

8 WEEK  
BODY BUILT BY LOVE

# DROP 20

SUMMER CHALLENGE

# FOOD GUIDE

WEEK THREE



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YOU'LL KNOW  
YOU'VE  
MASTERED IT  
WHEN YOU EAT  
THE SAME ON  
SATURDAYS AS  
YOU DO ON  
MONDAYS.



# SHOPPING LIST

THIS LIST WILL GET YOU READY FOR AN AMAZING WEEK OF HEALTHY, NOURISHING SLIMMING, MEALS.

## DAIRY

8 Eggs, Organic Free-Range  
(You should have 3 left over from last week)

## MEAT

2 Lbs Ground Turkey, Free Range  
Organic

## VEGGIES

1 Sm Bunch of Luciano Kale,  
Organic (You'll Need About 6 Leaves)  
1 Large Box of Spinach,  
Organic (You'll Need About 8 Cups)  
2 Lg Cucumbers  
1 Sm Green Bell Pepper  
1 Lg Beet  
2 Md Sweet Potatoes  
1 Sm Head of Broccoli  
1 Lg Yellow Onion  
3 Md Carrots  
2 Lg Handfuls Green Beans  
1 Sm Tomato  
1 Md Zucchini

## FRUIT

3 Avocados  
3 Lemons (Dressing + Warm Water w/  
Lemon Every Morning)  
4 Bananas  
4 Cups of Frozen Berries, Organic

## GRAINS

2 1/2 Cups Steel Cut Oats

## HERBS & SPICES

Basil, Fresh  
1 Inch Ginger Root

## OTHER

1 Can Chickpeas, Low Sodium  
Almonds (You'll Need about 30)  
2 Inch Piece Feta Cheese, Organic  
1 Sm Bag Tortilla Chips, Organic  
Non-GMO

# MEAL PREP

GREAT JOB SO FAR! LET'S JUMP INTO WEEK THREE AND SET INTENTIONS TO START FRESH EVERY DAY, BE HEALTHY AND TREAT YOUR BODY WITH LOVE DAILY!

## STEP ONE

### GATHER YOUR INGREDIENTS

- (5) **HARD BOILED EGGS ORGANIC, FREE-RANGE**  
Hard Boil + Refrigerate and Store
- (1 BATCH) **SWEET POTATO SHEPHERD'S PIE**  
Ingredients Listed Below
- (1 BATCH) **TURKEY MEATBALLS**  
Ingredients Listed Below
- (1 BATCH) **RED BEET HUMMUS**  
Ingredients Listed Below

# STEP TWO

## GATHER YOUR TOOLS

### WHAT YOU'LL NEED FOR PREP

- Medium Pot 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 5 Eggs (Fill with Enough Water to Fully Cover Eggs, Instructions Below)
- BOIL 1 Lg Beet (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).



## THIRD

# MAKE SWEET POTATO SHEPHERD'S PIE

## INGREDIENTS

### Pie Filling

- 1 Lb Ground Turkey, Organic Free-Range
- 2 Medium Carrots, Chopped into Small Pieces
- 1/2 Green Pepper, Chopped into Small Pieces
- 1 Small Onion, Chopped Finely
- 2 Cloves Garlic, Chopped Finely
- 1/2 Tsp Italian Seasoning
- 3/4 Tsp Chili Powder
- 1/4 Tsp Real Salt Brand Mineral Salt (Season to Taste)
- 1/4 Tsp Black Pepper
- 4 Tbsp Miur Glen Brand Tomato Paste (You should have it left over from week one's chili)
- 1 Tbsp Steel Cut Oats (Ground Into Flour)

### 1 Egg

### Sweet Potato Topping

- 2 Md Sweet Potatoes, Cubed (3 1/2 -4 cups cubed)
- 1 Tbsp Coconut Oil
- 1/4 Tsp Chili Powder
- 1/4 Tsp Real Salt Brand Mineral Salt

