

Day One

S - Breakfast Fields of Green Omcake

S - Lunch Deep-S-Style Salad

S - Dinner Crispy Salmon Siesta p. 80

Notes:

make a double portion of salad at lunch time and use half of it to go with the salmon at dinner
snacks: skinny chocolate, Lemon pucker gummies, trimmaccino rich drinks

Day Two

S - Breakfast BLT Frittata p. 74

S - Lunch Asian Sesame Tofu Toss p. 194

S - Heavenly chicken thighs, baked eggplant rounds p. 353 original book or sub. Deep S side salad

Notes:

Day 7 Snacks can be: kale chips, skinny truffles, skinny chocolate, big boy smoothies w/ okra, and gluccie based puddings

Day Three

E - Breakfast Green Secret Big Boy p. 416

E - Lunch Thai on the Fly Soup - Single Serve p. 122

E - Dinner Cowboy Grub p. 59

Notes:

Snack

Collagen Tea (FP) p. 436

have a piece of fruit or a bowl of berries with your collagen tea any time you feel the meal is not enough, please add steamed veggies such as broccoli, asparagus, cauliflower or a side salad (no cheese or oil)

Day Four

E - Breakfast Chocolate Monkey Crepes p. 267

E - Lunch Quinoa Salad p. 232

E - Dinner Choose between: Wonder Fish Tacos p. 171 or Wipe Your Mouth BBQ p. 43 (both recipes are included in the grocery list so make sure to mark off ingredients that you will not need)

Day Five

FP - Breakfast Berry Secretive Big Boy p. 416

FP - Lunch FP-Style Salad in a Jar p. 188, Earth Milk Sip p. 402

FP - Snack Peanut Junkie Butter p. 481

FP - Dinner Joseph's Fuel Pull Pizza

Notes:

Snacks for Fuel Pull days include berries, big boy smoothies, thin thicks, collagen berry whips, glutei puddings, tummy tucking ice creams and celery dipped in pb junkie butter
Dinner can be made on a wonder wrap if you do not eat Joseph's

Day Six

FP - Breakfast Choco Secret Big Boy p. 415

FP - Lunch Lettuce Wraps, Cheesy Dream Soup - Single Serve p. 119, Chocolate Beauty Milk p. 440

FP - Dinner Light and Luscious Enchilada Wonder Casserole p. 146

Notes:

see snack suggestions from day five

Day Seven

S - Breakfast Big Fried-Egg Trick p. 243, coffee with no more than 1 tablespoon of heavy cream

S - Lunch BLT Salad

E - Dinner Sweet Potato Bar p. 167 (see notes)

Notes:

if you do not plan to continue with a 2nd Fuel Cycle, feel free to have a Deep S meal such as heavenly chicken, baked chicken thighs, etc. However, if you plan to do a second cycle, please eat an E dinner.

BAKING AISLE	PRODUCE	MEAT	PACKAGED
Banana Extract ½ tsp	Baby Field Greens 1 cup	Bacon, ½ pound	Brown Rice 5 cups
Black Pepper	Banana 1	Chicken (enough for your family one meal)	Miso 1 ½ tsp
Blackstrap Molasses 2 tsp	Bell Pepper	Chicken Breast 5 pounds	Oolong tea
Cayenne Pepper 2 tsp	Head of cabbage	Ground turkey 6 pounds	Quinoa 3 cups
Chili Powder 1 ¼ cup	Celery 1 bunch	Salmon 1 fillet	Tea of choice
Cinnamon ¼ tsp	Cilantro 1 bunch	Sprouted tofu ½ pound	CANNED
Coconut Oil ½ cup	Cucumber 2	White fish 2 pounds	Black beans 3 cups
Crushed Red Pepper Flakes	Spinach, large tub	Turkey Bacon	Chicken Broth 4 cups
Cumin 1 ¾ tbsps	Fresh Strawberries, about 10 large	Turkey Pepperoni	corn

Garlic Powder 2 ¼ tsp	Garlic 2 cloves	DAIRY	Diced Tomatoes
Italian Seasoning	8 oz Grape tomatoes 1 large tomato	0% Greek Yogurt 3 cups	Green Chilies
Mineral Salt	Green onions	1% cottage cheese ¾ cup	Pinto Beans 20 oz
Nutritional Yeast	Jalapeno Peppers, 2	Butter	Tomato paste 10 ½ oz
Onion Powder	Lemon 1	Cheese of choice	OTHER
Oregano	Lettuce 3 head organic romaine	Eggs 2 dozen	Joseph's Pita (or psyllium flakes for wonder wraps)
Paprika	Lime 2	Egg whites 2 ½ cups	Green Powder (optional) for Earth Milk
Sesame Seeds	Onion 2	Mozzarella Cheese	Sunflower lecithin
Turmeric	Parsley ½ cup	Parmesan cheese 3 tbsp	FROZEN
Unsweetened Cocoa Powder	Pineapple 1 cup	Unsweetened almond milk, ¾ cup	If making slim belly vinaigrette frozen berries of choice
Vanilla Extract	Zucchini 1 large		okra
			Seasoning blend of onion, celery, green pepper

I am human and therefore, I make errors. While I try to double check everything as thoroughly as possible, it is not always possible to catch everything. Since I am preparing this menu and grocery list in ADVANCE for my local group the THM Ninjas, I have do not have pictures or the experience of following the plan before I post it, but I will come back AFTER I have completed this week and make notes and add photos. This is shared in case you would like to follow along with the Ninjas. **Please double check your recipes, grocery lists etc. before you shop.**