



Get Rid of Menopausal Weight Gain!

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

It's usually no surprise that two 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.

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

Using the Trim Healthy Mama Lifestyle Plan you can enjoy a large variety of foods from all the food groups, that consist of eating 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 treats and desserts. This is clearly a plan to LOVE!!

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

Here are some tasty examples of meals on the Trim Healthy Mama plan which has helped women in the Menopausal years to get rid of their Menopausal Weight Gain.

Simple Meals with Protein & Healthy Fats:

Scrambled Eggs with Sauteed frozen Peppers & Onions and optional 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, buttered Broccoli, Sauteed cubed Zucchini or Yellow Squash seasoned with Italian seasoning & Garlic salt *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 *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 Pickles, 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 **Cottage Berry Whip - THM

Mexican Chicken Bowl: Canned chicken breast, canned black beans, cooked rice, shredded lettuce, salsa, diced tomato (optional), Fat-Free Greek Yogurt, sprinkle in seasonings like: chili powder & onion powder for added flavor Peanut Butter Cheesecake in a Bowl
<https://northernvester.com/peanut-butter-cheesecake-bowl/>

*see www.trimhealthymama.com/recipes (for Baking Blend - 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)

**see YouTube

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

Simple Snacks: with Protein & Healthy Fats:

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

½ - ¾ cup Low-Fat Cottage Cheese, an Apple cut into small pieces and mixed together with Cinnamon & Truvia sprinkled on.

These are a few sample ideas of the types of delicious whole foods that are on the Trim Healthy Mama plan for meals and snacks, which is a weight loss friendly way to get healthier and lose weight even throughout the Menopausal years.

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 I especially enjoy guiding women through, so that they too can find their healthier and trimmer self in their 50's and beyond.

There are endless combinations of meals, snacks, desserts & drinks so that every woman can find the ones she loves. These 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 on my website at <https://www.coachlindajohnson.com/the-plan>

The Trim Healthy Mama plan is explained in detail in some of their books, Trim Healthy Mama Plan, Trim Healthy Starter, or in the Trim Healthy Table cookbook which can be purchased through their website along with products that work well with the plan at <https://linktr.ee/CoachLindaJohnsonTHM> through my Affiliate Link.

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