

Trade of the Week

Thursday July 16, 2026



250.01
SELL 18.81 268.82
BUY

EMA 50 close 246.57

Trade of the Week – LNG

Trade of the Week Summary

Long Cheniere Energy with Protective Put | LNG Breakout with Defined Entry Risk

Underlying: LNG @ 255.83

Theme: Anas's energy-security thesis; U.S. LNG as a beneficiary of geopolitical supply diversification and rising AI-driven power demand

Structure (36 DTE):

Long: LNG equity

Buy: 240 Put @ 4.55

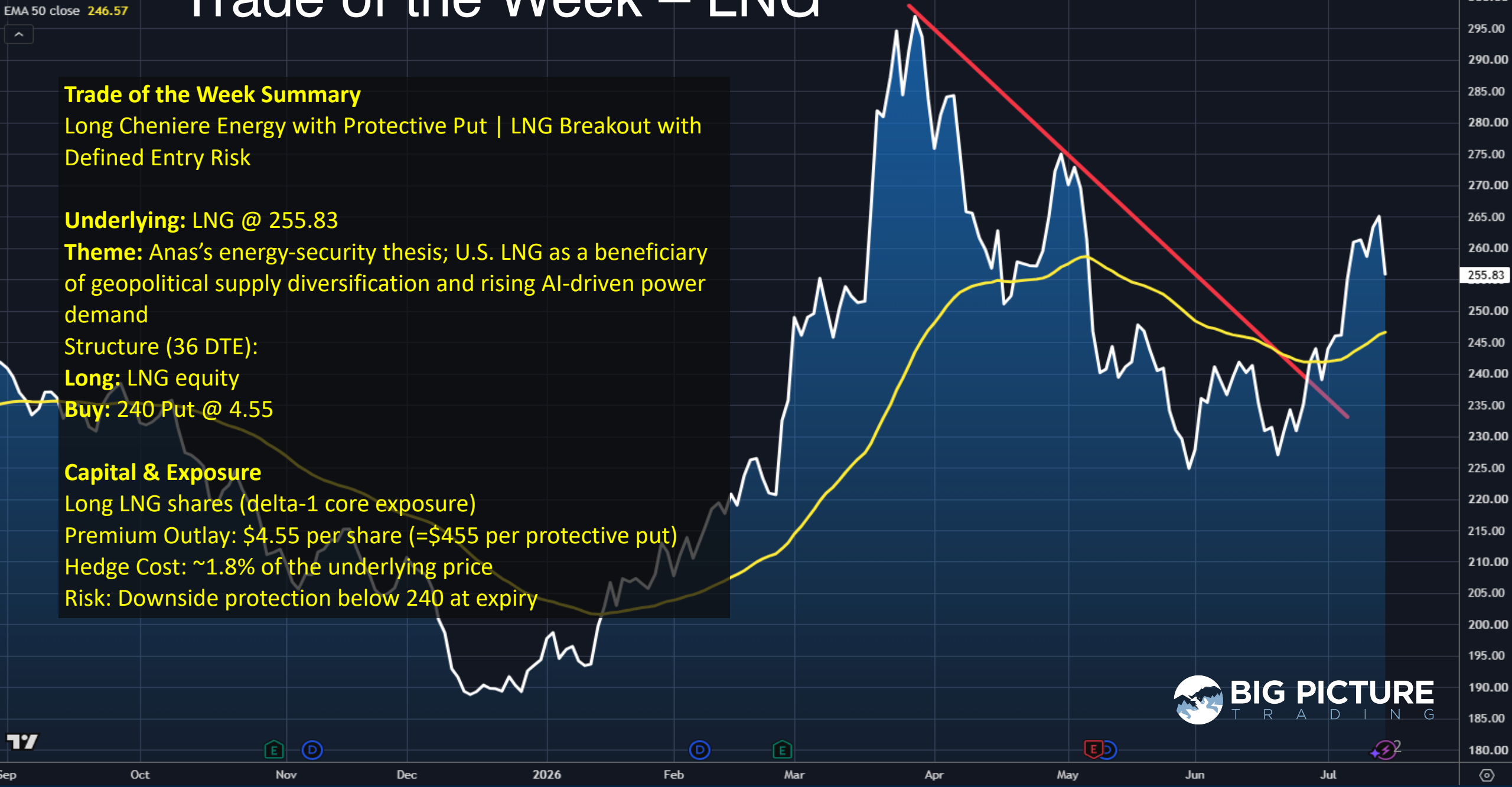
Capital & Exposure

Long LNG shares (delta-1 core exposure)

Premium Outlay: \$4.55 per share (= \$455 per protective put)

