



Trim Healthy Mama Plan Summary

1. Too much glucose in the bloodstream is the cause of weight gain and our modern diet is the culprit.
2. We get energy from our food and there are two primary sources of energy: carbohydrates and fats.
3. However, our bodies only need one fuel source at a time. When we pair them in a meal together it creates a crossover meal in which our bodies are receiving two fuel sources. Since our bodies will only burn one fuel source (either fat or carbs), our bodies will hold onto the other fuel source which will turn to fat, keeps us from losing weight. Therefore we need to separate our fuel sources in our meals and not pair them together.
4. Our modern society has created unhealthy fats and unhealthy or high glycemic carbohydrates. Neither of these will help us lose weight, and therefore we should stay away from them.
5. Unhealthy fats are hydrogenated oils and oils that turn into transfats when heated like vegetable oil, canola oil, sunflower oil. On-plan oils are flavorful and rich olive, coconut, avocado oils.
6. High glycemic carbohydrates rush too much glucose to the bloodstream causing imbalanced blood sugar and blood sugar spikes which lead to weight gain and hormonal imbalance, diabetes and insulin resistance. High glycemic carbs are white flour, unsprouted grain and wheat flours. Instead of these, you can have sprouted breads and grain-free, low carb breads.
7. Some higher glycemic foods are okay in moderation like bananas, corn, white potatoes, golden potatoes. It depends on your individual body and it's reaction to those foods
8. Since there are two main meal types (remember healthy fats and low glycemic carbohydrates) and we need to eat them separately to lose weight, THM has given a name for each meal centered on each food type.
9. Meals including healthy fats are called "Satisfying" meals or S meals for short. They contain more than 5g of fat and less than 10 g carbs. (Although THM has simplified the plan because we don't need to count fats, carbs, or calories.)

10. Low glycemic carb meals are called “Energizing” or E meals for short. They contain 5g or less of fat and they contain 10+ grams of carbs.
11. To make this even easier, if you have the THM plan book or the Trim Healthy Table book, there are lists of foods that can be paired together to make S meals or E meals.
12. Since it takes about 3 hours to digest and burn your fuel completely, you need to wait 3-4 hours between meals to be sure your fuel sources don't cross, and also to give your body time to digest and recognize fullness and hunger. However, waiting longer than 4 hours can cause you to be extremely hungry and imbalance your blood sugar, which leads to temptations to overeat or eat off-plan or whatever you can grab quickly at the moment which can cause you to eat off-plan or tandem your fuels.
13. Occasionally and definitely once you have reached goal weight, you no longer need to separate fuels at every single meal. Children and adults who don't need to lose weight do not need to separate fuels either. You can begin to combine fuels at multiple meals to maintain your goal weight.
14. Since sugar leads to sugar spikes and imbalanced blood sugar and is also addictive, it is not on plan, so no added sugars. Check your labels for sugar, maltodextrin and the like in ingredients lists. If you don't recognize an ingredient, search the internet for what it is exactly. Artificial sweeteners like Splenda, Equal, Sweet n Low and the ingredients they are made from are also off plan, because artificial sweeteners are created from chemicals and lead to serious illnesses. Try using stevia extract, erythritol, xylitol, or a blend of the same, also monk fruit can be used in moderation as well as coconut sugar or honey, but those do cause spikes in blood sugar compared to the first three natural sweeteners.
15. Planning and preparation are key so that you have a variety of choices on hand and to help you avoid eating off-plan and have the ability to choose from a variety of healthy and delicious foods. It also helps you have freedom to choose what you are eating instead of following a set menu while alternating your fuel sources in a way to keep your metabolism guessing.
16. You are free to eat from a pre-planned menu in the plan book, from the membership site if you are a member, or from your coach.

Please keep in mind that this is not a rigid, number counting lifestyle with hard rules. We have wise and beneficial guidelines set in place, but sometimes life will break them and that's ok. The heart of the plan is based on the basic fuel types and harmonizing delicious foods – not numbers and rules. Food freedom!

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