

8 WEEK
BODY BUILT BY LOVE

DROP 20

SUMMER CHALLENGE

FOOD GUIDE

WEEK FOUR



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EVERY DAY YOU'RE GIVEN
THE OPPORTUNITY TO
MAKE THE BEST CHOICES
POSSIBLE. IF YOU MAKE A
CHOICE YOU DON'T LIKE,
OR THINK YOU CAN DO
BETTER, YOU GET A
CHANCE TO REDO IT.
THERE IS GREAT POWER IN
THIS, AND THE
OPPORTUNITY FOR GREAT
MASTERY.



SHOPPING LIST

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

DAIRY

(You'll need 4 - You should have 7 left over from last week)

VEGGIES

- 1 Large Box of Mixed Greens, Organic (You'll Need About 6 Cups)
- 1 Small Bag of Spinach, Organic (You'll Need About 3 Cups)
- 2 Md Cucumbers
- 5 Sm Bell Peppers, Any Color
- 1 Sm Yellow Onion
- 1 Md Carrot
- 2 Portobello Mushrooms
- 2 Cups Frozen Corn, Organic Non-GMO

FRUIT

- 2 Avocados
- 3 Lemons (Pesto + Warm Water w/ Lemon Every Morning)
- 5 Bananas
- 3 1/2 Cups of Frozen Berries, Organic

HERBS & SPICES

Basil, Fresh (You'll need about 2 Lg Handfuls)

1 Bulb of Garlic

OTHER

- 2 Cans Black Beans, Low Sodium
- 2 1/3 Cups Cashew Pieces
- 1 Bag Mung Bean Pasta (Explore Asia Brand)
- 1 Small Jar Sun-dried Tomatoes (You'll need about 10)
- Kalamata Olives (You'll need about 12)
- 2 (7 Oz) Cans of Chilis in Adobo Sauce
- 1 Gluten Free Flatbread or Wrap
- 2-3 Tbsp Arrowroot Powder
- Small Container of Healthy Hummus for One Mediterranean Mix Lunch

MEAL PREP

YOU ARE ABSOLUTELY AMAZING! EVERY BABY STEP YOU'VE TAKEN HAS MADE A DIFFERENCE. AT THE END OF THESE 8 WEEKS, YOU'LL BE AMAZED AT HOW FAR YOU'VE COME. KEEP IT UP; EVERY GOOD, BETTER, BEST CHOICE COUNTS! JUST LIKE LAST WEEK, IT'S IMPORTANT TO SET INTENTIONS TO START FRESH DAILY, BE HEALTHY AND TREAT OUR BODIES WITH LOVE!

STEP ONE

GATHER YOUR INGREDIENTS

- (1) **HARD BOILED EGG ORGANIC, FREE-RANGE**
Hard Boil + Refrigerate and Store
- (2 BATCHES) **STEPH'S SPINACH BASIL PESTO**
Recipe Listed Below

STEP TWO

GATHER YOUR TOOLS

WHAT YOU'LL NEED FOR PREP

- Small Pot Pot Eggs
- Cutting Board
- Sharp Knife
- Measuring Cup
- High Powered Blender/Food Processor
- Sealable Glass Storage Containers

STEP THREE

START COOKIN'

FIRST

- BOIL 1 Egg (Fill with Enough Water to Fully Cover Eggs, Instructions Below)

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.

THIRD

MAKE **STEPH'S SPINACH PESTO** (MAKE A DOUBLE RECIPE)

INGREDIENTS

- 2 Big Handfuls of Baby Spinach Leaves
- 1 Big Handful Basil Leaves
- 1/3 Cup Cashews
- 5 Cloves of Garlic
- 1 Tsp Pink Himalayan Sea Salt or Real Salt
- 1/2 Tsp Black Pepper
- Juice & Zest of One Small Lemon
- 1/2 Cup + 3 Tbsp Olive Oil
- Pinch of Cayenne Powder, (Optional)

INSTRUCTIONS

1. Blend spinach, basil, cashews, garlic, salt, pepper, lemon juice, lemon zest, and 3 tablespoons of olive oil in a food processor or strong blender until almost smooth. Scrape the sides of the bowl down with a spatula as often as necessary.
2. Drizzle the remaining olive oil into the mixture while processing until smooth. Feel free to leave this chunky or blend it completely smooth. It's great both ways!

