

Steph Hendel

# 8 WEEK BIKINI ABS: NUTRITION PLAN

## WEEK 1

Welcome to the first day of your new lifestyle! Congratulations! You did it and now that you've made this commitment to your health the world is yours and you can begin inspiring everyone around you! I'm here to look out for you and give you the tools to be fit, healthy, confident and glowing for the rest of your life. Now that you've joined The Fit and Fearless family, you're my sisters and brothers, welcome to the family!

### SYMBOLS

**X's 2** means you are making enough for 2 meals.

**Looking at a week full of completely new recipes will seem overwhelming which is why I'm keeping it simple for week 1.** Worst case scenario, you get overwhelmed and uncertain after day 1 or before starting and quit. It's ok, we're human. Jump back on the horse, ask for help and know that you're going to keep pushing forward and trying every day until you get it. When a baby is first learning to walk and falls down we don't throw in the towel and say it's never going to happen for them. We keep working with them until they get it, which is what we're going to do here. We're all going to practice and work at it "until we can walk".

### TRACKING YOUR PROGRESS

Tracking your progress can be really fun. Looking back at the progress you've made is a great feeling. It reminds us that every day we are making shifts and changes and although it may feel uncomfortable see where we're at now, it will all be worth it in the long run. I encourage you to take steps before you start to record where you're at.

I love seeing your progress so please tag me in your social media pages with #stephendel @stephendel. You can also email your progress photos to me at thefitandfearless@gmail.com.

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# WEEK ONE SHOPPING LIST

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This is a basic list to get you started on groceries for the food schedule this week. This shopping list is based off of having all of the ingredients on the attached “Pantry Essentials” list.

## MEAT

- 8 Chicken Breasts, Organic Free-Range
  - This is for 4 weeks of meals (you’ll be seasoning and freezing them)

## DAIRY

- 12 Eggs, Organic Free-Range
  - You’ll need 7 this week (Save the other 5 for next week)

## VEGGIES

- 1 Lg Bunch of Lucianado Kale, Organic
- 1 Lg Container of Spinach
  - You’ll need about 5 ½ Cups
- 1 Sm Head of Romaine Lettuce, Organic
- 3 Md Cucumbers
- 3 Raw Beets
- 10 Brussel Sprouts
- 2 Sweet Potatoes
- 2 Lg Heads of Broccoli

## FRUIT

- 3 Avocados
- 1 Lime
- 4 Bananas

## GRAINS

- Tortilla Chips, Organic Non-GMO

## HERBS & SPICES

- 1 Sm Bunch of Cilantro
- 3 Stalks of Green Onion

## OTHER

- 32 Oz Chicken Stock, Organic
- 32 Oz Chicken Broth, Organic

- 1 Fresh Salsa with Jalapenos
- 1 Can Hatch Fire-Roasted Mild Chopped Green Chiles
- 1 Date
  - **Health Coach Tip:** Most stores sell dates individually

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# WEEK ONE *OPTIONAL* PREP

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**(All cooking instructions, recipes, and food schedule can be found below)**

This week you'll be prepping more than any other week. This will help you save time throughout the rest of the month, prep is optional. Once you knock out these prep meals, making healthy food choices on the run will be a snap!

## CHICKEN PREP

Save a lot of time with this simple food hack of pre-seasoning and freezing chicken (you can do this with any meat ). Use snack sized zip lock bags. Once dinner time rolls around, you'll be glad you prepared this chicken ahead of time. It will be a no-brainer to have a healthy meal that's ready in 5 minutes instead of 20. I know this may be a new idea for many of you so give it a try with an open mind.

You'll need 8 chicken breasts for these next 4 weeks. You'll be seasoning and freezing all chicken for the month.

