

an E-a-Day one week CHALLENGE

conquering our carb fears by learning, planning, and doing

welcome!



HELLO THERE, ROCKSTAR!

You are already rocking this challenge, did you know that? By deciding to challenge yourself to get more E's in your healthy eating plan, that's a definite NSV!

Why are E's so hard anyway? If you're a low carb diet "refugee" you probably still struggle with this internal dialogue:

"Carbs are evil! Carbs make you fat!"

So when you start following the Trim Healthy Mama plan...and see 45 grams of carbs IN ONE MEAL...it's hard to swallow. Literally, sometimes.

I'm a fellow refugee. I did Atkins over 10 years ago and **still** struggle with that internal dialogue. Plus, I love me some buttah. And cheese. Not gonna lie.

But guess what? Our bodies actually **need** carbs. And the THM plan shows us how to balance the need for healthy carbs and healthy fats in a way that keeps our blood sugar stable.

Over the course of the next week, we're going to focus on **Chapter 4** of the Trim Healthy Mama Plan book - **The Energizing Meal (E for Short)**. We're going to practice planning our meals and snacks. And we're going to even learn to enjoy those carbs without slathering them in butter or cheese sauce.

Seriously, it's actually possible!

Now, **look through the rest of this packet** and familiarize yourself with what we'll be doing. **Get your book ready** (or borrow from the library), **and any other supplies** that will be helpful such as highlighters, post-it notes, page flags, etc. **Print** any pages you want to use.

The only other things you need are a **positive attitude** and **a willingness to change** what hasn't been working anyway.

Are you ready? Let's rock those E meals, Mamas!

Oh Sweet Mercy
THE SWEET THINGS IN LIFE



a few DETAILS...

JUST a FEW "LEGALITIES"

1. This is not an official challenge endorsed by Trim Healthy Mama
2. I am not teaching you the plan
3. I am not an official THM Admin
4. Results may vary

I am just a Trim Healthy Mama plan follower and recipe blogger who wants to help my fellow THM's overcome their fear of carbs and learn to rock those E meals on a regular basis. I began the plan in August of 2014 and I've both enjoyed success and have known the pain of falling off the wagon (as well as the struggle to climb back on). My goal this year is to stay on plan and get more E meals in my weeks! Since it's always helpful to have someone else joining you I decided to create this challenge so we can encourage each other.

Why just one week? If you're the kind of person who can commit to long term challenges, feel free to do this every week! So many of us, however, find huge challenges a little daunting and hard to stick with. But we can do just one week, right?

You may find that after a week of this challenge, the E meal finally "clicks" with you. If not, no worries! Like any new thing, we all learn at our own pace. Repeat the challenge as necessary.

Recruit some friends to join you! I'm considering running this challenge on a monthly basis, depending on the feedback, so let me know what you think!

You will be responsible for reading the plan book details for E meals in Chapter 4. I will happily answer any questions you may have, and if I can't I will direct you to an official Admin for clarification.

Every body is different, with different requirements and challenges. Your results may vary from someone else's and that is OK! Learning how to best implement E meals, and the Plan in general, can take time and trial and error. It's a good idea to keep notes on what you've eaten (and when) to look back on and discover what is working and what may not be working so well.

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CHALLENGE
overview

SUN

PREPARE Gather any note taking/page marking supplies you might need. **Read Ch 4 The Energizing Meal** [pg 39-53]. Write down any questions you have. **Visit Oh Sweet Mercy on Facebook and be sure to "follow" so you don't miss anything!** *Feeling brave? Have an apple and a piece of low fat string cheese for an E snack, making sure it's at least 3 hours after (or before) an S meal.*

MON

QUESTION: What is a healthy E meal carb amount? [pg 42-43] How much additional fat can we have? [pg 44]
MEAL TASK: Plan an E for supper today. See **Build Your First E Meal** on page 40 for details, refer as needed.
CHECK IN: Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, and what you had for supper! Have a question or need help? Just ask!

Some people need to do "pulled back" E's with less than 45g of carbs, see chapter 10 for details [pg 86].

TUE

QUESTION: Why don't we want to eliminate an entire fuel source like carbs? [pg 42]
MEAL TASK: Make a mid-morning E snack. Remember to keep 3 hours between S and E fuels!
CHECK IN: Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, and what you had for a **morning snack!** Have a question or need help? Just ask!

Read "Going Too Low in Glucose Fuel Promotes Reverse T3", page 286.

WED

QUESTION: What are some on-plan grain-free carb options? List 3 that you like or would be willing to try. [pg 51]
MEAL TASK: You'll have an E for lunch today! Choose a grain-free E fuel.
CHECK IN: Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, and what you had for **lunch!** Have a question or need help? Just ask!

See chapter 26, starting on page 240, for allergy friendly options.

THU

QUESTION: What happens when you go for long periods of eating too few carbs? [pg 41]
MEAL TASK: Plan an evening snack. How about a smoothie? Or an E friendly fruit and 1% cottage cheese?
CHECK IN: Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, and what you had for your **evening snack!** Have a question or need help? Just ask!

MCT oil goes farther than butter! It's also a wonderful metabolism helper. Read more on page 150.

FRI

QUESTION: What is the reason for not "tandem fueling"? [pg 18, **Ch 2 The Basics**]
MEAL TASK: **Have an E breakfast** such as Sweet Dreams Oatmeal Bowls [pg 247 in first cookbook]
CHECK IN: Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, and what you had for your evening snack! Have a question or need help? Just ask!

See chapter 11, starting on page 90, for more info on fuels and why we separate them.

SAT

QUESTION: What can be done to bread flours to slow the rise in blood sugar after eating? [pg 45]
MEAL TASK: Make an E sandwich using sprouted or sourdough bread for any meal. See pg 52 for condiment ideas
CHECK IN: Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, and how you made your **E sandwich** (and when you ate it)! Have a question or need help? Just ask!

"Glucic" can really help in E meals! Read more about it and why you should consider it on page 146.

SUN

REFLECT How did you do this week? What differences, if any, did you notice? Do you feel like you understand E meals better? Do you feel more confident in your ability to plan and do E meals? Do you have any questions? **PLAN YOUR E MEALS FOR NEXT WEEK AND KEEP ON ROCKING THOSE E'S!**

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menu
Planner

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

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SHOPPING
LIST

Lean
PROTEINS

non
STARCHIES

STARCHIES

Grains

FRUITS

Dairy

CONDI-
MENTS

MISC

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MEASUREMENTS



OPTIONAL for those who would like to record measurements before beginning the challenge and after, feel free to print and use this sheet. If you don't want to track measurements, that is perfectly OK!

BEGINNING
WEIGHT

ENDING
WEIGHT

ARMS

BUST

WAIST

HIPS

THIGHS

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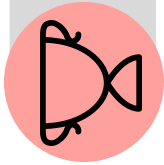
NOTES



notes

A large rectangular area with a red border, containing 20 horizontal grey lines for writing. The lines are flanked by vertical columns of small grey circles on both the left and right sides, resembling a spiral notebook binding.

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CONGRATULATIONS!

THIS CERTIFIES THAT

name

ROCKED THE E MEALS IN THE

E-a-Day one week challenge!

date of challenge

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