



## DOES FAT SCARE YOU?

### **We've been told for decades that fat makes us fat.**

Everywhere you look in the grocery store, LOW FAT screams at us from the labels. What is suspiciously silent is the sugar that's often added to low fat foods to make them taste better.

Because, folks, **fat is satisfying.**

Research continues to show that fat does not actually make us fat. In fact, it's quite necessary for a healthy body and metabolism - as long as you eat the right kind of fat, that is.

The Trim Healthy Mama plan shows us how to eat fat in a way that is slimming, isn't that great news?

Over the course of the next week, we're going to focus on **Chapter 3** of the Trim Healthy Mama Plan book - **The Satisfying Meal (S for Short)**. We're going to learn about the different types of S meals (yes, this glorious fuel type comes in more than one form). We're also going to practice planning our meals and snacks.

Just like in the E challenge previously, we're also going to get over our fear of this fuel. We're going to learn to embrace all the healthy fats in a way that nourishes our body!

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 for success? Let's learn to embrace the S!**



## 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 feel confident in planning and executing the different THM fuel types. 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). 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?

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 S meals in Chapter 3.** 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 S 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.*

# S FOR SUCCESS ONE WEEK CHALLENGE

No fat fears here! Embracing satisfying and nourishing fats.

CHALLENGE  
overview

SUN

**PREPARE** Gather any note taking/page marking supplies you might need. **Read Ch 3 The Satisfying Meal** [pg 27-38]. 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 a hard boiled egg and handful of berries for an S snack, making sure it's at least 3 hours after (or before) an E meal.*

Listen to Episode 22 of the Poddy: <https://cms.megaphone.fm/channel/trimhealthypodcast>

MON

**QUESTION:** What is the secret to losing with fats on THM? [pg 27]  
**MEAL TASK:** Plan an **S for breakfast** today. See **Build Your First S Meal** on pg 28 for details, refer as needed.  
**CHECK IN:** Find the **Check-in Thread on the Oh Sweet Mercy FB Page**, share how you did today, and what you had for breakfast! Have a question or need help? Just ask!

Read "Know Your Primary Fuels" [Ch 2, pg 17]. MEMORIZE the second full paragraph 😊

TUE

**QUESTION:** What are the 3 types of S meals? [pg 91] Write down 2 meal ideas for each type to try this week.  
**MEAL TASK:** Make a **mid-morning S snack**. Remember to keep 3 hours between S and E fuels!  
**CHECK IN:** Find the **Check-in Thread on the Oh Sweet Mercy FB Page**, share how you did today, and what you had for a snack! Have a question or need help? Just ask!

Read "Protein Takes Priority" [pg 20-21]

WED

**QUESTION:** What are some ways to lighten up S meals? Why do we want to do that? [pg 91]  
**MEAL TASK:** Have a **Light S for lunch**. How about a big salad with chicken breast (go light on the dressing).  
**CHECK IN:** Find the **Check-in Thread on the Oh Sweet Mercy FB Page**, share how you did today, and what you had for **lunch!** Have a question or need help? Just ask!

Read "Basic Instincts" and "Balance: Your New Sane Approach" [pg 14 & 15]

THU

**QUESTION:** Who are the 3 Amigos in your S meals? [pg 31-34] What do they have in common?  
**MEAL TASK:** Plan an **evening S snack**. A lovely hot beverage with collagen is a great way to end the day.  
**CHECK IN:** Find the **Check-in Thread on the Oh Sweet Mercy FB Page**, share how you did today, and what you had for your **evening snack!** Have a question or need help? Just ask!

Read "Fuel Stacking" [pg 92] and "How to Avoid a Fuel Stack" [pg 93-94]

FRI

**QUESTION:** What foods should you keep away from S meals (and why)? [pg 37]  
**MEAL TASK:** Have a **Heavy S for supper** tonight. Try Cheeseburger Pie from the first cookbook [pg 149].  
**CHECK IN:** Find the **Check-in Thread on the Oh Sweet Mercy FB Page**, share how you did today, and what you had for your **Heavy S supper!** Have a question or need help? Just ask!

Read "To Cheat or Treat?" [page 124-128]

SAT

**QUESTION:** What type of S meal is good to have after a cheat? [pg 45]  
**MEAL TASK:** Make a **Deep S** for any meal today. Be sure to include plenty of non-starchies and healthy fats!  
**CHECK IN:** Find the **Oh Sweet Mercy E-a-Day Challenge event on FB**, share how you did today, what you had for your Deep S meal, and when you had it! Have a question or need help? Just ask!

Read "Fuel Stacking" [pg 92] and "How to Avoid a Fuel Stack" [pg 93-94]

SUN

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

*Oh Sweet Mercy*

THE SWEET THINGS IN LIFE

# S FOR SUCCESS ONE WEEK CHALLENGE

No fat fears here! Embracing satisfying and nourishing fats.

menu  
Planner

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

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THE SWEET THINGS IN LIFE

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# S FOR SUCCESS one week CHALLENGE

No fat fears here! Embracing satisfying and nourishing fats.

SHOPPING  
LIST

PROTEINS

non  
STARCHIES

LOW CARB  
SHORTCUTS

HEALTHY  
FATS &  
OILS

S-FRIENDLY  
FRUITS

Dairy

CONDI-  
MENTS

MISC

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# S FOR SUCCESS one week CHALLENGE

MEASUREMENTS

No fat fears here! Embracing satisfying and nourishing fats.



**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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# S FOR SUCCESS ONE WEEK CHALLENGE

No fat fears here! Embracing satisfying and nourishing fats.

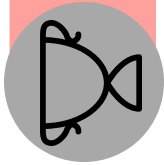
NOTES



## notes

A large rectangular area with a red border, containing 20 horizontal grey lines. Each line is flanked by a small grey circle, creating a spiral notebook effect.

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**congratulations!**

**THIS CERTIFIES THAT**

\_\_\_\_\_

name

**SUCCESSFULLY COMPLETED THE  
S FOR SUCCESS ONE WEEK CHALLENGE!**

\_\_\_\_\_

date of challenge

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