

8 WEEK
BODY BUILT BY LOVE

DROP 20

SUMMER CHALLENGE

FOOD GUIDE

WEEK SIX



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**EVERY 35 DAYS YOUR SKIN
REPLACES ITSELF.**

YOUR LIVER, ABOUT A MONTH.

**YOUR BODY MAKES THESE
NEW CELLS FROM THE FOOD
YOU EAT AND THE THOUGHTS
YOU THINK.**

**WHAT YOU EAT & THINK
LITERALLY BECOMES YOU.**

**YOU HAVE A CHOICE IN
WHAT YOU'RE MADE OF.
CHOOSE WISELY.**



SHOPPING LIST

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

DAIRY

6 Eggs, Organic Free Range

VEGGIES

1 Lg Box of Mixed Greens,
Organic (You'll Need About 5 Cups)

1 Lg Cucumber

2 Md Sweet Potatoes

1 Lg Tomato

5 Mushrooms

FRUIT

4 Avocados

1 Lemon (Warm Water w/ Lemon Every Morning)

4 Bananas

3 Cups of Frozen Berries, Organic

1 Sm Container Strawberries

GRAINS

1 1/2 Cups Steel Cut Oats

HERBS & SPICES

Basil, Fresh

Garlic, 1 Clove

2 Leeks

1 Shallot

OTHER

1 Bag Explore Asia Brand Mung Bean Pasta

4 Slices High Quality Gluten Free Bread

4 Cups Green Lentils

Pecans (You'll Need About 20)

1 (32 Oz) Organic Chicken Broth

1 Muir Glen Pasta Sauce

1 Small Portion Tomato Paste

Small Bag of Non-GMO Organic Tortilla Chips

Small Portion of Healthy Hummus

MEAL PREP

WELCOME BACK! IT'S WEEK 6, CONGRATS ON DOING SUCH AN INCREDIBLE JOB THESE PAST 5 WEEKS. LET'S KEEP THIS NEW, HEALTHY LIFESTYLE GOING STRONG!

STEP ONE

GATHER YOUR INGREDIENTS

- (6) **HARD BOILED EGGS ORGANIC, FREE-RANGE**
Hard Boil + Refrigerate and Store
- (1 BATCH) **SWEET POTATO SOUP**
Ingredients Listed Below
- (4 CUPS) **GREEN LENTILS**
Refrigerate and Store
- (1 BATCH) **LENTIL MEATBALLS**
Ingredients Listed Below

STEP TWO

GATHER YOUR TOOLS

WHAT YOU'LL NEED FOR PREP

- Medium Pot for Eggs
- Large Pot for Soup
- Large Pot for Lentils
- Cutting Board
- Sharp Knife
- Whisk
- 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)
- SOAK Lentils 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 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. Rinse lentils. Follow instructions listed on lentil bag.

THIRD

MAKE **CODELLA'S SWEET POTATO SOUP**

INGREDIENTS

- 2 Sweet Potatoes, Cubed
- 2-3 Garlic Cloves, Chopped
- 2 Leeks, Chopped
- 2 Tbsp Olive Oil
- (1) 32 Oz Carton Organic Chicken Broth
- Fresh or Dried Rosemary to Taste
- Real Salt & Freshly Ground Black Pepper to Taste

INSTRUCTIONS

1. Sautée garlic and leeks in olive oil for 5 minutes.
2. Add broth, potatoes and seasoning to taste. Barely cover potatoes with broth and bring to a boil.
3. Once boiling, stir, reduce heat to low and cook until soft. Stirring soup periodically.
4. Carefully mash potatoes, leaving chunks.

FOURTH

MAKE **LENTIL MEATBALLS** (Makes 12)

INGREDIENTS

- 3 Tbsp + 1 Tsp Olive Oil, Divided
- 1 Shallot, Minced
- 3 Cloves Garlic, Minced
- 1 Egg
- 1 1/2 Cups Cooked + Cooled Green Lentils
- 1 1/2 Tbsp Italian Seasonings
- 1/4 Cup Fresh Italian Parsley
- 1 Tbsp Tomato Paste
- Real Salt and Black Pepper to Taste
- 1 Tbsp Oat Flour

INSTRUCTIONS

1. Heat a large skillet over medium heat, preheat oven to 375 degrees F, and line a baking sheet with tin foil.
2. Once skillet is hot, add 1 tbsp olive oil, shallot and garlic. Sauté for 2-3 minutes, or until slightly golden brown (being careful not to burn), then remove from heat and turn off stove top.
3. In a food processor or blender, combine egg, lentils, 1 tsp olive oil, sautéed garlic and shallot, Italian seasonings, parsley, tomato paste, and a pinch of salt and pepper. Pulse, mixing until combined, but not puréed.
4. Taste and adjust seasonings as needed, adding more salt and pepper or herbs for flavor, more olive oil to moisten. The texture should be dough-like. If the mixture is too wet, add oat flour.
5. Scoop out rounded tablespoon amounts of dough and form into balls. The mixture is moldable, but fragile, so the best way to do this is to put the dough in the palm of one hand, while using two fingers from the other hand to gently mold/form into a meatball. If it cracks, moisten your fingers with a little water to help reform/bind them. Repeat until all meatballs are formed - make 12.
6. Arrange on baking sheet.
7. Heat the skillet from earlier over medium heat. Once hot, add 1 tbsp olive oil and half of the meatballs. Brown for 4-5 minutes, or until golden brown, shaking the pan or using a wooden spoon to roll the meatballs around to cook evenly on all sides.
8. Once they are done cooking, transfer to the baking sheet and place in the oven. Repeat process, adding remaining 1 tbsp olive oil to the skillet and sautéing remaining meatballs, then transfer to oven and bake for 10-15 minutes.
9. Remove meatballs from oven and let cool, they will firm up once they are cooled.