### **On chicken prep day you'll need:**

- Cutting Board & Sharp Knife
- 8 Chicken Breasts
- Black Sharpie Marker
- 14 Snack Size Ziplock Bags
  - 3 for Week 1
  - 2 for Week 2
  - 6 for Week 3
  - 3 for Week 4

### **Seasonings you'll need:**

- 2 Tsp Honey
- 1 Inch Ginger Root

- Sesame Oil
- Pink Himalayan Sea Salt
- Black Pepper
- 2 Lemons
- Garlic Powder
- 3 Tsp Cumin Powder
- 3 Tsp Chili Powder
- 1 Tsp Garlic Powder
- 1 Packet Simply Organic Taco Seasoning

### How to do it:

Chop 7 chicken breasts into bite sized pieces, leave one chicken breast whole. While you are seasoning chicken, place whole chicken breast into a small pot and bring to a boil. Let cook for 5-10 minutes, until all pink is gone (you can check by cutting it in half). While chicken breast is cooking, separate chopped chicken evenly into 14 Ziplock bags. Season each bag with proper seasoning mix. Here's the seasoning breakdown:

- 3 Bags for Plain Chicken
- 2 Bags for Honey Ginger Chicken
- 3 Bags for Lemon Garlic Chicken
- 3 Bags for TFF Blackened Chicken
- 3 Bags for Fiesta Chicken

Freeze all but 2 Fiesta Chicken bags, which you will cook up now for Monday & Wednesday lunches. Remove cooking chicken from heat, drain water and shred/pull apart once cool. Set aside in a glass container for chicken tortilla soup later in the week. Label each bag with the seasoning with a black sharpie.

1 Portion = ½ of 1 Chicken Breast

### WEEK 1

What you'll need:

- 3 Ziploc Snack Bags
- 2 ½ Chicken Breasts, Organic, Free-Range

1 Chicken Breast (AKA 2 Portions) Fiesta Chicken Seasoning

- Sprinkle with Simply Organic Taco Seasoning
- Do not freeze. Cook and save 1/2 for Monday's dinner and ½ for Wednesday's lunch.

1 Portion (½ Chicken Breast) TFF Blackened Chicken Seasoning (Saturday's Dinner)

- 1 tsp cumin powder, 1 tsp chili powder, 1 tsp garlic powder, and ½ tsp pink himalayan sea salt

1 Chicken Breast

- Keep whole for Chicken Tortilla Soup later in the week (pre-boil)

## WEEK 2

What you'll need:

- 2 Ziploc Snack Bags
- 1 Chicken Breast, Organic, Free-Range

1 Chicken Breast (AKA 2 Portions) TFF Blackened Chicken Seasoning (For Wednesday and Thursday Dinner)

- 1 tsp cumin powder, 1 tsp chili powder, 1 tsp garlic powder, and ½ tsp pink himalayan sea salt

## WEEK 3

What you'll need:

- 3 Chicken Breasts, Organic, Free-Range
- Fiesta Chicken Seasoning (1 Portion for Friday Dinner)
- 2 Tsp Simply Organic Taco Seasoning

Lemon Chicken (1 ½ Chicken Breasts for Tuesday Dinner, Wednesday Lunch, Pre-Cook Thursday's Lunch)

- Juice of 1 Lemon
- 5 Generous Shakes of Garlic Powder

Honey Ginger Chicken (1 Chicken Breast Cut in Half for Saturday Dinner & Sunday Lunch)

- 1 Tsp Honey
- ½ Inch Ginger Root (Grated) (Use 5 Generous Shakes of Ginger Powder in a Pinch)
- Dash of Sesame Oil
- Pinch of Salt/Pinch of Pepper

## WEEK 4

What you'll need:

- 3 Ziploc Snack Bags
- 1 ½ Chicken Breasts, Organic, Free-Range

No-Seasoning

- Pre- Cook Chicken for Monday & Wednesday Lunch + Thursday Dinner - NO seasoning

## PRE-WEEK PREP

- **(5) Hard Boiled Organic, Free-Range Eggs**
  - Refrigerate and store in a bowl
- **(1 ½ Cups) Quinoa**
  - Refrigerate in a sealed glass container
- **(½ Cup) Codella's Balsamic Lentil Salad**

- Refrigerate in a sealed glass container
- Save enough for a lunch next week
- (3) **Beets, Cooked**
- 1 Batch **Red Beet Hummus**
  - Refrigerate in a sealed glass container
- (4) **Black Bean Beet Burgers, Freeze 3**
  - Store individually in sealed glass containers
- 1 Batch **Chicken Tortilla Soup *\*Make Wednesday Night\****
  - Refrigerate in a sealed glass container
- 1 Batch **Santa Fe Quinoa *\*Make on Thursday Night\****
  - Refrigerate in a sealed glass container
- (5 Cups) **Ground Steel Cut Oats**
  - Store in a sealed glass container

