

Meal

Building
Blocks

For GLP-1

How to Build Your S Meal:

Fat focused meals

Refer to our food lists for more options

01 CHOOSE YOUR PROTEIN (LEAN OR FATTY)

Be sure to get 25-30 grams of protein in each meal or snack. If desired, you can combine whole-food and supplemental protein sources, such as TH Protein Powders or TH ESSENTIAL Amino Acid Powder.

02 ADD YOUR FATS

Include fats such as nuts and seeds, nut butter, avocado, and healthy oils or butter. Experiment with amounts that work best for your unique body.

03 ADD YOUR FUEL PULL FOODS

Don't forget your non-starchy veggies or berries. Feel free to add lemons or limes. Low-fat forms of Greek yogurt and cottage cheese make great snacks!



Trim Healthy *mama*

How to Build Your XO Meal:

These meals include both carbs and fats

Refer to our S and E food lists for more options

01 CHOOSE YOUR PROTEIN (LEAN OR FATTY)

Be sure to get 25-30 grams of protein in each meal or snack. If desired, you can combine whole-food and supplemental protein sources, such as TH Protein Powders or TH ESSENTIAL Amino Acid Powder.

02 ADD YOUR FATS

Include fats such as nuts and seeds, nut butter, avocado, and healthy oils or butter. Experiment with amounts that work best for your unique body.

03 ADD YOUR CARB SOURCE

Fruit, gentle whole grains, beans/legumes, or potatoes

04 ADD YOUR FUEL PULL FOODS

Don't forget your non-starchy veggies or berries. Feel free to add lemons or limes. Low-fat forms of Greek yogurt and cottage cheese make great snacks!

How to Build Your E Meal:

Carb focused meals

Keep total net carbs to 45g to protect blood sugar. Net equals total carbs minus fiber and any sugar alcohol. Refer to our food lists for more options.

CHOOSE YOUR PROTEIN (LEAN)

01

Be sure to get 25-30 grams of protein in each meal or snack. If desired, you can combine whole-food and supplemental protein sources, such as TH Protein Powders or TH ESSENTIAL Amino Acid Powder.

ADD YOUR LIMITED FAT

02

Include only 1 teaspoon of fat such as nut butter or healthy oil in your meal or 1/8 of an avocado

ADD YOUR CARB SOURCE

03

Fruit, gentle whole grains, beans/legumes, or potatoes

ADD YOUR FUEL PULL FOODS

04

Don't forget your non-starchy veggies or berries. Feel free to add lemons or limes. Low-fat forms of Greek yogurt and cottage cheese make great snacks!



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