

TRIM HEALTHY *Mama*

NO MORE FADS!

A COMMON SENSE GUIDE
TO SATISFY YOUR CRAVINGS
AND ENERGIZE YOUR LIFE

**FOR WOMEN OF
ALL AGES & STAGES!**



BY SERENE ALLISON & PEARL BARRETT

Trim Healthy Mama Book

Pearl Barrett



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make trim and healthy meals with less stress so you have more time with your loved ones **Trim Healthy Mama's Trim Healthy Table** Pearl Barrett, Serene Allison, 2017-09-12 From the bestselling authors of the Trim Healthy Mama Plan and Trim Healthy Mama Cookbook a new cookbook for the whole family The Trim Healthy Mamas have helped hundreds of thousands of women lose weight and live healthier lives with their bestselling cookbook and eating plan and now they are ready to help the entire family After experiencing incredible life transformations of their own readers want to be able to help their families feel better and trim down too Trim Healthy Table is just the answer It bursts with over 300 family friendly delicious and trimming recipes along with practical advice on how to healthfully nourish your family without going insane and chaining yourself to the kitchen Bestselling authors and sisters Serene Allison and Pearl Barrett have 18 children between them and their two families have been thriving on the Trim Healthy Mama plan for years Trim Healthy Table contains all their best tips tricks and encouragement for families whether large or small Serene and Pearl shamelessly share cunning ways to get picky eaters gobbling down veggies and other healthy foods they usually detest You will learn how to painlessly use whole unprocessed foods including blood sugar friendly carbs fats proteins fruits and vegetables to create meals even the fussiest kids and husbands will love You ll also learn how one basic meal can make a whole family happy even with different nutritional needs The quick and easy recipes include lots of one pot dishes such as skillet meals slow cooker meals electric pressure cooker meals casserole and soups With the recipes you can wake up to hearty breakfasts prepare bars for on the go or try a creamy quick to make smoothie even Indulge yourself with the many trimming desserts cake for breakfast is celebrated And if you re simply looking for single serve 5 10 minute meals the Hangry Meal chapter has you covered In addition to the hundreds of recipes included is a Simple Start Guide to the Trim Healthy Plan which concisely explains how you can trim down by getting your blood sugar under control and how to ever so gently help other members in your family who may be struggling with weight issues So gather your family bring them to the Trim Healthy Table eat up and trim down [Summary of Trim Healthy Mama Plan](#) InstaRead Summaries Staff, 2016-09-02 Summary of Trim Healthy Mama Plan by Pearl Barrett and Serene Allison Includes Analysis Preview Trim Healthy Mama Plan is a nonfiction guide to ditching diets and adopting a holistic healthy way of eating that promotes weight loss and overall well being Co authors Pearl Barrett and Serene Allison are sisters who eventually arrived at the same place in their dieting and weight journey a place they call done They were fed up with restrictive diets that simply weren t sustainable or pleasant So they turned to their Christian faith to gain a biblical perspective on lifestyle and nutrition Since God made all foods not a single food group should be off limits Regardless of the reader s faith Trim Healthy Mama Plan offers a pleasurable low key approach to weight loss weight gain or weight management Eating healthier doesn t have to be a miserable experience In fact with a kinder gentler approach to weight loss eating is a treat There s no need to limit whole food groups PLEASE NOTE This is key takeaways and analysis of the book and NOT the original book Inside this Instaread Summary of Trim Healthy Mama Plan by Pearl Barrett

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