MEAL SCHEDULE

MONDAY

BREAKFAST

EGGS+ GREENS + AVOCADO

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs, sprinkle with cumin powder, chili powder, sea salt, pepper
- 2 Handfuls of Mixed Greens, drizzle with balsamic vinegar
- 1/2 Avocado, Chopped

LUNCH

MEDITERRANEAN MIX

Prep Time: 5 Minutes

- 4 Tbsp 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 X's 2

PESTO CHICKEN PASTA

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1/2 Bag Mung Bean Pasta
- 2 Portions of Chicken
- 1/4 Cup Pesto
- 4-5 Sundried Tomatoes
- 1 Cup Spinach

1. Fill a medium pot with 4 cups of water and bring to a boil. Add 1/2 bag of pasta and cook for 7-8 minutes.
2. While pasta is cooking, make chicken in a pan with coconut oil on medium heat until fully cooked.
3. Remove and strain liquid from pasta.
4. In a large bowl, combine spinach and hot pasta in order to wilt and slightly cook the spinach before eating.
5. Mix pasta with chicken, tomatoes and pesto.
6. Set a portion aside in a glass tupperware container for tomorrow's lunch.

TUESDAY

BREAKFAST

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

LUNCH

EXTRA PESTO CHICKEN PASTA

Prep Time: 0-5 Minutes

Heat or enjoy room temperature.

DINNER X's 2

GREEK STUFFED PORTOBELLOS

Prep Time: 5 Minutes

Cook Time: 25 Minutes

- 2 Portobello Mushrooms
- 10 Small Sundried Tomatoes, Chopped
- 6 Kalamata Olives, Diced
- 3-4 Small Basil Leaves
- Sm Crumble of Extra Feta

1. Pre-heat oven to 375F. Clean the mushrooms by gently wiping the outside of the caps with a damp paper towel or brushing any dirt off. Next, pop out the stems by pushing them from side to side until the snap out. Then with a teaspoon, scrape the gills out until the underside is mostly clean.
2. Place them on a foil lined rimmed baking sheet. Brush mushroom caps inside and out with olive oil. Sprinkle each cap with salt and pepper.
3. Fill the mushrooms with pesto, sun-dried tomatoes and olives. Bake for 12 minutes or until hot.
4. Sprinkle with basil and extra feta cheese. Save 1 for tomorrow's lunch.

WEDNESDAY

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 GREEK STUFFED PORTOBELLO

Cook Time: 5 Minutes

Serve cold or heat in a pan on the stove.

DINNER

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 5 Minutes

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

THURSDAY

BREAKFAST

SAUTÉED ONION, GARLIC AND BELL PEPPER WITH EGGS

Prep Time: 5 Minutes

Cook Time: 15 Minutes

- 1/4 Yellow Onion. Minced
- 2 Cloves Garlic, Minced
- 1/2 Bell Pepper, Minced
- 1 Egg
- 2 Tbsp Coconut Oil

1. In a pan on medium heat with coconut oil combine onion, bell pepper and garlic. Sautee for 5-10 minutes until onions are slightly translucent and peppers begin to cook down. As onions, garlic and pepper sautee, push to one side of the pan and cook egg to your liking.

*Save time by cooking your beet and black bean burger in a separate pan for lunch.

LUNCH

BEET & BLACK BEAN BURGER SALAD

Prep Time: 5 Minutes

- 1 Beet & Black Bean Burger
- 2 Handfuls of Mixed Greens
- Drizzle with Balsamic Vinegar

Heat burger in a pan on the stove or bake at 350 in the oven for 15 minutes.

DINNER X's 4

CHIPOTLE BLACK BEAN & CORN STUFFED PEPPERS

Prep Time: 12 Minutes

Cook Time: 40 Minutes

- 4 Bell Peppers (Any Color)
- 2 7 oz. Cans of Chipotle Peppers in Adobo Sauce
- 2 Cups Cashew Pieces
- 1 Tsp Real Salt
- 2 (15 Oz) Cans Black Beans, Drained and Rinsed
- 2 Cups Frozen Corn Kernels

1. Preheat oven to 400 degrees F.
2. Cut the bell peppers in half, through the stem. Remove the seeds. Lay the peppers cut side up in a baking dish.
3. In a small bowl, add half of the black beans. Mash the beans with a fork or a potato masher. The beans don't need to be smooth, just broken up. Set aside.
4. In a food processor, blender or large bowl with immersion blender, add cashews, two chipotle chili peppers from the can, 1 teaspoon of the adobo sauce, and salt (reserve the remaining chipotles and adobo for a later use). Blend until well combined.
5. Add the mashed beans, whole beans, and corn to the chipotle mixture. Stir to combine.
6. Spoon the black bean mixture into the peppers. Cover the baking dish and bake for 40 minutes. Let the peppers cool for 5 minutes before serving.

