

8 WEEK
BODY BUILT BY LOVE

DROP 20

SUMMER CHALLENGE

FOOD GUIDE

WEEK TWO



TABLE OF CONTENTS

PAGE 4
SHOPPING LIST

PAGE 5 - 8
MEAL PREP

PAGE 9-12
MEAL SCHEDULE

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IF IT CAME
FROM A PLANT,
EAT IT.

IF IT WAS
MADE IN A
PLANT, DON'T.



SHOPPING

LIST

THIS LIST WILL GET YOU READY FOR AN AMAZING WEEK OF HEALTHY, NOURISHING SLIMMING, MEALS. YOU WILL USE MANY OF THESE INGREDIENTS FOR MONTHS.

DAIRY

10 Eggs, Organic Free-Range
(You should have 1 left over from last week)

MEAT

13 Chicken Breasts, Free Range
Organic

VEGGIES

1 Bunch of Luciano Kale,
Organic (You'll Need About 8
Leaves)
1 Large Box of Spinach,
Organic (You'll Need About 8 Cups)
3 Cucumbers
1 Red Bell Peppers
2 Lg Beets
10 Brussel Sprouts
2 Md Sweet Potatoes
1 Sm Head of Broccoli
1 Md Yellow Onion
6 Md Carrots
1 Handful Snow Peas
2 Handfuls Green Beans
1 Sm Jicama

FRUIT

4 Avocados
2 Lemons (For Warm Water w/
Lemon Every Morning)
5 Bananas
5 Cups of Frozen Berries, Organic

GRAINS

2 1/2 Cups Steel Cut Oats

HERBS & SPICES

Italian Seasoning

OTHER

3 Cans Black Beans, Low Sodium
Pecans (You'll Need about 15)
Bragg's Liquid Aminos
Sesame Oil
Hummus
Soba Noodles
Tapioca Flour (You'll Only Need A
Small Amount, look for this in the
bulk section)
1 Date (You can find dates sold
individually in most supermarkets)
Brown Mustard
Fresh Rosemary

MEAL PREP

WELCOME BACK! IT'S WEEK 2, YOU DID IT! ONE WHOLE WEEK IS NOW COMPLETE. YOU'VE SET A FOUNDATION FOR THE NEXT 7 WEEKS. HOW DO YOU FEEL? 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!

ONCE YOU KNOCK OUT THESE PREP MEALS, MAKING HEALTHY FOOD CHOICES ON THE RUN WILL BE A SNAP!

THINK OF IT AS SETTING YOURSELF UP WITH A SOLID FOUNDATION. AT BODY BUILT BY LOVE WE'RE BIG ON MULTI TASKING. USE FOOD PREP TIME AS AN OPPORTUNITY. WHAT'S ONE SKILL YOU'VE BEEN WANTING TO LEARN? PUT ON AN AUDIOBOOK, RECORDING, OR AUDIO TRAINING SO THAT YOU CAN LEARN A NEW SKILL WHILE YOU IMPROVE YOUR HEALTH. WHEN YOU'RE READY TO GET STARTED, GRAB A CUP OF YOUR FAVORITE TEA OR KOMBUCHA AND I'LL WALK YOU THROUGH EVERYTHING.

STEP ONE

GATHER YOUR INGREDIENTS

- (6) **HARD BOILED ORGANIC, FREE-RANGE EGGS**
Hard Boil + Refrigerate and Store
- (8) **BEET & BLACK BEAN BURGERS**
Ingredients Listed Below
Wrap individually in Plastic Wrap
- (8 WEEK BATCH) **PREPPED CHICKEN**
Instructions Listed Below

CHICKEN PREP

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 YOU PREFER.) USE SNACK SIZED ZIP LOCK BAGS.

ONCE DINNER TIME ROLLS AROUND, YOU'LL BE GLAD YOU PREPARED YOUR CHICKEN AHEAD OF TIME. IT WILL BE A NO-BRAINER TO HAVE A HEALTHY MEAL THAT'S READY IN 5 MINUTES INSTEAD OF 20. I KNOW THIS MAY BE A NEW IDEA SO GIVE IT A TRY WITH AN OPEN MIND.

YOU'LL NEED 13 CHICKEN BREASTS FOR THESE NEXT 7 WEEKS.

HOW TO DO IT

Chop 13 chicken breasts into bite sized pieces, leave 5 portions in the refrigerator for meals this week. Separate chopped chicken evenly into 26 Ziplock bags. Store in your freezer.

CHICKEN PREP BREAKDOWN

1 Portion = 1/2 of 1 Chicken Breast (About 3 Oz)

COOKING UTENSILS:
Cutting Board & Sharp Knife
13 Chicken Breasts
Black Sharpie Marker
26 Snack Size Ziplock Bags

Plain Chicken (26 Bags)
No seasoning here. Simply bag and store!
Label Plain Chicken on your Ziplock snack bag.



