

Steph **Hendel**

# 8 WEEK BIKINI BODY ABS: NUTRITION PLAN

## WEEK 6

Welcome back! It's week 6, you did it! Five weeks of a new, healthy lifestyle! Congrats on setting a solid foundation for the next 2 weeks! How do you feel? You should be proud of your progress, no matter where you are! 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 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! 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 a final check-in 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 #stephendel @stephendel. You can also email your progress photos to me at thefitandfearless@gmail.com.

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# WEEK SIX 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 on having all of the ingredients in the attached “Pantry Essentials” list.

## INGREDIENTS FOR THE WEEK:

### DAIRY

- 12 Eggs, Organic Free-Range
  - You should have 4 eggs left over from last week. You will need 7. Save additional 9 eggs for week six.

### VEGGIES

- 1 Sm Bunch of Luciano Kale, Organic (You'll Need About 4 Leaves)
- 1 Box of Spinach, Organic (You'll Need About 5 Cups)
- 3 Cucumbers
- 2 Red Bell Pepper
- 20 Brussel Sprouts
- 3 Sweet Potatoes
- 3 Lg Heads of Broccoli
- 1/3 Cup Snow Peas
- 1 Sm Onion
- ½ Cup Portobello Mushrooms

### FRUIT

- 4 Avocados
- 2 Limes
- 6 Bananas
- 1 Sm Container Blueberries (You'll Need ¼ Cup)

### HERBS & SPICES

- 1 Sm Bunch of Cilantro
- 1 Inch Fresh Ginger

### OTHER

- ¼ Cup Raw Cashews
- ½ Cup Vegetable Stock
- 2 Cups Garbanzo Beans

- 2 Cans Light Coconut Milk
- Curry Powder (You'll Need ½ Tbsp)
- Rice or Tortilla Chips, Organic Non-GMO Gluten Free (To Eat With Hummus and Mediterranean Platter)
- Poppy Seeds
- Sesame Seeds
- Sm Bottle Bragg's Liquid Aminos

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# WEEK SIX PREP

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**(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, healthy food choices on the run will be a snap! I suggest taking this prep time to turn on a motivational/personal development talk, TED talk or the recordings of our calls.

## PRE-WEEK PREP

- **(4)**                      **Hard Boiled, Organic + Free-Range Eggs**
  - Refrigerate in a Bowl
- **(3 Cups)**              **Brown Rice**
  - Refrigerate in a Sealed Glass Container
- **(1 Batch)**              **Everything Bagel Hummus**
  - Refrigerate in a Sealed Glass Container
- **(1 Batch)**              **Southwest Salad \*MAKE ON TUESDAY\***
  - Refrigerate in a Sealed Glass Container
- **(1 Jar)**                    **Blueberries & Cream Overnight Oats \*MAKE THURSDAY\***
- **(¼ Cup)**                 **Cashews (PRESOAK THURSDAY)**
- **(2 Portions)**         **TFF Blackened Chicken (Defrosted)**
- **(1 Batch)**              **Brown Rice Coconut Curry**
  - Refrigerate in a Sealed Glass Container

## WHAT YOU'LL NEED (COOKING TOOLS)

- Measuring Cup
- Small Pot for 4 Eggs
- Medium Pot for Brown Rice
- Blender for Hummus
- Large Pot for Brown Rice Coconut Curry
- Stirring Utensil
- Mason Jar for Overnight Oats
- Sealable Glass Storage Containers

## WHAT TO COOK FIRST

### PRE-SOAK

- Brown Rice (Cover 2  $\frac{2}{3}$  cups brown rice in water and soak for 15 minutes minimum.)

### COOK

- BOIL Eggs (Fill with Enough Water to Fully Cover Eggs)
- BOIL 2  $\frac{2}{3}$  Brown Rice (Use 5 cups of water and 2  $\frac{1}{2}$  cups (save remaining  $\frac{1}{3}$  cup) of soaked brown rice.)

### INSTRUCTIONS

1. On 2 separate burners, in 2 separate pots; bring eggs and brown rice to a boil.
2. On the 3rd burner, boil remaining  $\frac{1}{3}$  cup of brown rice and  $\frac{1}{3}$  can of coconut milk.
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 brown rice to low and simmer for 45-55 minutes, until all water has been absorbed. Remove from heat.

