

# Fuel Stacking

MASTER CLASS WITH COACH JEN





# Fuel Stacking Quiz

How often is it recommended that Trim Healthy Mamas eat?

- every five to six hours
- every hour
- every three to four hours
- two times per day
- once per day
- whenever you want

Which type of snack is best if you're hungry between meals?

- ultra FP
- E
- S
- XO
- Deep S
- FP

Which would be the best choice between meals?

- gluccie pudding
- steak and eggs
- cottage cheese with mango
- sprouted toast sandwich
- Light Progresso Soup
- all of the above

When should I eat as a Trim Healthy Mama?

- if I'm not feeling well and need food
- every 3-4 hours
- if I'm really hungry and can't wait
- all of the above

# Ultra FP Idea List

## SNACKS

sliced cucumbers or celery

**Chocolicious Thin Thick**  
p. 423 THM Cookbook

**Fat Stripping Frappa**  
p. 418 THM Cookbook

**Jello (Cherry or Orange)**  
p. 320 Trim Healthy Future

**R's Late Night Snack**  
p. 342 Trim Healthy Future

**Shrinker Gummies**  
p. 421 Trim Healthy Table

**Nacho Deli Thins (no parmesan)**  
p. 340 Trim Healthy Future

**Singing Canary Gummies**  
p. 419 Trim Healthy Table

**3 Minute Shred**  
p. 249 Trim Healthy Future

## DESSERTS

**Glucie Pudding**  
starting on p. 350  
THM Cookbook

**Glycine Glory Pudding**  
p. 348 THM Cookbook

**Tummy Tucking Ice Cream**  
p. 363 THM Cookbook

**'Mazing Marshmallows**  
p. 389 THM Cookbook

**Miracle Mousse Makeover**  
p. 444 THM Cookbook  
(FP Version)

**Any of the shakes under  
the "Snacks" column**



# Ultra FP Idea List

## PROTEINS

**boneless,  
skinless chicken breasts**

**THM's Protein Powders**

**collagen**

**lean ground turkey**

**lean deli meat**

**egg whites**

## SIPPERS

**Good Girl Moonshine**  
p. 397 THM Cookbook.

**Apple Pie Sip**  
p. 404 THM Cookbook.

**Converted Sailor Toddy**  
p. 454 Trim Healthy Table.

**Earth Milk Sip**  
p. 402 THM Cookbook.

**Singing Canary**  
p.398 THM Cookbook.

**The Shrinker**  
p. 400 THM Cookbook.

**Iced Vanilla Fat Burning Tea**  
p.456 Trim Healthy Table

# Daily Checklist

- Did I stay on plan today?
- Did I space my meals correctly?
- Did I eat enough protein and veggies?
- Did I stay hydrated?
- Did I reach for Ultra FP's when needed?
- Did I have an E meal today?



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# Action Steps

1

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Make an ultra FP dessert to have on hand throughout the week.

2

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Set a reminder on your phone or calendar to meal prep another ultra FP weekly (or whenever you think you'll need to).

3

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Stock up on lean proteins for quick ultra FP snacks

**BONUS:** Track what you eat for one full week using the meal tracking sheet in this packet. Evaluate your timing and where you think you may need to make changes.

# Fuel Stacking Tips



SET A TIMER



STOCK UP ON  
ULTRA FP'S



ADD NON-  
STARCHY  
VEGGIES TO  
EACH MEAL



# Weekly FOOD JOURNAL

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Time:	Time:	Time:	Time:
TUE	Time:	Time:	Time:	Time:
WED	Time:	Time:	Time:	Time:
THU	Time:	Time:	Time:	Time:
FRI	Time:	Time:	Time:	Time:
SAT	Time:	Time:	Time:	Time:
SUN	Time:	Time:	Time:	Time:

**SHOPPING LIST**

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# Bootcamp WORKS

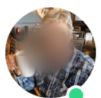


Robin V.  
Member

Extra Resources

You are amazing!! Thank you for all the resources! There's no reason for us not to succeed...  
It was well worth the \$ just for these resources! Thank you 🙏

**ENROLL NOW**



Debbie

Wednesday Weekly Weigh-In (...)

Down 7.6 pounds since starting Bootcamp on Sept 5. So thankful for you, Jen, and all I have learned from you in Bootcamp. I think I have previously started to follow the plan so many mornings before joining Bootcamp and thrown in the towel by noon. But you have given me tools and resources to follow the plan (I haven't done it perfectly, of course, but overall) for this time in Bootcamp. So grateful!



Coach Jen  
thewellplannedkitchen.com



NSV. I haven't worn my jeans in a while and only wanted to wear loose, comfy dresses. The last time I wore these pants, it was with the zipper down and held together with a pony tail hair tie. Well, I wore them today, zipped all the way up AND fastened. And didn't feel like a busting biscuit container 😂

# THANK YOU!

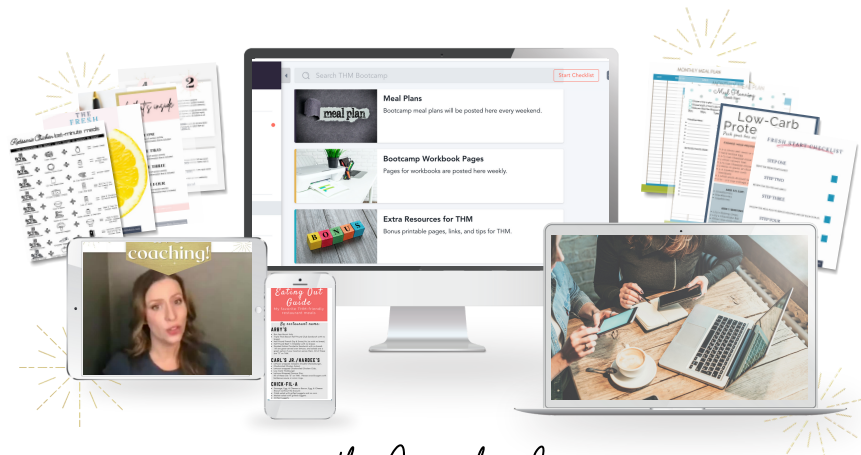
## NEXT STEPS

I'm ready to help you have a breakthrough on your THM Journey -registration for the next six week Bootcamp is open now!

In six weeks you'll learn how to:

- 🍽️ Make 5 minute, on-plan THM meals
- 🚫 Say no to sugar
- 🕒 Stick to the most important THM habits for long term success
- 📅 Plan and prep ahead (even if you hardly have any time!)
- 🛒 Stock up on Grab and Go THM foods
- 🎯 Make serious progress towards your goals
- 🏆 Break through stubborn weight loss stalls
- 👏 Stay on plan - even if you've never been able to before!

## SIX WEEK THM BOOTCAMP



with Coach Jen

[CLICK HERE TO REGISTER](#)



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