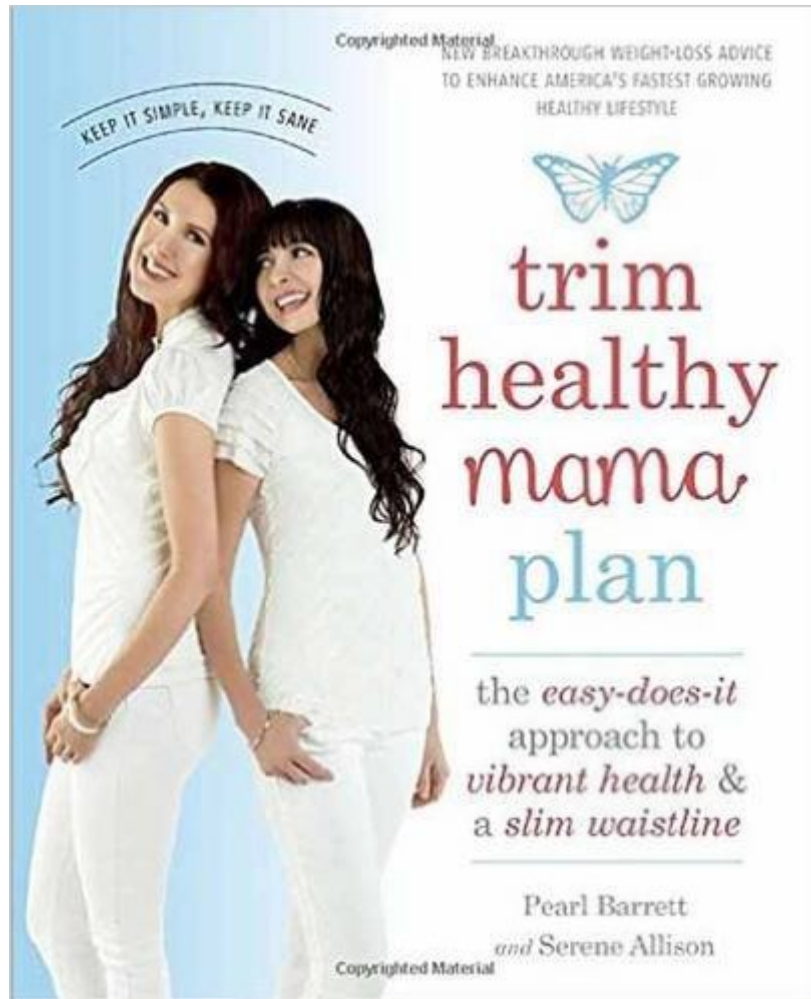


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# Trim Healthy Mama Plan: The Easy-Does-It Approach To Vibrant Health And A Slim Waistline



## Synopsis

Forget the Fad Diets, Join the Food Freedom Movement. Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the TRIM HEALTHY MAMA PLAN, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

## Book Information

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## Customer Reviews

Oh my goodness! I started Trim Healthy Mama, "way back when" - and have been following the principles laid out in the original book for 27 months. As a middle-aged (yes, I admit it) mama of four, with 3 decades spent overweight and then obese, having tried every "fad diet" out there; suffering hypothyroidism, chronic fatigue, chronic pain, and unable to even walk up a flight of stairs without wheezing... I was desperate, hopeless and utterly defeated. Skeptical, at very best, I purchased the original book and 'devoured" all 640 pages! WHEW!! didn't find it confusing, just followed the steps and... at 43 years old, I feel better than I did in my early 20's. I easily lost 53 pounds, and have been able to maintain my newfound health with ease - while eating absolutely delicious meals and NEVER feeling deprived! I can hike, cross-country with a 40+ pound pack, and not only live to tell about it... I FEEL GOOD! I could go on and on, but you want to hear about THIS book! Over the last couple years, I have spent countless (and I do mean COUNTLESS) hours on the THM facebook forums. Membership has literally exploded to well over 100,000 people, just in one group alone! Of these members, most enjoyed the original book... but many found the 600+ pages overwhelming - even though the book included 200 pages of recipes! Some members even had their books divided - to keep the recipe section separate from the "plan" part of the book. The authors heard and responded to the plea for a more concise version, with an easier layout... as well as for a completely separate recipe book! While I feel a "loyalty" to my original, exceptionally PRIZED copy of Trim Healthy Mama, I did order both new books. I AM SOOOO GLAD I DID! Just. WOW! They have completely outdone themselves here. Truly. The "Trim Healthy Mama Plan - the easy-does-it approach to vibrant health & a slim waistline" is absolutely amazing. This isn't just a "revision", this spells out the plan, while complimenting the previous book! The information contained here is definitely more concise, the layout is (in my opinion) much better; I can see this will be an easier read for many folks, and while it is more concise, it also contains updated information - making it my newest prize!! I will say that I thought I would be replacing my original with this one and the new recipe book... but I could never give up the book that brought me "here". I have me a "collection"... Oh yeah!