STEP TWO

GATHER YOUR TOOLS

WHAT YOU'LL NEED FOR PREP

- Medium Pot for 6 Eggs
- Cutting Board
- Sharp Knife
- Strainer
- Measuring Cup
- High Powered Blender/Food Processor
- Stirring Utensil
- Sealable Glass Storage Containers

STEP THREE

START COOKIN'

FIRST

- BOIL 6 Eggs (Fill with Enough Water to Fully Cover Eggs, Instructions Below)
- BOIL 2 Lg Beets (Fill with Enough Water to Fully Cover Beet)

SECOND

1. Once eggs reach a boil, turn off heat and let sit on hot burner for 6-10 minutes depending on how gooey you like your yolk (the longer they sit in hot water, the more cooked the yolk will be). Drain and rinse with cool water. Store in the refrigerator.
2. Once beets reach a boil, turn burner to medium and simmer for 30-40 minutes or until fork can be inserted easily. Drain and let cool. Peel skin & tail off beet. Leave out for Beet & Black Bean Burgers (Recipe Below).

MEAL SCHEDULE

MONDAY

BREAKFAST

EGGS+ GREENS + AVOCADO

Prep Time: 5 Minutes

Cook Time: 0 Minutes

- 2 Hard Boiled Eggs, sprinkle with cumin powder, chili powder, sea salt, pepper
- 2 Kale Leaves (shredded), drizzle with balsamic vinegar
- 1/2 Avocado

LUNCH

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

- 1 Cup Frozen Berries
- 1 Cup Spinach
- 1 Banana
- 1 Kale Leaf
- 1/2 Cucumber
- 1/2 Avocado
- 1 Cup Water

DINNER X's 2

CHICKEN STIR FRY

Prep Time: 5 Minutes

Cook Time: 20 Minutes

- 1 Portion Plain Chicken
- 1/2 Bag of Soba (Buckwheat) Noodles
- 10 Pieces Broccoli, Chopped
- 2 Handfuls of Snow Peas, Chopped
- 2 Carrots, Chopped
- 1 Tsp Sesame Oil
- 2-3 Tbsp Bragg's Liquid Aminos
- 1 Tsp Garlic Powder

In a large pan add a teaspoon of sesame oil and carrots. Cook 3-5 minutes stirring occasionally. While carrots cook, add soba noodles to a pot of hot water and cook according to directions on package. Add broccoli, snow peas and chicken to pan with carrots and sesame oil. Stir and add liquid aminos and garlic powder as well. Season to taste. Add more of sesame oil, garlic or liquid aminos. depending on taste.

*Save a little less than half for tomorrow's lunch.

TUESDAY

BREAKFAST

BERRY CHIA PUDDING

Prep Time: 10 Minutes

- 3/4 Cup Chia Seeds
- 2 Cups water
- 1/2 Cup Frozen Berries
- 1/2 Banana

Optional: Cinnamon

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 the other half of chia pudding with frozen fruit and enjoy.
3. Experiment with different toppings like nuts, fruit and cinnamon.

LUNCH

Extra Stir Fry

Prep Time: 0 Minutes

DINNER

TACO TUESDAY

Prep Time: 10 Minutes

Cook Time: 40 Minutes

- 1 Portion Plain Chicken
- 1/2 Cup Brown Rice
- 1/2 Cup Black Beans
- 2-3 Romaine Lettuce Leaves
- Avocado
- Hot Sauce to Taste
- Cilantro to Garnish
- 1 Tsp Cumin Powder
- 1 Tsp Chili Powder
- 1 Tsp Garlic Powder
- Salt to Taste

In a small pan with 1 tsp coconut oil, cook chicken with spices. Fill romaine lettuce cups with chicken, avocado, hot sauce, cilantro. Serve with a side of beans and warmed brown rice.

WEDNESDAY

BREAKFAST

THE FIT AND FEARLESS SMOOTHIE

Cook Time: 5 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 filling smoothie.

LUNCH

MEDITERANEAN MIX

Prep Time: 10 Minutes

- 4 Tbsp Hummus
- 2 Large Carrots, Chopped
- 1/2 Cucumber, Chopped
- 4-5 Kalamata Olives
- 1 Hard Boiled Egg

Chop carrots and cucumber into dippable slices. Enjoy with hummus, olives and a hard boiled egg.

DINNER X's 2

BEET & BLACK BEAN BURGERS

Prep Time: 10 Minutes

- 2 BBB Burgers
- 1 Romaine Lettuce Leaf
- 1 Small Sweet Potato
- 1 Tsp Cumin Powder
- 1 Tsp Chili Powder
- 1 Tsp Garlic Powder
- 12 Tbsp Coconut Oil
- 1 Tsp Pink Himalayan Sea Salt
- 1 Tsp Black Pepper

1. Preheat oven to 425 degrees F. Chop sweet potato into fries. In a large bowl coat with coconut oil and season with cumin, chili, garlic, salt and pepper. Place fries evenly on pan and bake for 20-30 minutes or until browned.

