

Steph Hendel

# 8 WEEK BIKINI ABS: NUTRITION SCHEDULE

## WEEK 3

Great job so far! Let's set intentions to start fresh every day and do our very best to be healthy and treat our bodies with love!

### 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.** 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

Don't forget to track your progress! Tracking 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 to see where we are now, it will all be worth it in the long run. I encourage you to take photos (both front and back) in a bikini, sports bra and shorts or tank top and shorts so that we can measure your progress. We will take check in photos in 1 month and at the end of 8 weeks. It's going to be fun to see our bodies change and progress!

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

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# WEEK THREE 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.

## INGREDIENTS FOR THE WEEK:

### DAIRY

- Eggs, Organic, Free-Range
  - You should have 10 eggs left over from last week. You will use 9 this week.

### VEGGIES

- 2 Bunches of Luciano Kale, Organic
- 1-2 Lg Containers Spinach, Organic (You'll need about 10 cups this week)
- 3 Cucumbers
- 1 Tomato, Organic
- 1 Bell Pepper (Any Color)
- 2 Heads Broccoli
- 3 Sweet Potatoes
- 2 Red Potatoes

### FRUIT

- 2 Avocados
- 4 Bananas
- 1 Lemon
- 1 Green Apple, Organic

### HERBS & SPICES

- 7 Leeks
- 1 Cup Basil

### OTHER

- 32 Oz Chicken Broth, Organic
- Rice or Tortilla Chips, Organic/Non-GMO/Gluten Free, to eat with hummus and mediterranean platter

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# WEEK THREE PREP

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

Preparing food on Saturday or Sunday will help you save a lot of time throughout this 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 calls you want to re-listen to or missed this week.

## PRE-WEEK PREP

- **(6)** **Hard Boiled Organic, Free-Range Eggs**
  - Refrigerate and store in a bowl
- **(2 ½ Cups)** **Millet**
  - Refrigerate in a sealed glass container
- **(3 ½ Cups)** **Cooked Lentils**
- **(3)** **Lentil Cakes, Freeze 2**
  - Freeze in separate sealed glass containers
- **(1 Batch)** **Garlic Hummus**
  - Refrigerate in a sealed glass container
- **(1 Batch)** **Steph's Spinach Basil Pesto**
  - Refrigerate in a sealed glass container
- **(1 Batch)** **Skinny Honey Mustard Salad Dressing**
  - Refrigerate in a sealed glass container
- **(3 Cups)** **Codella's Sweet Potato Soup**
  - Refrigerate in a sealed glass container

## WHAT YOU'LL NEED (COOKING TOOLS)

- Measuring Cup
- Small Pot for 6 Eggs
- Medium Pot for Millet
- Blender for Hummus and Pesto
- Whisk for Salad Dressing

- Large Pot for Sweet Potato Soup
- Stirring Utensil
- Sealable Glass Storage Containers

## WHAT TO COOK FIRST

### PRE-SOAK

- Millet (Cover 2 ½ cups millet in water and soak for 15 minutes minimum)

### COOK

- **BOIL** Eggs (Fill with enough water to fully cover eggs)
- **BOIL** Millet (Use 2 cups of water and 1 cup of soaked millet)
- **BOIL** Lentils (Use 7 cups of water and 3 1/2 cup of soaked lentils)
- **SAUTE** 1 Tbsp olive oil, 2 leeks & 3 cloves of garlic (chopped) in a medium pot on medium heat for sweet potato soup. Stir for 3 minutes.
- Pre-heat oven to 400 degrees for lentil cakes.

### INSTRUCTIONS

1. On 2 separate burners, in 2 separate pots; bring eggs and millet to a boil.
2. On the 3rd burner, once leeks and garlic are sauteed, add 1 carton of chicken broth and cubed potatoes and cook until soft. Add salt and pepper to taste. **Carefully mash potatoes and leave chunks, stirring occasionally.**
3. Once boiling, turn off burner for eggs and let sit on hot burner for 10 minutes. Drain and rinse with cool water.
4. Once boiling, turn burner for millet 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.
6. For lentil cakes, combine 3 ½ Cups Cooked Lentils, ¼ Cup Steel Cut Oat Flour, 2 Cloves Garlic, 1 egg, 1 Tsp Cumin Powder, 1 Tsp Chili Powder, 1 Cup Fresh Flat Leaf Parsley, and Pink Himalayan Sea Salt and Black Pepper To Taste the ingredients in a food processor and mix until well combined. Transfer mixture to a bowl.
7. Using well oiled hands grab a tablespoon of the mixture and form into disc shapes and cook in a lightly oiled frypan on a medium high heat. Remove from heat when lentil cakes have browned on both sides.

