

Steph **Hendel**

# 8 WEEK BIKINI BODY ABS

## NUTRITION SCHEDULE

### WEEK 4

You are absolutely amazing! Every baby step you've taken has made a difference and at the end of these 8 weeks, you will see the results clearly in how 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 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 of new recipes can seem overwhelming which is why I'm keeping it simple.** Worst case scenario, you get overwhelmed before starting and quit. If you do, it's ok, we're human. Jump back on the horse, ask for help and know that you're going to keep pushing forward 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 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 taking steps and making 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 your body 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 FOUR SHOPPING LIST

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

## INGREDIENTS FOR THE WEEK:

### MEAT

- 20 Oz/1.25 Lbs Turkey; Organic, Free-Range

### DAIRY

- 12 Organic, Free Range Eggs
  - You should have 1 egg left over from last week. You will need 3. Save additional 10 eggs for week five.

### VEGGIES

- 1 Lg Bunch Luciano Kale, Organic
- 1 Lg Container Spinach; Organic (You'll Need Roughly 7 Cups This Week)
- 1 Sm Bunch of Romaine Lettuce, Organic
- 1 Cucumber
- 1 Small Head Broccoli
- 1 Sweet Potato
- 10 Snow Peas
- 2 Md Kabocha Squash
- 2 Lg Red Bell Peppers
- 8 Brussel Sprouts

### FRUIT

- 3 Avocados
- 5 Bananas, Freeze 2
- 2 Lemons
- 1 Sm Container Blueberries (You'll Need Roughly ½ Cup This Week)
- 1 Sm Container Strawberries; Organic (You'll Need Roughly 1 Cup This Week)

### HERBS & SPICES

- 1 Sm Bunch Cilantro

### OTHER

- 1/2 Cup Raw Cashews

- 1 Can Coconut Milk (You'll Need 1/3 Cup This Week)
- 2 Sm "To-Go" Packets of Natural Peanut Butter
- 2 Chipotle Peppers, Canned in Adobo

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# WEEK FOUR 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 using this prep time to listen to a motivational/personal development talk, TED talk or the recordings of any of our calls you missed or want to hear again.

## PRE-WEEK PREP

- (2) **Hard Boiled Organic, Free-Range Eggs**
  - Refrigerate and Store in a Bowl
- (1/2 Cup) **Quinoa**
  - Refrigerate in a Sealed Glass Container
- (1 Batch) **Roasted Red Pepper Hummus**
  - Refrigerate in a Sealed Glass Container
- (1 Batch) **Thai Peanut Sauce**
  - Refrigerate in a Sealed Glass Container
- (1 Batch) **Lemon Pepper Dressing**
  - Refrigerate in a Sealed Glass Container
- (1 Batch) **Pumpkin Soup**
  - Refrigerate in a Sealed Glass Container
- (2) **Blueberries & Cream Overnight Oats**
- (6) **Chipotle Turkey Burgers**
  - You'll use 2 this week. Freeze the rest.

## WHAT YOU'LL NEED (COOKING TOOLS)

- Measuring Cup
- Small Pot for 2 Eggs

- Medium Pot for Quinoa
- Mason Jar for Overnight Oats
- Mixing Bowl for Turkey Burgers
- Large Pot for Pumpkin Soup
- Blender for Hummus and Pumpkin Soup
- Whisk and Mixing Bowl for Salad Dressing and Peanut Sauce
- Stirring Utensils
- Sealable Glass Storage Containers

## WHAT TO COOK FIRST

### PRE-SOAK

- Quinoa (Cover ½ Cups Quinoa in Water and Soak for 15 Minutes Minimum)

### COOK

- **BOIL** Eggs (Fill with Enough Water to Fully Cover Eggs)
- **BOIL** Quinoa (Use 1 Cup of Water and 1/2 Cup of Soaked Quinoa)
- **CHOP** 2 kobocho squash's into chunks, making sure to chop outer skin off squash. Place in a medium pot filled with water 2 inches above squash, cook on medium heat. Cook on high until squash is soft enough to cut easily with a butter knife, about 30 minutes. Remove soup from the pot and place into blender or use immersion blender inside the pot.