## CHICKEN

- **Pre-Cook** Fiesta Chicken for Monday's dinner and Wednesday's lunch
- **Defrost** 1 bag of blackened chicken on Saturday for Saturday dinner
- **Boil** 1 breast of chicken for Chicken Tortilla Soup on Wednesday Night (see Chicken Prep for instructions)

## WHAT YOU'LL NEED FOR PREP (COOKING TOOLS)

- Measuring Cup
- Small pot for 5 eggs
- Medium pot for quinoa
- Medium pot for lentils
- Small pot for beets
- Steamer basket for beets
- Blender
- Stirring Utensil
- Sealable Glass Storage Containers
- Pan and Coconut Oil for Cooking Fiesta Chicken

## WHAT TO COOK FIRST

### PRE-SOAK

- Quinoa (Cover 1 ½ cups quinoa in water and soak for 15 minutes minimum, overnight max)
- Lentils (Cover ½ cup lentils in water and soak for 15 minutes)

### COOK

- BOIL Eggs (Fill with enough water to fully cover eggs)
- BOIL Beets (Fill with enough water to fully cover beets)
- BOIL Quinoa (Use 3 cups of water and 1 ½ cups of soaked quinoa)
- BOIL Lentils (Use 1 cup of water and ½ cup of soaked lentils)

#### INSTRUCTIONS

1. On 4 separate burners, in 4 separate pots; bring eggs, beets, quinoa and lentils to a boil.
2. Turn off burner for eggs and let sit on hot burner for 10 minutes. Drain and rinse with cool water.
3. Turn burner for beets to low and simmer for 20-25 minutes or until fork can be inserted easily. Drain and let cool.
4. Turn burner for quinoa to low and simmer for 15 minutes, until all water has been absorbed. Remove from heat.
5. Turn burner for lentils to low and simmer, uncovered, for 20-30 minutes. They are cooked when they are tender and no longer crunchy.

#### NEXT

- **Store** Eggs & Quinoa
- **Blend** 5 cups of steel cut oats into flour. Use a high powered blender or coffee grinder and grind finely.
- **Make** Beet Hummus (see recipe below)
- **Make** Beet Burgers (see recipe below)
- **Make** Lentil Salad (see recipe below)
- **Cook** 2 bags of Fiesta Chicken in 1 tbsp of coconut oil over medium heat in a pan. Refrigerate chicken in a glass storage container.

## RECIPES FOR WEEK ONE SUNDAY PREP

### HOW TO HARD BOIL EGGS

1. **Place eggs in a single layer at the bottom of a saucepan. Cover with at least an inch or two of cold water.** The more eggs that are crowding the pan the more water you should have over the eggs. Heat the pot on high heat and bring the water to a full rolling boil.
2. **Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.** *If you have the type of stove burner that doesn't retain any heat when turned off, you might want to lower the temp to low, simmer for a minute, and then turn it off.*
3. Depending on how cooked you like your hard boiled eggs, the eggs should be done perfectly in 10-12 minutes. If you like your eggs not fully hard cooked, it can take a few

minutes less. When you find a time that works for you, given your preferences, the types of eggs you buy, your pots, stove, and cooking environment, stick with it.

4. If I'm cooking a large batch of eggs, after 10 minutes I'll sacrifice one to check for doneness, by removing it with a spoon, running it under cold water, and cutting it open. If it's not done enough for my taste, I'll cook the other eggs a minute or two longer.
5. **Strain water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.** Or, if you are cooking a large batch of eggs, remove them with a slotted spoon to a large bowl of ice water.
6. I find it easiest to peel the eggs under a bit of running water.

## HOW TO COOK QUINOA

1. Rinse quinoa in a fine mesh strainer until water runs clear, drain and transfer to a medium pot.
2. Add 2 cups water and salt and bring to a boil.
3. Cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes.
4. Set aside off the heat for 5 minutes; uncover and fluff with a fork.