MEAL SCHEDULE

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

SWEET POTATO SOUP

Prep Time: 5 Minutes

- 1 Cup

DINNER X's 2

MUNG BEAN PASTA & LENTIL MEATBALLS

Cook Time: 10 Minutes

- 1 Bag of Mung Bean Pasta
- 3 Lentil Meatballs
- Miur Glen Pasta Sauce
- 1 Handful of Greens

1. Bring a medium pot of water to a boil, add pasta and cook for 7 minutes, stirring occasionally.

2. In a pan set to medium heat, warm lentil meatballs.

3. Strain pasta and top with meatballs and sauce. Serve with a handful of greens. Drizzle greens with balsamic or lemon.

*Save half for tomorrow's lunch.

TUESDAY

BREAKFAST

AVOCADO TOAST

Prep Time: 5 Minutes

- 1 Piece of Gluten Free Bread
- 1/2 Avocado
- 2 Slices of Tomato
- Balsamic Vinegar
- 2 Basil Leaves
- Real Salt & Fresh Black Pepper

1. Toast one piece of gluten free bread.

2. Spread avocado on bread and top with sliced tomato, basil and drizzle lightly with balsamic. Finish with real salt and pepper.

*Defrost 1 portion of chicken for dinner.

LUNCH

EXTRA MUNG BEAN PASTA & LENTIL MEATBALLS

Cook Time: 5 Minutes

- Extra Mung Bean Pasta
- 3 Lentil Meatballs
- Miur Glen Pasta Sauce
- 1 Handful of Greens, Drizzled with Balsamic Vinegar

DINNER X's 2

SUMMER SALAD

Prep Time: 5 Minutes

Cook Time: 15 Minutes

- 2 Cups of Greens
- 1 Portion of Chicken
- 10 Pecans
- Maple Syrup
- 5 Strawberries, Chopped
- Balsamic Vinegar

1. In a pan on medium heat, cook chicken in coconut oil with salt and pepper.

2. In a small pan on medium heat combine pecans and maple syrup, stirring occasionally, about 4 minutes. Place on parchment paper to cool.

3. Combine greens, chicken, pecans strawberries and balsamic vinegar.

*Save half for tomorrow's lunch.

WEDNESDAY

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

EXTRA SUMMER SALAD

DINNER

SWEET POTATO SOUP + HUMMUS & TORTILLA CHIPS

Cook Time: 5 Minutes

- 1 Bowl of Sweet Potato Soup
- 3 Tbsp Hummus
- 1 Handful of Tortilla Chips

Heat sweet potato soup on the stove. Serve with hummus and tortilla chips.

THURSDAY

BREAKFAST

EGGS + GREENS + PECANS

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs, sprinkle with cumin powder, chili powder, salt, pepper
- 2 Handfuls of Mixed Greens, drizzle with balsamic vinegar
- 10 Pecans

LUNCH

AVOCADO TOAST

Prep Time: 5 Minutes

- 1 Piece of Gluten Free Bread
- 1/2 Avocado
- 2 Slices of Tomato
- Balsamic Vinegar
- 2 Basil Leaves
- Real Salt & Fresh Black Pepper

1. Toast one piece of gluten free bread.
2. Spread avocado on bread and top with tomato, basil and drizzle lightly with balsamic vinegar. Finish with real salt and pepper.

DINNER

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

FRIDAY

BREAKFAST

EGGS & LENTILS

- 1/2 Cup Lentils
- Balsamic Vinegar
- 2 Hard Boiled Eggs
- Handful of Mixed Greens

Drizzle lentils and mixed greens with balsamic vinegar. Serve with 2 hard boiled eggs. Season with real salt and fresh pepper.

LUNCH

SWEET POTATO SOUP

Cook Time: 5 Minutes

DINNER X's 2

LENTIL BOWL

Prep Time: 10 Minutes

- 1 Cup of Lentils
- 5 Mushrooms, Chopped
- 1 Avocado
- 1 Tsp Cumin
- Real Salt & Fresh Black Pepper

1. In a large bowl, combine ingredients. Add salt and pepper to taste.

*Save half for tomorrow's lunch.

SATURDAY

BREAKFAST

AVOCADO TOAST

Prep Time: 5 Minutes

- 1 Piece of Gluten Free Bread
- 1/2 Avocado
- 2 Slices of Tomato
- Balsamic Vinegar
- 2 Basil Leaves
- Real Salt & Fresh Black Pepper

1. Toast one piece of gluten free bread.

2. Spread avocado on bread and top with tomato, basil and drizzle lightly with balsamic vinegar. Finish with real salt and pepper.

LUNCH

EXTRA LENTIL BOWL

DINNER

LENTIL MEATBALL SALAD

Cook Time: 15 Minutes

- 3 Lentil Meatballs
- 2 Cups of Greens
- Miur Glen Pasta Sauce

1. Heat meatballs on medium heat with pasta sauce. Add to greens. Enjoy!

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

AVOCADO TOAST

Prep Time: 5 Minutes

1 Piece of Gluten Free Bread

1/2 Avocado

2 Slices of Tomato

Balsamic Vinegar

2 Basil Leaves

Real Salt & Fresh Black Pepper

1. Toast one piece of gluten free bread.
2. Spread avocado on bread and top with tomato, basil and drizzle lightly with balsamic vinegar. Finish with real salt and pepper.

DINNER

SWEET POTATO SOUP + HUMMUS & TORTILLA CHIPS

Cook Time: 5 Minutes

1 Bowl of Sweet Potato Soup

3 Tbsp Hummus & Handful of Tortilla
Chips

WANT EXTRA ACCOUNTABILITY?

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