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| Week 1 Fuel Cycle | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
| Day 1Deep S | 3eggs in coconut oil w/sprinkle of feta/oolong | Skinny chocolate | Fried Salmon Salad w/garlic dressing | Cake in a Mug (380) | Pork Chop in coconut oil/butter w/sautéed cabbage & cauliflower | Skinny chocolate |
| Day 2Deep S | same | Cake in a mug (380) | Same | French Toast protein shake | Baked ckn w/sauted veggies in butter/coconut oil | Skinny chocolate |
| Day 3Deep S | same | FSF w/coconut oil | same | Cake in a mug (380) | Taco Salad | Skinny chocolate |
| Day 4FP | Cookie bowl oatmeal (232) | Big Boy Smoothie (242) | Mex Cottage Cheese Salad (302) | 2 Wasa w/1 LC | White Ckn Chili | 1c yogurt w/ ½ c bb |
| Day 5FP | Egg white omelet (217)  | same | White Ckn Chili | Big Boy Smoothie (242) | FP Salad (301) | same |
| Day 6E | Baked oatmeal w/1/2 c bb | ½ apple w/1tsp pb | Egg white burrito | Yogurt w/ ½ apple slices | Beans & rice | ½ apple w/1tsp pb |
| Day 7E | Egg white burrito | same | Lunch meat sandwich w/1/2 apple | same | Oven baked fajitas | popcorn |