

Steph **Hendel**

8 WEEK BIKINI BODY ABS

NUTRITION SCHEDULE

WEEK 8

You are absolutely amazing! Every baby step you've taken so far has added up! This is our last week of the program so let's make the most of it! 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 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 at the end of this week. 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.

WEEK EIGHT SHOPPING LIST

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

- 3 Organic, Free Range Eggs
 - You Should Have 3 Eggs Left Over From Last Week

VEGGIES

- 1 Lg Bunch Luciano Kale, Organic
- 1 Container Spinach; Organic, You'll Need About 7 Cups This Week
- 1 Sm Bunch of Romaine Lettuce
- 1 Cucumber
- 1 Small Head Broccoli
- 1 Sweet Potato
- 10 Snow Peas
- 1 Lg Red Bell Pepper
- 8 Brussel Sprouts
- 1 Lg Yellow Onion

FRUIT

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

HERBS & SPICES

- 1 Sm Bunch Cilantro
- 1 Sm Bunch Basil

OTHER

- 1/2 Cup Raw Cashews
- 1 Can Coconut Milk, You'll Need ⅓ Cup This Week

- 1 Can Cannellini/Great Northern Beans
- 2 Sm “To-Go” Packets of Natural Peanut Butter
- 2 Chipotle Peppers Canned in Adobo
- One 28-oz Can Crushed Tomatoes, Preferably Local
- 1 1/2 Cups Raw Pepitas (Hulled PUmpkin Seeds)

WEEK EIGHT PREP

(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 the 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 missed and want to hear again.

PRE-WEEK PREP

- (2) **Hard Boiled Organic, Free-Range Eggs**
 - Refrigerate and store in a bowl
- (½ Cup) **Quinoa**
 - Refrigerate in a sealed glass container
- (1 Batch) **Roasted Pumpkin Seed 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) **Tomato Basil 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
- Soup Pot for Tomato Basil Soup
- 2 Mason Jars for Overnight Oats
- Mixing Bowl for Turkey Burgers
- Blender for Hummus and 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 cup quinoa in water and soak for 15 minutes minimum, best if soaked overnight)

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)
- **HEAT** a large pot or saucepan over medium heat. Add olive oil, onion and garlic; saute until translucent, about 10 minutes. Stir frequently, to prevent burning. Add crushed tomatoes, and fill can up with water. Add water and bring the mixture to a boil. Reduce to a simmer, add basil and cook for 20 minutes. Puree with an immersion blender or high powered blender.
- **PREHEAT** oven to 350 degrees. Top a pan with aluminum foil. Add pumpkin seeds (pepitas), 1 tablespoon olive oil, 1/2 teaspoon chili powder, salt and pepper. Toss well with you hands. Add the garlic cloves to one side of the pan (leave them in their skin). Roast for about 15-25 minutes or until seeds are cooked and begin to lightly brown. Remove the pan every 10 minutes to stir the seeds and check for doneness. Remove from the oven, let cool 5 minutes and then peel the skin away from the garlic. If the the garlic is not tender and fragrant when the seeds are done roasting, wrap them in foil and continue to roast until soft and roasted.

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)

5. Add baked pumpkin seeds to a food processor or high powered blender and process until a smooth paste forms, scrape down the sides as needed. Once the pumpkin seeds form a paste, add the beans and garlic. Pulse and blend until combined. With the processor or blender mixing, stream in olive oil, blending continuously for a few minutes (and scraping down the sides if needed) until as smooth as desired. Add the remaining, 1/2 teaspoon of chili powder. Blend until combined add salt + pepper and taste, adding more if desired.

NEXT

- **Store** eggs, quinoa and tomato basil soup in sealed, refrigerated containers.
- **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. (1/2 for Mon lunch, 1/2 for Weds lunch)

LATER IN THE WEEK

MONDAY

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

TUESDAY

- **Defrost** 3 Bags of Lemon Chicken for Dinner (Store 1/2 for Weds lunch and 1/2 for Thurs lunch)
- **Defrost** 1 Black Bean Beet Burger for 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 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
 - 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.
 2. Drain and rinse the 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 PUMPKIN SEED HUMMUS

SERVES 6

- 1 1/2 Cups Raw Pepitas (Hulled Pumpkin Seeds)
- 4 Cloves Garlic
- 1 Tbsp Olive Oil, Cold Pressed in a Dark Bottle
- 1 Tsp Chili Powder
- 1 Tsp Pink Himalayan Sea Salt
- 1/2 Tsp Black Pepper
- 1 Can Cooked Cannellini/Great Northern Beans, Drained & Rinsed
- 1/2 Cup Olive Oil, Cold Pressed in a Dark Bottle
- 1 Lemon, Juiced

