



Get Rid of Menopausal Weight Gain!

Foods that are contributing to weight gain and what to have instead.

It's usually no surprise that some of the main food culprits of weight gain are sugar and white flour. That probably amounts to a lot of the foods and drinks that most people consume on a daily basis. Those choices raise blood sugar levels and over time that can lead to Insulin Resistance, which can then lead to the body storing more fat and therefore weight gain.

There are other sweet options that do not raise blood sugar levels and are healthier choices. Those are the sweeteners: stevia, monk fruit, erythritol, xylitol and allulose. As far as flour goes there are low carb flours from nuts and seeds like: almond flour, coconut flour and flax meal, that make excellent baked goods and do not raise blood sugar levels.

Also many of our common foods have seed and vegetable oils that cause inflammation making it harder to lose weight. Healthier oils like coconut, olive and avocado oil are recommended.

It's not just about what you are having, it's about what you are not having enough of.

Two types of food that many do not get enough of are protein and fiber. We need 25-30 grams of protein with each meal and close to that with a snack. We also need to shoot for 25-30 grams of fiber in a day. If we include plenty of vegetables and fruit in our diet along with healthy whole grains, nuts & seeds, we can easily get enough fiber.

Have a clear plan of how to eat real whole food, including treats & desserts that you LOVE, in a healthy sustainable way.

Using the Trim Healthy lifestyle Plan you can enjoy a large variety of foods from all the food groups, that consist of eating 25-30 grams of protein with either healthy carbs or with healthy fats, for the best opportunity to lose excess weight. At times you can have protein with carbs and fats together. With this plan you will be eating mostly whole foods, not processed foods, for optimal health benefits and nutrition. Using the above mentioned sweeteners and flours you can enjoy a wide variety of new favorite, delicious meals, treats and desserts. This is clearly a plan to LOVE!!

Examples for quick & easy THM MEALS for the ambitious, busy woman.

Simple Meals with Protein & Healthy Fats:

Scrambled Eggs with Sauteed frozen Peppers & Onions and/or fresh Spinach and optional: a little Cheese or Bacon for added flavor. Coffee with Cream & Approved Sweetener

Canned Tuna, a bag of pre-cut Salad fixings, any additional Salad Veggies with bottled Ranch Dressing (with 2 gr carbs or less per serving)

Beef Roast, steamed and buttered Broccoli, Sauteed cubed Zucchini or Yellow Squash seasoned with Italian seasoning & Garlic salt. Optional if desired: [Volcano Mudslide Muffin](#)

Rotisserie Chicken (off the bone & shredded), sauteed frozen Stir-Fried Vegetables all on a bed of Cauli-Rice, seasoned with Liquid Aminos. Optional if desired: [Luscious Lemon Cake](#)

Simple Meals with Protein & Healthy Carbs:

[Trim Healthy Pancakes](#) topped with All Fruit Spread, Coffee with up to 2 T half-n-half OR Nut Pods creamer & Approved Sweetener

Sandwich of Sprouted Bread with Light Laughing Cow Cheese &/or Mustard, Fat Free Lunch Meat, Lettuce, Sliced Tomato. Dill Pickle Spears & Baby Carrots OR ½ piece of fruit, & Low Fat Cottage Cheese

Pan (lightly sprayed) cooked low-fat Wild Caught Salmon (great sprinkled with paprika and lemon juice), Oven Baked (or Microwaved) Sweet Potato with Cinnamon & Approved Sweetener, seasoned Green Beans. Optional if desired: [Cottage Berry Whip](#)

Mexican Chicken Bowl: Canned chicken breast, canned black beans, cooked rice, shredded lettuce, salsa, diced tomato, Fat-Free Greek Yogurt, sprinkle in seasonings like: chili powder & onion powder for added flavor. Optional if desired: [Peanut Butter Cheesecake in a Bowl](#)

Note: For Baking Blend you can use - equal parts of almond flour, coconut flour, & flax meal which is also called ground flax seeds. For Gentle Sweet - Truvia brand sweetener, in the container with the green lid can be purchased at many grocery stores.

Examples for quick & easy THM SNACKS for the ambitious, busy woman.

Simple Snacks: with Protein & Healthy Fats:

2 Light Mozzarella Cheese Sticks or Meat Sticks (that don't contain sugar) & Non-Starchy Vegetables like: Cucumber & little Colored Sweet Peppers

Deli Meat and a slice of Cheese rolled up in a Lettuce Leaf

Simple Snacks: with Protein & Healthy Carbs:

Oikos brand Triple Zero Yogurt (many flavors to choose) with approximately a cup of Fruit or one piece

$\frac{1}{2}$ - $\frac{3}{4}$ cup Low-Fat Cottage Cheese, a medium size Apple cut into small pieces and mixed together with Cinnamon & Truvia sprinkled on.

This plan works well for all ages, but sometimes it needs to be approached in a more intentional way as we get older, and that is what the [Trim Healthy Wisdom book](#) is all about. For women in the Menopausal seasons of life, Peri & Post or in their 40's and beyond. Information in this book is about Metabolism, Insulin Resistance, Hormones, Sleep, Energy and so much more.

There are endless combinations of meals, snacks, desserts & drinks in all ways to do the Trim Healthy plan so that every woman can find the ones she loves. There are healthy and yummy options, which many have enjoyed together with their whole family.

You can find more information about the [Trim Healthy Mama plan](#) and ways I can help you make it a part of your lifestyle on my website.

The Trim Healthy plan is explained in detail in their books, Trim Healthy Mama Plan book, Trim Healthy Starter book, or in the Trim Healthy Table cookbook which can be purchased through their website along with products that work well with the plan through my [Affiliate Link](#).

If you have any questions or concerns in understanding the Trim Healthy lifestyle plan, feel free to contact me at <https://www.coachlindajohnson.com/contact> and I'll be happy to answer your questions.