STEPH HENDEL'S

BODY BUILT BY LOVE

FOOD GUIDE

WEEK ELEVEN

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MEAL SCHEDULE

“

EAT LIKE YOU LOVE YOURSELF

”

SHOPPING LIST

THIS LIST WILL GET YOU READY FOR AN AMAZING WEEK OF HEALTHY, NOURISHING SLIMMING, MEALS.

MEAT & DAIRY

3 Lbs Chicken Breasts, Organic Free Range, Boneless, Skinless

4 Eggs, Organic Free Range

VEGGIES

1 Lg Box of Spinach, Organic (You'll Need About 5 Cups)

1 Sm Bunch of Kale

2 Sm Cucumbers

2 Lbs Tomatillos

4 Poblano or Anaheim Peppers

1 Jalepeno

1 Yellow Onion

1 Green Bell Pepper

1/2 Head Broccoli

2 Md Heirloom Tomatoes

1 Handful of Arugula

3 Md Sweet Potatoes

FRUIT

6 Avocados

3 Lemons (Warm Water w/ Lemon Every Morning + Avo Toast)

2 Limes

5 Bananas

4 Cups of Frozen Berries, Organic

GRAINS

2 Cups Brown Rice, Organic

HERBS & SPICES

Fresh Garlic, 8 Cloves

1 Lg Yellow Onion

1 Bunch Organic Cilantro

1 Sm Knob Ginger

OTHER

4 Oz Can Diced Green Chilis

1 Cup Low Sodium Chicken Broth

1/4 Cup Organic Black Beans

1/4 Cup Organic, Non GMO Corn

1 Loaf of Gluten Free Bread

1/2 Cup of Coconut or Cashew Yogurt

1 Can White Beans

1 Can Chickpeas

Garlic Chili Sauce

1/4 Cup Tahini

MAKE SURE YOU HAVE ENOUGH

Tamari or Bragg's Liquid Aminos

Ground Cumin

Dried Oregano

Real Salt

Freshly Ground Black Pepper

Raw, Local Honey

Sesame Oil

Sesame Seeds

Balsamic Vinegar

Olive Oil, Cold Pressed in a Dark Bottle

Red Pepper Flakes for Garnish

Meal Prep

PREPARING FOOD BEFORE THE WEEK STARTS WILL HELP YOU SAVE A LOT OF TIME THROUGHOUT THE WEEK.

ONCE YOU KNOCK OUT THESE PREP MEALS, MAKING HEALTHY FOOD CHOICES ON THE RUN WILL BE A SNAP!

I SUGGEST TAKING PREP TIME TO TURN ON A MOTIVATIONAL/PERSONAL DEVELOPMENT TALK, TED TALK OR THE RECORDINGS OF ANY OF OUR LIVESTREAMS YOU MISSED OR WANT TO HEAR AGAIN.

YOU ARE ABSOLUTELY AMAZING! EVERY BABY STEP YOU'VE TAKEN SO FAR COUNTS! KEEP IT UP!

step one

GATHER YOUR INGREDIENTS

(1 BATCH) **SHREDDED CHICKEN VERDE**
Ingredients Listed Below

(2 CUPS) **BROWN RICE**
Cook & store in a glass container

(1 BATCH) **PREP BURRITO BOWL**
Ingredients Listed Below

step two

WHAT YOU'LL NEED FOR PREP

GATHER YOUR TOOLS

- Large Pot/Crock Pot for Shredded Chicken Verde
- Medium Pot for Brown Rice
- Cutting Board
- Sharp Knife
- Stirring Utensil
- Sealable Glass Storage Containers

step three

START COOKIN'

FIRST

- Take 2 cups uncooked Brown Rice and follow package for cooking instructions. Store in a glass container.

SECOND

MAKE *Shredded Chicken Verde*

INGREDIENTS

Prep Time: 1 Hour Cook Time: 7 Hours

2 Lbs Tomatillos, husked (paper skins, removed), cut in half
4 Poblano or Anaheim Peppers
1 Jalapeño
6 Garlic Cloves
1 - 4oz Can Diced Green Chiles
1 Bunch of Organic Cilantro
Juice of 1 Lime
2 Tsp Ground Cumin
2 Tsps Dried Oregano
1/4 Tsp Real Salt, plus more to taste
Freshly Ground Black Pepper
3/4 Cup Low-Sodium Chicken Broth
2 Lbs Organic, Free Range, Boneless Skinless Chicken Breast
1 Lg Yellow Onion, Diced