FRIDAY

BREAKFAST

THE FIT AND FEARLESS SMOOTHIE

Prep Time: 5 Minutes

- 1 Cup Frozen Berries
- 1 Cup Spinach
- 1 Banana
- 1 Kale Leaf
- ½ Cucumber
- ½ Avocado
- 1 Cup Water

LUNCH

CHIPOTLE BLACK BEAN & CORN STUFFED PEPPERS

Cook Time: 5 Minutes

Bake in the oven for 5 minutes at 350 degrees F or heat on a pan on the stove.

DINNER

PESTO BASIL BALSAMIC FLATBREAD PIZZA

Cook Time: 5 Minutes

- 1 Gluten Free Flatbread or Wrap
- Pesto
- Balsamic Vinegar
- 1 Clove of Garlic, Minced
- 3 Small Leaves of Basil
- Real Salt & Fresh Pepper, To Taste

1. Heat oven to 375 F.
2. Spread pesto on flatbread as sauce. Add Balsamic Vinegar, garlic, salt and pepper. (Add any additional ingredients that sound good to you).
3. Bake for 6-7 minutes.
4. Remove and top with fresh basil.

SATURDAY

BREAKFAST X's 2

BEST BRUNCH CREPES

Prep Time: 5 Minutes

Cook Time: 10 Minutes

- 1 Banana
- 2 Eggs
- 2 Heaping Tsp Arrowroot Powder
- 1 Tsp Cinnamon Powder
- 1/2 Tsp Vanilla
- 1/2 Tsp Real Salt

1. Combine all ingredients (except arrowroot) in a blender. Set on low speed and slowly add arrowroot. (Low speed is used to avoid excess air in the batter).
2. Add a tsp coconut oil to a pan that's been heated to medium. Spread oil evenly in pan. Pour a small amount of batter into center of pan. Quickly lift pan off heat turning it in circles to allow batter to spread evenly.
3. With a spatula slightly lift crepe, if it's starting to brown, flip it. (The other side will cook more quickly). Serve with Berries and syrup. Save half for tomorrow's breakfast.

*Defrost chicken for dinner.

LUNCH

CHIPOTLE BLACK BEAN & CORN STUFFED PEPPERS

Cook Time: 5 Minutes

Bake in the oven for 5 minutes at 350 degrees F or heat on a pan on the stove.

DINNER X's 2

BASIL SALAD WITH CHICKEN

Prep Time: 5 Minutes

Cook Time: 5 Minutes

- 1 Portion of Chicken
- 2 Large Handfuls of Greens
- 1/2 Cucumber, Chopped
- 2-3 Sun-Dried Tomatoes, Chopped
- 2 Pieces Basil, Chopped
- Balsamic
- 1 Tsp Italian Seasoning
- Real Salt & Fresh Pepper, To Taste

1. Cook chicken with 1 tsp coconut oil in a pan on medium heat. Sprinkle with italian seasoning, salt and pepper to taste.
2. While chicken is cooking, chop veggies and create the salad.
3. Top salad with chicken and enjoy your nourishing meal!

*Save half for tomorrow's lunch.

BREAKFAST

SUNDAY

EXTRA CREPES

I love crepes served at room temperature. Heat them if that's your preference.

LUNCH

EXTRA SALAD AND CHICKEN

DINNER

CHIPOTLE BLACK BEAN & CORN STUFFED PEPPERS

Cook Time: 5 Minutes

Bake in the oven for 5 minutes at 350 degrees F or heat on a pan on the stove.

WANT EXTRA ACCOUNTABILITY?

**SIGN UP FOR HIGH LEVEL PERSONAL COACHING
WITH STEPH. EMAIL STEPH@STEPHHENDEL.COM.**