

Steph Hendel

# 8 WEEK BIKINI BODY ABS NUTRITION PLAN

## WEEK 7

Welcome to WEEK SEVEN! Are you ready?? Two weeks to go! Let's make this one special!! Wherever you are you should be proud of your progress. 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. 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 SEVEN 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

- 6 Eggs, Organic Free-Range
  - You should have 9 left over from last week. You'll need **6** total for this week. Save additional 3 eggs for next week.

### MEAT

- 1 Lb Turkey, Organic Free-Range

### VEGGIES

- 1 Sm Bunch of Luciano Kale, Organic (You'll Need About 4 Leaves)
- 1 Box of Spinach, Organic (You'll Need About 6 Cups)
- 2 Cucumbers
- 2 Red Bell Pepper
- 20 Brussel Sprouts
- 5 Sweet Potatoes
- 2 Large Heads of Broccoli
- 6 Asparagus Stalks
- 1 Jalapeno
- 1 Yellow Onion
- 1 Md Tomato
- 2 Cups Edamame, Shelled, Organic, Non-GMO

### FRUIT

- 5 Avocados
- 1 Lime
- 1 Lemon
- 6 Bananas

### HERBS & SPICES

- 1 Sm Bunch of Cilantro

### OTHER

- 1 (28 oz) Can Crushed Tomatoes, No-Salt or Sugar Added
- 1 Can Black Beans, Organic Low Sodium

- 1 Bag Frozen Corn, Organic Non-GMO
- 4 Tbsp Tomato Paste
- ¼ Cup Raw Cashews
- 1 Jar Tahini
- Rice or Tortilla Chips, Organic Non-GMO Gluten Free (For Hummus and Mediterranean Platter)

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## WEEK SEVEN 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 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

- **(3)** **Hard Boiled Organic, Free-Range Eggs**
  - Refrigerate in a Bowl
- **(2 ½ Cups)** **Brown Rice**
  - Refrigerate in a Sealed Glass Container
- **(1 Batch)** **Edamame Hummus**
  - Refrigerate in a Sealed Glass Container
- **(1 Batch)** **Southwest Salad \*MAKE ON TUES\***
  - Refrigerate in a Sealed Glass Container
- **(2 Portions)** **TFF Blackened Chicken (Defrosted)**
- **(3 Cups)** **Turkey Chili**
  - Refrigerate in a Sealed Glass Container
- **(1 Batch)** **Sweet Potato Mexican Pizza**
  - Cover and Refrigerate

## WHAT YOU'LL NEED (COOKING TOOLS)

- Measuring Cup
- Small Pot for 3 Eggs
- Medium Pot for Brown Rice
- Large Pot for Sweet Potatoes
- Hand Mixer or Immersion Blender for Sweet Potatoes
- Glass Pie Pan for Sweet Potato Mexican Pizza
- Blender for Hummus
- Large Pot for Turkey Chili
- Stirring Utensil
- Mason Jar for Overnight Oats
- Sealable Glass Storage Containers

## WHAT TO COOK FIRST

### PRE-SOAK

- Brown Rice (Cover 2 ½ Cups Brown Rice in Water and Soak for 15 Minutes Minimum)

### COOK

- BOIL Eggs (Fill with Enough Water to Fully Cover Eggs)
- BOIL Brown Rice (Use 5 Cups of Water and 2 ½ Cups of Soaked Brown Rice)
- SAUTE 1 Tbsp Olive Oil, 1 Onion & 3 Cloves of Garlic (Chopped) in a large pot on medium heat for chili. Stir for 3 minutes.
- BOIL peeled and chopped sweet potatoes in large pot with water and strainer.

### INSTRUCTIONS

1. On 3 separate burners, in 3 separate pots; bring eggs, sweet potatoes and brown rice to a boil.
2. On the 4th burner, once onion and garlic are sauteed, add ground turkey and brown, stirring occasionally. Once turkey is browned, add all other chili ingredients and cook on medium heat for about an hour.
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.
5. Once boiling, turn burner for sweet potatoes to low and simmer for 7-10 minutes, until a fork can easily puncture potato. Remove from heat.

### NEXT

- **Store** Eggs, Brown Rice & Chili in Sealed Refrigerated Containers
- **BLEND** Sweet potato until smooth. Add to glass pie pan and follow additional instructions for Sweet Potato Mexican Pizza.
- **Make** Edamame Hummus (See Recipe Below)

### 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

## **RECIPES FOR WEEK SEVEN 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. 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 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 minutes.
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.

## EDAMAME HUMMUS

Serves 10

- 2 Cups Edamame, Shelled Organic Non-GMO
- 2 Cups Raw Spinach
- 4 Tbsp Fresh Lemon Juice
- 3 Tbsp Tahini
- 3 Tbsp Olive Oil, Cold Pressed Extra Virgin
- 1 Yellow Onion, Finely Chopped
- 2 Tsp Garlic, Minced
- 1 Tsp Pink Himalayan Sea Salt
- 1/4 Tsp Ground Cumin
- 1/8 Tsp Cayenne

### INSTRUCTIONS

1. Place all ingredients in a high speed blender, immersion blender or food processor.
2. Play with this recipe to get your favorite flavor by adding more or less spices.

## SOUTHWEST SALAD

Serves 7

### Ingredients

- 1 15-Ounce Can of Black Beans, Rinsed and Drained
- 3/4 Cup Frozen Corn, Organic, Non-GMO
- 1 Red Bell Pepper, Diced
- 1 Clove Garlic, Minced
- 4 Tbsp Olive Oil, Extra Virgin
- 3 Tbsp Fresh Lime Juice
- 1/4 Cup Cilantro, Chopped
- 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.

