



**Choose A Protein:**

Chicken

Turkey

Ham

Pork

Beef

Salmon

Whitefish

Venison

White meat from  
chicken or turkey

Cooked and rinsed  
lean ground beef

**Choose Some**

**Veggies:**

Greens

Broccoli

Green Beans

Cauliflower

Cabbage

Celery

Cucumbers

Beets

Carrots

Peas

**Choose A Fruit:**

Berries

Apples

Peaches

Pears

Melon

Citrus

Bananas

Mangos

**Choose A  
Carb/Starch:**

Sweet Potatoes

Winter Squash

Brown Rice

Quinoa

Beans

**Choose A Fat:**

Avocado

Olive Oil

Coconut Oil

Grapeseed Oil

***Build a Trim Healthy Mama***

***Basic S or E Meal***

Use the foods in **red** to build a Satisfying  
Meal.

Use the foods in **blue** to build an Energizing  
Meal.

Items that are green may be used in any  
meal. Check your book for serving sizes.