## INSTRUCTIONS

1. Pre-heat oven to 375 degrees.
2. In a skillet on medium heat, begin to brown ground turkey. Once turkey is partially browned, add chopped carrots, onions, peppers and garlic.
3. Cook on medium heat until carrots are soft, about 10 minutes. Start making the topping while the filling cooks.
4. Once the carrots are soft, stir in tomato paste, egg, steel cut oats, and seasonings.
5. For the topping: Bake sweet potatoes at 375 until a knife slides through like butter.
6. Once sweet potatoes are fully baked, add to food processor (or blender) along with all other topping ingredients and process until smooth.
7. Transfer the meat filling to a casserole dish (9 x 9 inch dish) and top the meat filling with the Sweet Potato Mash.
8. Bake for 15 minutes. Remove from oven and serve.

## FOURTH

# MAKE ITALIAN HERB OVEN BAKED TURKEY MEATBALLS

## INGREDIENTS

- 1 Tbsp Olive Oil
- 1 Lb of Ground Turkey, Organic Free Range
- 1/4 Cup Steel Cut Oats (Ground Into Flour)
- 1 Egg
- 1/4 Cup Finely Chopped Onions
- 2 Tbsp Italian Seasoning
- 3 Cloves of Chopped Garlic
- 1 Tbsp Chili Powder
- 1 1/2 Tsp Real Salt Brand Mineral Salt
- 1/2 Tsp Ground Black Pepper

## INSTRUCTIONS

Preheat oven to 375°. Prepare a baking sheet by lining with tin foil. In a large mixing bowl, combine all ingredients. Mix well, do not over mix or you will have tough meatballs. Portion out into 9-10 small meatballs and place on baking sheet. \*If you lightly wet your hands the meatballs will form better and crack less. Bake for 20-22 minutes.

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# MEAL SCHEDULE

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## MONDAY

### BREAKFAST

#### 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

### LUNCH

#### MEDITERRANEAN MIX

Prep Time: 5 Minutes

- 4 Tbsp Red Beet Hummus
- 1 Large Carrot, 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

#### Sweet Potato Shepherd's Pie + Green Beans Almondine **X's 2**

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Slice of Shephard's Pie
- 1 Large Handful of Green Beans
- 1/3 Cup Almonds (Chopped)
- Splash of Olive Oil
- Real Salt Brand Mineral Salt

While sweet potato shepherd's pie is heating in a pan, in a separate pan cook almonds in olive oil and sea salt on low-medium heat. Stir occasionally until toasted a fragrant. Salt to taste. Set aside. In the same pan, heat green beans in a splash of olive oil until slightly tender and bright green. Top green beans with toasted almonds and serve with shepherds pie. Save half of green beans almondine for tomorrow's lunch.

## TUESDAY

### BREAKFAST

#### BERRY CHIA PUDDING

Prep Time: 10 Minutes

- ¾ Cup Chia Seeds
- 2 Cups water
- ½ Cup Frozen Berries
- ½ 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

#### 3 Turkey Meatballs with Extra Green Beans Almondine

Prep Time: 0-5 Minutes

Serve cold or heat in a pan on the stove.

### DINNER

#### 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



## WEDNESDAY

### BREAKFAST

#### EGGS+ GREENS + AVOCADO

Prep Time: 5 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, Chopped

### LUNCH

#### SWEET POTATO SHEPHERD'S PIE

Cook Time: 0-5 Minutes

- 1 Slice of Shepherd's Pie

Serve cold or heat in a pan on the stove.

### DINNER X's 2

#### GINGER CHICKEN BROCCOLI

Prep Time: 5 Minutes

Cook Time: 15 Minutes

- 2 Portions of Chicken
- 2 Cups of Broccoli Florets
- 1 Inch Fresh Ginger, Grated
- 4-5 Tbsp Bragg's Liquid Aminos (To Taste)
- 2 Cloves Fresh Garlic, Chopped
- 2 Tbsp Sesame Oil

1. In a large pan on medium heat combine sesame oil, chopped garlic and grated ginger. Heat for 3 minutes, stirring occasionally.

