

Trim Healthy
W I S D O M

Corn Tortillas (E or XO)

(Depending upon the avocado amount)

We all have a unique reaction to corn. Some of us can tolerate foods like corn tortillas quite well, whereas others find them to be testy on their blood sugar. Low fat corn tortillas can be used on-plan if they're whole grain corn made in the traditional way that is steeped in lime. This makes the flour more digestible, releases more vitamins and minerals, and raises resistant starch, making it slightly lower on the GI index and more nurturing for your gut biome. If you do just fine with corn tortillas made in this way... feel free to enjoy them on your wisdom journey. It still may not be the best idea to overdo corn though.

Perhaps consider enjoying corn tortillas just 2 – 3 times a week and see how you do. You can go up or down from there. Consider enjoying 2 or 3 nonfat (or very low-fat) corn tortillas or tostadas as your serving size. If having it as a snack, 2 of them is about the right amount and 3 for a meal. You won't miss the usual sour cream and cheese on these tortillas... your more easily burned avocado and *Black Bean Spread* will make them succulent without making them hard to burn.

Single Serve Recipe

INGREDIENTS:

- 2-3 non-fat (or very low-fat) whole-grain corn tortillas
- 1/8 of an avocado for an E; more or up to 1/2 of one avocado for XO (mashed)
- *Black Bean Spread* (any desired amount)
- Up to 4-6 ounces pre-cooked chicken breast, white fish, or *Egg White Hack*
- Sliced lettuce and/or cilantro
- diced tomato (optional)
- diced jalapenos (optional)
- pickled red onion (optional)



- sauerkraut or kimchi (optional)
- salsa or hot sauce (optional)

INSTRUCTIONS:

1. Smear each corn tortilla with a divided amount of the mashed avocado. Add some *Black Bean Spread*, followed by all other desired options. Go large with the veggie portion!

Protein Nerd Notes:

If you choose Protein Option 1 for this E Meal and use the garnish amount (just 2-3 ounces) of chicken, fish, or a lowered amount of *Egg White Hack*, 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 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 *Optimized Protein Mousse*.