

trim healthy *mama*

no stevia snacks

courtesy of *RaisingArrows.net*

Cottage Berry Whip (FP) - p374* - omit sweetener
Celery & Nut Butter (S)
85% dark chocolate (S)
Almonds (S)
Mango (E)
Cheese Ball & Cucumbers (S) - try my Easy Cheese Ball
1/2 Banana (E)
Lean deli meat spread w/ low fat Creamy Cheese Wedge (FP)
Pickles (FP)
Grapes (E)
Cheesecake Berry Crunch (S) - p352* - omit sweetener & extracts
for best results
Hard boiled egg (S)
Popcorn (E) - spray w/ coconut oil & add seasonings
Cheese stick (S)
Cucumbers (FP)
Berries (S)
Thinnies (S) - p455*
Crunch Puffs (FP) - p460*
Pretzel Sticks (FP) - p463
Mrs. Criddle's French Onion Dip (S) - p468*
Green Giant Riced Cauliflower (FP) - I LOVE the cauliflower/sw.
potato mix (E) for that sweet tasting snack!

Find more information on THM without stevia at
RaisingArrows.net

*THM Cookbook