

Healthier Lifestyles - with Coach Linda

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FUEL PULL SNACK OR DESSERT IDEAS

from the Trim Healthy Mama Cookbook

Snacks or Desserts (Muffins, Cakes & More)

Strawberry Muffin p 281

Butterfly Wings Cake p 301

Banana Meringues p 317

Peanut Gems p 319

Jigglegurt p 345

Glycine Glory Pudding p 348

Glucie Pudding p 351

Trim Freezes p 359-360

Ice Cream p 361 & p 363 & p 366

Lemonade or Strawberry Slushie p 372

Cottage Berry Whip p 374

Collagen Berry Whip p 375

Superfood Chews p 383

Gummies p 387-388

Crunch Puffs p 460

Thin Thicks p 423-424

Smoothies (Make a half size for a small snack or dessert)

Shake Gone Nuts p 411

Strawberry Big Boy & Secret Big Boy Smoothies p 414-417

Fat-Sripping Frappas p 418-421

Condiments to use with snacks or desserts

Slim Belly Jelly p 478

Handy Chocolate Syrup p 479

Peanut Junkie Butter p 481 ($\frac{1}{3}$ of this recipe is FP amount)

Seasoning Mixes - Nacho & Ranch p 492

Drinks (Fuel Pull - Good Anytime)

All-Day Sippers p 397-406

Drinks (with Snacks or Alone as a Light "Snack" occasionally)

Hot - Any of the Trimmy drinks p 430-436 (Do the FP Version)

Cold - Any of the Drinks p 438-445

Trimquik p 494

FUEL PULL SNACK OR DESSERT IDEAS
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Snacks or Desserts (Muffins & More)

Incredible Peanut Butter Cookie Muffins p 371

Gummies p 419-421

Instant Cookie Dough Protein Bar p 428

Lemon Lime Burst Whip p 442

Peanut Chocolate Whip p 442

Miracle Mousse Makeover p 444 (make as a FP)

One-Minute Yogurt Bowl p 445 (make as a FP)

Smoothies (Make a half size for a small snack or dessert)

Cheesecake Shake Down p 470

Chai Chaga Smoothie p 476

Mocha Secret Big Boy p 479

Gingerbread Secret Big Boy p 480

Bloat Be Gone Smoothie p 488

Condiments to use with snacks

Cottage Citrus Dip p 523

Ranch Trimmy Dressing p 527

Thousand Island Trimmy Dressing p 529

Italian Trimmy Dressing p 531

Drinks (Fuel Pull - Good Anytime)

All-Day Sippers p 453-456

Drinks (with Meals or Snacks or Alone as a Light "Snack" occasionally)

Hot - Prep Ahead Healing Trimmy Mix p 463 (make as a FP drink)

Hot - p 465-467 (make as a FP drink)

Cold - Speedy Milk p 457 & Ruby Sparkler p 458

Other Ideas without the cookbooks

Oikos brand Triple Zero Yogurt (with berries if desired)

2 Light Mozzarella Cheese Sticks (2.5 gr Fat each) & Non-Starchy Veggies

2 (Light Rye) Wasa Crackers & LCC (sprinkle on seasonings of choice)

Drink w/Collagen

Low carb, low fat Deli Meat or Chicken Breast rolled up lettuce leaf w/spicy mustard & Dill Pickle

½ can of Tuna or Chicken & Cucumber Slices sprinkled w/Tajin

½ cup Cottage Cheese & Little Colored Peppers & any other Non-Starchy Veggies

½ cup Fat Free Greek Yogurt mixed with sweetener & berries or Slim Belly Jelly