Hedge Cost: ~1.8% of the underlying price

Risk: Downside protection below 240 at expiry



7,601.25
SELL

0.25

7,601.50
BUY

EMA 50 close 7,442.43

S&P500 Futures



7,700.00

7,601.25
12:33:32

7,500.00

7,400.00

7,300.00

7,200.00

7,100.00

7,000.00

6,900.00

6,800.00

6,700.00

6,600.00

6,500.00

6,400.00

6,300.00

100.530
SELL

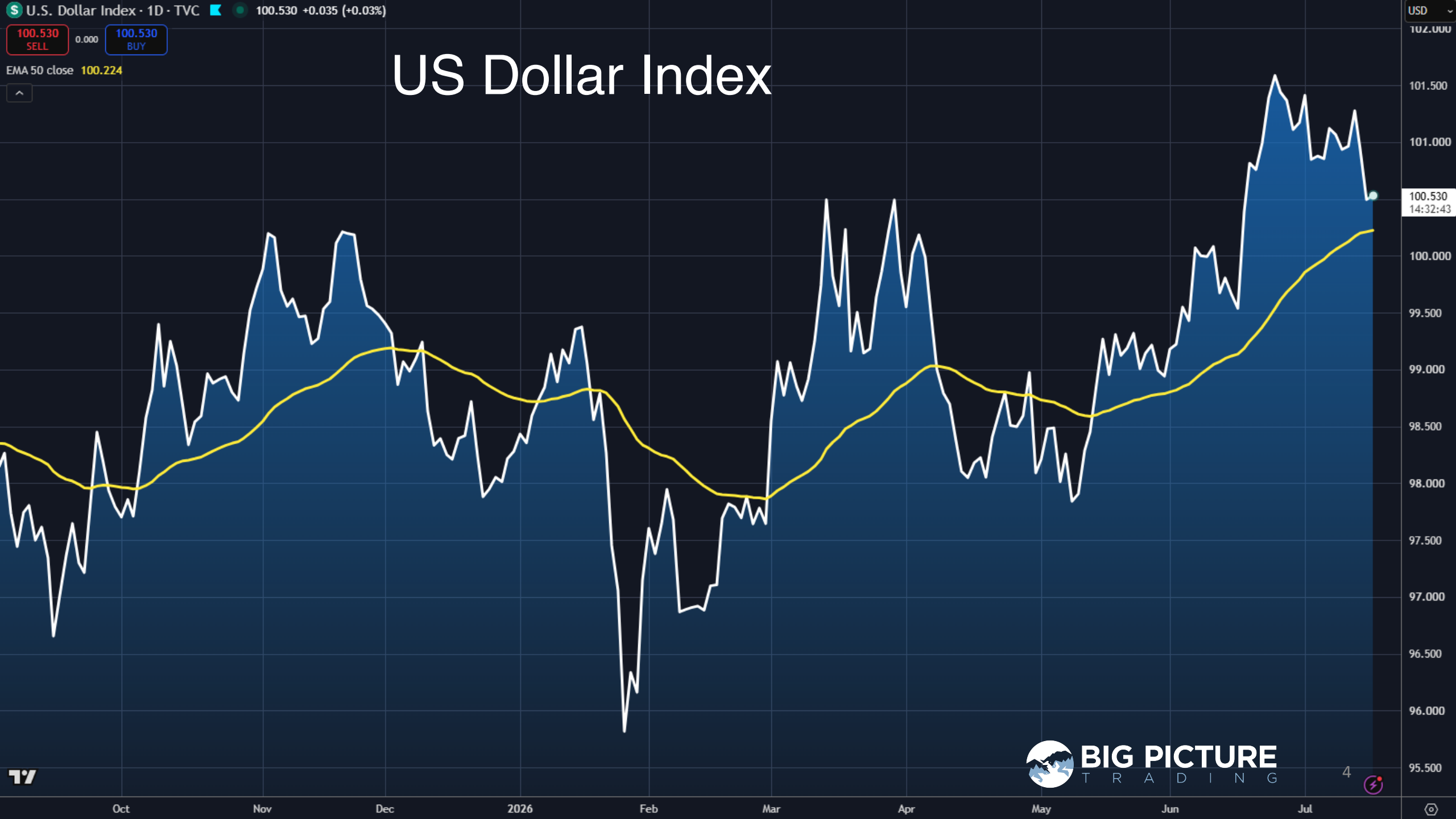
0.000

100.530
BUY

EMA 50 close 100.224



US Dollar Index



79.48 SELL 0.01 79.49 BUY

EMA 50 close 81.60

Crude Oil Futures (Continuous)



