2 Week Fuel Pull Cycle

Motivateddays.com

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
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	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise