



Notes ~ Topics & Time Stamps

In Love with Corn Tortillas! My Weird but Delicious Lunch!

August 7, 2023

<https://www.facebook.com/groups/trimhealthymamas/posts/642007994555727>

:22- Pearl shares her simple and easy lunch that uses corn tortillas.

:45- Pearl mentions to not overdo corn tortillas.

1:28- Pearl shares that she does great with the no-fat or 1 gram of fat corn tortillas.

1:36- Pearl mentions the **Mission Brand** Corn Tortillas and that when she has this brand, she uses three of them because they are smaller. Today she is using a different brand and is only using two of them as they are a bit larger.

1:47- Pearl mentions to look for whole ground corn and water as the only ingredients for the corn tortillas.

2:07- Pearl loves corn tortillas for **E Meals** and **Crossover Meals**.

2:15- Pearl shows us how to put together her simple and easy lunch!!

Pearl's Simply & Easy Corn Tortilla Lunch (E)

Ingredients

- 2- Wholegrain Corn Tortillas (2-3 depending on brand; Pearl used two in this LIVE)
- 1 Light Laughing Cow Cheese Wedge (or 1/8 of an avocado; smashed)
- 2 Tbsp Pearl's Black Beans (smashed; please see below for the recipe)
- Chopped pre-cooked chicken breast (any amount that you are hungry for)
- Hot Sauce (to taste)
- Red Onions (chopped; for topping)
- Cilantro (chopped; for topping)
- Lettuce (chopped; for topping)
- Fermented Sauerkraut (for topping)

Pearl's Simply & Easy Corn Tortilla Lunch (E) cont...

Instructions

1. Spread the smashed avocado OR Light Laughing Cow Cheese Wedge on the bottom of each whole-grain corn tortilla.
2. Place the smashed black bean mixture onto each tortilla and spread evenly.
3. Top with the chopped cooked chicken breast, hot sauce, red onions, cilantro, chopped lettuce and fermented sauerkraut.

Pearls Seasoned Black Beans Recipe

In a bowl place cooked black beans and smash them until smooth. Add cumin, mineral salt, and lime juice to taste and gently mix to combine. (No measurements were provided in video.)

4:03- Mention of the 25 grams of protein for every meal.

4:27- Pearl shares that when in doubt about hitting that 25 grams of protein per meal she will whip up a **protein milk** to have on the side. Pearl shares that she uses 2 Tbsp of [TH Optimized Plant Protein](#) Powder, some [TH De-fatted Pressed Peanut Flour](#), sweetener of choice, to taste, and a pinch of mineral salt blended in unsweetened almond milk.

5:20- Pearl closes in saying that we are all unique, and how each one of us does with corn tortillas will be different. If corn tortillas spike your blood sugar be sure to only use tortillas that are made with “whole grain” corn as that will be kinder to your blood sugar.

[Click here to watch more videos!](#)