### NEXT

- **Store** Eggs, Brown Rice in Sealed Refrigerated Containers
- **Make** Everything Bagel Hummus (See Recipe Below) & Store
- **Store** coconut rice for Brown Rice Coconut Curry

## LATER IN THE WEEK

### \*TUESDAY NIGHT\*

- Make Southwest Salad

### \*WEDNESDAY NIGHT\*

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

### \*THURSDAY NIGHT\*

- **Defrost** 1 Bag of Blackened Chicken for Dinner
- **Make** 1 Blueberries & Cream Overnight Oats **\*\*SOAK Cashews 4 Hours Prior**
- **Soak**  $\frac{1}{4}$  Cup of Cashews Overnight and Refrigerate for Friday's Dinner

## RECIPES FOR WEEK SIX 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 for 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.

## HOW TO COOK BROWN RICE

1. Cook rice in a large saucepan. A larger cooking surface allows for heat to be evenly dispersed, leading to a more consistent texture in the finished rice.
2. Put brown rice and water together in a pot with a lid. Use the ratio of 1.5 cups water to 1 cup rice.
3. Set the heat to maximum, and bring the rice/water to a boil uncovered.
4. Turn off the heat, and let the rice sit in the covered pot for another 10-50 minutes depending on the brand and type of rice you buy. Refer to back of package for specific instructions.
5. Eat and enjoy.

Tip: Once the rice is done cooking, let it stand for at least 5 minutes *with the lid on*. This “resting period” allows the grains of rice to cool and become firm, so that the rice doesn’t break when scooped from the pot. Once rested, fluff rice with fork.

## “EVERYTHING BAGEL” HUMMUS

SERVES 6-8

### Ingredients

- 1 Can Garbanzo Beans, Drained and Rinsed
- 1-2 Garlic Cloves, Minced
- 1 Tsp Onion Powder
- 1 Tsp Pink Himalayan Sea Salt
- 2 Tbsp Olive Oil, Cold-Pressed in a Dark Bottle
- 4-6 Tbsp Water

*Garnish:*

- Poppy Seeds
- Sesame Seeds
- Dried Garlic

### Instructions

1. In a high powered blender or food processor add chickpeas, garlic, onion powder, salt, olive oil and water. You may need to add a bit more water if your blender isn't high powered.
2. Before serving, sprinkle with poppy seeds, sesame seeds and dried garlic. Enjoy!

## SOUTHWEST SALAD

Serves 7

### Ingredients

- 1 15-Ounce Can of Black Beans, Rinsed and Drained
- 3/4 Cup Organic, Non-GMO Frozen Corn
- 1 Red Bell Pepper, Diced
- 1 Clove Garlic, Minced
- 4 Tbsp Extra Virgin Olive Oil\*
- 3 Tbsp Fresh Lime Juice
- 1/4 Cup Chopped Cilantro
- 1 Avocado, Chopped
- 1 Tsp Pink Himalayan Sea Salt
- 1/2 Tsp Cayenne Pepper

### Instructions

1. Combine all ingredients in a large bowl and mix well. Cover and chill for a few hours.
2. Garnish with chopped cilantro. Serve at room temperature.

\*Health Coach Tip: Buy olive oil cold-pressed and in a dark bottle for health benefits. Many cheap olive oils are sold rancid. Know your olive oil before you buy.

## BLUEBERRIES AND CREAM OVERNIGHT OATS \* Make Thursday Night\*

## INGREDIENTS

- ¼ Cup Raw Cashews (Soaked for 4 Hours)
- ½ Cup Gluten Free Steel Cut Oats
- 2 Tsp Chia Seed
- 1 Tsp Vanilla Extract
- 2 Tsp Maple Syrup
- ½ Cup - 1 Cup Almond Milk (Depending on How You Like It)
- ¼ Cup Blueberries

## INSTRUCTIONS

1. Soak cashews overnight or for at least 4 hours. Drain and rinse well.
2. Add cashews to blender with maple syrup and vanilla. Blend until smooth.
3. In a glass jar, combine all the ingredients except blueberries.
4. Cover and store overnight. Add fruit in the morning.

## BROWN RICE COCONUT CURRY

Serves 2

### INGREDIENTS

#### Curry Ingredients:

- 1 Can Light Coconut Milk
- ½ Cup Vegetable Stock
- ½ Tbsp Coconut Oil
- ½ Sm Onion, Diced
- 2 Garlic Cloves, Minced
- 1/2 Tbsp Fresh Ginger, Grated (or 1 Tsp Ground)
- 1/4 Cup Broccoli, Chopped into Florets
- 1/4 Cup Carrots, Diced
- 1/3 Cup Snow Peas (Loosely Cut)
- ½ Tbsp Curry Powder
- 1 Lime, Juiced
- Sprinkle of Cayenne Powder (If You Like Heat)
- Pink Himalayan Sea Salt & Fresh Black Pepper

#### Coconut Quinoa Ingredients:

- 1/3 14 Oz Can Light Coconut Milk
- ½ Cup Brown Rice

#### Garnish:

- Fresh Cilantro & Basil

### INSTRUCTIONS

1. Place a large pot on medium heat with 1 tablespoon of coconut oil. Add onion, garlic, ginger, carrot, broccoli, lime and a pinch of salt and pepper. Stir frequently, about 5 minutes.
2. Add curry powder, cayenne, vegetable stock, coconut milk and sea salt. Stir, reduce to a simmer. Cook for 10-15 minutes.
3. Add snow peas during the last 5 minutes. They cook the fastest of all of the vegetables.

