

Start Here

Hi! Thanks for downloading this free printable fuel cycle pack! I'm really excited to begin this journey with you, especially considering the great experience I had with my last fuel cycle!

I've done a handful of successful fuel cycles, and I've learned that the simplest way for me to be successful is to make a one-week menu and repeat it for week two. You'll find a one-week menu in this printable pack, a shopping list, notes, and a 45-minute prep-ahead session to help you get ready for the week.

You'll need both Trim Healthy Table and the Trim Healthy Mama Cookbook to use this menu (you may be able to find them at the local library if you don't have them already). Please print the pages in this packet, get your books ready, go shopping, and print the prep-ahead instructions available at workingathomeschool.com/fuelcycle. Set aside 45 minutes to do some prep work for the week. Please don't be discouraged by the size of the shopping list! I tried to list every single thing you might need (including salt and pepper!), so you'll want to "shop" your pantry, spice cabinet, fridge, and freezer and cross off items you already have before you go to the store. You can see the tools and books I used at workingathomeschool.com/resources.

I hope this packet is helpful for you! I'm looking forward to this fuel cycle and I hope you are, too!



Jen

workingathomeschool.com



Fuel Cycle Menu

Please note that recipe names in **bold** type are clickable links.

SUNDAY - DEEP S

Breakfast: Egg & Veggie Scramble
Lunch: Salad w/ Bacon & Vinaigrette
Dinner; Whoop Whoop Soup w/ plain unsweetened almond milk instead of heavy cream THT p.249

MONDAY - DEEP S

Breakfast: Bacon & eggs
Lunch: Leftover Soup
Dinner: **Baked Lemon Butter Tilapia**, Buttered Green Beans, & Sautéed Mushrooms

TUESDAY - E

Breakfast: Berry Creamy Grains Cookbook p. 252
Lunch: Baked Chicken Breasts w/ Brown Rice
Dinner: Chicken Fried Double Rice THT p. 53

WEDNESDAY - E

Breakfast: Choc. Nut Crunch Granola Cookbook p. 255
Lunch: Leftover Chicken Fried Rice
Dinner: Blackened Chicken with Mango Cookbook p. 66

SNACKS & DESSERTS

Deep S:

Hardboiled eggs, **Vanilla Custard Shakes**, Superfood Chocolate Chews (Cookbook p. 232), deli meat, rotisserie chicken meat w/ sliced non-starchy veggies

E:

Superfood Chocolate Chews (just a few to stay in FP mode), fruit with tea and 1 scoop collagen, Hardboiled egg whites, lean deli meat, white rotisserie chicken meat w/ sliced non-starchy veggies

FP:

Superfood Chocolate Chews, Wonder Wraps with stevia-sweetened 0% Greek yogurt and berries, berries with tea and collagen, Hardboiled egg whites, lean deli meat, white rotisserie chicken meat w/ sliced non-starchy veggies

THURSDAY - FP

Breakfast: Big Boy Smoothie Cookbook p. 414
Lunch: 1 slice Wonderful White Blender Bread THT p.242 w/ Choco Baby Frap Cookbook p. 421
Dinner: Trim Train Italian Soup THT p. 160 with 1 slice Wonderful White Blender Bread

FRIDAY - FP

Breakfast: Wonder Wraps Cookbook p. 204 w/ Scrambled Egg Whites & 1 T Salsa
Lunch: Sandwich - Wonderful White Blender Bread w/ Lean Deli Meat & Light Mayo w/ sliced cucumbers
Dinner: **Chicken Tacos in Wonder Wraps** topped with chopped fresh cilantro.

SATURDAY - DEEP S

Breakfast: Fried Eggs w/ Bacon
Lunch: Salad w/ Deli Meat
Dinner: Baked Chicken Thighs w/ Steamed Buttered Veggies

SUNDAY - E, THEN DEEP S

E Breakfast: Fruit (sliced apples or an orange) w/ Scrambled Egg Whites
Deep S Lunch: Leftover Chicken Thighs and Salad
Deep S Dinner: Burgers (no bun or cheese) & Salad

REPEAT MENU FOR WEEK 2

"Cookbook" stands for Trim Healthy Mama Cookbook; "THT" stands for Trim Healthy Table.

