

Trim Healthy
W I S D O M

Southwest Sandwich (E or XO)

(Depending upon the avocado amount)

This is a hearty and tasty sandwich... pair it with some extra veggies like cuke chips (sliced cucumber topped with nutritional yeast and Mineral Salt) and perhaps the *Side Protein & Fiber Chocolate Milk*, and you have a very filling meal that tends well to your CLMB. You can use on-plan sprouted, store-bought bread. Pearl's recommended sourdough rye bread she purchases [HERE](#) does not work well as a closed sandwich because the bread is a bit too thick and dense for that... however, you can make this open-faced if you desire, spreading the ingredients evenly between the two pieces. Or you can enjoy homemade options such as *Serene's Peasant Bread* or gluten-free *Gluten-Free Sourdough No Carb Easy Bread*, but if using this last option, consider adding a side of fruit to make this an E.

Single Serve Recipe

INGREDIENTS:

- 2 slices on-plan bread of choice
- 3 Tbs *Black Bean Spread*
- 1 wedge Light Laughing Cow Cheese
- 1/8 of an avocado for an E; or up to 1/2 of one avocado for XO (mashed)
- 1 - 2 Tbs salsa or desired amount of hot sauce
- lettuce (chopped; for a sandwich topping)
- cilantro (chopped; for a sandwich topping)
- Up to 4 ounces pre-cooked chicken breast, ultra-lean steak, or a desired amount of the *Egg White Hack*



INSTRUCTIONS:

1. Smear both pieces of bread with the avocado. Spread the cheese wedge, if using, onto one piece.
2. Add all other ingredients to one of the pieces. Top with the other slice of bread, then slice the sandwich into halves.

Protein Nerd Notes:

If using the full 4 ounces of chicken breast or ultra-lean steak here, you'll have all your Protein Nerd Level 3 requirements covered. If you desire to use a lower meat amount (just 2 – 3 ounces for E Protein Option 1), you'll need more protein in another form. You can have a generous 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 chugging close to a serving of [TH Optimized Collagen](#) with 1 tsp of [TH ESSENTIAL](#) in a little water right before your meal then chasing with more water. Or you could have the *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein Powder](#) and [TH Optimized Whey Protein Powder](#) or a small serving of *Optimized Protein Mousse*.