

8 WEEK
BODY BUILT BY LOVE

DROP 20

SUMMER CHALLENGE

FOOD GUIDE

WEEK FIVE



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**TODAY BE
THANKFUL AND
THINK HOW RICH
YOU ARE. YOUR
FAMILY IS
PRICELESS, YOUR
TIME IS GOLD AND
YOUR HEALTH IS
WEALTH.**



SHOPPING LIST

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

DAIRY

9 Eggs, Organic Free Range

VEGGIES

1 Lg Box of Mixed Greens,
Organic (You'll Need About 7 Cups)

1 Lg Cucumber

8 Asparagus Stalks

1 Bell Pepper (Any Color)

3 Md Sweet Potatoes

1 Md Head of Broccoli

1 Sm Yellow Onion

3 Md Carrots

1 Sm Bag Snow Peas

1 Md Zucchini

FRUIT

3 Avocados

1 Lemon (Warm Water w/ Lemon Every
Morning)

2 Limes

4 Bananas

4 Cups of Frozen Berries, Organic

GRAINS

1 Cup Steel Cut Oats

1 1/2 Cup Brown Rice

HERBS & SPICES

Basil, Fresh

Cilantro, Fresh

2 Inches Ginger Root

OTHER

1 Can Chickpeas, Low Sodium

2 Cans Coconut Milk, Organic

Almonds (You'll Need about 10)

Chia Seeds (If You're Out)

Sesame Oil (Sm Amount)

1 Container Vegetable Stock,
Organic

Curry Powder

Cayenne Powder

Rice Wine Vinegar

2 Small Packets of Natural Peanut
Butter

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

- (8) **HARD BOILED EGGS ORGANIC, FREE-RANGE**
Hard Boil + Refrigerate and Store
- (1 BATCH) **COCONUT CURRY**
Ingredients Listed Below
- (1 BATCH) **THAI PEANUT SAUCE**
Ingredients Listed Below
- (1 1/2 CUP) **BROWN RICE**

STEP TWO

GATHER YOUR TOOLS

WHAT YOU'LL NEED FOR PREP

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

STEP THREE

START COOKIN'

FIRST

- BOIL 8 Eggs (Fill with Enough Water to Fully Cover Eggs, Instructions Below)
- SOAK Brown rice in water for 15 minutes minimum.

SECOND

1. Once eggs reach a boil, turn off heat and let sit on hot burner for 6-10 minutes depending on how goey 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. Rinse brown rice. Follow directions on brown rice bag.

THIRD

MAKE THAI PEANUT SAUCE

INGREDIENTS

- 1 Tbsp Sesame Oil
- 1 Clove Garlic
- 1-Inch Piece of Ginger, Peeled
- 1/3 Cup Coconut Milk
- 2 Packets Natural Peanut Butter
- 2 Tbsp Rice Wine Vinegar
- 1 Tbsp Cilantro, Minced

INSTRUCTIONS

1. Place a small sauce pan on medium heat. Add sesame oil.
 2. Using a microplane or small grater, grate garlic and ginger directly into the sauce pan. Cook for 30 seconds. Whisk in coconut milk.
 3. Add peanut butter and whisk until the mixture gets smooth and thick, about 1 minute. Whisk in vinegar.
 4. 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.)

FOURTH

MAKE COCONUT CURRY

INGREDIENTS

Curry Ingredients:

- 1 Can Coconut Milk
- 1/2 Cup Vegetable Stock
- 1/2 Tbsp Coconut Oil
- 1/2 Sm Onion, Diced
- 2 Garlic Cloves, Minced
- 1 Tbsp Fresh Ginger, Grated (or 1 Tsp Ground)
- 1/2 Cup Broccoli, Chopped into Florets
- 3-4 Carrots, Diced
- 1/2 Cup Snow Peas (Loosely Cut)
- 2 Tbsp Curry Powder
- 1 Lime, Juiced
- Sprinkle of Cayenne Powder
- Pink Himalayan Sea Salt & Fresh Black Pepper
- 3-4 Basil Leaves

Garnish:

Fresh Cilantro & Basil

INSTRUCTIONS

1. Place a large pot on medium heat, add 1 tablespoon of coconut oil.
2. Add onion, garlic, ginger, carrot, broccoli, lime and a pinch of salt and pepper. Stir frequently, about 5 minutes.
3. Add curry powder, cayenne, vegetable stock, coconut milk and sea salt. Stir, reduce to a simmer. Cook for 10-15 minutes.
4. Add snow peas during the last 5 minutes. (They cook the fastest of all of the vegetables.)
5. This is the fun part, taste and play with the spices until you get your perfect flavor combination.
6. Serve over brown rice and garnish with fresh cilantro and basil.

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 Kale Leaves (shredded), drizzle with balsamic vinegar
- 1/2 Avocado, Chopped

LUNCH X's 2

CREAMY CHICKPEA & AVOCADO SALAD

Prep Time: 10 Minutes

- 1/2 Can Chickpeas
- 1/2 Avocado
- 1 Hard Boiled Egg
- 2 Tbsp Cilantro
- Juice of 1/2 Lime
- 1 Tsp Onion Powder
- 1 Cup Mixed Greens
- Cumin Powder to Taste
- Chili Powder to Taste
- Pink Himalayan Sea Salt

In a bowl, smash together chickpeas, egg and avocado with the back of a fork or masher until you get the texture you desire. Mix in lime juice, onion powder, cilantro, cumin, chili, salt and pepper. Before adding greens, save half for tomorrow's lunch. In a larger bowl combine greens and chickpea mixture. Mix until leaves are coated.

