also mentioned in Episodes 45, 85 & 179)

Episode 178- Beans

Episode 179- Baobab (Baobab is also mentioned in Episodes 45, 85 & 168)

Episode 229- Carrots (Peter Rabbit Carrot)

Episode 292- Kefir, Bacteria & Gut Health

Stubborn Weight

Episodes 39, 40, 41, 42, & 44

SIMPLE SOLUTIONS

Incredible Results!

JUST A FEW OF HUNDREDS OF BOOTCAMP FEEDBACK POSTS...



Sarah J. Moeller

Grace [redacted] you signed up for her bootcamp? That was THE best thing I ever did for my THM journey. Money very well invested.

Like Reply Hide [Send message](#) 1 d



Laura L.

Wednesday Weekly Weigh-In

Blown away by this week. This is not typical for me as far as THM results are concerned. I attribute it to being consistent with water and GGMS. Plus, 100% on plan and sticking to Jen's combo of fuel switches and timing.

SW: 165 CW: 161 Lost: 4 pounds



Robin VanWingerden

Member

Extra Resources

You are amazing!! Thank you for all the resources! There's no reason for us not to succeed... It was well worth the \$ just for these resources! Thank you 🥰

REGISTER AT [THEWELLPLANNEDKITCHEN.COM/THMBOOTCAMP](https://thewellplannedkitchen.com/thmbootcamp)

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HOW TO EAT



Timing is KEY



1. Our meal spacing should be _____ from the END of one meal to the start of the next.
2. There ARE some notable allowable exceptions.
3. Those exceptions may not be beneficial if you are dealing with _____.
4. Great meal spacing can make all the difference!

Tips for Great Meal Spacing:

1. Follow a routine or schedule.
2. Develop habits to help you remember to eat.
3. Set a timer if needed.

Experiments for Best Results



- Reduce or eliminate certain types of dairy
 - Reduce or eliminate PC items
 - Alternate protein sources
 - Alternate carb sources
 - Introduce variability for metabolic flexibility
 - Try Coach Jen's preferred order of meals - then switch them up!
-

How to Build Your Perfect Plate

To follow the Well-Planned Plate method, you can use this visual as a general guideline - but remember, this doesn't replace the THM guidelines for each meal! You need to pay attention to the THM numbers for each fuel type, as well.



BONUS: this simple formula can help you create both fast & easy everyday meals as well as gourmet dishes.

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MOVEMENT



Exercise



THM's Workout Recommendations

We can adapt many workouts to fit these guidelines by:

Recommendations:
**#1 Recommendation
from Coach Jen:**



Be sure to follow THM's Guidelines when using any of the following programs:

- *Trim Healthy Tribe*
- *Workins*
- *Caroline Girvan*
- *Heather Robertson's 12 Week Programs*
- *MadFit*
- *Fitness Blender*
- *Walking Away the Pounds*
- *T-Tapp*
- *Grow with Jo*
- *Moms into Fitness*

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DIGGING DEEPER



Lifestyle Changes To Maintain Weight Loss



I highly recommend getting the testing done that's outlined in Chapter 24 of the THM Plan Book!

Other areas to look at:

- 1.
- 2.
- 3.
- 4.

Bonus Tips:

Use the habit tracker in this packet to work on developing your new habits!

Adapted fuel cycles, mini fuel cycles, and fuel shuffles can be game changers!

Join Bootcamp for maximum accountability, training, and put THM on autopilot for best results!



STAY HYDRATED

Aim for staying hydrated throughout the day, and build a routine that makes it easy to remember to drink your water. Please feel free to use the Sippers attachment in this packet for inspiration!



REST

Sleep, breaks, and relaxation are CRITICAL for weight loss



READY TO TAKE YOUR NEXT STEPS?

As a Certified THM Lifestyle Coach, my mission is to help busy moms elevate their THM journey the EASY WAY. I help women get on plan and stay on plan for good!

If you're ready to accelerate and looking for a better way to make THM your lifestyle so you can lose weight, I want to invite you to experience an easier approach that's already gotten thousands of women amazing results.

WAYS TO WORK WITH ME:

Classes & Coaching

My THM Master Classes can help you move forward at your own pace.

[LEARN MORE HERE](#)

6 Week THM Bootcamp

Bootcamp is six weeks of intensive accountability and coaching that shows you how to put THM on autopilot and get results.

[LEARN MORE HERE](#)

I'd love to be a part of your journey to trim and healthy!



Coach Jen

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DIANA W.

I am down 15 lbs. I can't thank you enough...Bootcamp has been a game changer for me and I wish I had joined sooner!!!



