2 Week Fuel Pull Cycle

Motivateddays.com

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast Breakfast Salad w/Bacon Coffee w/ Cream	Breakfast Scrambled Eggs with Veggies and Bacon Coffee w/Cream	Breakfast Apple Cinnamon Oatmeal w/Greek yogurt Coffee w/half&half	Breakfast Oatmeal w/Strawberries & Greek Yogurt Coffee w/half&half	Breakfast Cookie Bowl Pg 250 Shrinker pg 400	Breakfast Cookie Bowl Pg 250 Shrinker pg 400	Breakfast Scrambled Eggs w/veggies and Bacon Coffee w/Cream
Lunch Cobb Salad 5 ingredient Dressing	Lunch Cobb Salad 5 ingredient Dressing	Lunch Butternut Squash Soup FSF	Lunch Taco Salad	Lunch Leftover Chicken Stir Fry	Lunch Leftover Egg Roll in a Bowl	Lunch Cobb Salad 5 ingredient Dressing
Dinner Whole Roasted Chicken Steamed Veggies and Side Salad	Dinner Tuna Cakes Steamed Veggies	Dinner Chicken Stir Fry with Quinoa	Dinner Butternut Squash Soup w/salad Slim Belly Vinaigrette pg 474	Dinner Egg Roll in a Bowl Pg 62	Dinner Chicken Breast and Steamed Veggies	Dinner Spaghetti Squash Speghetti (w/turkey meat) and Veggies
Snacks Big Boy Smoothie pg414 Celery with Laughing Cow	Snacks FSF pg 418 Celery w/Laughing Cow Cheese	Snacks Shrinker pg 400 Veggies with Hummus	Snacks Shrinker pg 400 Apple	Snacks FSF pg 418 Veggies	Snacks Gluccie Pudding pg 351 Veggies	Snacks Shrinker pg 400 Skinny Chocolate
Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast Oatmeal and Big Boy Smoothie Coffee w/half&half	Breakfast Breakfast Salad w/Bacon Coffee w/ Cream	Breakfast Apple Cinnamon Oatmeal w/Greek yogurt Coffee w/half&half	Breakfast Oatmeal w/Strawberries & Greek Yogurt Coffee w/half&half	Breakfast Egg White Scramble w/veggies Shrinker pg 400	Breakfast Cookie Bowl Pg 250 Shrinker pg 400	Breakfast Scrambled Eggs w/veggies and Bacon Coffee w/ Cream
Lunch Cobb Salad 5 ingredient Dressing	Lunch Cobb Salad 5 ingredient Dressing	Lunch Turkey Sandwich (Ezekiel Bread) W/Berries	Lunch Turkey Sandwich (Ezekiel Bread) W/Berries	Lunch Salad Slim Belly Vinaigrette pg 474	Lunch Salad Slim Belly Vinaigrette pg 474	Lunch Cobb Salad 5 ingredient Dressing
Dinner Whole Roasted Chicken Steamed Veggies and Side Salad	Dinner Steak Steamed Veggies and side salad	Dinner Spaghetti Squash Speghetti (w/turkey meat) and Veggies	Dinner Chicken Breast Steamed Veggies ½ sweet potato	Dinner FSF pg 418	Dinner Soothe your Soul Soup Pg 115	Dinner Chicken Steamed Veggies and Side Salad
Snacks Shrinker pg 400 Hard Boiled Eggs	Snacks Big Boy Smoothie pg414 Celery & Laughing Cow Cheese	Snacks Gluccie Pudding pg 351 Veggies & Hummus	Snacks Big Boy Smoothie pg414 Apple	Snacks Gluccie Pudding pg 351 Veggies	Snacks Gluccie Pudding pg 351 Veggies	Snacks FSF pg 418 Skinny Chocolate
Water / Exercise	Water / Exercise	Water / Exercise	Water / Exercise	Water / Exercise	Water / Exercise	Water / Exercise

Shopping List Week 1

Eggs
Bacon (Turkey or Pork)
Whole Chicken
Chicken Breast
Ground Turkey
Turkey (lunch meat)
Butternut Squash Soup (trader joes brand)
Black beans
Salsa
Cottage cheese
Canned Tuna
Quinoa
Berries
Almond Milk
Greek Yogurt
Cocoa Powder
Stevia
Gluccie
Hummus
Laughing Cow Cheese
Oatmeal
Amino Acids
Oolong tea
Nutritional Yeast
AVC
Spaghetti Squash
Fresh Berries
Spaghetti Sauce

Salad Stuff

- Lettuce
- Cucumber
- Celery
- Tomatoes
- Orange, yellow, green peppers
- mushrooms

Frozen

- Pepper and Onions
- Okra
- Broccoli
- Green Beans
- Stir Fry Veggies
- Strawberries
- Mixed berries
- Spinach

Shopping List Week 2

Eggs
Bacon (Turkey or Pork)
Whole Chicken
Chicken Breast
Turkey (lunch meat)
Ezekiel Bread
Fresh Berries
Almond Milk
Greek Yogurt

Salad Stuff

- Lettuce
- Cucumber
- Celery
- Tomatoes
- Orange, yellow, green peppers
- mushrooms

Frozen

- Pepper and Onions
- Okra
- Broccoli
- Green Beans
- Stir Fry Veggies
- Strawberries
- Mixed berries
- Spinach