



Free Meal Plans and Resources!

# Master the Fuel Cycle

WITH COACH JEN

[thewellplannedkitchen.com](http://thewellplannedkitchen.com)





# Start Here

Hi! It's time for a Fuel Cycle!

This is the PERFECT time to complete a Fuel Cycle - I love using a Fuel Cycle to get a fresh start and eat SO well for two weeks! Plus, having a detailed menu is very helpful to making a Fuel Cycle a success!

I've completed many successful fuel cycles, and coached others through them, 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 **Trim Healthy Table, Trim Healthy Future, 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 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 [thewellplannedkitchen.com/resources](http://thewellplannedkitchen.com/resources).

You'll find class resources, Fuel Cycle Tracking worksheets, and two Fuel Cycle meal plans with shopping lists in this packet.

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



# SUCCESS *story*

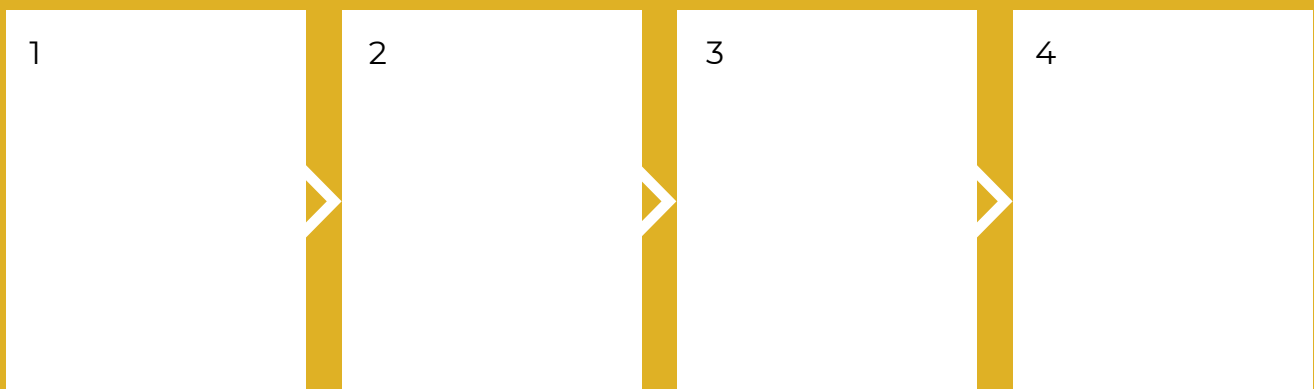
Think about a time when you succeeded at staying on plan when it was challenging.

Write about the success and how it happened:



What steps did you take to make this success?

1	2	3	4
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What can you learn from this experience?





DATE: \_\_\_\_\_

# CLASS NOTES

## TOP TAKEAWAYS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## NOTES

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# HABIT TRACKER

MONTH: \_\_\_\_\_

## MORNING ROUTINE

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## MOVEMENT

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## MEALS

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## SELF-CARE

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# FUEL CYCLE Tracker

WEEK 1

	HOW I FELT	ON PLAN?
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		



# FUEL CYCLE Tracker

WEEK 2

	HOW I FELT	ON PLAN?
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		



# Fuel Cycle Menu

## One-Week Fuel Cycle Menu

### DAY 1 - DEEP S

Breakfast: Egg & Sautéed Veggies  
Lunch: Salad w/ Baked Chicken Thigh & Vinaigrette (make extra chicken for dinner tomorrow)  
Dinner: R's No Stress Tilapia p. 139 THF, Steamed Buttered Green Beans

### DAY 2 - DEEP S

Breakfast: Bacon & Sautéed Veggies  
Lunch: Egg Drop Soup  
Dinner: Baked Chicken Thighs, Steamed Buttered Broccoli, Side Salad

### DAY 3 - E

Breakfast: Caramel Apple BAM Cake THT p.384  
Lunch: Sprouted bread sandwich, 1 piece of fruit, sliced raw veggies  
Dinner: Blackened Chicken with Mango and Black Beans THC p. 66

