



THM Satisfying Foods - 'S' meals

(pages 65 to 76)

- Protein centred, higher in fat, lower in carbs. Indulgent, filling, sumptuous meals good for weight loss.
- Meals consist mainly of protein, fats, non-starchy veggies, berries, nuts and seeds.

Example: salad with creamy dressing and cheese – Baked Chicken with crispy skin and steamed veggies tossed with butter.

Vegetables

Fruits

Dairy

Meats

Grains, Beans & Legumes

Nuts & Seeds

Condiments

Specialty