INSTRUCTIONS

1. Preheat oven to 350 degrees. Top pan with aluminum foil.
2. Add pumpkin seeds (pepitas), 1 tablespoon olive oil, 1/2 teaspoon chili powder, salt and pepper. Toss well with your hands. Add the garlic cloves to one side of the pan (leave them in their skin). Roast for about 15-25 minutes or until seeds are cooked and begin to lightly brown. Remove the pan every 10 minutes to stir the seeds and check for doneness. Remove from the oven, let cool 5 minutes and then peel the skin away from the garlic. If the garlic is not tender and fragrant when the seeds are done roasting, wrap them in foil and continue to roast until soft and roasted.
3. Add pumpkin seeds to a food processor or high powered blender and process until a smooth paste forms, scrape down the sides as needed. Once the pumpkin seeds form a paste, add the beans and garlic. Pulse and blend until combined. With the processor or blender mixing, add olive oil, blending continuously for a few minutes (and scraping down the sides if needed) until as smooth as desired. Add the remaining, 1/2 teaspoon of chili powder. Blend until combined add salt + pepper and taste, adding more if desired.

THAI PEANUT SAUCE

Cook Time: 5 Mins

Total Time: 5 Mins

- 1 Tbsp Sesame Oil
- 1 Clove Garlic
- 1-inch Piece of Ginger, Peeled
- 1/3 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. Add sesame oil.
2. Using a microplane or small grater, grate garlic and ginger directly into the sauce pan.
3. Cook for 30 seconds. Whisk in coconut milk.
4. Add peanut butter and hoisin and whisk until the mixture gets smooth and thick - about 1 minute.
5. Whisk in vinegar. 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

INGREDIENTS

- 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.

TOMATO BASIL SOUP

SERVES: 4

INGREDIENTS:

- 1 Large Yellow Onion, Chopped
- 3 Cloves Garlic, Minced
- 2 Tbsp Olive Oil, Cold Pressed in a Dark Bottle
- One 28-oz Can Crushed Tomatoes, Preferably Local
- 1 Handful Basil Leaves, Shredded
- Pink Himalayan Sea Salt and Freshly Ground Pepper, To Taste

INSTRUCTIONS

1. Heat a large pot or saucepan over medium heat. Add olive oil and heat. Add onion and garlic and saute until translucent, about 10 minutes. Stir frequently, to prevent burning.
2. Add crushed tomatoes, and fill can up with water. Add water and bring the mixture to a boil.
3. Reduce to a simmer, add basil and cook for 20 minutes.
4. Puree with an immersion blender or high powered blender.

CHIPOTLE TURKEY BURGERS

Serves 6

- 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

Directions:

1. Place the 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 meals this week.

WEEK EIGHT FOOD SCHEDULE

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
- 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

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

Prep Time: 10 Minutes

Cook Time: 40 Minutes

- 1 Black Bean and Beet Burger
- 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 Drizzled

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 Beet and Black Bean Burger, 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

TOMATO BASIL SOUP AND QUINOA

Prep Time: 2-3 minutes

Cook Time: 5 Minutes

- 1 ½ Cup Tomato Basil Soup
- ½ Cup Quinoa

If you're feeling adventurous, try adding quinoa to your tomato basil soup mixture!

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

WEDNESDAY - SMOOTHIE CLEANSE 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

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 CAKE WITH SOUP AND SALAD

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 1 Lentil Cake
- 1 Cup Tomato Basil 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 and remove.
3. While broccoli is cooking chop pepper and almonds.
4. Combine ingredients and enjoy.

FRIDAY - SMOOTHIE CLEANSE 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

TOMATO BASIL SOUP WITH LENTIL CAKES AND ROASTED BRUSSEL SPROUTS

Prep Time: 3 Minutes

Bake Time: 30 Minutes

- 1 Cup Tomato Basil 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. Cook for

20 minutes. After 20 minutes place lentil cake on pan and cook an additional 10 minutes, flipped lentil cake after 5 minutes. Heat tomato basil 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 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

TOMATO BASIL SOUP AND QUINOA

Prep Time: 2 Minutes

Cook Time: 5 Minutes

- 1 1/2 Cup Tomato Basil Soup
- 1/2 Cup Quinoa
- Handful of Greens
- Your Favorite Spices (I Recommend Cumin Powder, Chili Powder, Garlic Powder, Sea Salt)

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