



Ten Things Trim Healthy Mama Is:

1. THM is for everyone; women of all ages and stages, men and children.
2. THM is a plan that embraces all food groups: meat, dairy, vegetables, beans, gentle grains, and fruit (unless there are sensitivities or allergies).
3. THM is a plan that centers meals around protein, then focuses on either healthy fats or healthy carbs for weight loss.
4. THM is a lifetime approach to trim and healthy, not a race to skinny.
5. THM is adaptable to fit your own lifestyle – whether a Purist or Drive Thru Sue.
6. THM is doable without special ingredients.
7. THM is forgiving and full of grace... your fresh start occurs every 3 hours.
8. THM is a plan that approves cake for breakfast.
9. THM is for those who stink at diets and don't care to put in hours of exercise.
10. THM is all about comfort food - with plenty of it!