



Trim & Healthy Quick Start Guide

Top 5 Tips for Starting Out with THM

1. Go ahead and **order the glucomannan and Stevia Extract when you order the book**. By the time you get to the recipe section and are salivating over the fat stripping frappe, the 3-5 day shipping seems like FOREVER.
Tip: Make sure you order **Pure Stevia EXTRACT** with no fillers. I like the NOW brand. It's SUPER concentrated, and will last a good several months. Truvia or Skinny Girl Stevia drops are convenient grocery store subs in the mean time.
2. **Give yourself permission to accidentally mess up, and just KEEP GOING**. I would say give yourself a good solid month just to get used to this way of eating. By then, you'll see the scales start moving, and start realizing all the other health benefits. It's OK to struggle and mess up. This way of eating has a pretty big learning curve, but you WILL get there, and it will get easier! No guilt! Even accidental crossovers are still healthy, low glycemic meals.
3. **Join the forum or facebook group** for added support. Those girls are amazing. Seriously...go here right now, and join: [Trim Healthy Mama Facebook Group](#)
Note: It's a secret/private group, so only group members can see posts on their newsfeed. Your Ex-boyfriend's third grade teacher will not ever get to see what you had for breakfast (unless she's also in the group) Or you can try the [THM Forum](#) if that's more your style.
4. **Print out the alternative index from the Facebook Group files**, and look through some of the other awesome docs for lots of amazing helps, lists, and recipes.
Tip: A link to the Master Index is pinned in the very first post on that page. Easy.
5. **Flag the pages in your book** with plastic post it tabs. (I'll show you how below)

And PLEASE Don't Forget:

- to drink at least 3 big glasses of water per day. This diet is much higher in fiber than what I was used to, and I ran into...trouble. Trust me. Drink your water.
- To eat your veggies and fruits each day! In fact, plan your dinner and lunches around nice big sides of veggies or with big salads.
- To eat every 3 to 4 hours...it keeps your metabolism rocking and rolling. Don't skip meals!
- To include all the types of meals, even if you really, really, really love the S meals.
- Take a before photo and measurements before starting...it's SO fun to track your progress! You can use this little chart I made to keep track of your progress from week to week.



First Grocery Shopping List:

Some of my favorite staples are:

- LOTS of low carb veggies: broccoli, green beans, lettuce, greens, cauliflower, etc. **FP**
- Whatever fruits and veggies you usually buy (but skip the bananas and dried fruit)
- Pre-washed salad-strongly suggest organic greens **FP**
- 0% Greek Yogurt **FP**
- cream &/or half & half **S**
- 1/3 fat cream cheese **S**
- 2% cottage cheese: my favorite is Daisy brand! No Rbst. **FP**
- Your favorite light or regular cheeses
- laughing cow cheese **FP**
- small carton of egg whites (optional, and used in several recipes even if you don't care for them scrambled)
- frozen berries: blueberries, mixed berries, strawberries, blackberries, or raspberries **FP**
- chicken breasts or tenders **FP**
- meat of your choice (Red meat is usually **S**, unless you can source grassfed meat)
- wild caught salmon filets **FP** (usually found frozen) or canned salmon
- lower fat lunch meats **FP**
- low carb wraps **FP** (subtract the total fiber from the total carbs to get the net carbs...you want 6 or less)
- Jay Robb chocolate whey protein powder...if you like that sort of thing. **FP** unsweetened almond milk **FP** (I like the UNSWEETENED vanilla flavored. You can also sub unsweetened coconut milk for those who can't do nuts)
- cocoa powder **FP**
- flax seed meal **S** I find this in the Bob's Red Mill section.
- quinoa or brown rice **E**
- Truvia (small tub only) or Skinny Girl Stevia Drops **FP**
- Dreamfields Pasta **FP**
- Konjac noodles (if you have a good ethnic section in your store) **FP**
- Chana Dahl beans (if you have a good ethnic section in your store) **E**

A few other items that make super easy meals:

-Plain tomato sauce for making a super fast and yummy tomato soup(p.292 or 293)

-Progresso Light soups- one can is an easy FP lunch!

-Pizza toppings-you can make a simple S style pizza-dilla on a low carb tortilla!

-Salad Greens

-Rotisserie Chicken: use it for an S meal, and then remove the white meat and make E or FP lunch roll ups with it, and use the dark meat for S soups or meals. Pair with lots of veggies or salads.

