

Steph **Hendel**

8 WEEK BIKINI ABS: NUTRITION SCHEDULE

WEEK 5

You are absolutely amazing! Every baby step you've taken has made a difference and at the end of these 8 weeks, you will be able to see it in the way you look and feel. Keep it up, every good, better, best choice counts! Just like last week, it's important to set intentions to start every day fresh 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 and quit before starting. 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 progress and that 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 #stephendel @stephendel. You can also email your progress photos to me at thefitandfearless@gmail.com.

WEEK FIVE SHOPPING LIST

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

MEAT

- 3 Al Fresco (Brand) Spicy Jalapeno Chicken Sausages
- 7 Chicken Breasts, Organic Free-Range
 - This is for 4 weeks of meals (You’ll Be Seasoning and Freezing Them)

DAIRY

- Organic Free-Range
 - You should have 10 eggs left over from last week. You will need 8. Save additional 4 eggs for week six.

VEGGIES

- 1 Lg Bunch of Lucianado Kale, Organic
- 1 Lg Container of Spinach, Organic
 - You’ll need about 5 ½ Cups
- 1 Sm Head of Romaine Lettuce, Organic
- 3 Md Cucumbers
- 2 Lg Beets
- 1 Sweet Potatoe
- 1 Spaghetti Squash
- 1 Lg Heads of Broccoli
- 2 Yellow Onions

FRUIT

- 3 Avocados
- 1 Lime
- 1 Lemon
- 4 Bananas

HERBS & SPICES

- 1 Sm Bunch of Parsley
- 1 Sm Bunch of Basil

OTHER

- 1 Date
 - **Tip:** Most stores sell dates individually.
- 2 (14.5 Oz Cans) Low-Sodium, Organic Chicken Broth
- 1 (14.5 Oz) Can Cannellini Beans, Drained and Rinsed
- 2 (14.5 Oz) Cans Chickpeas
- 3 Tbsp Tahini
- Tortilla Chips, Organic Non-GMO

WEEK FIVE PREP

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

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 rolls around, you'll be glad you did this prep work. It will be a no-brainer to have a healthy meal that's ready in 5 minutes instead of 20.

You'll need 7 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
- 7 Chicken Breasts, Organic, Cage-Free
- 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. 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. Label each bag of seasoned chicken 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 (AKA 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.

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

- **(3)** **Hard Boiled Organic, Free-Range Eggs**
 - Refrigerate and Store in a Bowl
- **(2 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
- **(2)** **Beets, Cooked**
- **(1 Batch)** **Caramelized Onion Balsamic Hummus**
 - Refrigerate in a Sealed Glass Container
- **(4)** **Black Bean Beet Burgers, Freeze 3**
 - Store Individually in Sealed Glass Containers

- (1 Batch) **Kale, White Bean Chicken Sausage Soup **Make Weds 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 Dinner

WHAT YOU'LL NEED FOR PREP (COOKING TOOLS)

- Measuring Cup
- Small pot for 3 eggs
- Medium Pot for Quinoa
- Medium Pot for Lentils
- Small Pot for Beets
- Pan for Carmelized Onion
- 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. Use a pan to begin caramelizing onions for hummus when a burner opens up.

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** Caramelized 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 FIVE 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 minutes.
3. Depending on how cooked you like your hard boiled eggs, the eggs should be done perfectly in 8-10 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.

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 water 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 Cup Lentils
- 1 Cup Water
- 1/4 Cup Olive Oil, Cold-Pressed in a Dark Bottle
- 1/3 Cup Balsamic Vinegar
- 1 Clove Garlic, Minced
- 1/2 Tsp Pink Himalayan Sea Salt
- 1/2 Tsp Black Pepper

INSTRUCTIONS

1. Rinse Lentils thoroughly under running water.
2. Transfer 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.

CARAMELIZED ONION BALSAMIC HUMMUS

SERVES 10

Ingredients:

- 2 Tsp Olive Oil
- 2 Md Yellow Onions, Thinly Sliced
- 1 Tbsp Balsamic Vinegar
- 1 Can Chickpeas
- 3 Tbsp Water
- 3 Tbsp Tahini
- 1 Clove Garlic, Minced
- 1-1/2 to 2 Tbsp Lemon Juice
- 1/2 Tsp Pink Himalayan Sea Salt

- 1/4 Tsp Pepper

Directions

1. Heat oil in a large skillet over medium heat. Add onions and stir to coat with oil. After about 5 minutes, season with a bit of salt. Spread onions out evenly across the pan to cook, stirring every 3-4 minutes, until softened, about 20-30 minutes total. In the last 5 minutes of cooking, add 1 tablespoon balsamic vinegar, and stir to coat. Remove from pan once caramelized. Add onions to blender or food processor.
2. Drain chickpeas and add to blender with 3 tbsp water, tahini, garlic, lemon juice, salt, and pepper. Process until smooth.

BLACK BEAN BEET BURGERS

Makes About 6 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, Ground Finely
- 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
- Pink Himalayan Sea Salt/Black Pepper

Directions:

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 the 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, 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 6 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.