### INSTRUCTIONS

1. On 2 separate burners, in 2 separate pots; bring eggs and quinoa to a boil.
2. Once boiling, turn off burner for eggs and let sit on hot burner for 10 minutes. Drain and rinse with cool water.
3. Once boiling, turn burner for quinoa to low and simmer for 15 minutes, until all water has been absorbed. Remove from heat.
4. Combine turkey, chopped adobo peppers, garlic and pink himalayan sea salt in a bowl and form 6 turkey burgers. Save 2, freeze 4. (See Recipe Below)

### NEXT

- **Store** eggs, quinoa and pumpkin soup in sealed, refrigerated containers.
- **Make** Roasted Red Pepper Hummus (See Recipe Below)
- **Make** Thai Peanut Sauce (See Recipe Below)
- **Make** Lemon Pepper Salad Dressing (See Recipe Below)
- **Make** 2 Blueberries & Cream Overnight Oats, one for Monday and one for Thursday (See Recipe Below)
- **Cook** 2 bags of Plain Chicken in 1 tbsp of coconut oil over medium heat in a pan. Refrigerate chicken in a glass storage container. (½ for Mon lunch, ½ for Weds lunch)

## LATER IN THE WEEK

### \*MONDAY\*

- **Defrost** 2 Black Bean Beet Burgers for Dinner

### \*TUESDAY\*

- **Defrost** 3 Bags of Lemon Chicken for Dinner (Store ½ for Weds Lunch and ½ for Thurs Lunch)

**\*THURSDAY\***

- **Defrost** 1 Bag of Plain Chicken for Thursday Dinner
- **Defrost** 1 Lentil Cake for Lunch

**\*FRIDAY\***

- **Defrost** 2 Turkey Burgers, One for Lunch and the Other for Breakfast Tomorrow
- Cook Turkey Burger for Lunch

**\*SATURDAY\***

- **Defrost** 1 Lentil Cake for Dinner
- Cook Turkey Burger for Saturday Dinner

## RECIPES FOR WEEK FOUR 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 QUINOA

1. Rinse 1 cup of quinoa in a fine mesh strainer until water runs clear, drain and transfer to a medium pot.
2. Add 2 cups 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.

### BLUEBERRIES AND CREAM OVERNIGHT OATS

Prep Time: 10 Minutes Prep

“Cook” Time: Soaking Overnight

- 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
  - ¾ Cup Almond Milk
  - ¼ Cup Blueberries
1. Soak cashews overnight (for *at least* 4 hours).
  2. Drain and rinse cashews.
  3. Add them to a blender with maple syrup and vanilla. Blend until smooth.
  4. In a glass jar, combine all the ingredients except blueberries.
  5. Cover and store overnight.
  6. Add fruit in the morning.

## ROASTED RED PEPPER HUMMUS

SERVES 6

### HEALTHIEST VERSION

#### INGREDIENTS

- 1 Can Garbanzo Beans; Organic, Low Sodium
- ¾ Cup Olive Oil; Cold Pressed, Extra Virgin
- 1 Lg Red Bell Pepper
- ½ Lemon
- 1-1.5 Garlic Cloves, Peeled & Chopped
- ½ Tsp Ground Cumin Powder
- 1 Tsp Pink Himalayan Sea Salt

#### INSTRUCTIONS

1. Pre-heat oven to 450 degrees F. Place red pepper on a tin foil-lined baking pan.
2. Roast for 15 minutes. Flip peppers and roast for another 15 minutes. At this point there should be black spots all over the red pepper. If there isn't, roast longer.
3. Once the red pepper has blackened, transfer into a glass tupperware container and seal. Let sit about 15 minutes. This will create steam and make it easier to remove the skin. Peel the bell pepper. Remove any seeds from the insides and slice into large chunks.
4. In a large food processor/blender, combine red pepper, garbanzo beans, oil, lemon, cumin and garlic. Blend until smooth.
5. Transfer to decorative bowl, cover and chill. Bring to room temperature before serving.