TIPS: The items marked **FP** can be eaten with either E or S meals, or alone...they're **VERY** versatile!

A few items may have a suggested serving size to keep them in FP territory...like blueberries: ¼ c.

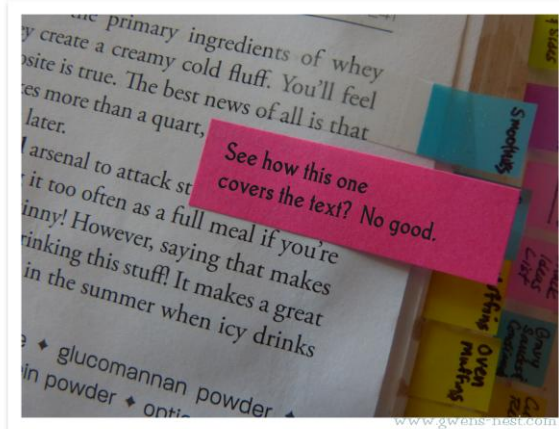
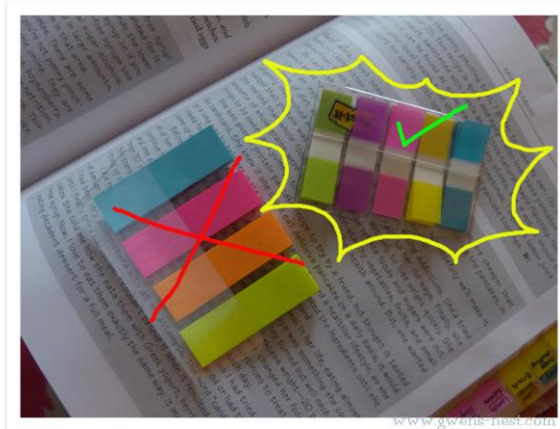
Check the book for details and recipes, or the facebook group doc called [S, E, or FP?](#)

If you're curious to try the Konjac Noodles or Channa Dahl beans, look for Asian markets or grocery stores with good ethnic sections.

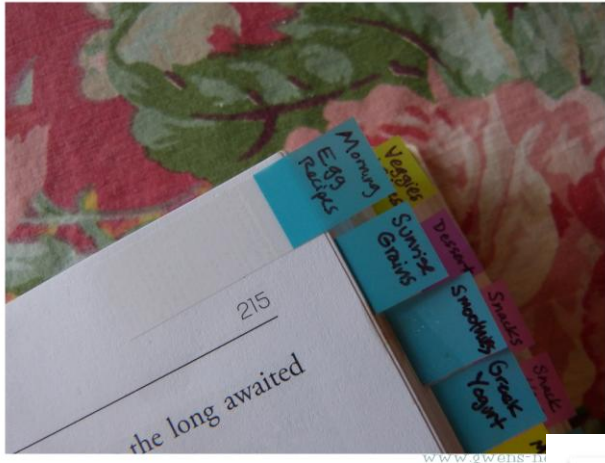
Flagging Your Book



Flagging pages in my book has been a HUGE time saver for me in looking up recipes. All you'll need is a thinline permanent marker, and a pack of bookmark flags by **Post It**. Buy the plastic kind that have clear sticky tabs, and just have color on the ends. I first used paper tabs, and they covered up too much of the text.



This is all you have to do:

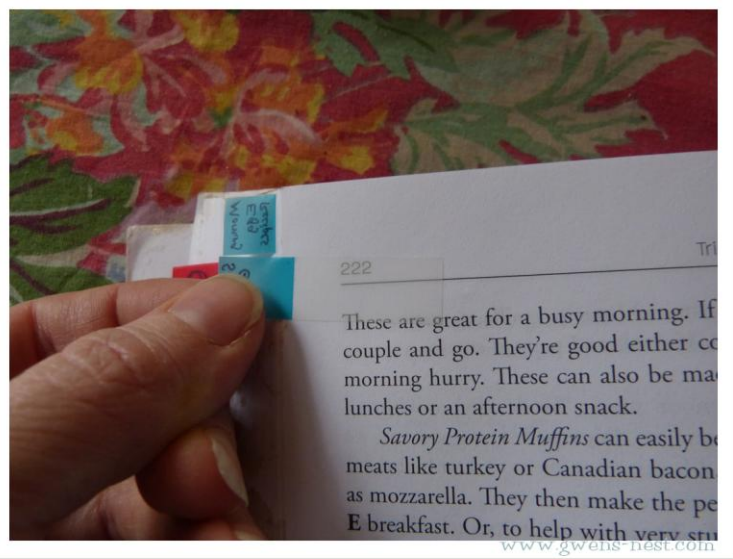


Turn to the first page in the recipe section. Write the title of your first tag onto one of the colored bookmarkers. I chose to use all the same color for each section...so all the breakfast sections are turquoise. Stick the first flag at the very top of the page.