## CODELLA'S BALSAMIC LENTIL SALAD

### INGREDIENTS

- 1/2 Cups Lentils
- 1 Cup Water
- 1/4 Cup Olive Oil
- 1/3 Cup Balsamic Vinegar
- 1 Cloves Garlic, Minced
- 1/2 Tsp Pink Himalayan Sea Salt
- 1/2 Tsp Black Pepper

### INSTRUCTIONS

1. Rinse Lentils thoroughly under running water.
2. Transfer rinsed lentils to a saucepan and add 1 cup of water. Bring water to a boil, then reduce the heat to maintain a very gentle simmer. Cook, uncovered, for 20-30 minutes. Add water as needed to make sure the lentils are just barely covered.
3. Add balsamic, olive oil, garlic, salt and pepper and mix well.
4. This recipe stores well, keep it in an airtight container for a week or more.

## HOW TO STEAM BEETS



1. Rinse beets.
2. Fill pot with enough water to cover beets.
3. Allow to steam for 20-25 minutes, or until they feel tender when pierced with a fork or knife.
4. Remove from heat and allow to cool.

## RED BEET HUMMUS

SERVES 10

### Ingredients

- 1 Large (8oz) Beet, Peeled, Cut Into 3/4-inch Cubes (if you're in a rush use pre-cooked beets)
- 1 Cup Garbanzo Beans (Use Organic, Low Sodium)
- 3/4 Cup Cold Pressed Extra Virgin Olive Oil
- 1/4 Cup Slivered Almonds
- 1 ½ Garlic Cloves, Peeled
- 1 1/2 Tbsp Raw Apple Cider Vinegar

### Instructions

1. Cube beet and place in medium sauce pan. Fill pan with water to cover beet pieces. Bring water to a boil and cook pieces until tender (about 12 minutes). Skip this step if using pre-cooked beets.
2. Drain beets and place in processor/blender. Add garbanzo beans, oil, almonds, vinegar and garlic. Blend until smooth.
3. Add additional vinegar to taste if desired. Transfer to decorative bowl, cover and chill. Bring to room temperature before serving.

## BLACK BEAN BEET BURGERS

*Makes about 4 burgers*

- 2 Large Red Beets (Pre-Cooked)
- 1 Medium Yellow Onion, Diced Small
- 3-4 Cloves Garlic, Minced
- 2 Tbsp Apple Cider Vinegar
- 1/4 Cup Steel Cut Oats
- 2 Cups Black Beans
- 2 Cups Chickpeas
- 1 Date
- 1 Tbsp Extra-Virgin Olive Oil
- 2 Tsp Brown Mustard
- 1 Tsp Cumin Powder

- 1/2 Tsp Rosemary
- 1 Egg
- Salt/Pepper

To serve:

1. Heat a teaspoon of olive oil in a skillet over medium-high heat. Add the onions and a pinch of salt. Stir the onions every minute or two, and cook until they are golden and getting charred around the edges, 10 to 12 minutes. A few wisps of smoke as you are cooking is ok, but if it seems that the onions are burning, lower the heat. A dark, sticky crust should develop on the bottom of the pan.
2. Add the garlic and cook until it is fragrant, about 30 seconds. Pour in the cider vinegar and scrape up the dark sticky crust. Continue to simmer until the cider has evaporated and the pan is nearly dry again. Remove from heat and set aside to cool.
3. Process the oats in a food processor until they have reduced to a fine flour. Transfer to a small bowl and set aside.
4. Place beans and date in food processor or blender. Pulse in 1-second bursts just until the beans are roughly chopped — not so long that they become mush — 8 to 10 pulses. Transfer this mixture to a large mixing bowl. Drain and rinse the second can of beans and add these whole beans to the mixing bowl as well.
5. Grate beets on the largest holes of a box grater. Transfer the beets and sautéed onions to the bowl with the beans. Sprinkle the olive oil, brown mustard, smoked paprika, cumin, and rosemary over the top of the mixture. Mix all the ingredients until combined. Taste the mixture and add salt, pepper, or any additional spices or flavorings to taste.
6. Finally, add the oatmeal flour and egg and mix until you no longer see any dry oatmeal or egg.
7. Shape mixture into burgers. You should end up with 4 large patties.
8. Heat a cast-iron skillet over high heat. Add a few tablespoons of olive oil to completely coat the bottom of the pan. When you see the oil shimmer a flick of water evaporates on contact, the pan is ready.
9. Transfer the patties to the pan. Cook the patties for 2 minutes, then flip them to the other side. You should see a nice crust on the cooked side. If any pieces break off when you flip the burgers, just pat them back into place with the spatula. Cook for another 2 minutes, then cover the pan and reduce the heat to medium-low. Cook for 4 more minutes until the patties are warmed through. Serve the veggie burgers on romaine lettuce leaves.

