

Trim Healthy
W I S D O M

Stuffed Sweetie Bowl (E or XO)

(Depending upon avocado or nut or seed butter amount)

This recipe uses a pre-baked, refrigerated sweet potato which makes throwing this lunch together a cinch since there is no cooking. It contains the sour helper of vinegar to help your body deal with the healthy glucose from the sweetie more efficiently. It perfectly enhances your CLBM and helps you become a better burner. If you enjoy this recipe, consider making it one of your Sweatpants meals. This “sweatpants” term refers to easy meals, no stress and they work so well for your body’s needs that you put them on frequent repeat.

Baking your sweet potatoes causes a 300% increase in their heart healthy polyphenols. It also offers you 30 percent more vitamin A from your sweetie than other cooking methods. Baking lower and slower is the key to preventing loss of nutrients and protecting your blood sugar... nutrient loss along with loss of protective GI impact can which can happen when temperatures are too high. So, after washing, it is best to prick sweet potatoes then bake them at 320 for around 90 minutes. Alternatively prick, then place them in a crockpot and cook on low until soft (takes 4-6 hours depending upon your crockpot).

It is a great idea to bake up a bunch of sweeties at one time like this. Then you can use them during your week for multiple meals. Baking also keeps the skin on your potatoes which is important as sweet potato skin has up to four times the antioxidant activity of the flesh. If you prefer softer skin that is easier to eat, wrap up your potatoes in some parchment before cooking.

After baking, put your sweeties in the fridge. This raises their resistant starch by 62%, which means they’ll be easier on your blood sugar and offer more prebiotics to your gut, which will help sensitize you to insulin and keep you full for longer. You don’t have to eat them cold, though, to benefit from this resistant starch. For this bowl, you can enjoy your sweetie either hot or cold

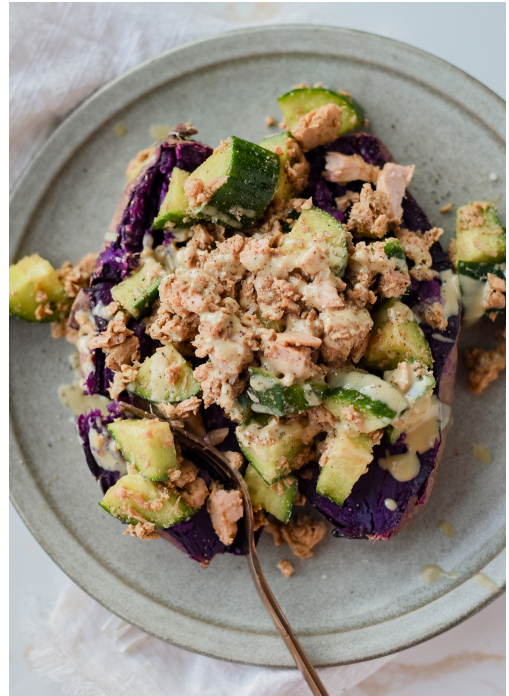
(P - You can give your sweetie a quick heat in the microwave if you roll that way, and I won’t tell Serene on you.) Heating them after refrigerator cooling doesn’t decrease the resistant starch transformation. If you work outside the home, no worries. Dice the cucumber the night before and mix it with the sweet Balsamic and tuna or chicken in a to-go glass container.

Single Serving

INGREDIENTS:

- 1 pre-baked sweet potato
- 1½ Tbs Balsamic vinegar

- 1 tsp [TH Gentle Sweet](#)
- 1 tsp [TH Nutritional Yeast](#)
- ½ of a cucumber (diced)
- 1 Tbs onion (optional; finely diced)
- Up to 5 ounces of canned or pouch tuna or canned or pre-cooked diced chicken breast
- hot sauce (optional)
- 1/8 of a diced avocado or 1 tsp tahini or nut butter or larger amounts for XO (optional)



INSTRUCTIONS:

1. Put the hot or cold sweet potato (depending upon choice) in a bowl.
2. In another smaller bowl, combine the vinegar, Gentle Sweet, nutritional yeast, diced cucumber, the optional finely diced onion, and tuna or chicken. Mix well so veggies and tuna are well coated in the sweet vinegar.
3. Cut the sweet potato open and insert the tuna/veggie mix into and on top of the potato. If using, top with hot sauce and/or XO options.

Protein Nerd Notes:

If you choose Protein Option 1 for this E Meal and use the garnish amount of 2-3 ounces of tuna or chicken, you'll need to get more protein via a powdered form. You can have a ½ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by including the *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein](#) and [TH Optimized Whey Protein](#).