Turn to the next section that you want to flag, and write the next title on a new flag. But instead of randomly sticking the flag on the edge, you'll want to put it onto the left hand page, positioned just

underneath the previous flag, with the sticky side up. Then, just turn the right page over to cover the sticky, and rub it in place. Easy!

You'll repeat this with each section that you want to flag. I changed color for each new recipe section to make it visually easier to see each section by color. If you end up at the bottom of the book, and haven't flagged everything yet, just put the next flag back and the top, and go down from there.



I also chose to flag the pages that have the food lists for E and S foods, and the Fuel Pull chapter. I used bigger page marker flags for this.

My book is "well loved"...it's been splattered with choco pudding, written in, highlighted, and has lots of recipes and such crammed in it.



Quick Start Plan

...if you're into this sort of thing. This is a pretty good and flexible way to step into THM. I jumped in fully as soon as I got to the recipes, so you can gauge your own pace, but this will give you some ideas for goals to work toward.

Week before you start...while you're still reading the book:

- Print out the First Grocery Shop list from this guide, and start tweaking your grocery list to get some things in stock. Don't buy soda this week.
- Flag your book, and write this in the front cover:
S=more than 5g of fat & less than 10g carbs;
E= less than 5g fat & more than 10g carbs (up to 45)
FP= less than 5g fat & 10g carbs.

FP baked goods need to be less than 6 grams of NET carbs. Net carbs = total carbs-total fiber.

- Go to the Facebook page or forum and spend a few minutes looking over the thread titles or files, and maybe say hello.
- Look over the **Where To Get The Stuff** doc and check out the grocery store lists that you shop at to get an idea of the foods that might work for you.
- Order the glucomannan, Nustevia EXTRACT, and protein powder if you haven't yet.
- On Friday, weigh and measure, and take a front and side before picture. Don't look at them. Hide them in a file on your computer. Don't be critical of yourself. You're about to do a VERY awesome thing for your body.

Week 1

- Start by focusing on snacks and breakfasts just for you this week. (If you live with or cook for others, just let them do the same-old-same-old.)
 - Volcano Mud Slide Muffin is yummy with vanilla 0% Greek Yogurt & some thawed berries & stevia.
 - Make Skinny Chocolate.
- Print out the following docs/files from the Facebook group:
 - S, E, or FP? (tape in cabinet)
 - THM Foods List (tape in cabinet)
 - Alternative Index (stick the rest of these in your book)
 - Breakfast List
 - Snack List
- Keep reading and looking things up on the list as you put together your snacks and breakfasts. In 2 or 3 weeks, you'll have this nailed.
- Continue stocking your fridge and pantry with THM friendly ingredients over the next few weeks.
- Do NOT feel guilty if you mess up and miss-match foods. It's going to happen, and that is how you learn.
- Post questions about things on the Facebook group, and learn how to use the search feature (top right on the grey menu bar...looks like a little magnifying glass)

Week 2

- Continue experimenting with breakfast recipes. Commit to eating all of your breakfasts "on plan" this week. You can do it!
- Make more skinny chocolate.

(Week 2 cont.)

- Make a THM dessert or two this week to congratulate yourself and please your family.
 - The cheesecake berry crunch on p. 374 is divine.
 - So are the chunky cream pops on p. 374
- Add in some THM lunch ideas this week. Even just using low carb tortillas is a good start, and learning to put together FP, E, or S wraps for lunch.
- Get a bunch of pre-washed organic salad, some tomatoes and cucumbers to go in it, and splurge on a yummy sounding dressing at the grocery store that has less than 2 grams of carbs.
- Go to the Facebook group files, and print out the Dinner List. Tack it to the fridge.
- Make 2 dinners this week that are either S or E. Plan to eat leftovers from dinner for lunch the next day.
- Plan to exercise on 3 days, and then DO it!
- Celebrate your first day FULLY on plan with some skinny chocolate, or a THM dessert of your choice. YOU ARE DOING IT!
- Continue using the lists in your cabinet as references.
- Weigh in on Friday

