

# TH MEAL BUILDING BLOCKS FOR GLP-1

A TH OFFICIAL RESOURCE

# How to Build Your Smart XO Meal:

Specially designed for those on GLP-1 therapies, these meals include both carbs and fats but in smaller amounts

Refer to our food lists for more options



## CHOOSE YOUR PROTEIN

01

Be sure to get 25 grams of protein in each meal. You may need to utilize a combination of protein sources and supplemental protein such as TH Pristine Whey Protein, TH Optimized Plant Protein, or TH ESSENTIAL Amino Acid Powder.

## ADD YOUR LIMITED FATS

02

Include 2 teaspoons of fat such as nut butter or healthy oil in your meal or  $\frac{1}{3}$  to  $\frac{1}{2}$  an avocado

## ADD YOUR PULLED BACK CARBS

03

1 cup of fruit,  $\frac{1}{2}$ - $\frac{3}{4}$  cup gentle whole grains, beans/legumes, or potatoes

## ADD YOUR FUEL PULL FOODS

04

Don't forget your non-starchy veggies and/or berries. If your appetite can't handle full FP servings, consider adding a greens powder.



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# How to Build Your E Meal:

## Carb focused meals

Refer to our food lists for more options and carb portion information



### CHOOSE YOUR LEAN PROTEIN

01

Be sure to get 25 grams of protein in each meal. You may need to utilize a combination of protein sources and supplemental protein such as TH Pristine Whey Protein, TH Optimized Plant Protein, or TH ESSENTIAL Amino Acid Powder.

### ADD YOUR LIMITED FAT

02

Include only 1 teaspoon of fat such as nut butter or healthy oil in your meal or ¼ of an avocado

### ADD YOUR CARB SOURCE

03

Fruit, gentle whole grains, beans/legumes, or potatoes

### ADD YOUR FUEL PULL FOODS

04

Don't forget your non-starchy veggies and/or berries. Lemons, limes, 0% Greek yogurt or low-fat cottage cheese, if desired



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# How to Build Your S Meal:

## Fat focused meals

Refer to our food lists for more options



### CHOOSE YOUR PROTEIN

01

Be sure to get 25 grams of protein in each meal. You may need to utilize a combination of protein sources and supplemental protein such as TH Pristine Whey Protein, TH Optimized Plant Protein, or TH ESSENTIAL Amino Acid Powder.

### ADD YOUR FATS

02

Add fats as desired: Play around with different amounts of healthy fat options and different types to find your best fit. Even if your protein source contains fat, other fats can be added to the meal.

### ADD YOUR FUEL PULL FOODS

03

Don't forget your non-starchy veggies and/or berries. Lemons, limes, Greek yogurt or cottage cheese, if desired



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