I am a total believer. This plan helped me lose my weight, and I've been maintaining a 100-pound weight loss by eating this way. I eat cake almost every day. Eggs, bacon, sausage, cheese, fruit, oatmeal....you don't give up fat or carbs. You just learn which foods are healthier and how to put foods together so they work to make your body lose weight. And, you'll feel better, if you're like me! No more fad diets for me (I tried about every diet there was for well over 20 years). Never. Again.

Trim Healthy Mama is my way to be trim and healthy from here on out!

My wife says: This book is a Life Changer! Photos are from left to right: 240, 190, 175, 160 and Goal! I bought the first edition in February 2013, I was 230 pounds and only 5'2. I was desperate for change after 15 years (all of my teens, twenties and some thirties) being 115 pounds overweight. I had tried calorie counting, weight watchers, slim fast and diet pills. All of which had some weight loss but I gained all of it back every time. Trim Healthy Mama taught me \*how\* to eat for the first time! I no longer was worried that if I did take off all of the weight it would just come back on because right from the beginning they explained how to maintain your weight loss. I was so thankful to not have to calorie count for the rest of my life too! I initially lost 8-10 pounds per month, after the first 50 pounds I lost 4-5 pounds per month. I lost 90 pounds in 10 1/2 months. Then I became pregnant, had a healthy pregnancy with a 24 pound weight gain and gave birth to a perfect baby girl (all while continuing on the plan during and after pregnancy). I lost the baby weight in 4 months and then lost the additional 15 pounds I had left until I reached my goal. Then I maintained my weight loss for several months (nearly effortlessly) and became pregnant again. I just gave birth to my son (also wonderfully healthy) and had a 23 pound weight gain. I'm thankful to know that I will be able to lose it again and maintain! Trim Healthy Mama is more than hope, it's a life changer if you're ready! This is why I love Trim Healthy Mama in a nutshell: It's easy, it works, it's enjoyable long term and it's healthy! It's now been over 3 years and there's no turning back for me! I bought the new book at Christmas and have been reading it ever since. It so simply spells it all out. I was able to get through the basics of the plan in just 45 minutes, it was all laid out in the first few chapters! I love the meal and snack plans differentiated by specific circumstances. I love the information on superfoods and supplements. Many have been great additions to my diet and I never would have sought them out! Finally, the cookbook is wonderful. If it works for your finances it's a great addition too! I prayed for years for a solution to my weight problem. God answered that prayer with Trim Healthy Mama!

The new book refines and simplifies the original book, for those who complain the original was too long and detailed. Many people removed the recipe section and had the two parts spiral bound; having a separate cookbook is much easier to manage than having all the information in one volume. The two books together cost about the same as the original 600 page book. Also, in response to those who disliked the original recipe format, the cookbook uses a more standardized format. I also like the section for men. This new plan book responds to the criticisms of the original, and shows how dedicated the sisters are to addressing the comments of their followers.

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Summary: Barrett & Allison's Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline  
Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes  
Trim Healthy Mama BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama Pie Company  
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The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health  
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Public Health 101: Healthy People-Healthy Populations (Essential Public Health)  
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The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life  
Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks)  
Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health  
The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes for Sustained Weight Loss and Vibrant Health  
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