### NEXT

- **Store** eggs, millet and sweet potato soup in sealed, refrigerated containers.
- **Make** Garlic Hummus (see recipe below)
- **Make** Pesto (see recipe below)
- **Make** Salad Dressing (see recipe below)

## LATER IN THE WEEK

### \*TUESDAY\*

- **Defrost** 3 Bags of Lemon Chicken for Dinner (Store 1 portion for Weds lunch and 1 portion for Thurs lunch)

### **\*WEDNESDAY\***

- **Defrost** 1 Black Bean Beet Burger for Dinner

### **\*FRIDAY\***

- **Defrost** 1 Bag of Fiesta Chicken for Dinner

### **\*SATURDAY\***

- **Defrost** 2 Bags of Honey Ginger Chicken for Dinner (Store 1 portion for lunch Sunday)

## **RECIPES FOR WEEK THREE SUNDAY PREP**

### **HOW TO HARD BOIL EGGS**

1. **Place the 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.
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 water.

### **HOW TO COOK MILLET**

1. Place one cup of millet in a pot with two cups of water. Set to medium high heat. When it starts boiling turn the heat to low and cover the pot.
2. After 10-15 minutes water should be absorbed and millet will be cooked.

### **LENTIL CAKES**

## Ingredients

- 3 ½ Cups of Lentils
- ¼ Cup Steel Cut Oat Flour
- 2 Cloves Garlic
- 1 egg
- 1 Tsp Cumin Powder
- 1 Tsp Chili Powder
- 1 Cup Fresh Flat Leaf Parsley
- Pink Himalayan Sea Salt and Black Pepper To Taste

## Instructions

1. Pre heat oven to 400 degrees F and line a medium sized baking tray with baking paper.
2. Combine all the ingredients in a food processor and mix until combined. Transfer mixture to a bowl.
3. Using oiled hands grab a tablespoon of the mixture and form into disc shapes and cook in an oiled pan on a medium high heat. Remove from heat when lentil cakes have browned on both sides.

## **GARLIC HUMMUS**

### *Ingredients:*

- 15 Oz Can Garbanzo Beans (Chickpeas), Drained and Rinsed
- 2-3 Medium Cloves Garlic, Peeled
- 1 Tsp Apple Cider Vinegar
- 1/4 Cup Extra Virgin Olive Oil
- 1 Tsp Cumin
- 1/2 Tsp Cayenne Pepper
- 2 Green Onions
- ½ Tsp Pink Himalayan Sea Salt, To Taste

### *Directions:*

1. Add all ingredients into food processor and blend until smooth.
2. Garnish with extra green onion and cayenne if desired.

## **STEPH'S SPINACH BASIL PESTO** (Vegan // Dairy Free // Gluten Free)

### Ingredients

- 2 Big Handfuls of Baby Spinach Leaves
- 1 Big Handful Basil Leaves
- 1/3 Cup Almonds
- 5 Cloves of Garlic, Cut Into Chunks
- 1 Tsp Pink Himalayan Sea Salt
- 1/2 Tsp Black Pepper
- 1/2 Tsp Crushed Red Pepper, Optional
- Juice & Zest of One Small Lemon
- 1/2 Cup + 3 Tbsp Olive Oil

## Instructions

1. Blend spinach, basil, pine nuts, garlic, salt, pepper, lemon juice, lemon zest, and 3 tablespoons of olive oil in a food processor or strong blender until almost smooth. Scrape the sides of the bowl down with a spatula as often as necessary.
2. Drizzle the remaining olive oil into the mixture while processing until smooth. Feel free to leave this chunky or blend it completely smooth. It's great both ways!

## SKINNY HONEY MUSTARD

### INGREDIENTS

- 1/2 Cup Organic Dijon Mustard
- 1/4 Cup Organic Raw Honey
- 2 Tbsp Extra Virgin Olive Oil

### DIRECTIONS

Step 1 Put all ingredients into a medium size bowl and stir until completely combined and creamy.

Store in a glass container.

Enjoy!

## CODELLA'S SWEET POTATO SOUP

Prep Time: 30 Minutes

### Ingredients

- 2 Sweet Potatoes, Cubed
- 2 Red Potatoes, Cubed
- 2-3 Garlic Cloves
- 2 Leeks
- 1 32 Oz Carton Organic Chicken Broth
- Your Favorite Seasonings

### Instructions

1. Saute garlic and leeks in olive oil. In a large pot add broth, potatoes and pepper to taste. Barely cover potatoes with broth and cook until soft. Carefully mash potatoes and leave chunks. Add any herb you like. Add lots of love and it will taste great. Be sure to stir soup periodically.