### QUICKEST VERSION

## INGREDIENTS

- 1 Can Garbanzo Beans; Organic, Low Sodium
- 3/4 Cup Olive Oil; Cold Pressed, Extra Virgin
- 7 Strips of Roasted Red Pepper from a Jar
- ½ Lemon
- 1- 1.5 Garlic Cloves, Peeled & Chopped
- ½ Tsp Ground Cumin Powder
- 1 Tsp Pink Himalayan Sea Salt

## INSTRUCTIONS

1. In a large food processor/blender, combine roasted red pepper strips, garbanzo beans, oil, lemon, cumin and garlic. Blend until smooth.
2. Transfer to decorative bowl, cover and chill. Bring to room temperature before serving.

## THAI PEANUT SAUCE

Cook Time: 5 Mins

Total Time: 5 Mins

- 1 Tbsp Sesame Oil
- 1 Clove Garlic
- 1-Inch Piece of Ginger, Peeled
- ⅓ Cup Coconut Milk
- ⅓ Cup Natural Peanut Butter
- ⅓ Cup Hoisin Sauce
- 2 Tbsp Rice Wine Vinegar
- 1 Tbsp Cilantro, Minced

## INSTRUCTIONS

1. Place a small sauce pan over medium heat.
2. Add sesame oil.
3. Using a microplane or small grater, grate garlic and ginger directly into the sauce pan.
4. Cook for 30 seconds.
5. Whisk in coconut milk.
6. Add peanut butter and hoisin and whisk until the mixture gets smooth and thick, about 1 minute.
7. Whisk in vinegar.
8. Remove from heat and add cilantro.

Optional: Add Sriracha sauce if you want to make this a spicy sauce. (Add 2 Tbsp at the same time you add peanut butter and hoisin.)

## LEMON PEPPER DRESSING

- 6 Tbsp Olive Oil; Cold-Pressed, Extra Virgin (In a Dark Bottle)
- 1 Tsp Black Pepper
- Pinch of Pink Himalayan Sea Salt

- Juice of 1 Lemon

#### INSTRUCTIONS

1. Combine ingredients in a mason jar (or other container with lid). Put lid on and shake well to emulsify.
2. Store leftovers in fridge, bringing dressing to room temperature before using.

### PUMPKIN SOUP

Serves 14

#### INGREDIENTS

- 2 4-Inch Wide (Medium Sized) Kobochoa Squash
- 2 Inches of Ginger Root
- 2 Tbsps Cinnamon

#### INSTRUCTIONS

1. Chop squash in half and then half half once again. Carefully chop the rind off of the squash with a sharp knife. Cut into pieces about 1 inch wide. Place in a large pot and fill with water about 2 inches above squash. Cook on high until squash is soft enough to cut easily with a butter knife, about 30 minutes. Remove soup from the pot and place into blender or use an immersion blender inside the pot. You can add a little sea salt for extra flavor.

### CHIPOTLE TURKEY BURGERS

Serves 6

#### INGREDIENTS

- 20 Oz/1 Lb Ground Turkey, Organic
- 2 Chipotle Peppers Canned in Adobo, Finely Chopped
- 2 Garlic Cloves, Minced
- ½ Tsp Pink Himalayan Sea Salt

#### INSTRUCTIONS

1. Place ground turkey, chipotle peppers, garlic, and salt in a mixing bowl. Use your hands to mix until all the ingredients are well combined.
2. Form meat into 6 patties. Freeze 4 of them and save 2 for this week.