INSTRUCTIONS

1. Place tomatillos cut side down, poblano peppers, jalapeños and unpeeled garlic cloves on a foil-lined large baking sheet. If necessary you can use two baking sheets. Place in the oven under the broiler setting for 8-10 minutes or until the tomatillos and peppers begin to roast and blacken. If you don't have broiler in your oven, you can put the oven at 425 degrees F (this may take longer).
2. Transfer the poblano and jalapeno peppers to a plastic Ziploc bag and zip it tight (leave the tomatillos and garlic on the baking sheet). This allows the peppers to steam in the bag and after 5-10 minutes you should be able to remove the skin, stem and seeds off the peppers. It's okay if you don't remove the skin completely -- the most important part is removing the seeds and stems.
3. While the peppers are steaming in the bag, add tomatillos to a blender. You'll notice that they probably got juicy during the roasting. That's okay; you'll want to add all those juices to the blender. Peel garlic cloves and add them to the blender along with the peppers, green chiles, cilantro, lime juice, cumin, oregano, salt, pepper and chicken broth. Blend the ingredients until they are well combined.
4. Add chicken breasts and diced onions to slow cooker or a large pot, pour tomatillo-chile sauce over the top of the chicken and stir to combine. Cover and cook in a slow cooker on high for 3 hours or low for 7 hours or let simmer in a large pot on the stove on low for 1-2 hours.
5. Before serving, remove chicken with a slotted spoon and shred with a fork. Add back to slow cooker and mix in with a spoon. Taste and adjust seasoning as necessary.
6. Store in a large glass container.

PREP FOR TOMORROW'S LUNCH

MAKE *Shredded Chicken Verde Burrito Bowl*

Prep Time: 15 Minutes Cook Time: 0 Minutes

INGREDIENTS

1 Cup Shredded Chicken Verde
1 Cup Brown Rice
1/4 Cup Black Beans
1/4 Cup Organic Non-GMO Corn
1/2 Avocado
Cilantro to taste

INSTRUCTIONS

1. In a glass food storage container, layer ingredients, starting with brown rice. Followed by black beans, chicken verde, corn, avocado, & cilantro.
In a medium saucepan, combine quinoa and water and bring to a boil. Cover and simmer over low heat until the water is absorbed, about 15 minutes. Spread quinoa on a baking sheet; refrigerate for about 20 minutes.
Meanwhile, in a small skillet, toast the cumin seeds over high heat, shaking the pan, until fragrant, about 2 minutes; transfer to a blender. Add lime juice and oil and blend. Season with salt and pepper.
Pour the dressing into a bowl and add the black beans, bell pepper, avocado, corn, and cilantro. Scrape quinoa into the bowl, season with salt and pepper and serve.

Meal Schedule

MONDAY

BREAKFAST

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

- 1 Cup Frozen Berries
- 1 Cup Spinach
- 1 Banana
- 1 Kale Leaf
- ½ Cucumber
- ½ Avocado
- 1 Cup Water

LUNCH

ENCHILADA VERDE BURRITO BOWL

Prep Time: 0 Minutes

DINNER X's 2

HONEY SESAME STIR FRY

Prep Time: 15 Minutes

Cook Time: 20 Minutes

- SAUCE INGREDIENTS:
- 1/4 Cup Chicken Broth
- 1/4 Cup Tamari or Bragg's Liquid Aminos
- 1/4 Cup Raw, Local Honey
- 1 Tbsp Sesame Oil
- 2 Cloves Garlic, Minced
- STIR FRY INGREDIENTS:
- 1 Chicken Breast, Chopped
- 1/2 Onion, Chopped
- 1 Green Bell Pepper, Chopped
- 1/2 Head Broccoli, Chopped
- 1 Cup Brown Rice
- Sesame Seeds, to Garnish

1. Combine all of the sauce ingredients together in a bowl and mix well. Set aside.
2. In a large pan over medium heat, combine onion, bell pepper and coconut oil. Cook for about 10 minutes, stirring occasionally. Add the chicken and broccoli.
3. While the chicken is cooking, heat 1 cup of brown rice.
4. Once the chicken is completely cooked through, pour the sauce over top and toss to ensure everything is evenly coated.
5. Serve over cooked rice. Spoon any extra sauce on top. Garnish with sesame seeds.

*Save 1/2 for tomorrow's lunch.

