

 Trim Healthy *mama*

Basics

For GLP-1

A TRIM HEALTHY RESOURCE



Trim Healthy Basics for GLP-1 The Eating Plan for Success

GLP-1 therapy will help reverse your insulin resistance and make the playing field fairer for you on your journey to find your healthiest weight. It will help your cells open up to your hormone insulin without it sitting in your bloodstream causing fat gain and other health problems.

But you still have to eat wisely. Combining the Trim Healthy way of eating with GLP-1 therapy provides the greatest benefits to your health. Using these two tools together can help completely turn your health around, not only by getting insulin under control but by protecting and building your lean body mass, pulling down inflammation, and giving your body the foods it needs to thrive. Just always keep in mind that the practitioners in the Trim Healthy Medical Team take a unique approach to GLP-1 therapy. Rather than using it to induce fast weight loss (which results in harmful losses in muscle mass, bone decline, and then inevitable weight gain), their lower, slower, and safer approach to dosing keeps your long-term health in mind.

The Trim Healthy lifestyle helps you find your ultimate trim without ditching entire food groups. **It eliminates sugar and white flour, celebrates both carbs and fats, and grounds every meal with protein.**

Carbs and fats are both important when it comes to uncovering your healthiest weight. Protein is also crucial. These are known in the scientific world as the three macronutrients. Macro as in “large” ...they have the largest nutritional impact on your body. Pull one completely out and deficiencies and other issues happen.

The Trim Healthy lifestyle focuses on three main types of healthy meals. These are **E meals, S meals, and XO meals**. They are always centered around protein.

Protein Focus

It is crucial while you trim down with the help of GLP-1 therapy, that you fuel your body with 25 grams of protein at every meal or snack. This means four protein fuelings per day of a minimum of 25 grams.

Your metabolism depends upon your lean body mass and your lean body mass depends upon your protein intake. (It also depends upon lifting heavy things aka “strength training”, so we highly encourage 3 strength training sessions per week of 20 – 45 minutes to retain and build your lean body mass.)

Four to six ounces of meat or fish easily gives you these 25 – 30 grams of protein. Greek yogurt and cottage cheese are also good sources. But since your appetite may become suppressed on GLP-1 therapy, always having to eat a meal to get your protein may not sound appealing. This is where essential amino acids can help. Simply add 1 tablespoon [TH ESSENTIAL Amino Acid Powder](#) to water and you have all the protein your body needs along with the correct amount of leucine (your muscle-building essential amino acid). Protein powders such as [TH Pristine Whey Protein](#) or [TH Optimized Plant Protein](#) will also give you adequate protein.



Healthy Meal Focus

Let's first take a look at the difference between E and S meals:

E Meals: E stands for Energizing

These meals focus on healthy carbs, have minimal fat (1 teaspoon or less), and include lean protein.

S Meals: S stands for Satisfying

These meals focus on healthy fats, have minimal carbs (10 net grams or less – not counting non-starchy veggies), and include either lean or fatty protein.

See that difference? They are opposite of one another. When we celebrate fats... the carbs go down. When we celebrate carbs... the fats go down. This way, they both enable you to burn body fat.

The reason we separate these fuels (carbs and fats) into two distinct types of meals is so your body only has to burn one fuel at a time. It is the combination of high fats and high carbs in one meal that usually prevents the healthiest weight for people. When you celebrate either carbs or fats in a meal rather than both, you are finally able to start burning your own fat stores (aka... you lose weight). You can read more about this in the *Trim Healthy Starter Book* included in your free downloads!

While S and E are the main meals people generally use for weight loss on the Trim Healthy lifestyle, since you are using a GLP-1 therapy, you also may want to consider including some Smart XO (Crossover meals).

Smart XO Meals: XO stands for Crossover

These meals put carbs and fats back together. They are incredibly nourishing, kind to blood sugar levels and if put together smartly, they can help protect your metabolism while uncovering your healthiest weight.

The reason you may want to consider including Smart XO meals while using GLP-1 therapy is that your appetite may become somewhat suppressed. Not everyone experiences this, but many do (especially after increasing their dose). If this happens, large meals are not usually appealing. But you still need ultimate nutrition and ample protein so a Crossover smartly put together can be made into a jam-packed little meal containing everything you need to keep your body thriving. Examples of these Smart XOs are given in your [Jam-Packed Possibilities Menu](#).

You read earlier that high amounts of fats and carbs combined in a meal are not weight loss friendly. Crossovers can be made without high amounts of fats and carbs. For example, Smart XOs that harmonize with GLP-1 therapy include 2 teaspoons of fat such as nut butter or healthy oil in your meal or 1/3 – 1/2 an avocado. This is a tasty and nourishing amount of fat without being too much and inhibiting weight loss. Keeping carbs to a bit smaller than palm-sized amounts... e.g., 1/2 - 3/4 cup cooked whole grain rice, quinoa, oatmeal, beans, potato, or 1/2 to 1 cup fruit is the perfect sized carb portion for your Smart XOs. Eating a proper amount of carbohydrates is important, and the GLP-1 therapies will help your body manage the amount of carbs going into your bloodstream. Eating enough carbs in this manner will help keep your thyroid running and your adrenals from being overworked and producing too much cortisol. Healthy carbs are adrenal soothers!

So, to summarize, here are your three main meals:

S (fat focused meals)

E (carb focused meals)

Smart XOs (meals with both carbs and fats but smaller amounts)

There are other foods you will want to include in your meals that we call **Fuel Pull (FP) foods**. These are neither a significant form of carbs nor fats, but they are important for your health. They are non-starchy veggies, lean proteins, and low-sugar fruits such as berries, lemons, and limes. You may also enjoy having them for snacks e.g., 0% Greek yogurt (lean protein) with berries (low-sugar fruit).

Timing Focus

On the Trim Healthy eating lifestyle, you will eat a meal or a snack every 3 to 4 hours. You won't graze on food throughout the day, but you will enjoy all your important meals and snacks. If you are not hungry at the 3-hour mark, you can wait till 4 hours but don't go beyond that. Why? Your body needs the protein, and it will start catabolizing your muscle tissue to get it.

Eating every 3 to 4 hours is quite simple in reality. It means breakfast, then lunch, then an afternoon snack, then dinner. If you eat a very early breakfast, you can always include a mid-morning snack if you want. Up to you.