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# WEEK FOUR FOOD SCHEDULE

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## MONDAY

### BREAKFAST



## BLUEBERRIES AND CREAM OVERNIGHT OATS

Prep Time: 0 Minutes

Cook Time: 0 Minutes

## LUNCH

### THAI PEANUT CHICKEN QUINOA AND SNOW PEAS

Prep Time: 2 Minutes

Cook Time: 0 Minutes

- 1 Portion Plain Chicken (x's 2)
- ½ Cup Quinoa
- Handful of Snow Peas
- 3 Tbsp Thai Peanut Sauce

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

## DINNER

### BEEF AND BLACK BEAN BURGERS WITH SWEET POTATO FRIES (x's 2)

Prep Time: 10 Minutes

Cook Time: 40 Minutes

- 2 Black Bean and Beef Burgers
- 1 Romaine Lettuce Leaf
- 1 Sweet Potato, Cut Into Fries
- ½ Cup of Spinach
- 2 Tbsp Coconut Oil

#### Directions

1. Pre-heat oven to 425 degrees F. Chop sweet potato, place in a large bowl and completely cover in coconut oil and spices. Lay evenly on a pan with a small space to fit 2 burgers but don't put them in yet.
2. After 20 minutes remove fries from the oven and add both burgers. Cook for another 10 minutes. Using a metal spatula, flip the burgers and fries. Cook for another 10 minutes and remove from the oven.
3. Save 1 burger in a glass container for tomorrow's lunch and save a small portion of sweet potato fries for tomorrow's breakfast.
4. Top burger with leftover pesto and spinach, wrap in romaine lettuce leaf and serve fries with organic no-sugar added ketchup.

## TUESDAY

### BREAKFAST

#### EGGS AND SWEET POTATOES

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 2 Hard Boiled Eggs
- Extra Sweet Potato Fries from Monday's Dinner
- 2 Kale Leaves, Shredded

#### Dressing for Kale

- Drizzle of Balsamic Vinegar
- Drizzle of Olive Oil
- Sprinkle Pink Himalayan Sea Salt
- Sprinkle Black Pepper

#### **LUNCH**

##### BEET AND BLACK BEAN SALAD

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 1 Extra Beet and Black Bean Burger from Monday's Dinner, Chopped
- 1 Cup Spinach
- 3 Tbsp Hummus
- 4 Kalamata Olives

Chop or break up burger with your hands. In a bowl, top spinach with hummus, olives and burger.

#### **DINNER**

##### PUMPKIN SOUP AND QUINOA

Prep Time: 2-3 minutes

Cook Time: 5 Minutes

- 1 ½ Cup Pumpkin Soup
- ½ Cup Quinoa

If you're feeling adventurous, try adding quinoa to your pumpkin soup mixture! Combining the two is our favorite.

\*Don't forget to soak your almonds tonight for tomorrow night's smoothie.\*

#### **WEDNESDAY - DOUBLE SMOOTHIE DAY**

##### **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 PLATTER WITH CHICKEN

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- Hummus
- 2 Carrots, Chopped
- ½ Cucumber, Chopped
- 4-5 Kalamata Olives
- Extra Plain Chicken from Monday's Lunch

Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives and pre-cooked chicken.

## DINNER

### SKINNY STRAWBERRY MILKSHAKE SMOOTHIE

Prep Time: 5 Minutes

Cook Time: 0 Minutes

SERVES 1

Prep Time: 1

- 1 Cup Organic Strawberries
- ¼ Cup of Unsweetened Almond or Coconut Milk
- 1 Handful of Almonds; About 15, Soaked for 1 Hour
- 1 Avocado
- 1 Cup Spinach, Organic

Combine ingredients in a blender and mix until smooth. Add superfoods like cacao powder and chia seeds if you're feeling wild!

