



THM Energising Foods - 'E' meals

(pages 77 to 88)

- Lean Protein with medium or palm-sized portions of starch/carbohydrate from whole grains and certain vegetables.
Example: a stack of three generous sized Trim Healthy Pancakes, topped with blueberries, 0% Greek yogurt, and a swirl of maple flavoured syrup

Vegetables

Fruits

Dairy

Meats

Grains, Beans & Legumes

Nuts & Seeds

Condiments

Specialty