4,037.0
SELL 0.2 4,037.2
BUY

EMA 50 close 4,299.8

Gold Futures



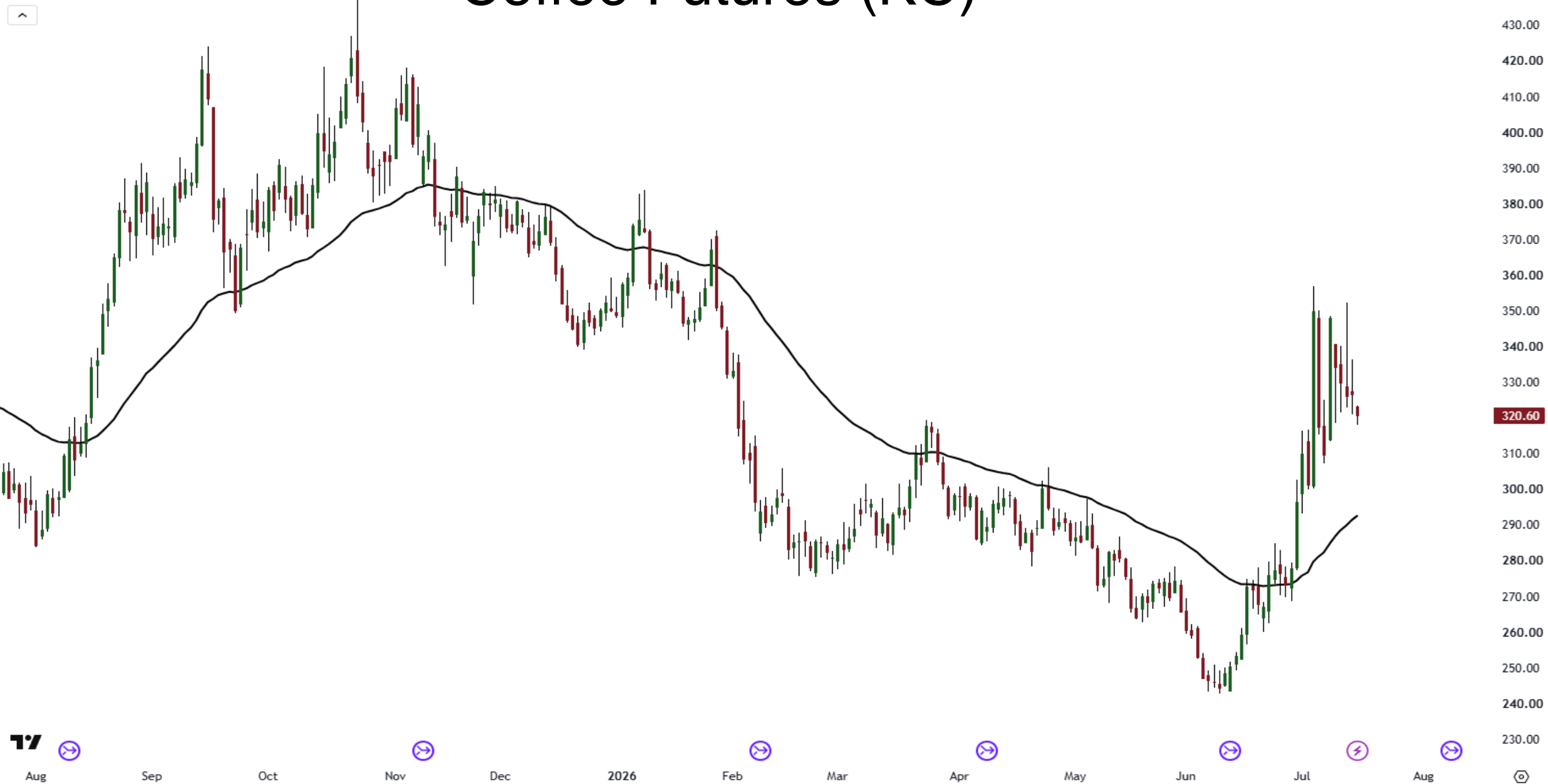
320.65
SELL

0.15

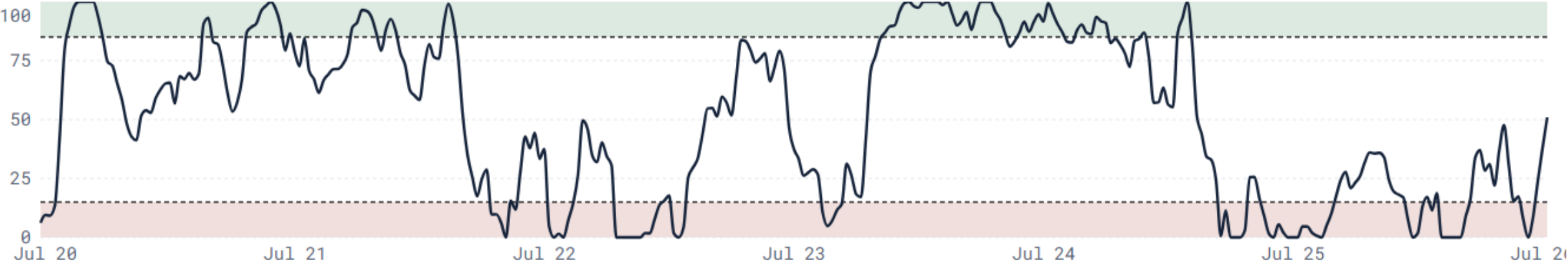
320.80
BUY

EMA 50 close 292.51

Coffee Futures (KC)



Coffee 52-Week Positioning Score (0-100) · weekly



Coffee Net Position / Open Interest · % of OI · weekly

NET / OI % **CONTRACTS**





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