

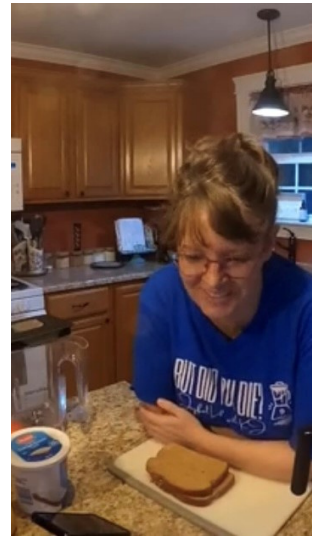
Toast!

THM-Friendly: E

Buy (or make) some on-plan bread. It needs to have grains that were soured, soaked or sprouted. Homemade sourdough is a wonderful choice. [No Carb Easy Bread](#) from Trim Healthy Mama is another great alternative.

You can toast said bread in your toaster - or if you want to get fancy, brown it in your air fryer.

After your bread is toasted, you can make it savory or sweet.



Optional Sweet Toppings

- Laughing Cow cheese mixed with [butter extract](#)
- [Koach Kanada's Real Deal Peanut Butter](#)
- Slim Belly Jelly ([THM Cookbook page 478](#))
- Berry or Apricot Wow Spread ([Trim Healthy Future pages 367, 369](#))
- cottage cheese

Optional Savory Toppings

- Laughing Cow cheese
- toe-mah-toe slices
- fresh spinach
- Everything But The Bagel seasoning
- honey mustard dressing
- cottage cheese

enJOY!