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# WEEK THREE 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, Garlic Powder, Sea Salt, Pepper
- 2 Kale Leaves (Shredded)
  - Drizzle with Balsamic Vinegar
- Small Handful of Almonds (About 10)

### LUNCH

#### PESTO LENTIL CAKES WITH GREENS

Prep Time: 5 Minutes

Cook Time: 5 Minutes

- 2 Lentil Cakes
- 2 Tbsp Pesto
- 1 Cup Spinach, Shredded
- 2 Kale Leaves, Shredded
- 2 Tbsp Skinny Honey Mustard Dressing

Heat lentil cakes or serve cold on top of salad. Garnish cakes with pesto.

### DINNER

#### SWEET POTATO SOUP & KALE APPLE SALAD

Prep Time: 10 Minutes

Cook Time: 5 Minutes

- 1 Cup Sweet Potato Soup
- 3 Kale Leaves
- 7 Almonds
- 1 Green Apple
- ½ Avocado
- ½ Cucumber
- 3 Tbsp Honey Mustard Dressing



While soup is heating, shred kale and chop almonds, green apple, avocado and cucumber. Save half of the salad without dressing in a glass container for tomorrow's lunch.

## **TUESDAY**

### **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**

#### MEDITERRANEAN SAMPLER & EXTRA SALAD

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- Garlic Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped
- 4-5 Kalamata Olives
- ½ Cup Millet
- Extra Salad from Monday's Dinner

Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives, millet and salad from Monday's dinner.

### **DINNER**

#### TOMATO PESTO CHICKEN PASTA (x's 2)

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- ½ Bag Mung Bean Pasta
- 1 Portion Lemon Chicken
- ¼ Cup Pesto
- 4-5 Sundried Tomatoes
- 1 Cup Spinach

Fill a pot with 4 cups of water and bring to a boil. Add pasta and cook for 7-8 minutes. While pasta is cooking, cook lemon chicken in a pan with coconut oil on medium heat until fully cooked. Remove and strain liquid out of pasta. In a large bowl, combine spinach with hot pasta in order to wilt and slightly cook the spinach before eating. Set a lunch portion aside in a glass

tupperware container for tomorrow's lunch. Mix spinach and pasta with chicken, tomatoes and pesto.

## WEDNESDAY

### BREAKFAST

#### BASIL PESTO BELL PEPPER RINGS

Prep Time: 2-3 Minutes

Cook Time: 5-7 Minutes

- 1 Bell Pepper
- 2 Eggs
- 1 Tbsp Olive Oil

#### Directions

1. In a large skillet, heat 1 tablespoon olive or coconut oil over medium/high heat.
2. Cut peppers into ½" rings and remove the seeds and centers. Place sliced peppers into the pan and let them saute for a minute.
3. Crack one egg into the center of each bell pepper slice. Start pouring the egg in slowly; it prevents the egg from leaking and forms a nice seal.
4. Sprinkle salt and pepper over each egg. Saute for 3 minutes, then flip it over carefully.
5. Top with skinny pesto or leave plain. If you want your yolks to be over easy, cook another minute.

### LUNCH

#### SWEET POTATO SOUP AND EXTRA TOMATO CHICKEN PASTA

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1 Cup Sweet Potato Soup
- Extra Pasta from Last Night's Dinner

### DINNER

#### BEET AND BLACK BEAN BURGER WITH SWEET POTATO FRIES (X'S 2)

Prep Time: 10 Minutes

Cook Time: 30-40 Minutes

- 1 Black Bean and Beet Burger
- 1 Sweet Potato, Cut Into Fries
- 2 Tbsp Coconut Oil
- Cumin Powder, Chili Powder, Garlic Powder & Pink Himalayan Sea Salt

Coat sweet potato pieces in coconut oil and seasoning, place on a pan. Bake at 425 degrees F for 30 - 40 minutes or until browned. Store half of sweet potato fries in a glass tupperware container for tomorrow's breakfast.

\*At the same time - cook ½ portion of lemon chicken for tomorrow's lunch and store in glass container.

## THURSDAY

### BREAKFAST

#### EGGS WITH SWEET POTATO

Prep Time: 2-3 Minutes

Cook Time: 0 Minutes

- 2 Hard Boiled Eggs
- Extra Sweet Potato Fries
- 1 Handful of Greens Topped with a Hint of Balsamic Vinegar

### LUNCH

#### PESTO CHICKEN

Prep Time: 5 Minutes

Cook Time: 5 Minutes

- ½ Cup Millet
- ½ Portion Lemon Chicken
- 3-4 Tbsp Pesto
- Remaining Bell Pepper from Wednesday's Breakfast, Chopped
- 1 Handful of Greens with Skinny Honey Mustard Dressing

Heat millet and chicken or serve cold with chopped peppers, pesto and greens.

