

## FUEL PULL / FP

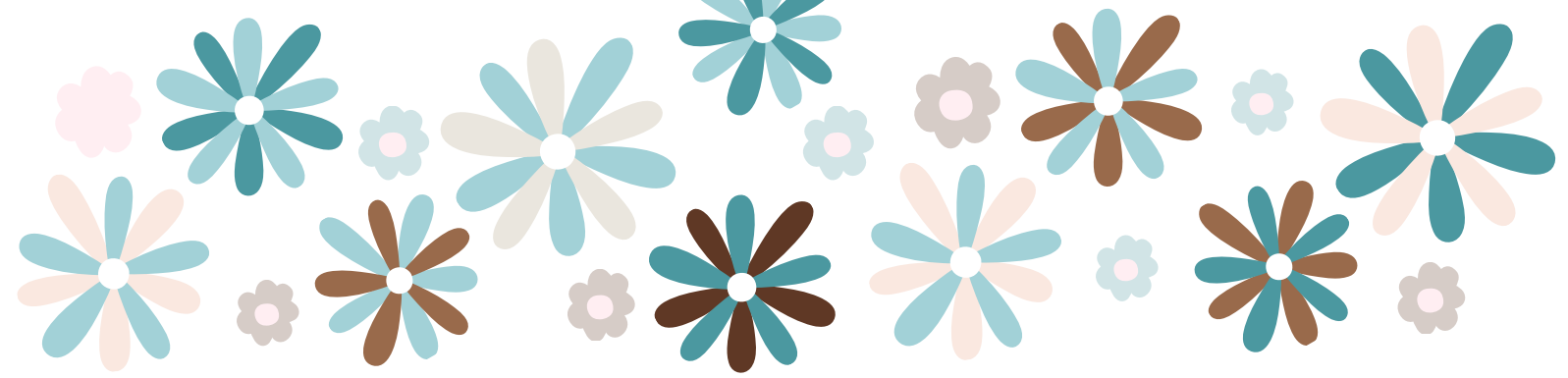
**Fuel pull foods** are the low calorie foods that we should add to our S and E meals for maximum nutritional benefit and increased satiety.

They are low in both carbs and fats.

**Fuel pull meals** are even lower in calories and can be used to re-ignite weight loss.

**Fuel pull meals and snacks on occasion might be right for you if:**

1. You have hit a stall in their weight loss journey
2. You are postmenopausal
3. You have unbalanced thyroid or sex hormones



### *Steps to creating a Fuel Pull Meal:*

1. Choose a source of lean protein – up to 3-4 ounces, or whey, collagen, or gelatin
2. Add minimal fat – up to 1 teaspoon. MCT oil and coconut oil are recommended for their metabolism revving properties.
3. Add other fuel pull foods to your plates: generous portions of non-starchy veggies, moderate amounts of berries, and optional lean dairy. **Find the FP Cheat Sheet on page 201 of Trim Healthy Starter.**

