

E Meals

Choose a plan-approved protein source and aim for 25-30 grams of protein per meal/snack.

1

Pick your protein:

- Fish (salmon should be under 5 grams of fat per serving)
- Boneless, skinless chicken breast
- Lean ground turkey
- Lean ground beef (96% lean, or browned, then drained and rinsed with hot water)
- Lean deli meat
- Collagen
- Shrimp
- Lobster
- Any seafood
- Lean cuts of pork tenderloin
- On-plan whey protein
- 0% or Low-Fat Cottage Cheese
- 0% or Low-Fat Greek yogurt
- Egg whites
- Eggbeaters (regular egg whites preferred)
- THM's EAA powder

2

Add up to 45 grams of one of these E source of carbs, or mix 1/2 portions of two:

- 3/4 cup brown rice
- 3/4 cup quinoa
- 1 medium sweet potato or small golden potato (or any listed in the THM Food Analyzer App)
- 1 cup densely packed beans or lentils unless there is liquid, then you can add more (see p. 538 THT)
- 2 slices sprouted, sourdough (no yeast, with a whole grain as the first ingredient), or dark rye bread
- 1 1/4 cups old fashioned oats
- fruits
- corn (not highly recommended by Coach Jen)

3

Add up to 5 grams of fat (one teaspoon):

Examples:

- on-plan oil
- butter
- nuts or seeds
- salad dressing
- mayonnaise

4

Fill up on non-starchy vegetables:

Examples:

- broccoli
- lettuce
- spinach
- mushrooms
- tomatoes
- onions
- carrots
- zucchini
- cucumbers
- Brussels sprouts
- green onions
- kale
- artichokes
- artichoke hearts (if packed in water)
- asparagus
- beets
- cabbage
- celery
- cauliflower
- jicama
- leeks
- okra
- radishes
- peppers
- salad greens
- sprouts
- squash

Inspired by Trim Healthy Mama Facebook Creator's "Building Blocks" document from 2014.

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FP Meals

Choose a plan-approved protein source and aim for 25-30 grams of protein per meal/snack.

1

Pick your protein:

- Fish (salmon should be under 5 grams of fat per serving)
- Boneless, skinless chicken breast
- Lean ground turkey
- Lean ground beef (96% lean, or browned, then drained and rinsed with hot water)
- Lean deli meat
- Collagen
- Shrimp
- Lobster
- Any seafood
- Lean cuts of pork tenderloin
- On-plan whey protein
- 0% or Low-Fat Cottage Cheese
- 0% or Low-Fat Greek yogurt
- Egg whites
- Eggbeaters (regular egg whites preferred)
- THM's EAA powder

2

Fill up on non-starchy vegetables:

- Examples:
- broccoli
 - lettuce
 - spinach
 - mushrooms
 - tomatoes
 - onions
 - carrots
 - zucchini
 - cucumbers
 - Brussels sprouts
 - green onions
 - kale
 - artichokes
 - artichoke hearts
 - asparagus
 - beets
 - cabbage
 - celery
 - cauliflower
 - jicama
 - leeks
 - okra
 - radishes
 - peppers
 - salad greens
 - sprouts
 - tomatoes
 - squash (check THM Food Analyzer App for serving sizes to keep it FP-friendly)

3

Add up to 5 grams of fat (one teaspoon):

- Examples:
- on-plan oil
 - butter
 - nuts or seeds
 - salad dressing
 - mayonnaise

Note: there is no need count the fat in your lean protein - if it's lean, it doesn't count towards our total

4

Optional: Use the 6/10 Carb Limit to Add Carbs

- If you are adding a store-bought item, such as Joseph's Pitas, low-carb tortillas, or Wasa crackers you may have up to 6 grams of net carbs.
- If you are using only homemade ingredients, you can have up to 10 grams of net carbs.
- Please do not count the carbs in your non-starchy vegetables.

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S Meals

Choose a plan-approved protein source and aim for 25-30 grams of protein per meal/snack.

1

Pick your protein:

- Fish (any)
- Chicken (any cut)
- Turkey (any cut)
- Beef (any cut)
- Deli Meat
- Collagen
- On-plan whey protein
- Seafood (any)
- Pork (any)
- Cottage Cheese (any fat content)
- Greek yogurt (any fat content, just please make sure it does not contain sugar or other off-plan ingredients)
- Eggs
- Eggbeaters (regular egg whites preferred)
- THM's EAA powder

2

Fill up on non-starchy vegetables:

Examples:

- broccoli
- lettuce
- spinach
- mushrooms
- peppers
- salad greens
- sprouts
- zucchini
- cucumbers
- Brussels sprouts
- green onions
- kale
- artichokes
- artichoke hearts
- asparagus
- beets
- cabbage
- celery
- cauliflower
- jicama
- leeks
- okra
- radishes

Use Sparingly in an S setting:

- onions
- tomatoes
- carrots
- certain types of squash (check THM Food Analyzer App for serving sizes to keep it S-friendly)

3

Add S Ingredients:

Deep S:

- olive oil
- avocado oil
- coconut oil
- MCT Oil
- butter

Light S - Small Amounts of:

- on-plan oil
- butter
- nut butters
- cheese
- nuts
- mayonnaise
- half-n-half

Heavy S:

- on-plan oil
- butter
- cheese
- nuts
- mayonnaise
- half-n-half
- cream cheese

Heavy S (continued):

- 1/2 an avocado
- cream
- Heavy S desserts (many THM desserts have cream cheese, cream, nuts or nut butters, etc).

4

Optional: Use the 6/10 Carb Limit to Add Carbs

- If you are adding a store-bought item, such as Joseph's Pitas, low-carb tortillas, or Wasa crackers you may have up to 6 grams of net carbs.
- If you are using only homemade ingredients, you can have up to 10 grams of net carbs.
- Please do not count the carbs in your non-starchy vegetables.

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