



THM Food

PROTEIN: Be sure to eat a source of protein with every single meal, regardless of its primary fuel source.

<p>S Defined: S stands for Satisfying. These are foods or meals with a primary fuel source from fat. Limit S meals to 10 carbs or less.</p>	<p>FP Defined: FP stands for Fuel Pull. These are items low enough in fat and carbs to be enjoyed with any S or E meal. Limit carbs to 10 or less and fat grams to 5 or less.</p>	<p>E Defined: E stands for Energizing. These are foods or meals with a primary fuel source from carbohydrates (carbs). Limit E meals to 5 grams of fat or less.</p>
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S

FP

E

VEGETABLES

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all listed under FP	asparagus	green beans	pumpkin	all vegetables except corn or potatoes
avocado (1/2 at a time)	broccoli	jicama	sugar snap peas	sweet potatoes (limit to 1 medium)
green peas (in moderation; not dried split peas)	collard greens	kale	summer squash	
onions (in moderation)	cabbage	lettuce	winter squash	
tomatoes (in moderation)	cauliflower	mushrooms	zucchini	
other non-starchy vegetables	celery	okra		
AVOID: carrots, corn, potatoes, sweet potatoes	eggplant	peppers (any)		

FRUITS

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all listed under FP	acai berry food supplements			all fruits in small quantities (such as: 1 apple, 1 orange, 1 slice of cantaloupe, etc.)
blueberries (less than 1/2 cup)	blackberries			berries in liberal quantities
cranberries (dried; unsweetened)	cranberries (fresh; unsweetened; <i>no cranberry juice</i>)			plan-approved jams or jellies
goji berries (dried; small amount)	raspberries			AVOID: bananas and watermelon (you can eat them, just very, very small quantities)
AVOID: other dried fruits, canned fruit, fruit juices, bananas, mangoes, nectarines, oranges, peaches, pears, pineapple, watermelon				

EGGS & DAIRY

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all listed under FP	kefir (plain, full fat)	egg whites (fresh or boxed)		all listed under FP
all cheese	ricotta cheese (full fat)	Greek yogurt (plain, 0% or 2%)		cottage cheese (low or non-fat)
butter	sour cream (full fat)	ricotta cheese (part skim)		hard cheeses (2% reduced fat; small quantities only)
cottage cheese (full or reduced fat)	sour cream (low or non-fat)			kefir (low or non-fat)
eggs	yogurt (regular, full-fat)			Light Laughing Cow or Weight Watchers cheese wedges
Greek yogurt (plain, full fat; limit to 1 cup for meal or 1/2 cup for dessert)				mozzarella (part skin)
				yogurt (plain, low or non-fat)
half and half (only for coffee or tea)	AVOID: milk; pre-sweetened, flavored, and/or low fat regular yogurt			
heavy cream				

S	FP		E
MEATS	MEATS		MEATS
all meat (fatty or lean, preferably grass fed and free of hormones)	chicken breast	salmon (filets or canned)	all listed under FP
	beef, bison, and venison (lean cuts)		
	deli meat (lean, preferably natural brands without hormones or antibiotics)		
	fish (not fried)	tuna (packed in water)	
	ground beef (lean, rinsed)	turkey breast	
	ground chicken (96-99% lean)		
	ground turkey (96-99% lean)		
GRAINS, LEGUMES, NUTS, & SEEDS	GRAINS, LEGUMES, NUTS, & SEEDS		GRAINS, LEGUMES, NUTS, & SEEDS
all listed under FP	nuts (baby's handful amount)		all listed under FP
all raw and dry roasted nuts (in moderation)	nut butters (no sugar added, 1 teaspoon)		all beans and legumes including lentils and split peas (up to 1-1/2 cup)
all raw and roasted seeds including chia and flax (in moderation)			
all natural peanut butter with no sugar added (in moderation)			brown rice (3/4 cup cooked)
			oatmeal (up to 1-1/4 cup cooked)
all nut flours			popcorn (4-5 cups popped)
coconut in all forms			quinoa (3/4 cup cooked)
nut butters (no sugar added; in moderation)			rye bread (real; dark, 2 slices)
			sour dough bread (real, 2 slices)
			tortillas (low carb)
			Trim Healthy Pancakes or Trim Healthy Pan Bread (up to 1/3 recipe)
			whole grain bread (sprouted, 2 slices)
CONDIMENTS	CONDIMENTS		CONDIMENTS
all listed under FP	beef broth or stock		all listed under FP
hot sauce (sugar free)	chicken broth or stock		Fat Free Reddi Whip
ketchup (sugar free or reduced sugar with 1 carb or less)	cocoa powdered (unsweetened)		salad dressings (fat grams 4 or less; low sugar)
	horseradish sauce		
mayo (carb count should be 0)	mayo (reduced fat)		
nutritional yeast	mustard		
pickles (non-sweet)	oils (cold pressed, 1 teaspoon)		
salad dressings (carb count 2 grams or less)	salad dressings (fat grams 4 or less; carb count 2 grams or less)		
oils (cold pressed)			
olives	soy sauce/Bragg Liquid Aminos/Tamari		
	spices or seasonings (without fillers or sweeteners)		
	vinegar (any kind)		