TUESDAY

BREAKFAST

AVOCADO TOAST WITH HEIRLOOM CHERRY TOMATOES + BALSAMIC

Prep Time: 5 Minutes

- 2 Small Pieces Gluten Free Bread
- 1 Avocado
- 1 Md Heirloom Tomato, Sliced
- 1 Tbsp Balsamic Drizzle
- 1 Tsp Lemon Juice
- Real Salt, To Taste
- Freshly Ground Black Pepper, To Taste

1. Toast 2 pieces of gluten free bread.
2. Spread avocado, top with tomato, drizzle with balsamic and lemon juice. Sprinkle with salt and pepper to taste. Enjoy!

LUNCH

EXTRA HONEY SESAME STIR FRY

Prep Time: 5 Minutes

DINNER

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

- 1 Cup Frozen Berries
- 1 Cup Spinach
- 1 Banana
- 1 Kale Leaf
- ½ Cucumber
- ½ Avocado
- 1 Cup Water

*Prep overnight oats for tomorrow's breakfast.

WEDNESDAY

BREAKFAST

EGGS WITH GREENS

Prep Time: 5 Minutes

2 Eggs, Sprinkled with Cumin Powder, Chili Powder, Sea Salt, Pepper
2 Kale Leaves (Shredded), Drizzle with Balsamic Vinegar
Small Handful of Almonds (About 10)

LUNCH

AVOCADO TOAST WITH ARUGULA + LEMON

Prep Time: 5 Minutes

- 2 Slices of Gluten Free Bread,
- Toasted
- A Handful of Arugula
- LEMON VINAGRETTE:
- 1/2 Tsp Lemon Zest
- 1/2 Tbsp Lemon Juice
- ½ Tsp Real Salt
- ¼ Tsp Ground Black Pepper
- 1 Tbsp Extra-Virgin Olive Oil
- AVOCADO MASH:
- 1 Ripe Avocado
- 1 Tsp Lemon Zest
- 1 Tbsp Lemon Juice
- ½ Tsp Real Salt
- ¼ Tsp Red Pepper Flakes
- 2 Tsp Extra-Virgin Olive Oil

Vinaigrette: Whisk together all ingredients until emulsified.
Avocado Mash: Cut avocado in half and remove the pit. Score the avocado halves and then scoop the avocado out into a small bowl. Add the zest, lemon juice, salt, red pepper flakes and olive oil and mash together.
Spread the avocado mash on the toast. Toss arugula with the dressing and place on top of the avocado mash.
Enjoy!

DINNER

SALSA VERDE ENCHILADAS

Cook Time: 20 Minutes X's 2

- 10 Corn Tortillas
- 1 Diced Heirloom Tomato, for
- topping (optional)
- Chopped Cilantro, for Topping
- 1/4 Onion, Chopped

1. Preheat oven to 350 degrees.
2. In a 2-quart baking dish, begin to assemble the enchiladas. Spoon some of the shredded chicken verde into a layer of tortillas. Top with another layer of tortillas. Place chopped onions and tomato on top.
3. Bake for 20 minutes.

Serve with fresh cilantro. Enjoy!

THURSDAY

BREAKFAST

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

1 Cup Frozen Berries
1 Cup Spinach
1 Banana
1 Kale Leaf
½ Cucumber
½ Avocado
1 Cup Water

LUNCH

EXTRA SALSA VERDE ENCHILADAS

Cook Time: 5 Minutes

DINNER

CHIPOTLE TURKEY BURGERS + SWEET POTATO FRIES X's 2

Prep Time: 15 Minutes

- 2 Chipotle Turkey Burgers
- 1 Sweet Potato, Cut into Fries
- Garlic Powder, To Taste
- Onion Powder, To Taste
- Cinnamon Powder, To Taste
- 2 Tbsp Coconut Oil

1. Pre-heat oven to 415 degrees F. Chop sweet potato, place in a large bowl and completely cover in coconut oil and spices. Lay sweet potatoes evenly on a pan with a small space to fit 2 burgers. Don't put burgers in the oven yet. Cook fries for 20 minutes.
2. After 20 minutes remove fries from the oven and add the burgers. Cook burgers and fries for an additional 10 minutes. Using a metal spatula, flip the burgers and fries. Cook for another 10 minutes and remove from the oven.
3. Serve fries with organic no-sugar added ketchup. Save 1/2 for tomorrow's lunch

FRIDAY

BREAKFAST

BREAKFAST BANANA SPLIT

Prep Time: 5 Minutes

- 1 Banana
- 1/2 Cup Coconut or Cashew Yogurt
- Nuts
- Berries, Fresh or Frozen

1. Split bananas in half with a knife.
2. Add 1/2 cup coconut or cashew yogurt to the middle of the bananas.
3. Sprinkle with fresh or frozen berries, nuts, etc.

