



# 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](http://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](http://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](http://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.