## **CHICKEN TORTILLA SOUP** \*MAKE ON WEDNESDAY NIGHT\*

Ingredients you'll need:

- 16 Oz Organic Chicken Stock
- 16 Oz Organic Chicken Broth

- 1 Cups Fresh Salsa with Jalapenos
- 1/2 Cup Fresh or Frozen Corn Kernels
- ¼ Can Hatch Fire-Roasted Mild Chopped Green Chiles
- 1 Chicken Breasts, Cooked and Shredded
- 1 Tbsp Cilantro
- 1/2 Tsp Ground Cumin
- 1/2 Tsp Ground Black Pepper

## INSTRUCTIONS

1. Place chicken breast in a small pot, fully cover chicken with water. Cover and heat on high until chicken comes to a boil. Once boiling simmer on low for 5 - 10 minutes. Check to make sure that all pink is gone by cutting in half. If chicken is precooked, skip this step.
2. In a large pot combine chicken stock, broth, salsas, cumin and black pepper. Bring to a boil.
3. Place on low heat and add chicken and cilantro, simmering for 5 minutes.
4. Serve and eat! Garnish with cilantro and Non-GMO tortilla chips.

## SANTA FE QUINOA \*MAKE ON THURSDAY NIGHT\*

This is my absolute favorite 'grab and go' meal! Santa Fe Quinoa is the perfect lunch if you lead a busy lifestyle. Not only is it easy to transport in one container but it's also designed to provide sustainable energy until dinner time. It's packed with everything you could want in a meal; protein, veggies, whole grains, healing herbs and spices. Cook Santa Fe Quinoa in bulk on Sundays and your lunches are covered for the week!

## SERVES 8

### Ingredients

- 3/4 Cup Quinoa
- 1 1/2 Cups Water
- 1/2 Cup Black Beans
- 1 Small Red Pepper, Finely Diced
- 1/2 Avocado, Chopped
- 1/2 Cup Organic, Non GMO Corn
- 1/2 Cup Cilantro

### Dressing

- 1 Tsp Cumin Seeds
- 3 Tbsp Fresh Lime Juice
- 6 Tbsp Olive Oil
- Pink Himalayan Sea Salt
- Freshly Ground Black Pepper

## Instructions

1. Soak quinoa for at least 15 minutes, ideally soak it overnight.
2. In a medium saucepan, combine quinoa and water and bring to a boil. Cover and reduce to simmer over low heat until water is absorbed, about 15 minutes. Cool quinoa to room temperature.
3. Rinse black beans in colander and let drain.

### DRESSING:

4. Meanwhile, in a small skillet, toast cumin seeds over high heat, shaking the pan until fragrant (about 2 minutes). Transfer to blender or magic bullet adding lime juice and oil. Begin blending and salt and pepper to taste
5. Combine quinoa, dressing, black beans, bell pepper, avocado, corn and cilantro in bowl and mix. Season with salt and pepper to taste and serve!.

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# WEEK ONE FOOD SCHEDULE

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## MONDAY

### BREAKFAST

#### EGGS WITH GREENS

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 2 Hard Boiled Eggs
  - Optional: Sprinkle with Cumin, Chili powder, Sea Salt, Pepper
- 2 Kale Leaves (Shredded)
  - Drizzle with Balsamic Vinegar
- Small Handful of Almonds (About 10)

### LUNCH

#### THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1 Cup Frozen Berries
- 1 Cup Spinach
- 1 Banana

- 1 Kale Leaf
- ½ Cucumber
- ½ Avocado
- 1 Cup Water

## **DINNER**

### CHICKEN (x's 2) BLACK BEANS & QUINOA WITH SALSA

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1 Full Portion Fiesta Chicken, Pre-Cooked
- ½ Cup Quinoa
- ½ Cup Black Beans
- Add a Handful of Greens
- Salsa

Save ½ portion of chicken in a glass storage container for Wednesday's lunch.

