



THEWELLPLANNEDKITCHEN.COM

5 DAY
FUEL CHALLENGE
with Coach Jen

WELCOME

Hi! Thanks for joining me for this free challenge! I'm really excited to begin this journey with you - especially considering what my coaching clients have learned from mixing up their fuels this way!

You'll need Trim Healthy Table, the Trim Healthy Mama Cookbook, and Trim Healthy Future to use this menu (you may be able to find them at the local library if you don't have them already).

If you can't borrow or access these books, please feel free to swap in recipes that you have handy - just make sure they are on plan, and that the fuel type is the same as the recipe you are substituting for.

Please print the pages in this packet, get your books ready, go shopping, and set aside time to do some prep work for the week.

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.

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



♥
Coach Jen

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5 DAY FUEL CHALLENGE



DAY 1	S Day (with 1 E)	
DAY 2	E Day	
DAY 3	FP Day (with 1 E)	
DAY 4	Freestyle (with at least 1 E)	
DAY 5	Mini FC Day (with 1 E)	

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DAY 1

S DAY - 1 day of S meals and 1 E snack

DAY 2

E Day - 1 solid day of E meals and snacks

DAY 3

FP Day - 1 solid day of FP meals and 1 E snack

DAY 4

Freestyle Day - 1 day of mixing and matching fuels

DAY 5

Mini Fuel Cycle Day - 1 day of following the Mini Fuel Cycle plan with 1 E snack

Action Items	Check
Print Meal Plan & Make Shopping List	<input type="checkbox"/>
Go shopping	<input type="checkbox"/>
Prep what you can ahead of time	<input type="checkbox"/>
Start following the meal plan when the challenge kicks off	<input type="checkbox"/>
Follow along in Coach Jen's free Facebook Group or on YouTube	<input type="checkbox"/>
Stay on plan!	<input type="checkbox"/>

CHECKLIST

DAILY PLANNER

DATE

/ /

NOTES

GOALS

CHECKLIST

- Stuck to the Challenge fuels for today
- Stayed on plan
- Drank water
- Exercised
- Ate every 3-4 hours

Fuel Challenge

DAY 1 - S

(BE SURE TO CHOOSE AN E SNACK)

Breakfast: Thermo Boost Omelet (Single Serve) p. 89 THF

Lunch: Cabbage Face (Single Serve) p.189 THF

Dinner: Egg Roll in a Bowl p 62 THT

DAY 2 - E

Breakfast: Chocolate Covered Strawberry Shake (Single Serve) p. 70 THF

Lunch: Sweetie on Steroids (Single Serve) p. 76 THC

Dinner: Cowboy Grub p.59 THC (this recipe freezes very well)

DAY 3 - FP

(BE SURE TO CHOOSE AN E SNACK)

Breakfast:Happily Ever After Omelet - FP version (Single Serve) p.87 THF

Lunch: Strawberry Lemon Seed Shake (Single Serve) p. 75 and Speedy Cuke Salad p. 208 THF

Dinner: Chicken, Broccoli, Mushroom Stir Fry p.75 THT with cauli rice if

DAY 4 - FREESTYLE

Breakfast: Chocolate Banana Waffles (Single Serve) p. 100 THF (E)

Lunch: Side Salad with Mint chip ice cream shake (Single Serve) p, 69 THF (S)

Dinner: Trim Zuppa Toscana p. 86 THC (S)

DAY 5 - FREESTYLE

(BE SURE TO CHOOSE AN E DESSERT)

Breakfast: Eggs, Bacon, and Sautéed Non-Starchy Veggies (Deep S)

Snack: Hard-boiled egg and sliced raw veggies (Deep S)

Lunch:Award Winning Salmon p. 137 THF (omit onions and use onion powder instead) with buttered, steamed veggies

Snack: Italian Cucumber Salad.(FP Version) p. 261 THF & Speedy Choc Milk (FP) THT

Dinner: Trim Train Italian Soup (FP) p. 160 THT

DAY 6 - AFTER CHALLENGE

Breakfast: Rashida's Breakfast Bread Pudding (E) p.113 THF

Fuel Shuffle Challenge

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

DAY 4 - FREESTYLE

E:

My favorite option is to make a BAM cake (pages 383-384 of the Trim HealthY Table book) OR a Giant Blueberry Baked Pancake (page 261 of the THM Cookbook). Then I can have one portion for an easy E every day!

Alternatively, you could have brown rice cakes with collagen tea or a glass of water with Essential, fruit with tea and collagen or Essential, or choose any of the FP snacks below with an E fruit or another E-friendly carb source.

FP:

Superfood Chocolate Chews, 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

Prep Ahead Instructions

OPTIONAL PREP INSTRUCTIONS:

1. Make a hard-boiled eggs. The Instant Pot makes them very quickly! .
2. Make a BAM Cake or other favorite E recipe (please see page 6 for more ideas)
3. Make a double batch of Superfood Chews in a food processor.
4. Make and freeze Cowboy Grub for Day 2.
5. Make and freeze Trim Train Italian Soup for Day 5.

WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
THURSDAY	FRIDAY	SATURDAY
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
SUNDAY		
<hr/> <hr/> <hr/>		

RESOURCES

01 Facebook Group

[Join the Free Group](#)

Coach Jen has a totally free Facebook Group where these challenges are hosted! Click the button above this text to join the free group!

02 YouTube

[Subscribe to the Channel](#)

If you aren't on Facebook, or would like bonus tips and strategies to help you on your THM journey, Coach Jen is also on YouTube! Click the button above this text to visit the YouTube Channel. Once you're there, feel free to subscribe so you don't miss any free info!

03 Work with me to get Trim & Healthy

[Reserve Your Spot](#)

Want personal THM Coaching along with all of Coach Jen's systems and strategies to get on plan and stay on plan for good? Click the button above this text to register for Bootcamp! Space is limited!

Self Assessment

01

S Day

What did I notice?
How did I feel?

02

E Day

What did I notice?
How did I feel?

03

FP Day

What did I notice?
How did I feel?

05

MINI FC Day

What did I notice?
How did I feel?

NOTES

THANK YOU!

NEXT STEPS

I'm ready to help you have a breakthrough on your THM Journey -the waiting list for the January 1 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!

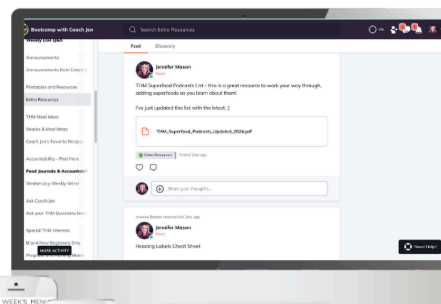
Transformation **BOOTCAMP** with THM Coach Jen

NEW EXPANDED PROGRAM

Specialized, Personal Coaching for Stubborn weight



Private Online Network (not Facebook)



Over 400 pages of tip sheets, guides, and printable workbooks



Daily Accountability in a supportive community



Accessible online or through a mobile app



Over one year of sample meal plans



Coaching Sessions & Live Q&A

CLAIM YOUR SPOT



Thank you
for joining
the
challenge!

Visit thewellplannedkitchen.com for more!