4. This is the fun part, taste and play with the spices until you get your perfect flavor combination.
5. Serve over (*pre-made*) coconut brown rice and garnish with fresh cilantro and basil.

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# WEEK SIX FOOD SCHEDULE

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## MONDAY

### BREAKFAST

#### GOOD LIFE BREAKFAST

Prep Time: 5 Minutes

Cook Time: 5-8 Minutes

- 2 Eggs Over Easy
- 2 Cloves Garlic, Minced
- ¼ White Onion, Chopped
- ½ Red Bell Pepper, Chopped
- 1 Tbsp Coconut Oil
- Handful of Greens

Directions: Place 1 tbsp coconut oil in a pan on medium heat. Once oil is fully melted, add onions and chopped bell pepper. Saute for 1 minute. Add garlic and saute 3 minutes or until onions become translucent. Remove from pan and add crack 2 eggs. Cook over easy. Add a handful of greens for extra color and nutrients.

### LUNCH

#### MEDITERRANEAN PLATTER

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 8 Tbsp Everything Bagel Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped
- 4-5 Kalamata Olives
- 1 Hard Boiled Egg

Directions: Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives and a hard boiled egg. Sprinkle egg with your favorite spices.

### DINNER

#### Roasted Veggies (x's 2) with Rice and Beans

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 Brown Rice
- ⅓ Cup Black Beans
- ½ Tbsp Garlic Powder
- ½ Tbsp Oregano
- Sea Salt/Black Pepper to Taste

Directions: Pre-heat oven to 415 degrees F. Chop sweet potato, carrots, brussel sprouts, broccoli and onion into 1 inch pieces. Coat vegetables with coconut oil, salt and pepper, spices and place on a large pan. Bake for 40 minutes or until veggies are browned. While veggies are cooking, season brown rice with garlic, oregano, black pepper and sea salt. Save half of the veggies in a glass container for tomorrow's lunch. Add black beans and enjoy.

## **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**

#### **EXTRA VEGGIES + EGG**

Prep Time: 2 Minutes

- Extra Veggies from Last Night's Dinner
- 1 Hard Boiled Egg
- Your Favorite Spices
- Handful of Greens

### **DINNER**

#### **BROWN RICE COCONUT CURRY**

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1-2 Cups Brown Rice Coconut Curry
- Handful of Greens

## WEDNESDAY

### BREAKFAST

#### BERRY CHIA PUDDING

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1/3 Cup Chia Seeds
- 1 Cup Water
- 1/2 Cup Organic Frozen Berries
- 1/2 Banana
- Optional: Cinnamon

Directions:

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, making them ultra hydrating.
2. When pudding looks thick and the chia seeds have gelled, top with frozen fruit and enjoy.
3. Experiment with different toppings like nuts, fruit and cinnamon.

### LUNCH

#### SOUTHWEST SALAD (x's 3)

Prep Time: 15 Minutes

Cook Time: 0 Minutes

Ingredients

- 1/2 15-Ounce Can of Black Beans, Organic No-Sodium, Rinsed and Drained
- 1/4 Cup Organic Non-GMO Frozen Corn
- 1 Red Bell Pepper, Diced
- 1 Small Clove Garlic, Minced
- 1 Tsp Pink Himalayan Sea Salt
- 1/3 Tsp Cayenne Pepper
- 2 Tbsp Extra Virgin Olive Oil, Cold Pressed in a Dark Bottle
- 2 Tbsp Fresh Lime Juice
- 1/4 Cup Chopped Cilantro
- 1/ Avocado, Chopped

Directions

1. Combine all ingredients in a large bowl and mix well. Cover and chill.
2. Garnish with chopped cilantro. Serve at room temperature. Save a portion for Thursday's breakfast and Friday's lunch.
3. Add Organic Rice Crackers and Hummus for a more filling option.