These menus and shopping list will cover just one week! If you have leftover ingredients, you can adjust the shopping list as needed before shopping for week two.

Shopping List

MEAT

2 lbs. bacon
2 lbs. ground sausage
2 lbs. ground beef
ground beef for burger patties or pre-formed patties
tilapia filets (at least one for each person)
rotisserie chicken
boneless skinless chicken breasts OR 1 additional rotisserie chicken
5 1/2 lbs. chicken tenderloins (for 2 dinners)
bone-in chicken thighs (1-2 per person plus extra for leftovers)
lean deli meat

VEGETABLES

2 zucchini squash
16 oz. mushrooms
lettuce (enough for at least 3 big salads)
favorite non-starchy salad veggies (like cucumbers)
2 heads of garlic
1 lemon
1 lime
fresh parsley
1 - 2 lbs. fresh green beans
fresh berries
green onions
E fruit (apples or oranges)
fresh cilantro

DAIRY/ REFRIGERATED

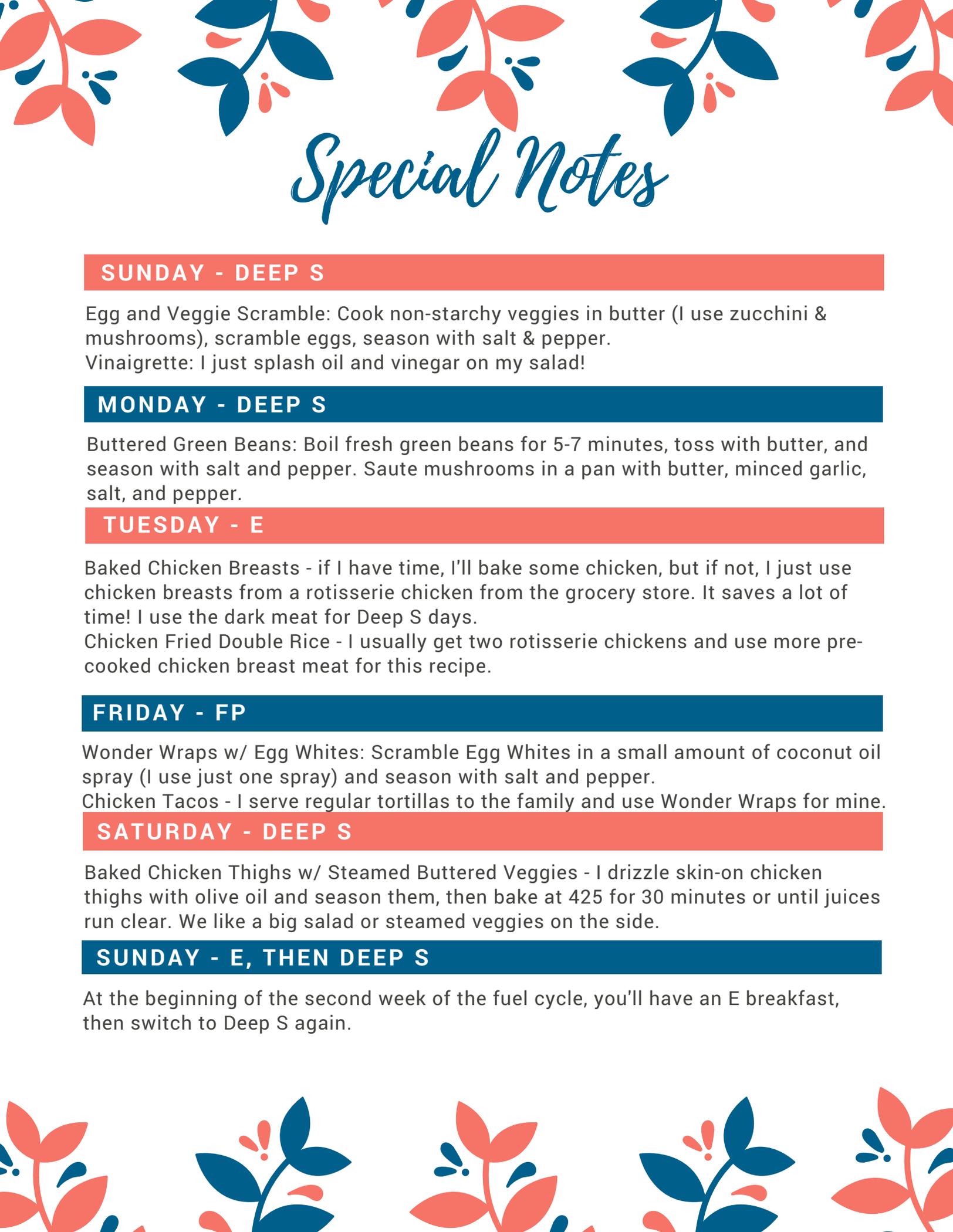
butter
1 dozen eggs
plain unsweetened almond milk
3 cartons egg whites
1 large container of 0% Greek yogurt