DINNER

COCONUT CURRY & BROWN RICE

Cook Time: 5 Minutes

- 1 Bowl of Coconut Curry
- 1/2 Cup of Brown Rice

Heat on the stove and enjoy!

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

*Defrost 2 Beet & Black Bean Burgers for dinner.

LUNCH

EXTRA CREAMY CHICKPEA & AVOCADO SALAD

DINNER X's 2

BEET & BLACK BEAN BURGERS + SWEET POTATO FRIES

Prep Time: 5 Minutes

Cook Time: 45 Minutes

- 2 Beet & Black Bean Burgers
- 1 Sweet Potato, Chopped into Fries
- Handful of Greens Dressed in Balsamic Vinegar
- Chili Powder
- Garlic Powder
- Real Salt & Fresh Black Pepper

1. Heat oven to 370 degrees.

2. Wash and chop sweet potato into fries. Coat sweet potato in coconut oil, chili powder, salt, pepper and garlic.

3. Line a pan with tin foil. Spread fries evenly on pan leaving space for 2 burgers (but don't cook burgers yet).

4. Cook sweet potato for 30 minutes. Remove pan, flip veggies and add burgers. Cook for another 15 minutes.

5. Enjoy with greens dressed in balsamic vinegar.

*Save half 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.

*Defrost 2 portions of chicken for dinner.

LUNCH

EXTRA BEET & BLACK BEAN BURGERS + SWEET POTATO FRIES

Cook Time: 5 Minutes

Heat in a pan on the stove or serve cold. Eat with a handful of greens drizzled with balsamic.

DINNER X's 2

SWEET POTATO CHICKEN & ASPARAGUS

Prep Time: 5 Minutes

Cook Time: 45 Minutes

- 2 Portions of Chicken
- 1 Sweet Potato
- Thai Peanut Sauce
- 4 Asparagus Stalks

1. Heat oven to 370 degrees.

2. Wash and puncture potato evenly about 6 times with a sharp knife. Place on a tin foil lined pan with space for chicken and asparagus drizzled lightly with coconut oil, real salt and fresh pepper (don't add chicken or asparagus yet).

3. Bake for 30 minutes. Remove from the oven and add chicken and asparagus.

4. Bake for another 15 minutes. Remove from the oven and coat chicken in thai peanut sauce.

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

THURSDAY

BREAKFAST

EGGS + GREENS + ALMONDS

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs, sprinkle with cumin powder, chili powder, salt, pepper
- 2 Kale Leaves (shredded), drizzle with balsamic vinegar
- 10 Almonds

LUNCH

EXTRA SWEET POTATO CHICKEN & ASPARAGUS

Prep Time: 5 Minutes

DINNER

COCONUT CURRY & BROWN RICE

Cook Time: 5 Minutes

1 Bowl of Coconut Curry

1/2 Cup of Brown Rice

Heat on the stove & enjoy!

FRIDAY

BREAKFAST

THE FIT AND FEARLESS SMOOTHIE

Cook Time: 10 Minutes

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

LUNCH

COCONUT CURRY & BROWN RICE

Cook Time: 5 Minutes

Heat on the stove & enjoy!

DINNER X's 2

ROASTED VEGGIES & THAI BROWN RICE

Prep Time: 5 Minutes

Cook Time: 50 Minutes

- 1 Sweet Potato, Chopped
- 10 Pieces Broccoli, Chopped
- 1 Bell Pepper, Chopped
- 1 Zucchini, Chopped
- ½ Tbsp Cumin Powder
- Pink Himalayan Sea Salt/Fresh Pepper to Taste
- 1/2 Cup Brown Rice
- Thai Peanut Sauce

1. Pre-heat oven to 400 degrees F. Chop sweet potato, broccoli, pepper & zucchini into 1 inch pieces.

2. Coat vegetables with coconut oil, cumin, salt and pepper. Place on a large pan lined with tin foil.

3. Bake for 50 minutes or until veggies are browned. While veggies are cooking, heat brown rice on the stove.

4. Coat brown rice in thai peanut sauce and eat with roasted veggies.

*Save and store veggies in a glass container for tomorrow's breakfast.

SATURDAY

BREAKFAST

EXTRA ROASTED VEGGIES + EGG

Cook Time: 5 Minutes

Cook egg and serve with warmed veggies.

*Defrost 1 portion of chicken for dinner

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

COCONUT CHICKEN CURRY

Cook Time: 15 Minutes

- 1 Bowl of Coconut Curry
- 1 Portion Chicken

1. Cook chicken on the stove until no longer pink.

2. At the same time, heat curry.

3. Combine chicken and curry for the most delicious and nourishing meal!

SUNDAY

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.

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

LUNCH

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

DINNER

COCONUT CURRY & BROWN RICE

Cook Time: 5 Minutes

1 Bowl of Coconut Curry

1/2 Cup of Brown Rice

Heat on the stove & enjoy!

WANT EXTRA ACCOUNTABILITY?

SIGN UP FOR STEPH'S BODY BUILT BY LOVE
MENTORSHIP PROGRAM. EMAIL
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