



*Consistently*

TRIM CHALLENGE

# HOW-TO GUIDE

[www.thewellplannedkitchen.com](http://www.thewellplannedkitchen.com)

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# WELCOME TO YOUR

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# »»» HOW-TO GUIDE



Ready to roll up your sleeves and get started? This guide has everything you need to:

✔ **UNDERSTAND WHAT TO EAT**

✔ **TRACK IT!**

# HOW TO TRACK

## YOUR FUELS



### STEP 1: Determine what to eat

There are LOTS of ways to figure out what to eat when you are Trim and Healthy.

I DO recommend following a meal plan, or at the very least, getting into the morning habit of figuring out what you plan to eat for the day.

1. Making your own meal plan (if you need help, I have a [Master Class in Meal Planning for THM available here](#)). If you aren't a planner type of person, I have another method in the class that might work well for you.
2. Using a pre-made meal plan. I recommend official meal plans from the THM membership site, or meal plans from my website ([thewellplannedkitchen.com](http://thewellplannedkitchen.com)) or [darciesdishes.com](http://darciesdishes.com).

My clients focus on PROTEIN and HEALTHY CARBS for best results. Often I find that the women I work with who are not losing weight the way they expected to are not eating enough protein or E meals. In this challenge, I'm inviting you to TRACK your fuels, aiming for 25-30 grams of protein with every meal and snack and at least one good E meal per day.



## HOW TO TRACK YOUR FUELS

### >>> STEP 2: Shop & Prep

It's time to head over to your "28 Day Challenge Tracking Worksheet" to see if you are actually hitting your protein goals and carb goals. I've included fat, as well, but that's not necessary to track! This step is OPTIONAL, but I strongly recommend tracking your protein and E meals in some way - whatever works for you will be fine! [CLICK HERE TO ACCESS YOUR TRACKER <<\\*](#)

To make sure you have an editable version of the worksheet:

1. *Make sure you are logged into Google Drive (it's free): <https://drive.google.com>*
2. *Click "File" in the top left corner of the worksheet.*
3. *Click "Make a copy" to automatically make an editable copy of this worksheet.*
4. *I recommend renaming the worksheet and bookmarking the page so you can easily find it in the future.*

### >>> STEP 3: Track your Meals

Enter your protein and other info you'd like to track throughout the day as you eat it.

Ta da! You'll be able to see what you're actually getting each day!

Please note - this is a tracker I found online and modified. It is NOT my intellectual property. and I claim no ownership of this tracker. This tracker was not advertised as being included in the price you paid to participate in this challenge. It is a free helpful tool, but not necessary to complete the challenge.



## HOW TO TRACK YOUR FUELS

### ➤➤➤ STEP 4: Come up with your personal results-getting plan!

Use the sample meal plans we've provided as a guide — or create your own! Do this **BEFORE** you eat — preferably (at least!) the day before.

#### QUICK TIP

*We recommend coming up with 2-3 meal templates you can rotate between during the week.*



- *Choose a protein source to eat at each meal*
- *Layer in non-starchy FP veggies, and up to 45 grams healthy carbs if you're having an E meal; or use THM's 6/10 rule for an S meal.*
- *Include healthy fats (1 tsp in an E, more in an S)*
- Start tracking! Keep your meals tracked on a sheet provided, or use the tracker from the previous page of this Guide. You can also use a notebook, the Notes app on your phone...whatever works for you!
- Be patient! This part becomes second nature after you do it a few times — promise!

If you need ideas and inspiration for your meals, check out your [Meal Prep & Ideas](#) ebook.



## HOW TO TRACK YOUR FUELS

### ➤➤➤ STEP 5: Prep + Eat Your Meals!

- You can prep several meals at once and keep them stored in portion-sized reusable containers in the refrigerator, or you can prep each meal just before you eat it.
- One of our favorite meal prep methods: prepare your meal ingredients ahead of time – roast a chicken, grill some turkey burgers, cook a pot of brown rice, roast some veggies, etc. – and assemble your meals when it's time to eat.
- Make sure you check out your **Meal Prep Masterclass** video on your Challenge Access Page. It walks you through a meal prep session with insider tips and tricks.

This is important enough to repeat: Remember, do not worry about being perfect. It's about PROGRESS!



