

Trim Healthy  
W I S D O M

## Breezie's Yogurt Bowl (S, E, XO or FP)

*(B – Hi, I'm Breeze, Serene's daughter. Everyone calls me Breezie. I'm 15, and I have this yogurt bowl pretty much every single day for one of my meals. I'm a bit like my mom in that I love repeating something when it suits my life. My mom has her Yuck Yum Smoothie every day... well, I have this, and I don't think I'll ever get tired of it. It is so amazing... so easy to make, and so full of protein – yep, I'm a Protein Nerd Level 3 girl, too! (My Aunt Pearl told me to mention that if you must be dairy-free, you can use a non-dairy yogurt recipe found on [Cultured Food Life](#).)*

*I love changing up between the different TH Optimized Whey Protein flavors (sometimes even mixing them) and then putting ALL THE TOPPINGS on this yogurt bowl. Since I'm just 15 and at a healthy weight, I go a bit heavier in density than you may want to, and I often turn this into a big ol' Crossover with lots of nuts (I love slivered almonds), as well as stevia-sweetened chocolate chips, plus a generous drizzle of nut butter. I also include good carbs like frozen cherries, frozen diced mango, dried fruit, or sliced banana on top. My mom and Aunt Pearl think it's strange that I like frozen fruit in my yogurt bowl, but I love it... especially on a hot day, and I'll go eat it outside. Frozen blueberries, strawberries, mango, and cherries... all are my favorites! I don't always eat this yogurt bowl as an XO; sometimes, I have it as a true S or E. You can choose to make it whichever way you want. I promise it will be super good, whichever fuel you choose.*

*My mom asked me to tell you how a teen can stay on plan (in case you're a teen or you're a mom to one). For me, it is so simple. It's just a part of my life, so I don't think much about it. I love eating the THM way and usually prepare all my meals. I work part-time at the THM Café. I have homeschool and a busy social life, but it all works out easily with my simple meals. For breakfast, I usually eat a delicious oatmeal bowl, and I put some TH Optimized Collagen in my coffee for protein or have some yogurt or TH Optimized Plant Protein with my oatmeal, or I'll have eggs and/or lots of egg whites and a couple of pieces of on plan toast (my mom's Peasant Bread – yum... but you can use sprouted bread if you don't make that). For lunch, I usually have this yogurt bowl, but I make it in lots of different ways, changing up my whey protein flavor or mixing flavors depending on my mood. Then, for dinner, I love a huge salad with hot chicken or ground beef on top, or I'll just empty a packet of tuna on it. I always throw nuts and feta or goat cheese on my salad as well... oh... and sometimes raisins because I love having some Crossovers, too! This way of eating is so easy, so yummy, and so simple. I think anyone can stay on plan no matter their age or season of life, and we can all do it with so much deliciousness.)*

Single Serving

## INGREDIENTS:

For the Yogurt

- 1 cup 0% Greek yogurt  
(*B – I sometimes use more than a cup*)
- 2 – 3 Tbs [TH Optimized Whey Protein Powder](#) (any flavor)

Topping Choices

- berries (frozen, fresh, or thawed)
- cherries, peaches, or mango pieces (frozen, fresh, or thawed)
- ½ diced apple or ½ sliced banana
- nuts, seeds, and/or their butter
- dried fruit such as 1 Tbs or so of goji berries, currents, chopped dates, or raisins
- small handful on-plan granola (about 2 – 4 Tbs)
- cacao nibs
- on-plan chocolate chips



## INSTRUCTIONS:

1. Put yogurt and the [TH Optimized Whey Protein Powder](#) in a bowl and stir with a fork.
2. Choose your toppings.
  - a. For S, top with berries, chocolate chips, and nuts or nut butter. (*B - I often use all three S options together, but my mom said I should mention that if you still have stubborn fat to shed, enjoy a couple of these S toppings, but don't go wild with huge amounts of nuts, nut butter, and chocolate chips together.*)

- b. For an E, enjoy berries plus  $\frac{1}{4}$  cup of on-plan granola or have the berries with added fruit plus the goji berries and/or just 2 Tbs of on-plan granola and use a garnish amount of nuts like slivered almonds.
- c. For a XO, mix your fruit with S amounts of nuts, nut butter, and/or chocolate chips.
- d. For FP, just do berries and a garnish amount of nuts or chocolate chips.

### Protein Nerd Notes:

Combining [TH Optimized Whey Protein Powder](#) with the yogurt ensures that all your Protein Nerd Level 3 needs are met.

### Other Notes:

There is no lemon/sour component in this recipe to make it more insulin-sensitizing, so the dairy protein is taken up into your muscle cells. If you have lowered your clean, lean body mass, resulting in a slower metabolism and more insulin resistance, consider using one of our *Burner Shots* before this meal or snack. That will help your body use the dairy protein rather than store it. If you are height-challenged or prefer smaller portions of food, you can use just  $\frac{1}{2}$  -  $\frac{3}{4}$  cup of the yogurt.