2. Add chicken and broccoli to the pan. Add liquid aminos and sautee for 10 minutes, stirring frequently, until chicken is fully cooked and broccoli has become tender.

\* Save and store a small portion for tomorrow's lunch.

## THURSDAY

### BREAKFAST

#### THE FIT AND FEARLESS SMOOTHIE

Cook Time: 5 Minutes

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

### LUNCH

#### EXTRA GINGER CHICKEN BROCCOLI

Prep Time: 5 Minutes

### DINNER

#### SHEPHERD'S PIE WITH GREENS & LEMON

Cook Time: 5 Minutes

- 1 Slice of Shepherd's Pie
- 2 Handfuls of Mixed Greens (Kale, Spinach)
- 1/2 Lemon

Serve cold or heat in a pan on the stove. Serve with a side salad dressed with fresh lemon juice. Add any additional salad toppings you prefer.

# FRIDAY

## BREAKFAST

### EGGS+ GREENS + AVOCADO

Prep Time: 5 Minutes

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

## LUNCH X's 2

### GREEK LAYER DIP

Prep Time: 10 Minutes

- 1 Cucumber, Chopped
- 1 Tomato, Chopped
- 8 Kalamata Olives, Chopped
- 5 Basil Leaves, Chopped
- 1 Small Handful Feta
- Red Beet Hummus
- 1 Cup Organic, Non GMO Tortilla Chips

In a square glass pan, begin layering with 1/2 inch red beet hummus, add a layer of chopped tomato, then chopped cucumber, chopped olives and finish with a small handful of crumbled feta cheese and basil. Serve with a tortilla chips.  
\*Save half for tomorrow's lunch.

## DINNER

### MEATBALLS & ROASTED ZUCCHINI

Prep Time: 5 Minutes

Cook Time: 20 Minutes

- 1 Zucchini
- 3 Meatballs
- 1 Tbsp Olive Oil
- Garlic Powder
- Real Salt Brand Mineral Salt
- Fresh Black Pepper
- Italian Seasoning

Pre-heat oven to 350 degrees F. Chop zucchini in half, half again, then cut each half into 3 pieces - they will look like spears. Place on a pan covered in tin foil. Drizzle with olive oil and sprinkle with garlic powder, italian seasoning, black pepper and Real Salt. Place meatballs in the oven to heat. Cook for 15-20 minutes, until golden.

# 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 if you prefer a less thinner 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 GREEK LAYER DIP WITH TORTILLA CHIPS

## DINNER

### SHEPHERD'S PIE WITH SIDE SALAD

Cook Time: 5 Minutes

- 1 Slice of Shepherd's Pie
- Large Handful of Greens
- Drizzle Greens with Balsamic

# SUNDAY

## BREAKFAST

### BELL PEPPER EGGS

Prep Time: 2 Minutes

Cook Time: 5-8 Minutes

- 2 Eggs
- ½ Red Bell Pepper, Cut Into 2 Thick Rings (discard the bottom piece)
- 1 Tbsp Coconut Oil
- Handful of Greens

Place 1 tbsp coconut oil in a pan on medium heat. Once oil is fully melted, add bell pepper (which should be cut into a ring (no breaks in the sides or else it won't hold the egg)). Flip the bell pepper ring and add the egg. Sprinkle with salt and pepper. Remove once egg is fully cooked. Add a handful of greens to your plate and drizzle with balsamic for extra nutrients.

## LUNCH

### SHEPHERD'S PIE

Prep Time: 5 Minutes

Heat 1 slice of shepherd's pie.

## DINNER

### MEATBALLS & EXTRAS

Cook Time: 5 Minutes

Make a salad with leftovers from the week and top with 3 turkey meatballs. Great job this week!

## WANT EXTRA ACCOUNTABILITY?

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