### DAY 4 - E

Breakfast: Leftover BAM Cake with coffee or tea  
Lunch: Cowboy Grub THC p. 59  
Dinner: Blackened Fish Tacos in a Bowl THT p. 60

### 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, leftover BAM cake

FP:

Superfood Chocolate Chews, berries with tea and collagen, Hardboiled egg whites, lean deli meat, white rotisserie chicken meat w/ sliced non-starchy veggies

### DAY 5 - FP

Breakfast: Berry Secretive Big Boy THC p. 416  
Lunch: Cabbage Roll in a Bowl THT p. 57  
Dinner: FP Hangry Pocket Hangry Pockets THT p. 320

### DAY 6 - FP

Breakfast: Happily Ever After Omelet (FP) THF p. 87  
Lunch: Wacha Want Mexican Chicken (FP) THC p. 47 over microwaved cauliflower rice  
Dinner: Stupid Simple Zucchini Alfredo THT p.309

### DAY 7 - DEEP S

Breakfast: Big Fried-Egg Trick THC p. 243 (you can skip the parmesan)  
Lunch: Hard-boiled eggs, sliced raw veggies, Speedy Choc. or Straw Milk THT p.457  
Dinner: Steak & Eggs

### DAY 8 - E, THEN DEEP S

E Breakfast: Oatmeal with lean protein (use THM recipe of your choice)  
Deep S Lunch: Big Salad with leftover meat or hard-boiled eggs

REPEAT MENU FOR WEEK 2

**"Cookbook" stands for Trim Healthy Mama Cookbook; "THT" stands for Trim Healthy Table; "THF" stands for Trim Healthy Future**

[thewellplannedkitchen.com](http://thewellplannedkitchen.com)



# Notes

## DAY 1 - 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 with salt and pepper on my salad!

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.

R's No-Stress Tilapia - Limit the parmesan used on your portion to 1 Tablespoon TOTAL for Deep S.

## DAY 2 - DEEP S

For Egg Drop Soup, I omit the green onions to make it Deep S friendly.

Buttered Green Beans: Boil fresh green beans for 5-7 minutes, toss with butter, and season with salt and pepper.

## DAY 3 - E

Please make sure you have lean protein like deli meat on your sandwich.

## DAY 4 - E

Freeze the unused portion of Cowboy Grub - it makes a TON and will be perfect for the second week of your Fuel Cycle and beyond!

## DAY 5 - FP

Please make sure to choose the Hangry Pocket you'd like to make from page 320 of Trim Healthy Table and add the ingredients to your shopping list.

## DAY 6 - FP

You can freeze leftover Wacha Want Chicken to use next week!

## DAY 7 - DEEP S

Season steak and cook to your liking.

## DAY 8 - 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.



**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

bone-in chicken thighs (1 per person for one lunch;  
1-2 per person for 1 dinner)  
2 packages of bacon (or enough for two breakfasts)  
3 pounds tilapia filets  
lean deli meat  
5 lbs chicken tenderloins  
2 lbs lean ground turkey  
2 lbs ground beef  
steaks  
rotisserie chicken (for snacks and easy meals, optional)

## PRODUCE

lettuce  
favorite salad non-starchy veggies for 4-5 salads  
non-starchy veggies for Egg Drop Soup (I use mushrooms)  
fresh green beans  
apples  
fresh berries  
fresh fruit of choice for E snacks  
lots of favorite raw veggies (cucumbers, celery, etc)  
1 large head of cabbage  
fresh cilantro  
3 limes  
1 onion  
1 head of garlic  
1 medium zucchini per person eating

## DAIRY/ REFRIGERATED

butter  
2 dozen eggs  
plain unsweetened almond milk  
3 cartons egg whites  
1 large container of 0% Greek yogurt  
1 container egg whites  
1/3 less fat cream cheese  
Light Laughing Cow cheese  
low-fat cottage cheese

## FROZEN

frozen broccoli  
frozen mango chunks  
4 pkgs frozen diced seasoning blend (onion, celery, green pepper)  
1 package frozen okra  
frozen berries  
frozen cauliflower rice