# MEASURING OPTION

## »»» "HAND-Y" PORTION GUIDE



### DON'T WANT TO USE A SCALE TO WEIGH/MEASURE YOUR PROTEIN?

You already have a very valuable tool you can use ...

#### »»» Your hand!

- Your palm = your protein portions
- Your fist = your vegetable portions
- Your cupped hand = your carb portions
- Your thumb = your fat portions

Plus, using your hand is perfect any time you don't have access to your scale, like when you're dining out.

We've included a quick guide on the next couple pages on how to use your hand to "guestimate" your portion sizes.







## MEASURING OPTION: 'HAND-Y' PORTION GUIDE

### VEGETABLES

#### FIST



#### SERVING SIZE

(approx.)

- 1 cup non-starchy vegetables (peppers, leafy greens, cabbage, broccoli)

### PROTEIN

#### PALM



#### SERVING SIZE

(approx.)

- 3 to 4 oz (85-115 g) cooked lean meat, fish, shellfish, or poultry
- 1 cup (225 g) low-fat plain Greek yogurt or cottage cheese
- 3 whole eggs
- 1 scoop protein powder

#### BREAKDOWN

(estimated)

- 22-30g of protein

### STARCHY CARBS

#### CUPPED PALM



#### SERVING SIZE

(approx.)

- ½ to ¾ cup (100-130 g) cooked grains or legumes (oats, rice, lentils, etc)
- 1 medium fruit (apple, small banana, etc)
- 1 medium potato or sweet potato

# RESOURCES

## >>> & COMMON QUESTIONS



### >>> HOW MANY MEALS A DAY SHOULD YOU EAT?

There is no perfect number of meals to eat in a day. Trim Healthy recommends eating every 3-4 hours throughout the day. I see best results in my clients who eat shortly after waking, then every 3-4 hours after that.

For best results, include a protein source and veggie (or fruit if it's a snack!) every time you eat.



## >>> EASY SWAPS GUIDE

One of the best things about following a macros-based way of eating is that it is flexible. You can swap out and substitute similar foods in similar amounts.

## PROTEIN FOOD SWAPS

### LEAN MEATS

<b>Chicken</b>	<i>Boneless (skinless) breast, tenderloins, ground chicken</i>
<b>Turkey</b>	<i>Boneless (skinless) breast, ground turkey</i>
<b>Beef</b>	<i>Top sirloin, top round steak, eye of round steak, round beef (90% or more)</i>
<b>Pork</b>	<i>Tenderloin, chops, pork top loin or sirloin, Canadian bacon</i>
<b>Bison</b>	<i>Filet Mignon, ground bison (90% lean or more)</i>
<b>Lamb</b>	<i>Tenderloin, loin chops, boneless leg (trim off as much fat as possible)</i>

### SEAFOOD

*Depending on where you live, you'll need to buy flash frozen.  
Also be mindful of mercury levels.*

<b>Salmon</b>	<i>Wild sockeye, coho (leanest of the two cuts)</i>
<b>Mahi Mahi</b>	<i>Filet, steak (do not consume more than once per week due to mercury levels)</i>
<b>Swordfish</b>	<i>Filet, steak</i>
<b>Tuna</b>	<i>Steak, canned (look for low mercury and wild-caught)</i>
<b>Whitefish</b>	<i>Wild-caught: cod, snapper, haddock, halibut, tilapia (farm-raised fish may contain dioxins, a cancer-causing chemical, and methylmercury)</i>

### EGGS

<b>Whole Eggs</b>	<i>Pasture-raised, free-range, organically fed chickens and local are best</i>
<b>Egg Whites</b>	<i>Pasteurized egg whites (make sure the ONLY ingredient is 100% egg whites)</i>

### PROTEIN SUPPLEMENTS

*We don't recommend more than 3 scoops of whey protein isolate per day as you want the majority of your protein sources coming from meat, which is a high-thermic food.*

**Whey Protein Isolate**

**Plant-Based Protein Powder**



## CARB FOOD SWAPS

### STARCHY CARBOHYDRATES

<b>Oatmeal</b>	<i>Make sure you choose "plain" not flavored oats.</i>
<b>Bread</b>	<i>Sprouted or on-plan sourdough</i>
<b>Rice</b>	<i>Brown rice or other "whole" grain</i>
<b>Potatoes</b>	<i>Sweet potatoes, fingerling potatoes, white potatoes, yams</i>
<b>Quinoa</b>	<i>Check the label to make sure it's not packaged with processed ingredients.</i>

