

7 EASY E

Meals



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7 Easy E Meals!

Hi Friend!

I know E meals can be tricky, but once you learn how to put them together, it's easy peasy. It does take some practice, but I know you can learn this skill and get really good at it!

One thing you can do that will really up your knowledge is work on putting together fuel pull meals and then simply adding some fruit. Wah la, E meal! Fuel pull meals are really good to put in your back pocket, once you

master the fuel pull, you will be the master at making all the meals!

Let's get started with some of my favorite go-to E meals!

#1 Lean Deli Meat and Veggies



Alright friend, it does not get easier than this! Cut up some veggies, cucumbers, peppers, carrots, or whatever you have on hand and a side of lean deli meat. (Look for 2 grams of sugar per serving or less, meat is usually curated in sugar, so it is not shocking to find a little in deli meat.) Add a fruit and boom a perfect E meal. In your E meal you can enjoy up to 5 grams of fat. I added my new favorite Kite Hill Dairy Free Cream Cheese. (1.5 tablespoons is under 5 grams of fat. Woo Hoo!)

#2 Blackened Chicken



Blackened Chicken is so easy peasy to make. Honestly, I need to write the recipe down, but for now, let me share how I make it. I take chicken breast, shake on generous amounts of paprika, cover that bad boy solid red, lol. Then I add lots of salt, I'm a salt girl. Then a little pepper, a few shakes of onion and garlic powder, and a dash of thyme and oregano. If you like spicy, you can add a sprinkle of cayenne. That's it. You don't need to measure. Measure with your eyes! (You can also do any of your favorite variations of seasoned chicken.)

Grill or bake until cooked through,

about 10-12 minutes. Then I use my most favorite Epicure Steamer for steamed veggies. For real, I use this every day, because my veggies come out perfect and moist and no fuss! The less fuss I have the better! I have 6 kids, coach, homeschool and juggle all the regular jobs of being a mom and house wife. I need all the help and short cuts I can get!



With steamed veggies, I keep it simple with salt and pepper and if I'm feeling super wild, I add nutritional yeast and maybe even "Everything But the Bagel" Seasoning. My favorite brand of this is Trader Joe's brand, it's so good!

Lastly where is your carb? I added a grapefruit, but you can add any favorite fruit of your choice! **Boom another easy E!**

I highly recommend prepping in batches, chicken or any FP fuel protein, for the week. It will save you so much time!

#3 Easy Tuna Salad



The easiest E salad ever!

This is honestly my go to E salad, because it's simply that simple. And as I guess you have figured out; I love keeping it simple!

I always have canned tuna on hand, I personally love the Safe Catch brand and I buy it in bulk at Costco. It has the friendly pop top, which makes it portable too. You can also buy the pouches if you rather tare it open.

Lay the foundation of your salad, whatever greens you want. Then go nuts with veggies. carrots,

tomatoes, cucumbers, and whatever else you like veggie-wise. Then for dressing, I use balsamic vinegar, be sure to look and make sure it is 2 grams of sugar or less. I've been duped before, so look at the carbs. It should say 2g or less. I douse my salad with the balsamic so it's nice and saturated. Probably 3-4 tbsp. "ish."

Then sometimes I add 1 tbsp. of ACV, but sometimes I don't. I know I'm a rebel. Lol! Then I add a healthy sprinkle of Gentle Sweet. Coach Sarah you add sweetener on your salad? 100%, most salad dressings have SUGAR in them.

No wonder we love them. So, YOU BETCHA I add on plain sweetener on top of my salad and this is the secret to the most delicious E quick dressing. So don't skip it. Start small and then add a little more as you go and see how you like it.

Top with Tuna and sprinkle with either salt and pepper, or if you are feeling really wild, get out your Everything But the Bagel Seasoning and add that. For a little fat, you can add a sprinkle of walnuts. Then simply add some fruit and another easy E meal! I always have the supplies to make

this on hand for those emergency quick meals. It takes me T-minus 4 minutes to make this.

#4 Soup and Berries



If you are a DTS like me, Rotisserie Chicken is your new bestie! You can get one for \$4.99 at Costco. Just saying, that is a great deal! On grocery night, I grab a couple and feed my family. Usually, one for dinner and then one for soup the next day. Keeps it super simple.

I take 2 quarts of chicken stock add all the white meat from the chicken to my pot and then go nuts with veggies. You get to be in control of what veggies to add. So, whatever you have on hand, throw it in!

I like pea's, green beans, a few

carrots, and sometimes zucchini. ,
Add your favorite seasonings. I
seriously don't measure, but here
is approximates, so you can make
this. Don't be afraid to throw a
dash of this and that in.

What makes this soup epic is fresh
grated turmeric and ginger, I use 1
inch of each.

If you don't have that, no problem,
just skip it!

Then I add about

- 1 tsp of Himalayan salt.
- Lots of pepper (less than a t)
- 1 tsp of thyme
- Sprinkle of Rosemary

Cook for a few minutes and it's done.

Oh, and I should mention, to rapid cook my carrots, I cook them in the steamer for 5 minutes first. Another quick time saver!

I hope you noticed the picture has berries in it. This is actually a fuel pull. Remember we talked about mastering the fuel pull? This will help you master the E! Simply sub the berries for your favorite fruit and another easy E!

#5 Tuna Cucumber Salad with Sweet Potato



Sweet Potatoes are an awesome E fuel. And so quick and easy to make. I make up a bunch in my Instant Pot for the week, so I can have one to grab whenever I need an E meal.

My favorite way to enjoy them is to add gentle sweet and cinnamon on top. It's like having dessert! I use a generous amount of each, start small, and taste your way to your favorite way of enjoying it.

For my protein I mix tuna and cucumbers and my go to E dressing that I told you about

earlier. Simply add generous amounts of balsamic, a little ACV, gentle sweet and salt & pepper or "Everything But the Bagel" seasoning. And you have another variation of an easy E meal.

#6 Fruit Yogurt Bowl



This E meal is like dessert in a bowl and almost too pretty to eat. Take Greek yogurt, about a cup, add a splash of vanilla and about 1-2 tbsp. of Gentle Sweet or 2-3 tsp of super sweet, mix. Then top with your favorite fruits. This is a rainbow of fruits. It's magical. You can use fresh or thaw some frozen, whatever you have on hand. Super quick, super easy E!

#7 Quinoa Bowl with decadent chocolate milk



And meal number 7! I hope this is blessing you with a whole weeks' worth of meals you can try. I have these on repeat often. This is my favorite quinoa stir fry. It's super easy. I'm going to [link you to the recipe here](#). I make my quinoa in a large batch in my instant pot, so I can enjoy it for breakfast and then save some for a savory lunch or dinner. Simply add your favorite stir fry veggies and then add your favorite lean protein source, or like pictured add my [decadent chocolate milk](#). It's soooo good, and I drink this all the time!

I hope you enjoyed this E-book with 7 Easy E meals. I encourage you to enjoy your E meals. They are very important piece of your Trim Healthy Journey. Happy E mealing! 😊

Coach Sarah



Coach Sarah lives in Minnesota with her husband, kids and parents. She is passionate about helping woman succeed, so together we can shape and change the next generation for health and healing.

Are you passionate about seeing the next generation be captivated to health and healing? Become a Generation Mover! Doors open soon!