2. Cook burgers in a pan with a small amount of coconut oil (about 2-3 minutes each side, until browned). Save and store 1 cooked burger in a glass container for tomorrow's lunch.

THURSDAY

BREAKFAST

BERRY BOOST BOWL

Cook Time: 15 Minutes

- 1 Cup Uncooked Steel Cut Oats
- ½ Cup Frozen Berries
- ¼ Cup Almond Milk (Carrageenan Free)
- 1 Tsp Cinnamon

Heat oats and almond milk in a small pot to according to steel cut oat directions. Top with berries and cinnamon.

LUNCH

BEET & BLACK BEAN BURGER SALAD

Prep Time: 5 Minutes

- Mix of Romaine, Spinach & Kale
- 1 Beet & Black Bean Burger
- ½ Avocado
- 2 Tbsp Cilantro
- Sprinkle of Onion Powder, Cumin Powder, Chili Powder, Pink Himalayan Sea Salt, Pepper

In a large bowl, top greens with avocado, spices and burger. Enjoy!

DINNER

THE FIT AND FEARLESS SMOOTHIE

Cook Time: 5 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 filling smoothie.

FRIDAY

BREAKFAST

EGGS + GREENS + PECANS

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs
- 1 Handful of Kale
(Shredded, drizzled with Balsamic)
- 1 Handful of Pecans

LUNCH

HUMMUS & VEGGIES

Prep Time: 5 Minutes

- 1 Carrot, Chopped
- 1/2 Cucumber, Chopped
- 1/4 of a Large Jicama, Chopped
- 4-5 Kalamata Olives
- 4 Tbsp Hummus
- 1/2 Cup Brown Rice (Heated)

DINNER X's 2

Roasted Veggies & Brown Rice

Prep Time: 5 Minutes

Cook Time: 50 Minutes

- 1 Sweet Potato
- 1 Carrot
- 10 Pieces Broccoli
- 1/4 Cup Coconut Oil
- 1/2 Tbsp Chili Powder
- 1/2 Tbsp Cumin Powder
- Pink Himalayan Sea Salt/Pepper to Taste

Pre-heat oven to 400 degrees F. Chop sweet potato, carrot and broccoli into 1 inch pieces. Coat vegetables with coconut oil, salt and pepper and place on a large pan. Bake for 50 minutes or until veggies are browned. While veggies are cooking heat brown rice on the stove. Save and store veggies in a glass container for tomorrow's lunch.

SATURDAY

BREAKFAST

THE FIT AND FEARLESS PANCAKES

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Cup Steel Cut Oats
(Ground into Flour)
- 1 Large Egg
- 1 Large Banana
- Add almond milk for a less thick consistency.

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

LUNCH

EXTRA VEGGIES + HARD BOILED EGG

DINNER X's 2

BREADED CHICKEN

Cook Time: 25 Minutes

- 2 Portions Plain Chicken
- 1/2 Cup Almond Flour
- 1 1/2 Tbsp Tapioca Starch
- 1/2 Tsp Garlic Powder
- 1/2 Tsp Pink Himalayan Sea Salt
- 2 Tsp Italian Seasoning
- 1/4 Tsp Black Pepper
- 1 Egg, Whisked
- 1/8 Cup Coconut Oil, for frying
- 1/2 Tsp Paprika
- 15 Green Beans
- 5 Pecans, Chopped

Heat 1/4 cup coconut oil in a skillet over medium-high heat for 5 minutes. While the oil is heating, prepare the chicken. Combine almond flour, tapioca starch, garlic, salt, Italian seasoning and pepper in a bowl and mix. Put the whisked eggs in a separate bowl. Dip chicken into the egg and then coat each with the almond flour mixture. Place the prepared chicken into the hot oil and fry it for 3-4 minutes. Once the first side is browned, turn the chicken and fry the other side for another 3-4 minutes, or until the chicken is golden brown and shows no pink in the middle. During the last minute of frying, sprinkle paprika over the chicken. In a separate pan on medium heat, add chopped pecans, 1 tsp coconut oil and sea salt, stirring frequently until slightly browned. Set aside. Cook green beans in pecan pan. Heat until warm but still crisp, top with pecans. Save and store veggies in a glass container for tomorrow's dinner.

SUNDAY

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

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 crack 2 eggs. Cook over easy. Throw a handful of greens on your plate for extra nutrients.

LUNCH

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 10 Minutes

1 Cup Frozen Berries

1 Cup Spinach

1 Banana

1 Kale Leaf

½ Cucumber

½ Avocado

1 Cup Water

DINNER

EXTRA CHICKEN & GREEN BEANS FROM SATURDAY'S DINNER

Cook Time: 5 Minutes

WANT EXTRA ACCOUNTABILITY?

POST YOUR MEAL PHOTOS ON THE STEPH HENDEL-
BODY BUILT BY LOVE FACEBOOK PAGE & CHECK IN
YOUR PROGRESS