

What Should I Order from THM? THM Shopping List

Easy Access Store Link: <https://store.trimhealthymama.com/?ref=151>

(Click on any of the underlined hyperlinks to view the products)

When deciding what to order, we need to think about what ingredients we will need to replace the ones that are not good for us and that we are no longer going to consume. We need to replace sugar and high glycemic flours.

1. Stevia extract powder – this comes in a [1 oz](#) and a [4 oz](#). I get the 4 oz because it is more cost effective and of course lasts a long time which saves on ordering and shipping. This is a sweetener you will use to replace sugar in drinks, coffees, some shakes and individual desserts. It is very concentrated and comes with a teeny, tiny scoop. It isn't really advised for baked goods, especially family sized goods.

2. Gentle Sweet – a mixture of stevia and Erythritol and/or xylitol (both natural sweeteners, but Erythritol and xylitol are less concentrated than stevia, granular, and more like sugar in taste and texture. However, you will still use less of it than you would sugar in recipes. I advise getting the Xylitol free gentle sweet if you have pets because Xylitol is poisonous to them. They are sold in [1lbs](#) or [3lbs](#) with Xylitol or [1lb](#) or [3lbs without Xylitol](#). Gentle on the tummy.

Super Sweet is another sweetener blend. It is Xylitol free. This one is a little stronger and more concentrated so you will use less of this than sugar and also less than the gentle sweet, but is not quite as gentle on the tummy. This is almost the equivalent of "Pyure" brand sweetener if you've ever used it before. It comes in [1lb](#) and [3lbs](#). This 3lb of Super Sweet is the most cost effective between gentle sweet and the 1 and 3 lbs. This is what I use and I can tolerate it even with occasional digestive issues.

3. Baking Blend – You will need baking blend to make most of the baked goods, crusts for savory pies, etc. It will replace [conventional](#) flour, but it is not a cup-for-cup equivalent so you will use less than regular flour. Sold in [1lb](#) and [3lb](#).

Any other ingredients you might want to get will depend on what types of recipes you plan to make and the needs of you and your family.

This is list of THM items our family uses regularly:

4. Protein Powder – sold in [1lb](#) and 3lb. I buy the 3lb as it's more cost effective and saves on order frequency. I cannot live without protein powder! I make shakes or smoothies every single day, because

they are quick, filling, and perfect for on-the-go, and the protein powder is a dairy most people can tolerate well. Our family uses it for smoothies, shakes, in [1lb](#) and [3lb](#). I need a dairy free option, since I'm allergic to dairy so I use the next product.

5. [Creamy Dreamy Plant Protein](#) This has been such a blessing to me. In an over-40 season, for many of us dairy is no longer weight loss friendly, and some of us can no longer tolerate dairy at all. I use this in anything I would use protein powder to make.

6. [Collagen](#) I use this in my coffee, hot tea, smoothies, shakes, added protein for some of the soup recipes, and to make a few of the desserts that call for it. Collagen heals the gut and is good for hair and nails as well.

7. If you have trouble getting greens in and you would also like to heal your gut, [Dynamic Greens Powder](#) is a perfect option. I usually add it to shakes and smoothies. With greens powder, I don't always have to have a veggie on hand.

8. [Glucomannan](#) – this is a thickener and adds fiber. Used for gravies, soups, puddings, some of the baked goods, some shakes and smoothies. Helps balance blood sugar and adds extra fiber which we also need in an over-40 season.

9. [Gelatin](#) – used for gummies some shakes, some soups and helps add glycine which is also important for health.

10. [Baobab powder](#) – is an adaptogen that helps balance blood sugar and hormone levels, adds vitamin C for immune boosting.

11. Chocolate bars – Come in [milk](#) and [dark](#). And they also come with almonds. I can't decide which is my favorite! These are much healthier than the chocolate bars in the store, which have sugar and fillers like fiber that can upset your stomach.

12. [Peanut flour](#) – I use this defatted peanut flour to make fat free peanut butter or to flavor shakes of baked goods.

13. [Nutritional yeast](#) – I use this in place of cheese on salads, as a season on veggies, etc.

14. [Psyllium Husk Flakes](#) – You will use this if you make Butterfly Wings Cake (like angel food cake) and wonder wraps (grain-free FP tortillas), and a few other recipes. Adds healthy fiber.

The other products like [protein bars](#), [cookies](#), [crackers](#), [coconut chips](#), [cuffin mix](#), [Hubby Lovin' Seasoning](#), [hydrates water flavor packets](#), [extracts](#), [coffee](#), [mineral salt](#) are all good. I don't buy often, but if you need packaged convenience foods these are perfect [and](#) are much better than what is in the stores.

<https://store.trimhealthymama.com/product/workins-comprehensive-exercise-healing-program-designed-just-for-women/?ref=151>

Of course, the [books](#) contain all of your plan information and recipes. And the [Work-In](#) exercises are amazing, multilevel for different fitness abilities and needs.

The membership site also has all of the recipes (except for Trim Healthy Future) as well as site only recipes, a forum, menu generator, pre-planned menus for specific needs, a grocery list generator, a member perk of an automatic 10% off discount for all THM products. AND you can get \$10 off with my coupon code at checkout AD4380. www.trimhealthymembership.com

I use some of their natural [skincare/makeup](#) products as well, but of course those are not needed for the plan.

I hope this helps! Let me know if you have questions!

Coach Amanda