## THURSDAY

### BREAKFAST

#### BLUEBERRIES AND CREAM OVERNIGHT OATS

Prep Time: 0 Minutes

Cook Time: 0 Minutes

## LUNCH

### LENTIL CAKES WITH SOUP AND SALAD

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 1 Lentil Cake
- 1 Cup Pumpkin Soup
- 1 Cup Kale, Shredded
- 1 Cup Romaine, Shredded
- 4 Snow Peas, Chopped
- 5 Almonds, Chopped
- 2 Tbsp Lemon Pepper Dressing

## **DINNER**

### **THAI PEANUT CHICKEN WITH BROCCOLI**

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Portion of Plain Chicken (Defrosted)
- 1 Cup Broccoli, Chopped into Florets
- ½ Bell Pepper, Sliced
- 5 Almonds, Chopped
- 4 Tbsp Thai Peanut Sauce

#### **Directions**

1. Heat chicken and 3 tbsp thai peanut sauce in a pan on the stove until completely cooked. On a separate burner, in a medium pot with a steamer basket, fill water to height of steamer basket.
2. Place chopped broccoli in the basket and bring to a boil. Once boiling turn down to a simmer for 2-3 minutes, until broccoli becomes bright green. Remove and drain.
3. While broccoli is cooking chop pepper and almonds.
4. Combine ingredients and enjoy.

## **FRIDAY - DOUBLE SMOOTHIE DAY**

### **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 TURKEY BURGER**

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Turkey Burger
- 1 Romaine Lettuce Leaf
- ½ Bell Pepper, Chopped
- 2 Tbsp Hummus
- Organic No-Sugar Added Ketchup

## **DINNER**

### **CHOCOLATE COVERED BANANA ALMOND BUTTER SMOOTHIE**

SERVES 1

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 2 Tbsp Almond Butter
- 1 ½ Frozen Bananas
- ¾ Cup Unsweetened Almond Milk
- 1 Cup Spinach
- 1 Tbsp Raw Cocoa Powder
- ½ Tsp Vanilla Extract

Blend ingredients together. Add ice for a thicker, frozen consistency.

## SATURDAY

### BREAKFAST

EGGS WITH TURKEY BURGER AND AVOCADO

Prep Time: 0 Minutes

Cook Time: 10 Minutes

Serves 1

- 1 Turkey Burger
- 1 Egg
- ½ Avocado
- 1 Tbsp Coconut Oil

Heat coconut oil in a medium pan. On medium heat use half of the pan to cook turkey burger and the other half to cook your egg however you choose (scrambled, over-easy, etc.). Flip burger after 2 minutes. Serve with creamy avocado!

### 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

PUMPKIN SOUP WITH LENTIL CAKES AND ROASTED BRUSSEL SPROUTS

Prep Time: 3 Minutes

Bake Time: 30 Minutes

- 1 Cup Pumpkin Soup

- 1 Lentil Cake, Defrosted
- 8 Brussel Sprouts
- 1 Tsp Coconut Oil
- 1 Tsp Chili Powder
- 1 Tsp Garlic Powder
- 1 Tsp Pink Himalayan Sea Salt
- 1 Tsp Black Pepper

Pre-heat oven to 400 degrees F. Coat brussel sprouts in coconut oil and chili, garlic, salt and pepper. Place on pan, leaving a small space for your lentil cake but not adding it yet, and cook for 20 minutes. At 20 minutes place lentil cake on pan and cook an additional 10 minutes, flipped lentil cake after 5 minutes. Heat pumpkin soup and enjoy together.

## SUNDAY

### BREAKFAST

#### BERRY CHIA PUDDING

Prep Time: 10 Minutes

Cook Time: 0 Minutes

- 1/3 Cup Chia Seeds
- 1 Cup Water
- 1/2 Cup Frozen Berries
- 1/2 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 fresh fruit and enjoy immediately.
3. Experiment with different toppings like nuts, fruit and cinnamon.

### LUNCH

#### PUMPKIN SOUP AND QUINOA

Prep Time: 2 Minutes

Cook Time: 5 Minutes

- 1 1/2 Cups Pumpkin Soup
- 1/2 Cup Quinoa
- Handful of Greens
- Your Favorite Spices (I Recommend Cumin Powder, Chili Powder, Garlic Powder, Sea Salt)
- Optional: Spice with Cinnamon and Tamari

### 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

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