

# Low Glycemic Impact Beginners Bingo!

\*\*No special ingredients, No long recipes. Your first Trim Healthy Mama recipes made as easy as possible to set you up for success!\*\*

Breakfast	Lunch	Dinner	Snack
Eggs fried in butter, cauliflower rice fried in butter	Greens salad with cucumber, tomato, onion, chick peas and chicken breast. Use 2 Tbsp ACV + 1 tsp olive for dressing	Grilled steaks with bag of steamed broccoli and cauliflower topped with butter and parmesan cheese.	½ c Low fat cottage cheese with cucumber slices
Egg whites fried in ½ tsp coconut oil, sweet potatoes fried in ½ tsp coconut oil	Taco Salad- Mixed greens, tomato, green onion, ground beef, shredded cheddar. Use 2 Tbsp sugar free Salsa for dressing.	Bag of steamed broccoli with chicken breast grilled in 1 tsp coconut oil.	1 triple zero yogurt with apple slices
Egg whites fried in ½ tsp coconut oil, cauliflower rice fried in ½ tsp coconut oil	Ham and Cheese sandwich on Ezekiel bread, serve with snap peas	Bun less burgers! Serve with cheese, mustard, 1 tsp sugar free ketchup! On a bed of greens.	Baby carrots dipped in natural peanut butter.
Overnight Oats ½ c rolled oats, 1 triple 0 yogurt, ½ cup unsweetened almond milk- soak overnight	Greens salad with tomato, cucumber, celery, chicken breast & cheese. Use ranch for dressing.	Bag of steamed California blend, ½ cup cooked quinoa with chicken breast grilled in 1 tsp coconut oil.	Handful of nuts, with a string cheese stick.
Ham, cheese and veggie omelet fried in butter. Choose non-starchy veggies such as leafy greens, broccoli, avocado, tomato & mushroom	Greens salad with cucumber, peppers, onion, chopped turkey lunch meat. Use 1 tsp Olive Oil and 2 Tbsp balsamic vinegar for dressing	Taco bowl- Ground meat seasoned with on-plan taco seasoning, on a bed of cooked brown rice. Top with veggies, cheese, salsa and ranch	2 Wasa crackers with 1 wedge light laughing cow cheese and two slices of turkey lunch meat.
Fried Eggs in butter with Ezekiel Bread. Sautéed non-starchy veggies.	Turkey or Chicken lunch meat on 2 pieces of Ezekiel bread with lettuce, tomato, 1 wedge light laughing cow cheese	Sautéed salmon in butter, served with bag of steamed broccoli and cauliflower topped with butter and parmesan cheese.	Celery sticks dipped in peanutty protein veggie dip (see blog entry for easy recipe!)

Notes: Basis is to eat all food groups, but by pairing them correctly, minimize spikes in blood sugar. Eliminate highly processed grains, flours, white rice, white sugar. Replace with sprouted flours, brown rice, and natural zero sugar/carb sweeteners like stevia and xylitol.

Eat every 3ish hours. Having 3 hours between meal types (see below, meal types). Mixing carbs and fats won't make you gain weight if you eat them from time to time! But, they aren't the best for weight loss either. Limit these meals when you want to lose weight, but enjoy them when you are at goal weight or once and a while in weight loss mode.

No calorie limit, but don't use this as an excuse to eat nonstop and over-do calorie intake. Snacks should be about 300 calories, as a guideline, not a rule.

Some of these store bought foods can be intimidating to find a good option! Here are some suggestions:

ranch: Bolthouse farms

salsa: Tostitos no-sugar added

yogurt: triple zero yogurt

bread: Ezekiel bread is a spouted grains bread

ACV= apple cider vinegar, get the natural stuff with "the mother"

### **Healthy Carbs Low Fat Meals**

Low fat, moderate carb

Macro goals-

Fat- less than 5g

Carb- less than 45 g NET carbs of "good carbs"

Protein- 20-30g

Example- lean meat and quinoa, oatmeal with low fat Greek yogurt

### **Low Carb Meals**

Low carb, moderate fat

Macro goals-

Fat- no limit- this does NOT mean gorge on fats

Carbs- less than 10 net carbs

Protein- 20-30g

Example- eggs, bacon and avocado, steak and broccoli with butter

### **Low Carbs Low Fat Meals**

Not a significant source of fats or carbs

Macro goals-

Fat- under 5g

Carbs- under 10 net carbs

Protein 20-30g

Example- egg whites, leafy greens, chicken breast, broccoli

### **Mixed Meals**

Mix of carbs and fats

Still eating good carbs and not over Indulging on fats! Better for maintenance than weight loss

Macro goals

Fat- no true limit

Carbs- less than 45 net carbs from good sources

Protein- 20-30g

Example: Sprouted bread sandwich with ham and cheese, leafy greens, ranch dressing