LUNCH

EXTRA CHIPOTLE BURGER + SWEET POTATO FRIES

Cook Time: 5 Minutes

DINNER

WHITE CHICKEN VERDE CHILI + RICE

Cook Time: 15 Minutes

- Remainder of Shredded Chicken Verde
- 1 Can White Beans
- 1/2 Cup of Brown Rice

In a pot combine the remainder of the shredded chicken verde and 1 can of drained and rinsed white beans. Heat and serve over brown rice.
*Save half of the ingredients for tomorrow's lunch.

SATURDAY

BREAKFAST

EGGS + GREENS + AVOCADO

Cook Time: 10 Minutes

- 2 Eggs
- 1 Handful of Greens
- 1/2 Avocado
- Balsamic to Drizzle of Greens

Heat coconut oil in a medium pan. Cook your egg however you choose (scrambled, over-easy, etc.). Serve with 1/2 a creamy avocado and handful of greens drizzled in balsamic!

LUNCH

EXTRA WHITE CHICKEN VERDE CHILI + RICE

Prep Time: 5 Minutes

DINNER

STUFFED SWEET POTATOS

Cook Time: 25 Minutes X's 2

- 2 Sweet Potatoes, Cut in Half
- FOR THE CHICKPEAS:
- 2 Tsp Coconut Oil
- 1 Can Cooked Chickpeas
- 1 Tsp Garlic Powder
- 1 Tsp Ground Cumin
- ½ Tsp Finely Grated Ginger
- 1 Tbsp Maple Syrup
- 1 Tbsp Bragg's Liquid Aminos
- ½ Tsp Chili Garlic Sauce
- FOR THE GINGER TAHINI SAUCE:
- 1 Tsp Finely Grated Ginger
- ¼ Cup Tahini
- 1 Lime, Juiced
- 2 Tbsp Bragg's Liquid Aminos
- 2-3 Tbsp Maple Syrup
- ½ Tsp Chili Garlic Sauce
- Hot water to thin, about 2-3 tbsp
- FOR GARNISH:
- ¼ Cup Chopped Cilantro
- Sesame Seeds
- Extra Chili Garlic Sauce
- Lime Wedges

1. Preheat the oven to 400 degrees F. Line a baking dish with parchment paper. Set the sweet potatoes (rinsed), flesh side down, onto the parchment. Bake sweet potatoes until they are tender all the way through, about 25 minutes.
2. While sweet potatoes bake, heat the coconut oil in medium skillet over medium heat. In a medium bowl, toss the chickpeas with the garlic powder, cumin, ginger, maple syrup, liquid aminos, and hot sauce.
3. Transfer the chickpeas to the skillet. Sauté chickpeas until visibly browned and lightly dried. The spices should form a golden “crust” on the outside of the chickpeas. This should take about 5 minutes with intermittent stirring.
4. Using the same bowl that you tossed the chickpeas in, whisk together the tahini sauce. Mix together the ginger, tahini, lime juice, liquid aminos, maple syrup, and hot sauce. Once it’s totally smooth, add enough hot water to get the sauce to pourable consistency. Whisk thoroughly and set aside.
5. Place baked sweet potatoes on plates and top with tahini sauce, cooked chickpeas, cilantro, sesame seeds, and extra hot sauce. Serve lime wedges on the side. Enjoy!

SUNDAY

BREAKFAST

THE FIT AND FEARLESS PANCAKES

Prep Time: 5 Minutes

Cook Time: 10 Minutes

1 Cup Steel Cut Oats (Ground into Flour)

1 Large Egg

1 Large Banana

Add coconut milk for a less thick consistency.

Combine ingredients in a blender. Add a dab of coconut oil to the pan on medium heat. Scoop batter with a 1/4 cup measuring cup onto pan. Cook 3-5 minutes on each side. Save leftover pancakes for snacks.

LUNCH

EXTRA STUFFED SWEET POTATO

Prep Time: 0 Minutes

DINNER

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

1 Cup Frozen Berries

1 Cup Spinach

1 Banana

1 Kale Leaf

½ Cucumber

½ Avocado

1 Cup Water

WHAT'S NEXT?

ARE YOU STARTING TO THINK ABOUT THE NEXT LEVEL? YOU'VE CHANGED YOUR LIFE AND BODY IN SO MANY WAYS AND ARE READY TO SEE WHAT ELSE IS POSSIBLE FOR YOU. EMAIL ME AT STEPH@STEPHHENDEL.COM FOR MORE INFORMATION.