

Trim Healthy
W I S D O M

Protein Grilled Cheese (E)

Most grilled cheese sandwiches lack protein, and since they typically use common forms of cheese like cheddar, they're the kind of XO you probably cannot burn so well if you've still got a way to go building back your CLBM. Cottage Cheese offers you more protein, and it is much leaner, so it allows this sandwich to be a true E. The little bit of ACV allows the protein to be more easily absorbed into your muscles (although feel free to begin your meal with an *ACV Burner Shot* if you desire.) Don't forget to add more veggies to the side of your plate. Cuke chips (sliced cucumber topped with nutritional yeast and Mineral Salt) are always fabulous or just enjoy a spoonful or two of sauerkraut or kimchi.

You can use on-plan sprouted store-bought bread. (Pearl's recommendations [here](#) for the sourdough rye bread she purchases do not work well for this recipe as it is too dense and thick.) Or you can enjoy homemade such as *Serene's Peasant Bread* or *Gluten-Free Sourdough No Carb Easy Bread*, but if using this last option, consider adding a side of fruit to make this an E Meal.

Single Serve Recipe

INGREDIENTS:

- 2 pieces on-plan bread
- 1/4 cup low-fat cottage cheese
- 1 Light Laughing Cow Cheese Wedge
- 1 tsp [TH Nutritional Yeast](#)
- 1 tsp bacon bits
- 1/2 tsp apple cider vinegar
- 1 pinch of [TH Mineral Salt](#)

Optional Add-Ins:

- sliced tomato; or canned diced tomatoes (optional)



- sliced onion (optional)
- lean turkey breast (optional)
- 1 sprinkle black pepper
- 1 sprinkle cayenne pepper

INSTRUCTIONS:

1. In a small bowl, mash the Light Laughing Cow Cheese with the cottage cheese with a fork until combined. Add the nutritional yeast, bacon bits, ACV, and Mineral Salt, and stir well.
2. Smear the cottage cheese mixture onto one slice of the bread. Top with the desired add-on options.
3. Top with the other slice of bread. Lightly spray the top of the bread with coconut or olive oil, then place it, spray side down, in a small fry pan set to medium heat.
4. Allow the sprayed side to brown, and while it is doing so, lightly spray the top of the other piece. Once the bottom slice is browned, carefully flip the sandwich. Place a lid on the pan and lower the heat to low. Allow the bottom side to brown and the cottage cheese mixture to melt in the closed pan.

Protein Nerd Notes:

If adding 2 – 3 ounces of the Plainville Farms turkey, you'll have all your Protein Nerd Level 3 needs covered for this recipe. If you prefer it without that addition, just ⅓ cup of cottage cheese does not give you enough protein. You can have a serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. That drink goes well with this sandwich. 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*.