### FRUITS

<i>Apple</i>	<i>Cantaloupe</i>	<i>Lemon</i>	<i>Pear</i>
<i>Apple Sauce</i>	<i>Cherries</i>	<i>Lime</i>	<i>Pineapple</i>
<i>Apricot</i>	<i>Grapes</i>	<i>Mango</i>	<i>Plum</i>
<i>Banana</i>	<i>Grapefruit</i>	<i>Nectarine</i>	<i>Raspberry</i>
<i>Blackberry</i>	<i>Honeydew</i>	<i>Oranges</i>	<i>Strawberry</i>
<i>Blueberry</i>	<i>Kiwi</i>	<i>Peaches</i>	<i>Tangerine</i>

### VEGETABLES

*Eat plenty of them, and often! Aim for a serving or two with each meal and snack.*

<i>Artichoke</i>	<i>Carrots</i>	<i>Okra</i>	<i>Turnips</i>
<i>Artichoke Hearts</i>	<i>Cauliflower</i>	<i>Onions</i>	<i>Zucchini</i>
<i>Asparagus</i>	<i>Celery</i>	<i>Parsnip</i>	<i>Note: If you have stomach aches, bloating, gas or diarrhea after eating certain veggies, try steaming or cooking them to ease digestion.</i>
<i>Alfalfa Sprouts</i>	<i>Cucumber</i>	<i>Peppers</i>	
<i>Beets</i>	<i>Eggplant</i>	<i>Pumpkin</i>	
<i>Brussel Sprouts</i>	<i>Leafy Greens (all kinds)</i>	<i>Radishes</i>	
<i>Broccoli</i>	<i>Leeks</i>	<i>Squash (variety)</i>	
<i>Cabbage</i>	<i>Mushrooms</i>	<i>Tomato (variety)</i>	



# FAT FOOD SWAPS

## OILS & NUTS

*Some of your fat will come from your meats and eggs but for S-friendly meals you can use the list below to add to your meals for more flavor and get the best fat into your diet.*

Avocado	<i>This fruit is in this section due to its high fat content</i>
Avocado Oil	<i>Unrefined, minimally cold processed</i>
Almonds	<i>Option: almond butter</i>
Brazil Nuts	
Cashews	<i>Option: cashew butter, avoid seed oils</i>
Coconut Oil	<i>Unrefined, minimally cold processed</i>
Ghee Clarified Butter	<i>Grass-fed if possible</i>
Hazelnuts	
Macadamia Nuts	
Olive Oil	<i>Unfiltered extra virgin is best</i>
Peanuts	<i>Option: peanut butter, avoid seed oils</i>
Pecans	
Pine Nuts	
Pistachios	
Walnuts	



## DAIRY FOOD SWAPS

*Choose organic and hormone-free dairy products whenever possible.*

<b>Cottage Cheese</b>	<i>Look for a minimal ingredient list</i>
<b>Extra Sharp Cheddar Cheese</b>	
<b>Feta Cheese</b>	
<b>Goat Cheese</b>	
<b>Plain Greek Yogurt</b>	<i>Avoid flavored and high sugar yogurt varieties Option: Use plain Greek yogurt in place of sour cream</i>
<b>Mozzarella Cheese</b>	
<b>Parmesan Cheese</b>	
<b>Ricotta Cheese</b>	
<b>Swiss Cheese</b>	

### DRESSINGS & CONDIMENT OPTIONS

*TIP: Plan ahead if you want to use better quality condiments, marinades, and dressings. Look for brands that are low in sugar and contain just a few ingredients that you recognize. Here are a few we recommend.*

<b>Primal Kitchen</b>	<i>Ketchup, mayo, mustard, and dressing options</i>
<b>Tessemae's</b>	<i>Dressings and marinades options make sure to avoid seed oils in some products)</i>
<b>Frank's Hot Sauce</b>	<i>Typically short ingredient list; make sure to avoid seed oils in some products</i>