## TURKEY CHILI

Serves 4

### INGREDIENTS

- 1 lb Organic Free-Range Ground Turkey
- 1 (15 oz) Can Organic Kidney Beans, Organic No-Salt Added, Drained and Rinsed
- 1 Small Yellow Onion, Chopped
- 3 Cloves Garlic, Minced
- 1/2 Tbsp Olive Oil
- 1 (28 oz) Can Crushed tomatoes, No-Salt or Sugar Added
- 4 Tbsp Tomato Paste
- 1/3 Tsp. Hot Sauce, No Sugar Added
- 1 Jalapeno, Chopped
- 2 Tbsp 100% Pure Grade A Maple Syrup
- 3 Tbsp Chili Powder
- 2 Tbsp Cumin Powder
- 2 Tsp Oregano
- 1/8 Tsp Cayenne Pepper
- 1 1/2 Tsp Pink Himalayan Sea Salt
- Pinch of Black Pepper

### INSTRUCTIONS

1. Drizzle olive oil in a large pot and saute onion and garlic until fragrant, about 3 minutes. Add ground turkey and cook until crumbled and brown, drain excess liquid as necessary.
2. Add all other ingredients and cook on medium/low heat for about an hour. Enjoy!

Tip: You can also make this in a slow cooker. Brown meat on the stove before adding it and the other ingredients to your slow cooker. Slow cook chili on low for 6-8 hours or on high for 3-4 hours.

## SWEET POTATO MEXICAN PIZZA

Serves 4

### INGREDIENTS

- 2 Sweet Potatoes
- 1 Can Black Beans, Organic Low Sodium, Drained
- 1 Bag Corn, Organic Non-GMO
- 1 Avocado, Chopped
- 1 Md Tomato, Chopped
- Cilantro, Chopped
- Pink Himalayan Sea Salt to Taste

### Instructions

1. Peel sweet potatoes, chop into 1-2 inch pieces and place in a steamer basket over a pot of water. Cover, and turn heat to high, bringing the water to a boil. Keep the water

boiling for about 7 to 10 minutes and test doneness with a fork. Transfer to a large bowl and either blend with a hand blender, immersion blender or mash well with a fork. Add a splash of almond milk for creaminess and flavor with pink himalayan sea salt to your liking.

2. Layer sweet potato into the bottom of a glass pie pan. Top with a layer of black beans. Top black beans with a layer of corn. Top corn with chopped tomato and chopped avocado. Add the final layer of cilantro.
3. Eat and enjoy!

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# WEEK SEVEN 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

Instructions:

1. Place 1 tbsp coconut oil in a pan on medium heat. Once oil is fully melted, add onions and chopped bell pepper and 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. Throw in a handful of greens for extra color and nutrients.

### LUNCH

#### SWEET POTATO MEXICAN PIZZA

Prep Time: 0 Minutes

Cook Time: 0 Minutes

### 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 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

#### CHILI WITH BROWN RICE

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1 Cup Chili

- ½ Cup Brown Rice
- Handful of Greens

## WEDNESDAY

### BREAKFAST

#### BERRY CHIA PUDDING

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1/3 Cup Chia Seeds
- 1 Cup Water
- ½ Cup Organic 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, top with frozen fruit and enjoy immediately.
3. Experiment with different toppings like nuts, fruit and cinnamon.

### LUNCH

#### SOUTHWEST SALAD

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 Olive Oil, Extra Virgin Cold Pressed in a Dark Bottle
- 2 Tbsp Fresh Lime Juice
- 1/4 Cup Cilantro, Chopped
- 1/ Avocado, Chopped

#### Instructions

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.

## **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 AND CHILI

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1 Cup Chili
- ½ Cup Brown Rice
- Organic Spinach Drizzled with Balsamic Vinegar

## **DINNER**

### CHICKEN ASPARAGUS AND SWEET POTATO

Prep Time: 10 Minutes

Cook Time: 40 Minutes

- 1 Portion TFF Blackened Chicken Breast, Defrosted
- 1 Sweet Potato
- 6 Asparagus Stalks
- 2 Tbsp Coconut Oil

Instructions

1. Pre-heat oven to 425 degrees F.

2. Coat sweet potato and asparagus in coconut oil. Place asparagus in tin foil and wrap, sealing tightly. Bake sweet potato on a pan large enough to eventually fit asparagus (don't add asparagus yet) and cook for 20 minutes.
3. At the 20 minute mark, add asparagus and cook for another 20 minutes. Sweet potatoes are done when a fork easily slides through. Asparagus is done once stalks become tender but still slightly crisp. While sweet potato and asparagus are baking, cook chicken in a small pan until no longer pink.

## FRIDAY

### 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 (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.
4. Scoop batter with a 1/4 cup measuring cup onto pan. Cook 3-5 minutes on each side.

### LUNCH

#### SWEET POTATO MEXICAN PIZZA

Prep Time: 0 Minutes

Cook Time: 0 Minutes

### 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
- 1/2 Cucumber
- 1/2 Avocado
- 1 Cup Water
- Optional: Add 10-15 Almonds for a Heavier Meal

## **SATURDAY**

### **BREAKFAST**

#### SWEET POTATO MEXICAN PIZZA

Prep Time: 0 Minutes

Cook Time: 0 Minutes

### **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 Edamame Hummus
- Sea Salt/Black 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 40 minutes or until veggies are browned. Set a little less than half of the veggies in glass tupperware to save for tomorrow'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**

### **MEDITERRANEAN SAMPLER**

Prep Time: 10 Minutes

Cook Time: 0 Minutes

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

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

## **DINNER**

### **CHILI WITH AVO**

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1 Cup Chili
- ½ Avocado
- Extra Sweet Potatoes Saturday's Dinner
- Handful of Greens

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