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“Back to Busy” Sandwiches

The busy season means no time to fuss with elaborate lunches. Back to school or back to work or back to home... in any or all of these cases a sandwich usually makes the most sense. Sandwiches can be an awesome and tasty part of the THM plan. Put together a five-minute lunch with the following sandwich options... and don't forget to fill up further with the Easy or Slimming Chocolate and Strawberry Milk recipes.

E-Style Sandwich

Serving Size: Single-serve

INGREDIENTS:

- E-friendly Bread:
Sprouted bread, true sour dough, Trim Healthy Pan Bread (original THM book, pgs. 266-267), Wonderful White Blender Bread (Trim Healthy Table, p. 242) Joseph's pita or lavash, or similar low-carb item (*See Recipe Note below.), etc.
- E-friendly Sandwich Fillings:
(Ultra lean deli meat or chicken/tuna salad made with 0% Greek yogurt)
- E-friendly Sandwich Fixings:
(Mustard, horseradish, hot sauce, lettuce, cucumber, onion, tomato, pickles, etc.)
- 1 or 2 wedges Light Laughing Cow Cheese

INSTRUCTIONS:

1. Fill your E-friendly bread with the appropriate fillings and fixings.
2. Enjoy!

RECIPE NOTE:

*If using Joseph's pita or lavash or other low-carb bread item, be sure to include a carb source to keep in E-mode. Something like beans, a piece of fruit, or baked sweet potato fries.

(Recipes Continued...)

FP-Style Sandwich

Serving Size: Single-serve

INGREDIENTS:

- FP-friendly Bread:
Wonderful White Blender Bread (Trim Healthy Table, p. 242), Wonder Wraps (Trim Healthy Mama Cookbook, p. 204 - or be sure to check out our video making these on our website!), Joseph's pita or lavash or similar low-carb item, etc.
- FP-friendly Sandwich Fillings:
(Lean deli meat, chicken breast, tuna, etc.)
- FP-friendly Sandwich Fixings:
(Mustard, horseradish, hot sauce, lettuce, cucumber, onion, tomato, pickles, etc.)
- 1 or 2 wedges Light Laughing Cow Cheese

INSTRUCTIONS:

1. Fill your FP-friendly bread with the appropriate fillings and fixings.
2. Enjoy!

S-Style Sandwich

Serving Size: Single-serve

INGREDIENTS:

- S-friendly Bread:
Wonderful White Blender Bread (Trim Healthy Table, p. 242), Wonder Wraps (Trim Healthy Mama Cookbook, p. 204 - or be sure to check out our video making these on our website!), Golden Flat Bread (original THM book, p. 270) Joseph's pita or lavash or similar low-carb item, etc.
- S-friendly Sandwich Fillings:
(Deli meat, egg salad, tuna salad, chicken salad, etc.)
- S-friendly Sandwich Fixings:
(Cheese, avocado, mayo, mustard, lettuce, cucumber, onion, tomato, pickles, etc.)

INSTRUCTIONS:

1. Fill your S-friendly bread with the appropriate fillings and fixings.
2. Enjoy!