KALE, WHITE BEAN & CHICKEN SAUSAGE SOUP *MAKE ON WEDNESDAY NIGHT*

INGREDIENTS

- 1 Tbsp Olive Oil, Cold-Pressed in a Dark Bottle
- 3 Al Fresco Brand Spicy Jalapeno Chicken Sausages, 1/4-inch Thick Slices
- 1 Cup Carrots, Chopped (about 3)
- 1 Cup Yellow Onion, Chopped
- 4 Cloves Garlic, Minced
- 2 (14.5 Oz Cans) Low-Sodium Chicken Broth
- 1 Cup Water
- 1 Tbsp Parsley
- 1 Tsp Dried Rosemary, Crushed
- 1/2 Tsp Basil
- 6 Kale Leaves, Ribs Removed, Ripped Into Pieces
- 1 (14.5 Oz) Can Cannellini Beans, Drained and Rinsed
- Pink Himalayan Sea Salt & Fresh Black Pepper to Taste

Directions

1. Heat olive oil in a large pot over medium heat. Add sausage and cook until slightly browned, tossing occasionally, about 5 minutes. Remove sausage, while leaving oil in pan, and drain sausage on a plate lined with paper towels and set aside.
2. Return pot with oil to medium heat, add carrots and onion. Saute 3 minutes (while scraping bottom of pan to get the browned bits), add garlic and saute 1 minute longer. Stir in chicken broth, water, parsley, rosemary, basil and season with salt and pepper. Bring to a boil over medium-high heat, and allow to gently boil 10 minutes. Add kale and allow to boil 10 minutes longer until kale and veggies are tender. Stir in cooked sausage and cannellini beans (you can add more broth at this point to thin if desired).

SANTA FE QUINOA *MAKE ON THURSDAY NIGHT*

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 INSTRUCTIONS:

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!

WEEK FIVE FOOD SCHEDULE

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.

LUNCH

MEDITERRANEAN SAMPLER PLATTER

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 8 Tbsp Caramelized Onion Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped
- 4-5 Kalamata Olives
- ½ Cup Codella's Balsamic Lentils

Instructions: Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives and Codella's Balsamic Lentils.

DINNER

GARLIC SPAGHETTI SQUASH & BROCCOLI

Prep Time: 40 Minutes

Cook Time: 25 Minutes

- 1 Spaghetti Squash, Halved
- 2 Tsp Raw Apple Cider Vinegar
- ½ Cup Parsley, Chopped

- 2 Tbsp Basil, Chopped
- Pink Himalayan Sea Salt & Fresh Black Pepper
- 2-3 Cloves, Minced
- ½ Cup Almonds, Minced
- 2-3 Tbsp Olive Oil, Cold-Pressed in a Dark Bottle
- 5-10 Pieces of Steamed Broccoli

DIRECTIONS

1. Preheat the oven to 375 degrees F. Rub squash with a little bit of olive oil and sprinkle with salt. Place the cut side down on a rimmed baking sheet and roast for 25 minutes, until fork tender. Let cool about 10 minutes, then scrape the insides with a fork to pull the strands away from the skin. (At this point I like to put the strands in a colander, pressed them with a paper towel, and let them rest while I prepped the other ingredients).
2. In a large skillet, heat a small amount of olive oil over medium heat. Add garlic and cook for 1½ minutes, until fragrant. Stir in spaghetti squash, vinegar, herbs, and ¼ teaspoon salt. Cook for about 2 minutes to heat through. Top with minced almonds. Taste and add salt or pepper if desired. Save half for Wednesday's breakfast.
3. Steam Broccoli and enjoy!

WEDNESDAY

BREAKFAST

SPAGHETTI SQUASH HASH BROWNS & EGGS

- 3 Eggs
- 1 Sm Clove Garlic, Minced
- 1 Tbsp Steel Cut Oat Flour
- Rosemary to Taste
- Extra ½ Pre-Cooked Squash from Tuesday's Dinner
- Handful of Greens

Directions

1. In a large bowl combine the squash (in spaghetti pieces), garlic, 1 egg, rosemary, salt and almond flour. Mix well.
2. Heat the skillet over medium to medium high heat. Add oil to the pan. Place a mound of the spaghetti squash mixture into the skillet.
3. Quickly use a spoon to press the center of the mound, making about a 1 inch round opening at the center. It should be slightly larger than an egg yolk.
4. Crack an egg into the opening & widen the circle as needed to get the egg to nestle into the squash. If the nest seems too loose, use a spatula to draw the sides in a bit. It's ok if some overflows.
5. Cook nests until the bottom becomes crisp (but not burned) until yolks are cooked. Eat any leftovers for lunch.

LUNCH

CHICKEN LETTUCE WRAPS

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- Extra Chicken from Monday's Dinner
- 3 Romaine Leaves
- 1/3 Cup Black Beans
- 1/2 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
- 1/2 Cucumber
- 1/2 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
- 1/4 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
- 1/2 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

KALE, WHITE BEAN AND CHICKEN SAUSAGE SOUP & QUINOA

Prep Time: 5 Minutes

Cook Time: 5 Minutes

- 1 ½ Cup Kale, White Bean & Chicken Sausage Soup
- ½ Cup Quinoa

Instructions: Heat soup. Flavor quinoa with your favorite seasonings. I personally like olive oil, garlic powder, basil and sea salt or Bragg's Liquid Aminos.

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 & KALE, WHITE BEAN AND CHICKEN SAUSAGE SOUP

Prep Time: 0 Minutes

Cook Time: 5 Minutes

- 1-2 Cups Santa Fe Quinoa
- 1 Cup Kale, White Bean & Chicken Sausage Soup

DINNER

BEET & BLACK BEAN BURGERS + SWEET POTATO FRIES

Prep Time: 30 Minutes

- 1 Large Sweet Potato 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 F. 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, Carrageenan-Free

Instructions:

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 skillet. 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

- ¼ Cucumber, Chopped
- Kalamata Olives
- Caramelized Onion Hummus

DINNER

CHICKEN SWEET POTATO BROCCOLI

Prep Time: 5 Minutes

Cook Time: 15 Minutes

- ½ 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 ¾ 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

- ½ Cup Frozen Berries
- ½ 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 + KALE, WHITE BEAN AND CHICKEN SAUSAGE SOUP

Prep Time: 5 Minutes

- 1 Cup Santa Fe Quinoa
- 1 ½ Cup Kale, White Bean & Chicken Sausage Soup

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