## PANTRY

salt  
pepper  
30 oz salsa  
coconut oil  
cream of tartar  
unsweetened cocoa powder  
1 can of chicken or 3 oz per person  
flavored THM protein powder  
paprika  
herbal tea  
Creole seasoning  
Italian seasoning  
hot sauce  
Worcestershire sauce  
coconut oil cooking spray  
Bragg's liquid aminos  
nutritional yeast  
THM Gentle Sweet  
pure stevia extract  
THM Super Sweet  
collagen  
sunflower lecithin (optional)  
THM Pristine Protein Powder  
32 oz bone broth  
1 can of chicken broth  
3 cans of black beans  
1 can of pinto beans  
1 can of corn  
cayenne pepper  
brown rice  
4 cans of diced tomatoes  
1 can of tomato sauce  
ground ginger  
chili powder  
cumin  
glucomannan  
onion powder  
garlic powder  
red pepper flakes (optional)  
ground turmeric  
vinegar  
1 green can of parmesan  
lemon juice  
old fashioned rolled oats  
cinnamon  
caramel extract  
unsweetened apple sauce  
baking powder  
baking soda  
vanilla extract  
sprouted bread

**\*\*IMPORTANT NOTE:**

**Please look over the snacks - if you think you need more options, feel free to choose another bar or snack from the THM books and add the ingredients. Next, please choose your Hangry Pocket from page 320 of THT and add the necessary ingredients to this shopping list.**



# Prep Ahead Instructions

In this quick and easy mini prep-ahead session, you'll set yourself up for a successful week! This session took about 90 minutes of active time for me but prep time can vary!

## PREP AHEAD IS OPTIONAL, BUT HELPFUL!

0. Open Trim Healthy Future and place a bookmark on page
1. Start bacon (**[click this link for directions](#)** on the best way to make it, in my opinion!)
2. Bake Chicken Thighs as desired for Days 1 & 2.
3. Make hard-boiled eggs for snacks and lunches.
4. Make a batch of brown rice (Instant Pot or Stovetop) to use for Cowboy Grub on Day 4.
5. Make Caramel Apple BAM Cake from p. 384 of THT.
6. Make Cowboy Grub (optional).





# *BONUS* **FREE FC MEAL PLAN**



This is the free Fuel Cycle Plan available to my email list – you can  
use this as a second option if you'd like to!



# 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)  
roisserie chicken  
boneless skinless chicken breasts OR 1 additional  
roisserie 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.





# Prep Ahead Instructions

In this quick and easy mini prep-ahead session, you'll set yourself up for a successful week! This session took about 45 minutes of active time for me, but I did stop in the middle to switch the laundry...and there may have been a hockey game on tv that proved a bigger distraction than I realized. I used my Instant Pot and Electric Griddle to save a lot of time, so if you don't have those it may take longer for you, but it's still VERY worth it!

Below are my step-by-step instructions to help you get ready for the week! You'll make:

\*Wonderful White Blender Bread \*Hardboiled Eggs \*Superfood Chews \*Brown Rice \*Wonder Wraps

## ABOUT 45 MINUTES OF ACTIVE PREP TIME:

0. Open Trim Healthy Table and put a bookmark on page 402 for Wonderful White Blender Bread, and open the Trim Healthy Mama Cookbook and bookmark page 232 for Superfood Chews and page 204 for Wonder Wraps.

