

## What Should I Order from THM? THM Shopping List

Easy Access Store Link: <https://store.trimhealthymama.com/?ref=151>

(Click on any of the underlined hyperlinks to view the products)

When deciding what to order, we need to think about what ingredients we will need to replace the ones that are not good for us and that we are no longer going to consume. We need to replace sugar and high glycemic flours.

1. Stevia extract powder – this comes in a 1oz and a [4 oz](#). I get the 4 oz because it is more cost effective and of course lasts a long time which saves on ordering and shipping. This is a sweetener you will use to replace sugar in drinks, coffees, some shakes and individual desserts. It is very concentrated and comes with a teeny, tiny scoop. It isn't really advised for baked goods, especially family sized goods.

2. Gentle Sweet – a mixture of stevia and Erythritol and/or xylitol (both natural sweeteners, but Erythritol and xylitol are less concentrated than stevia, granular, and more like sugar in taste and texture. However, you will still use less of it than you would sugar in recipes. I advise getting the Xylitol free gentle sweet if you have pets because Xylitol is poisonous to them. They are sold with natural plant sweetener xylitol or without xylitol (XYLITOL IS POISONOUS TO DOGS LIKE MANY OTHER PLANTS SO BEWARE) and they are sold in 1lbs or [3lbs](#) and of course I always choose the bulk option. Gentle on the tummy.

Super Sweet is another sweetener blend. It is Xylitol free. This one is a little stronger and more concentrated so you will use less of this than sugar and also less than the gentle sweet, but is not quite as gentle on the tummy. This is almost the equivalent of "Pyure" brand sweetener if you've ever used it before. It comes in 1lb and [3lbs](#). This 3lb of Super Sweet is the most cost effective between gentle sweet and the 1 and 3 lbs. This is what I use and I can tolerate it even with occasional digestive issues.

3. Baking Blend – You will need baking blend to make most of the baked goods, crusts for savory pies, etc. It will replace [conventional](#) flour, but it is not a cup-for-cup equivalent so you will use less than regular flour. Sold in 1lb & 3lb bags.

Any other ingredients you might want to get will depend on what types of recipes you plan to make and the needs of you and your family.

4. [Unflavored Protein Powder](#) – Our family uses it for smoothies, shake, coffee, hot tea, smoothies, shakes, added protein for yogurt, some of the soup recipes, and to make a few of the desserts that call for it. [OPTIMIZED WHEY PROTEIN](#) includes essential amino acids for more bioavailable protein, immune boosting, gut healing, muscle building properties.

5. [Optimized plant protein](#) for dairy free option which I use in the same way I would use whey protein. I am dairy free due to casein allergy.

6. [Collagen](#) heals the gut and is good for hair and nails as well. [OPTIMIZED VERSION](#) is available as well.
7. [Glucomannan](#) – this is a thickener and adds fiber. Used for soups, puddings, some of the baked goods, some shakes and smoothies. Helps balance blood sugar.
8. [Gelatin](#) – used for gummies some shakes, some soups.
9. [Baobab powder](#) – is an adaptogen that helps balance blood sugar and hormone levels, adds vitamin C for immune boosting.
10. [Peanut flour](#) – I use this defatted peanut flour to make fat free peanut butter or to flavor shakes of baked goods.
11. [Nutritional yeast](#) – I use this in place of cheese on salads, as a season on veggies, etc.
12. [Psyllium Husk Flakes](#) – You will use this if you make Butterfly Wings Cake (like angel food cake) and wonder wraps (grain-free FP tortillas), and a few other recipes. Adds healthy fiber.

The other products like [bread](#), [hydrates water flavor packets](#), [extracts](#), [coffee](#), [mineral salt](#) are all good. I don't buy often, but if you need packaged convenience foods these are perfect and are much better than what is in the stores.

Their exercise program is amazing:

<https://store.trimhealthymama.com/product/workins-comprehensive-exercise-healing-program-designed-just-for-women/?ref=151>

Of course, the [books](#) contain all of your plan information and recipes. And the [Work-In](#) exercises are amazing, multilevel for different fitness abilities and needs.

The membership site also has all of the recipes (except for Trim Healthy Future) as well as site only recipes, a forum, menu generator, pre-planned menus for specific needs, a grocery list generator, a member perk of an automatic 10% off discount for all THM products. AND you can get \$10 off with my coupon code at checkout AD4380. [www.trimhealthymembership.com](http://www.trimhealthymembership.com)

I use some of their [skincare and hair](#) products as well as [makeup](#), but of course those are not needed for the plan. None of the TH products are needed or required for the plan, but they do make it a lot easier and give us more food freedom.

I hope this helps! Let me know if you have questions!

Coach Amanda