## **TUESDAY**

### **BREAKFAST**

#### BERRY CHIA PUDDING (x's 2)

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- ¾ Cup Chia Seeds
- 2 Cups water
- ½ Cup Frozen Berries
- ½ Banana
- Optional: Cinnamon

Instructions:

1. Mix chia seeds and water in a medium size bowl or glass mason jar. Stir every few minutes until mixture goes from liquid to gel. Seeds will absorb 3 times their size which makes them super hydrating.
2. When pudding looks thick and the chia seeds have gelled, separate half into a glass storage container for Sunday's Breakfast. Top the other half of chia pudding with frozen fruit and enjoy.
3. Experiment with different toppings like nuts, fruit and cinnamon. Save half for Sunday's breakfast.

## **LUNCH**

### MEDITERRANEAN SAMPLER PLATTER

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 8 Tbsp Red Beet Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped

- 4-5 Kalamata Olives
- ½ Cup Balsamic Lentils

Instructions: Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives and balsamic lentils.

## **DINNER**

### **ROASTED VEGGIES & QUINOA x's 2**

Prep Time: 10 Minutes

Cook Time: 40 Minutes

- 1 Sweet Potato
- 3 Carrots
- 10 Brussel Sprouts
- 15 Pieces Broccoli
- ½ Red Onion
- ¼ Cup Coconut Oil
- ½ Cup Quinoa
- ⅓ Cup Black Beans
- ½ Tbsp Chili Powder
- ½ Tbsp Cumin Powder
- Salt/Pepper to Taste

Instructions: Pre-heat oven to 400 degrees. Chop sweet potato, carrots, brussel sprouts, broccoli and onion into 1 inch pieces. Coat vegetables with coconut oil, salt and pepper and place on a large pan. Bake for 50 minutes or until veggies are browned. While veggies are cooking season quinoa with cumin, chili and sea salt. Add black beans and enjoy. Save and store veggies in a glass container for tomorrow's breakfast.

## **WEDNESDAY**

### **BREAKFAST**

#### **EGGS WITH EXTRA VEGGIES**

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 2 Hard Boiled Eggs
  - Optional: Sprinkle with Cumin, Chili Powder, Sea Salt, Pepper
- Extra Veggies
- Handful of Greens

### **LUNCH**

#### **CHICKEN LETTUCE WRAPS**

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- Extra Chicken from Monday's Dinner
- 3 Romaine Leaves

- ⅓ Cup Black Beans
- ½ Avocado, Chopped
- Hummus (Optional)
- Salsa to Taste

Instructions:

1. Fill romaine leaves with ingredients and enjoy!

## **DINNER**

### THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1 Cup Frozen Berries
- 1 Cup Spinach
- 1 Banana
- 1 Kale Leaf
- ½ Cucumber
- ½ Avocado
- 1 Cup Water
- Optional: Add 10-15 Almonds for a more filling smoothie

*\*Make Chicken Tortilla Soup tonight for tomorrow's dinner.*

## **THURSDAY**

### **BREAKFAST**

#### ENERGY BOOST BERRY BOWL

Prep Time: 5 Minutes

Cook Time: 0-5 Minutes

- 1 Cup Quinoa
- 1 Cup Frozen Berries
- ¼ Cup Almond Milk (Carrageenan Free)
- 1 Tsp Cinnamon

Heat quinoa and almond milk in a small pot on the stove on medium heat or eat cold.

## **LUNCH**

### CREAMY CHICKPEA AND AVOCADO SALAD

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1 Cup Chickpeas
- ½ Avocado
- 1 Hard Boiled Egg
- 1 Tbsp Cilantro
- Juice of ½ Lime
- 1 Green Onion, Chopped
- 1 Cup Spinach

- 3 Kale Leaves
- Cumin Powder to Taste
- Chili Powder to Taste

Instructions:

1. In a bowl, smash together chickpeas, egg and avocado with the back of a fork until you get the texture you desire. Mix in lime juice, green onion, cilantro, salt and pepper.
2. In a larger bowl combine spinach, kale and chickpea mixture. Mix until leaves are coated and top with cumin, chili, salt and pepper for extra flavor.