Week 3

- Make a BIG pot of brown rice or quinoa (I used my rice cooker for both of these), and let cool. Bag in 3/4 cups servings and freeze for convenient lunches
- Find a spot to put your vitamins or supplements that will catch your eye each day. I put mine at my place at the table, or on the kitchen windowsill. Set a goal to take them daily. If you take lots of supplements, buy a vitamin organizer, and just refill it once a week...put your bottles into a basket out of the way.
- Start applying the concepts you're learning to family dinners, and include a crossover side dish for those not on plan.
- Exercise every day, with 3 days of high intensity.
- Experiment with *at least* one new low carb veggie this week: We all love roasted cauliflower with Parmesan cheese.
- Make up another BIG salad for the fridge, and splurge on making or buying a non-fat salad dressing for E and FP meals.
- Weigh in on Friday.

Week 4

- Keep on tweaking and experimenting. Keep up the great work!
- Try making a batch of my fridge bread or one of the spice dressing blends: Greek or Ranch.
- Commit to being on plan all week for all meals and snacks.
- Challenge yourself to add more fruits and veggies to your menu.
- Weigh in on Friday and measure.
- Take some more side and front photos and compare them to your one month ago photos. Remember that this is not about *QUICK* weight loss, but about reclaiming and sustaining your health. Congratulate yourself for your accomplishment...you've finished your FIRST month on the THM plan!
- Think about the other benefits (besides weight loss) that you've experienced on THM.

My Favorite Recipes:

- **Snacks** are usually the hill I'll die on with a new diet, so I started out looking for some good FP snacks. They're the most versatile of all, since you can have them close to either style of meal if you get in a pinch. My faves are:
 - cut up a low carb tortilla and toast into 'crackers' and eat with some tomato slices and laughing cow light cheese...sprinkle of Greek seasoning and salt. SO yummy!
 - The **Choco Pudding** on p.366, or I'll make a lemon version with lemon juice instead of cocoa powder (and just a teeny pinch of turmeric for a lovely yellow color!) I make a bunch of these and store them for a week in little jelly jars in the fridge.
 - The **Big Boy Berry Smoothie** p.242 (with or without protein powder...if it's part of a meal, I'll leave it out.)
 - **0% Greek Yogurt** with berry syrup, or thawed berries in juice, and a bit of stevia. SO YUMMY.
 - **Sparkling Seltzer Water**, sweetened with liquid orange, grape, or vanilla crème SweetLeaf Stevia extract for when I just NEED something sparkley to drink...or Zevia soda.
- **Breakfast:** the **Volcano Mud Slide Muffin** on p. 257, topped with stevia sweetened vanilla Greek yogurt and berries (usually the berry syrup I make). I am so in love with this, that it's my standard breakfast.
- **Lunch:**
 - Usually, leftovers from what I made for dinner for my hubby & I, and the kids get sandwiches or something.
 - I always keep low carb tortillas and lower fat luncheon meats on hand for a quick roll up, and salad fixings on hand.
- **Dinner:** I am used to cooking dinners, and this way of eating hasn't really changed a whole lot of what I was doing before in this department. I just switch up a few ingredients and sides to make it fit the plan. I'll be posting recipes and tweaks that are THM friendly very soon on some of my favorite recipes here on Gwen's Nest!
 - **Cheeseburger Pie** p. 326 is SO good!
 - Our very favorite Friday night meal is my [Easy Bread Dough Focaccia](#) made into an E pizza. I make a normal pizza for the kids, but top ours with garlic, sundried tomatoes, spinach, basil, and either use a tomato sauce or 2% cottage cheese blended until smooth. You can top with a sprinkle of parm cheese if you want. SO good! Serve with a big salad and some fat free E dressing
 - Speaking of on plan Salad Dressings: For E meals, I use my [Greek dressing mix recipe](#), omitting the oil, and adding some water and glucomannan to thicken it some...or my [ranch dressing mix](#) in 0% Greek Yogurt thinned with almond milk. For S meals, I use the 'original' version of both of those recipes, made with the oil or sour cream. ☺
 - An E version of my [Beef Stroganoff](#) recipe was a big hit! Served with brown rice, and steamed broccoli on the side. (I'll post a THM version of this one soon!)
 - **Slow Roasted Turkey** with brown rice, gravy, green beans, and beets. It was an E meal for my hubby and I, as we opted for white meat with the skin removed. You can also use a store bought rotisserie chicken the same exact way!