

Four Building Blocks for a Great “E” Meal

Inspired by the book *Trim Healthy Mama* by Pearl Barrett & Serene Allison

1. Generous Serving of Lean Protein*

- Boneless Skinless Chicken Breast or Lean Turkey
- Lean Grass-Fed Beef (or regular ground beef, browned, drained and rinsed with hot water)
- Fish – Fillets or canned in water, including Salmon, Tilapia, Tuna (or any other lean seafood)
- Lean Deli Meat – Look for 95% Fat Free or more
- Lowfat or Nonfat Cottage Cheese
- Lowfat or Nonfat Greek Yogurt
- Whey Protein Powder
- Egg – Whites only, or Egg Beaters

*A serving of lean meat is at least 3oz (size of a deck of playing cards) more if needed.

2. ONE Teaspoon of Fat/Oil

- Do NOT count the fat in your serving of lean protein
- DO count the fat used for preparing/cooking your lean protein
- 5g = 1 Teaspoon of Fat
- Common fat sources:**
- Peanut Butter
- Cheese
- Dressings/Condiments
- Nuts/Seeds
- Oils, Butters, Mayo

3. E Fuel Source (Must have this to be an “E”)

- Choose one E fuel source or mix it up and use two ½ servings of different E fuels.**
- 2 slices of sprouted or traditionally soured whole grain or dark rye bread
- 1 ¼ cups of Old Fashioned Oatmeal (cooked)
- ¾ cups of Quinoa or Brown Rice (cooked)
- 1 medium Sweet Potato (baked)
- 1 ½ cups Beans (Navy, Kidney, Pinto, Black, Garbanzo, Chana Dahl, Lentils, etc.) (cooked)
- Fruits (avoid bananas, mangos, pineapple if actively trying to lose weight)

Limit total carbs in your E meal to 45g. For a “Pulled Back E” use ½ serving of E fuel

4. Add Some Produce (Optional, but wise!)

- Non-starchy veggies are a great addition to any E meal
- Liberally add onions, tomatoes and carrots without worrying about the carb count
- E fuels make great salads
- Egg whites scrambled with greens, peppers, onions, mushrooms are a great E protein source
- Avoid olives (unless you use them towards your 5g of fat limit)

Free Tip: Because they are lighter in nature, you may find yourself hungry sooner after an E meal. Be prepared with a FP snack and you'll be fine!

Fuel Pull Basics

Inspired by the book *Trim Healthy Mama* by Pearl Barrett & Serene Allison

Choose a serving of lean protein*

- Boneless Skinless Chicken Breast or Lean Turkey
- Lean Grass-Fed Beef (or regular ground beef, browned, drained and rinsed with hot water)
- Fish – Fillets or canned in water, including Salmon, Tilapia, Tuna (or any other lean seafood)
- Lean Deli Meat – Look for 95% Fat Free or more
- Lowfat or Nonfat Cottage Cheese
- Lowfat or Nonfat Greek Yogurt
- Whey Protein Powder
- Egg – Whites only, or Egg Beaters

* **Limit lean meats to 3oz per meal (about the size of a deck of cards).**

Limit fats & oils to 5g (1 Teaspoon)

- Do NOT count the fat in your serving of lean protein
- DO count the fat used for preparing/cooking your lean protein
- Watch for fats in dressings, avocado, olives, cheese, nuts and seeds!

Remember the 6/10 Carb Limit

- Do not count carbs in Non-Starchy Veggies
- Up to 6g of Net Carbs from Store Bought Low Carb Bread Items
- Up to 10g of Total Net Carbs

Store Bought Low Carb Bread Items:

- ½ Joseph's Lavash Bread or 1 Joseph's Pita
- 2 Light Rye Wasa Crackers
- Low Carb Whole Grain Tortilla
- GG Crisp Breads

Total Carbs (g)
-minus-
Fiber Carbs (g)
=equals=
Net Carbs (g)

Fill Up With...

- Non-Starchy Veggies (very small amounts of carrots & onion are ok)
- Lowfat Broth-Based (Non-Starchy) Vegetable Soups
- Up to 1 cup of Berries (limit blueberries to ½ cup)
- Konjac Noodles
- Glucomannan based puddings
- Fat Stripping Frappa or Big Boy Smoothie (or other protein shake that fit FP limits)
- Good Girl Moonshine
- Cottage Berry Whip, Luscious Lemon Yogurt, etc.

Remember – Fuel Pull Snacks & Desserts are great anytime, but...

“It won't do you any good to become an expert at Fuel Pull Meals if you first do not have a good grasp on the core S and E plan.” (Chapter 10)

S Meal Basics

Inspired by the book *Trim Healthy Mama* by Pearl Barrett & Serene Allison

Choose your Non-Starchies

- Non-Starchy Vegetables are foundational to an S meal
- Be moderate in your use of Tomatoes, Carrots, Onions, and Peas (check book for limits)
- Limit blueberries to ½ c. and all other berries to 1 c. for an S meal
- Leafy greens are lowest in carbs and a fantastic source of nutrition – eat freely!
- Other great Non-Starchies: celery, cucumber, cauliflower, cabbage, broccoli, zucchini, yellow squash, green beans, bell peppers, radishes

Remember the 6/10 Carb Limit*

- Do not count carbs in Non-Starchy Veggies
- Up to 6g of Net Carbs from Store Bought Low Carb Bread Items
- Up to 10g of Total Net Carbs

Total Carbs (g)
-minus-
Fiber Carbs (g)
=equals=
Net Carbs (g)

*Watch out for hidden carbs in condiments and dressings!

Add some protein...

- Any cut of meat, fish, poultry, seafood – any fat content
- Watch out for carbs in sausages and deli meats!
- Cottage cheese, Greek Yogurt, Ricotta – any fat content
- While protein is still important, S meals typically need less protein than E meals do.

Light S

Non-Starchy Veggie + Lean Protein + Small Amount of Fat

Example: Leafy Greens + Salmon + 1 Tbsp. Olive Oil

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Non-Starchy Veggie + Fatty Protein Source

Example: Steamed Broccoli + Hamburger Patty

Deep S

Non-Starchy Veggie + Pure Fat Source(s)

Pure Fat Source(s):

- Oil (Olive, Coconut, Palm)
- Butter
- Fatty Meats
- Raw Cream
- Eggs

Example: Baked Chicken w/Skin + Yellow Squash sauteed in Butter

Heavy S

Non-Starchy Veggie + Lots of Fats & Calories

- Pure Fat Sources
- Cheese, Cream Cheese
- Nuts, Nut Butters
- Cream, Half & Half
- Rich S Desserts

Example: Cheeseburger Pie + Green Bean Fries + Skinny Chocolate Peanut Butter Cups (Oh, My!)

Remember – Keep Your Metabolism Guessing!

Heavy S meals are good in moderation, but can stall weight loss if used too often. Switch it up with Light S, Deep S, and E Meals!

Try pairing an FP dessert with Deep or Heavy S to reduce the calorie load.