FROZEN

10 oz. frozen spinach
1 bag of your favorite non-starchy frozen veggies for a side
1 bag frozen peas and carrots
12 oz frozen riced cauliflower
12 oz frozen cauliflower florets
2 bags diced frozen okra
1 lb. frozen mango chunks
2 bags frozen seasoning blend
1 bag frozen strawberries

PANTRY

salt
pepper
onion powder
garlic powder
cumin
one 15 oz. can black beans
96 oz. chicken broth
crushed red pepper flakes
dried parsley
dried oregano
coconut oil
olive oil
your favorite vinegar for a quick dressing
five 15oz cans diced tomatoes (for 2 dinners)
6 oz tomato paste
6 oz tomato sauce
xanthan gum
aluminum-free baking powder
1 large package old-fashioned oats
plain whey protein powder
unsweetened cocoa powder
glucomannan
THM Peanut Flour
vanilla extract
cinnamon
THM Integral Collagen
THM Just Gelatin
THM Super Sweet Blend
pure stevia extract powder
THM Baking Blend
Sunflower Lecithin
1 lb. brown rice
coconut oil cooking spray
nutritional yeast
toasted sesame oil
soy sauce
THM-approved dark chocolate or skinny chocolate (just a few pieces to keep the Baby Frap as an FP)
whole psyllium flakes
hot sauce (optional, for Wonder Wraps)
1 jar of salsa or make your own
light mayonnaise
your favorite unsweetened or herbal tea



Special Notes

SUNDAY - DEEP S

Egg and Veggie Scramble: Cook non-starchy veggies in butter (I use zucchini & mushrooms), scramble eggs, season with salt & pepper.

Vinaigrette: I just splash oil and vinegar on my salad!

MONDAY - DEEP S

Buttered Green Beans: Boil fresh green beans for 5-7 minutes, toss with butter, and season with salt and pepper. Saute mushrooms in a pan with butter, minced garlic, salt, and pepper.

TUESDAY - E

Baked Chicken Breasts - if I have time, I'll bake some chicken, but if not, I just use chicken breasts from a rotisserie chicken from the grocery store. It saves a lot of time! I use the dark meat for Deep S days.

Chicken Fried Double Rice - I usually get two rotisserie chickens and use more pre-cooked chicken breast meat for this recipe.

FRIDAY - FP

Wonder Wraps w/ Egg Whites: Scramble Egg Whites in a small amount of coconut oil spray (I use just one spray) and season with salt and pepper.

Chicken Tacos - I serve regular tortillas to the family and use Wonder Wraps for mine.

SATURDAY - DEEP S

Baked Chicken Thighs w/ Steamed Buttered Veggies - I drizzle skin-on chicken thighs with olive oil and season them, then bake at 425 for 30 minutes or until juices run clear. We like a big salad or steamed veggies on the side.

SUNDAY - E, THEN DEEP S

At the beginning of the second week of the fuel cycle, you'll have an E breakfast, then switch to Deep S again.