## **DINNER**

### **CHICKEN TORTILLA SOUP & QUICK GUAC**

Prep Time: 5 Minutes

Cook Time: 5 Minutes

- 1 ½ Cup Chicken Tortilla Soup
- ½ Avocado
- Sprinkle of Garlic Powder
- Dash of Hot Sauce
- Pinch of Pink Himalayan Sea Salt

Instructions: Heat soup while mashing avocado, garlic powder and hot sauce. Taste guacamole and add more garlic, hot sauce or sea salt depending on how you like it. Serve with Non-GMO tortilla chips.

## **FRIDAY**

### **BREAKFAST**

#### **THE FIT AND FEARLESS SMOOTHIE**

Prep Time: 10 Minutes

Cook Time: 0 Minutes

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

### **LUNCH**

#### **SANTA FE QUINOA & CHICKEN TORTILLA SOUP**

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1-2 Cups Santa Fe quinoa
- 1 Cup Chicken Tortilla Soup



## **DINNER**

### **BEET & BLACK BEAN BURGERS + SWEET POTATO FRIES**

Prep Time: 30 Minutes

- 1 Large Sweet Potatoes x's 2
- 1 Tsp Cumin Powder
- 1 Tsp Chili Powder
- 1 Tsp Garlic Powder
- 1-2 Tbsp Coconut Oil
- 1 Tsp Pink Himalayan Sea Salt
- 1 Tsp Black Pepper

Instructions:

1. Pre-heat oven to 425 degrees. Chop 1/2 sweet potato into fries. In a large bowl coat with coconut oil and season with cumin, chili, garlic, salt and pepper. Lay fries evenly on pan and bake for 20-30 minutes or until browned. Optional: Separate sweet potatoes into 2 sections on the pan and coat the other half in cinnamon. Chop other 1/2 sweet potato into 1 inch chunks and bake. Save and store cooked sweet potato chunks in a glass container for tomorrow's dinner.
2. While fries are baking, pan fry black bean burgers in coconut oil. Cook 2 minutes each side.

## **SATURDAY**

### **BREAKFAST**

#### **THE FIT AND FEARLESS PANCAKES**

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Cup Steel Cut Oats (Ground into Flour) or Almond Flour
- 1 Egg
- 1 Banana
- 1 Cup of Almond Milk

Directions

1. Preheat stove to medium heat.
2. Combine all ingredients in a blender.
3. Add a dab of coconut oil to the pan.
4. Scoop batter with a 1/4 cup measuring cup onto griddle. Cook 3-5 minutes on each side.

## **LUNCH**

### **GREEK QUINOA SALAD**

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1 Cup Quinoa

- 1/2 Cup Spinach
- 1 Carrot, Chopped
- 1/4 Cucumber, Chopped
- Kalamata Olives
- Red Beet Hummus

## **DINNER**

### **CHICKEN SWEET POTATO BROCCOLI**

Prep Time: 5 Minutes

Cook Time: 15 Minutes

- 1/2 Portion TFF Blackened Chicken Breast, Defrosted
- Extra 1/2 Sweet Potato from Friday's Dinner
- 1 Cup Broccoli, Chopped into Florets

Directions

1. Break the crown of broccoli into bite-sized florets. Slice the stems or cut them into quarters lengthwise.
2. Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that if you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 3-4 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierceable, remove from heat, place in serving dish. Note that green vegetables like broccoli will turn from vibrant green to drab olive green at about the 7 minute mark of cooking. So, watch the time, and don't let the broccoli overcook.
3. While broccoli is steaming, cook chicken in a medium pan with a small amount of coconut oil. Create a space in the pan to heat sweet potatoes. Serve chicken, sweet potatoes and broccoli together and enjoy!

## **SUNDAY**

### **BREAKFAST**

#### **BERRY CHIA PUDDING**

Prep Time: 0 Time

Cook Time: 0 Minutes

- 1/2 Cup Frozen Berries
- 1/2 Banana
- Optional: Cinnamon

Instructions:

1. Chia pudding should be pre-made from Tuesday's breakfast. Top pre-made chia pudding with frozen fruit and enjoy immediately.

2. Experiment with different toppings like nuts, fruit and cinnamon.

## **LUNCH**

### THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

Cook Time: 0 Minutes

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

## **DINNER**

### SANTA FE QUINOA + CHICKEN TORTILLA SOUP

Prep Time: 5 Minutes

- 1 Cup Santa Fe Quinoa
- 1 ½ Cup Chicken Tortilla Soup

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