## **DINNER**

### **CREAMY AVOCADO CHICKEN**

Prep Time: 15 Minutes

Cook Time: 0 Time

- 1 Portion TFF Blackened Chicken Breast, Pan Cooked
- ½ Avocado
- ½ Cup Black Beans
- ½ Tsp Garlic Powder
- ½ Tsp Salt
- ¼ Tsp Pepper
- ¼ Tsp Hot Sauce

Mash avocado, season with garlic/salt/ pepper, top with hot sauce. Serve with chicken and black beans.

## **THURSDAY**

### **BREAKFAST**

#### **SOUTHWEST EGGS**

Prep Time: 2 Minutes

Cook Time: 0 Minutes

- 2 Hard Boiled Eggs
- Extra Southwest Salad
- Handful of Greens

### **LUNCH**

#### **BROWN RICE COCONUT CURRY**

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1-2 Cups Brown Rice Coconut Curry
- Organic Greens Drizzled with Balsamic Vinegar

## **DINNER**

### **GINGER CHICKEN WITH BROCCOLI AND SWEET POTATO (x's 2)**

Prep Time: 10 Minutes

Cook Time: 40 Minutes

Ingredients

- 1 Portion TFF Blackened Chicken, Defrosted
- ¼ Inch Ginger, Grated
- Coconut Oil
- ¼ Cup Bragg's Liquid Aminos
- 5-6 Pieces of Broccoli
- ½ Cup Portobello Mushrooms
- 1 Sweet Potato
- 2 Tbsp Coconut Oil

Directions: Pre-heat oven to 425 degrees F. Coat sweet potato in coconut oil. Bake on a pan covered in tin foil and for 40 minutes or until a fork can easily slide through. While sweet potato is baking, add coconut oil and ginger to a pan on the stove and saute for 1-2 minutes. Add broccoli, mushrooms, bragg's liquid aminos and chicken in the pan and saute in ginger until chicken is no longer pink. Save half of sweet potato for Friday's lunch. Enjoy!

## FRIDAY

### BREAKFAST

#### BLUEBERRIES AND CREAM OVERNIGHT OATS

Prep Time: 10 Minutes Prep + Soak Overnight

Cook Time: 0 Minutes

- ¼ Cup Raw Cashews (Soaked for 4 Hours)
  - ½ Cup Steel Cut Oats
  - 2 Tsp Chia Seed
  - 1 Tsp Vanilla Extract
  - 2 Tsp 100% Pure Grade A Maple Syrup
  - ½ Cup - 1 Cup Almond Milk (Depending on How You Like It)
  - ¼ Cup Blueberries
1. Soak cashews overnight or for at least 4 hours. Drain and rinse.
  2. Add cashews to a blender with maple syrup and vanilla. Blend until smooth.
  3. In a glass jar, combine all the ingredients except blueberries.
  4. Cover and store overnight. Add fruit in the morning.

### LUNCH

#### SWEET POTATO RICE

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- ½ Cup Brown Rice
- Extra ½ of Thursday's Sweet Potato
- ½ Cup Spinach
- Small portion Southwest Salad

Mix ingredients. Heat or eat cold. Enjoy!

Optional: Add Black Beans

### 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 Hearty Meal

## **SATURDAY**

### **BREAKFAST**

#### THE FIT AND FEARLESS PANCAKES

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Cup Steel Cut Oats (Ground into Flour) or 1 Cup Almond Flour
- 1 Egg
- 1 Banana
- 1 Cup of Almond Milk (Carrageenan Free)
- 1 Tbsp Coconut Oil

Directions:

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

### **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**

#### ROASTED VEGGIES (x's 2) WITH HUMMUS

Prep Time: 10 Minutes

Cook Time: 40 Minutes

- 1 Sweet Potato
- 3 Carrots
- 10 Brussel Sprouts
- 1 Large Head of Broccoli, Cut Into Florets
- ½ Red Onion
- ¼ Cup Coconut Oil

- ½ Cup Brown Rice
- 2 Tbsp Everything Bagel Hummus
- Sea Salt/Black Pepper to Taste

Directions: Pre-heat oven to 400 degrees F. 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 40 minutes or until veggies are browned. Set a little less than half of the veggies in glass tupperware to save for tomorrow's dinner. Serve with hummus.

## 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

#### MEDITERRANEAN SAMPLER

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 4 Tbsp Everything Bagel Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped
- 4-5 Kalamata Olives
- Extra Veggies from Saturday's Dinner

Directions: Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives and veggies + extra roasted veggies from Saturday night except for extra sweet potatoes. Save sweet potatoes for dinner.

### DINNER

#### BROWN RICE COCONUT CURRY WITH AVO

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1 Cup Brown Rice Coconut Curry
- ½ Avocado
- Extra Sweet Potato
- Handful of Greens

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