



OBSTACLES: POINT THE WAY TO VICTORY

Obstacles are signs along the mountain trail that are pointing you to the summit and to victory.

Overcoming these obstacles one by one will get you closer and closer to your goal.

Take 10 minutes to write down all of the obstacles you have faced in the past trying THM.

We will spend time on these every week, coming up with solutions for them.

LET'S GET PRACTICAL

1. Use the grocery list found on pages 41-43 of the Trim Healthy Starter Book to stock your fridge and pantry.
2. Buy some on plan sweeteners - 1. Gentle Sweet for baking. 2. THM Pure Stevia for drinks and baking 3. Pyure from Walmart, because it's easily accessible
3. Make your breakfasts, lunches, and snacks boring, simple, and quick. Have the same one or two breakfasts, lunches, and snacks all week. Dinner can be your creative, fun meal.
4. Depending on your family's size, make one full or even a double recipe of dinner and then freeze the other half for a night that you don't have time to cook.
5. Use as many time-saving products as you can.
6. Do one hour of simple prep on the weekend. Prep protein and veggies, and make individual snack bags.
7. Be open minded, and willing to try new things, but make THM fit your style of eating.