1. Preheat oven to 350.
2. Plug in griddle or heat a skillet on the stove over medium heat.
3. Begin melting 8 teaspoons of coconut oil in the oven or in the microwave.
4. Make a batch of brown rice in the Instant Pot (or stovetop, if you don't have an Instant Pot): Add 2 cups of long-grain brown rice, 2 cups of chicken broth, and a pinch of salt. Set the Instant Pot to Manual and set it for 22 minutes. Seal the lid (make sure you're following the manufacturer's instructions). You don't have to wait for the pressure to release on it's own, I (very carefully) turn the valve and release the pressure when the time is up and the rice is cooked perfectly. This is just enough rice for the Chicken Fried Double Rice and for some single-servings of brown rice, but if your entire family will be eating lunches with you, as well, you may want to double this recipe if you have a large enough Instant Pot.
5. Mix up the Family Serve portion of Wonder Wraps (if you decide to purchase regular tortillas for the other family members, you can just make one batch, but you'll probably need two batches if everyone's eating the wraps with the Chicken Tacos on Friday). Let the mixed-up batch rest while you move on to the next step.
6. Make a double batch of Superfood Chews in a food processor.
7. Start cooking Wonder Wraps according to recipe instructions. You'll need to work in batches, so I put a few on the griddle and moved on to the next steps, keeping an eye on them.
8. Start Wonderful White Blender Bread - this is a very quick, easy recipe! Use the Greek yogurt option, blend it up, and pour it in a bread pan sprayed with coconut oil. Stick it in the oven and bake according to recipe directions.
9. Remember to keep flipping/plating Wonder Wraps and putting new batches on the griddle or skillet!
10. At this point, my Instant Pot brown rice was done, but the time may vary for you! When your brown rice is done, and the Instant Pot pressure is released, very carefully remove the hot rice from the pot and move to another storage container. Then (again, very carefully) wash the pot (please don't burn yourself), dry it thoroughly, and start the hardboiled eggs.
11. Place eggs in an egg holder or basket in the Instant Pot (I use an egg holder to keep my eggs from breaking). Add one cup of water, seal the Instant Pot, and using the manual option set the time to 5 minutes. Once they come to pressure you'll want to cook for 5 minutes, let the pressure naturally release for five minutes, then cool in an icewater bath for 5 minutes. They are easy to make and easy to peel!
12. Once you're done with the eggs, you'll just have to wait for the Wonderful White Blender Bread to come out of the oven, wrap and put away your prepped food, and you've got a mini stockpile of healthy THM foods to help you get through the week!





## 10 TIPS FOR A THM FUEL CYCLE

1. Plan a Fuel Cycle when you'll be home a little more, avoiding any birthdays or special occasions.
2. Prep ahead.
3. Fill up on veggies and salads.
4. Use rotisserie chicken and deli meat to save time.
5. Make a great menu, then repeat it for a second week.
6. Make the custard shake from the Wonderfully Made and Dearly Loved blog for a really filling Deep S snack.
7. Make sure you have collagen on hand to add protein to tea or other on-plan drinks.
8. Keep the Fuel Cycle as dairy-free as possible.
9. Drink lots of water.
10. If you mess up, don't quit!



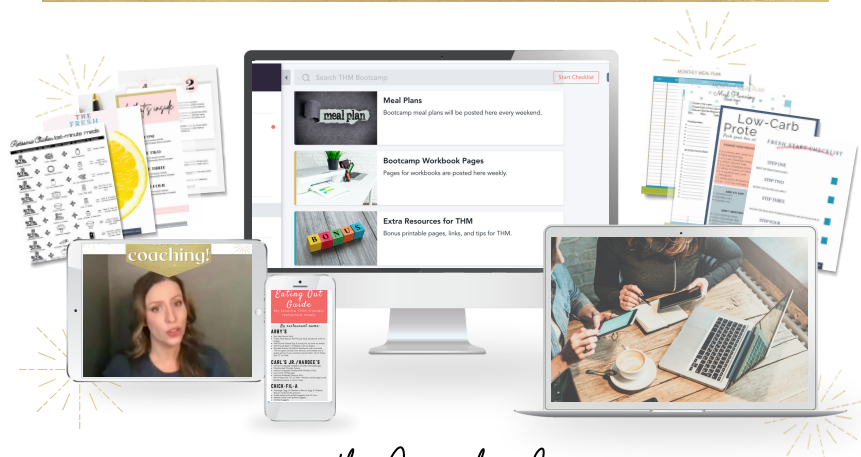
# THANK YOU!

## NEXT STEPS

I'm ready to help you have a breakthrough on your THM Journey - you can make Trim Healthy Mama your EASIEST option at all times! Learn tips, strategies, and hacks to simplify THM and make real progress in my five-star rated THM Bootcamp!

You'll receive \$17 off of Bootcamp with the coupon code holiday1

## SIX WEEK THM BOOTCAMP



with Coach Jen

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