### 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 or protein

## FRIDAY

### BREAKFAST

#### SUMMER BERRY MILLET PARFAIT

Prep Time: 2-3 Minutes

Cook Time: 2-3 Minutes

- 1 Cup Millet
- 1 Cup Frozen Berries
- ¼ Cup Unsweetened Almond Milk
- Optional: Cinnamon to Garnish

Heat millet with almond milk or serve cold.

## **LUNCH**

### **MEDITERRANEAN PLATTER**

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 4 Tbsp Garlic Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped
- 4-5 Kalamata Olives
- 1 Hard Boiled Egg
- Organic, Non-GMO Rice or Corn Crackers

Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives, a hard boiled egg and crackers.

## **DINNER**

### **TACO SALAD**

Prep Time: 5 Minutes

Cook Time: 5-7 Minutes

- ½ Portion Fiesta Chicken, Defrosted
- 1 Tomato, Chopped
- Garlic Hummus as a Sour Cream & Cheese Substitute
- 1/2 Cup Spinach
- 4 Kale Leaves
- ½ Cup Frozen Organic Non-GMO Corn
- Salsa for Dressing
- Optional: Add Millet

Defrost ½ cup of corn while you cook frozen taco chicken in a pan until no longer pink. Chop kale, spinach and tomato. Top lettuce with chicken, tomato, corn, hummus and salsa. Additionally add millet as an optional topping.

## **SATURDAY**

### **BREAKFAST**

#### **BANANA OAT FRENCH TOAST**

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Serves

Ingredients

- 1 Banana, Mashed
- ¼ Cup Unsweetened Almond Milk
- 1 Tbsp Almond Butter
- 1 Tsp 100% Pure Grade A Maple Syrup

- ½ Tsp Cinnamon
- ½ Tsp Vanilla Extract
- ¼ Cup Steel Cut Oats

#### Instructions

1. Preheat oven to 375F and lightly grease an individual-sized oven-safe dish. Set aside.
2. Combine ½ banana, almond milk, nut butter, maple syrup, cinnamon, and vanilla extract in a large shallow bowl, mixing until fully combined. Add oats and gently stir until everything is evenly combined.
3. Transfer mixture to your prepared dish, adding a few slices of additional half of banana on top. Bake for 20 minutes, until the top has turned golden brown.
4. Remove from oven and enjoy!

### LUNCH

#### SWEET POTATO SOUP

Prep Time: 0 Minutes

Cook Time: 5 Minutes

Serves 1

- 1 Cup Sweet Potato Soup
- ½ Cup Millet
- 2 Tbsp Steph's Skinny Pesto

### DINNER

#### HONEY GINGER CHICKEN (x's 2)

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Serves 1

- 2 Portions Honey Ginger Chicken, Defrosted
  - 1 Cup Broccoli, Chopped
  - 1-2 Stalks Green Onion
  - Almonds (About 7)
  - 1 Tsp Coconut Oil
1. Place almonds in a pan with 1 tsp of coconut oil. Toast on medium heat stirring occasionally for about 2 minutes.
  2. Add chicken, stirring until fully cooked. While chicken and almonds are cooking, place broccoli in a steamer basket.
  3. Fill pot just above steamers basket line, bring to a boil. Once boiling, cook for 2 minutes and remove from the heat. Broccoli should be bright green. Chop green onion.
  4. Top broccoli with chicken, almonds and green onion. Store ½ of chicken in glass container for Sunday's lunch.

### SUNDAY

#### 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

### HONEY GINGER CHICKEN

Prep Time: 2-3 Minutes

Cook Time: 2-3 Minutes

- Extra Honey Ginger Chicken from Saturday's Dinner
- ½ Cup Millet
- 1 Carrot, Chopped

Heat or serve cold.

## DINNER

### MEDITERRANEAN SALAD

Prep Time: 5-10 Minutes

Cook Time: 0 Minutes

- 1 Hard Boiled Egg, Chopped
- 4 Kalamata Olives, Chopped
- 4 Tbsp Garlic Hummus
- ¼ Cup Millet
- 1 Carrot, Sliced
- 2 Kale Leaves, Chopped
- ½ Cup Spinach, Chopped
- 4 Tbsp Honey Mustard Dressing

Chop eggs, olives, kale, spinach and carrot. Layer in a large salad bowl with millet and hummus. Enjoy!

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