

8 WEEK  
BODY BUILT BY LOVE

# DROP 20

SUMMER CHALLENGE

# FOOD GUIDE

WEEK SEVEN



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ONE CHEAT MEAL WON'T  
MAKE YOU FAT, JUST LIKE  
ONE CLEAN MEAL WON'T  
MAKE YOU LEAN.

YOU'VE GOT TO FORM  
HABITS TO HAVE MORE "ON"  
DAYS THAN "OFF".

THE KEY IS TO FIND YOUR  
HEALTHY MODERATION,  
ENJOY YOUR LIFE AND MEET  
YOUR GOALS.

YOU CAN HAVE BOTH.



# SHOPPING

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

# LIST

## MEAT & DAIRY

13 Eggs, Organic Free Range  
1 Lb Ground Beef, Grass-Fed Organic  
2 Spicy Chicken Sausages, No Nitrate  
(Look for a brand without added sugar or ingredients you can't pronounce)

## VEGGIES

1 Lg Box of Mixed Greens,  
Organic (You'll Need About 6 Cups)  
2 Cups Spinach, Organic  
1 Md Cucumber  
2 Sm Sweet Potatoes  
5-6 Cherry Tomatoes  
1 Sm Zucchini  
1 Sm Bell Pepper

## FRUIT

2 Avocados  
1 Lemon (Warm Water w/ Lemon Every Morning)  
3 Bananas  
3 Cups of Frozen Berries, Organic  
1 Sm Container Strawberries, Organic  
1 Peach, Organic

## GRAINS

1 1/2 Cups Steel Cut Oats

## HERBS & SPICES

2 Green Onions  
Garlic, 1 Clove  
Cilantro, Fresh

## OTHER

Pecans (You'll Need About 10)  
1 (32 Oz) Chicken Broth, Organic Low Sodium  
1 Muir Glen Tomato Paste  
10 Corn Tortillas, Non-GMO  
1 Can Pinto Beans, Low Sodium Organic

# MEAL PREP

WELCOME TO WEEK SEVEN! ARE YOU READY??  
TWO WEEKS TO GO! LET'S MAKE THIS ONE  
SPECIAL!! WHEREVER YOU ARE, BE PROUD OF  
YOUR PROGRESS. START FRESH EVERY DAY, BE  
HEALTHY AND TREAT YOUR BODY WITH LOVE!

## STEP ONE

### GATHER YOUR INGREDIENTS

- (2) **HARD BOILED EGGS ORGANIC, FREE-RANGE**  
Hard Boil + Refrigerate and Store
- (10) **GRASS FED BEEF & PINTO BEAN ENCHILADAS**  
Ingredients Listed Below
- (1 FRITTATA) **SPICY SAUSAGE, SPINACH & CHERRY TOMATO FRITTATA**  
Ingredients Listed Below
- (1 SMALL) **SWEET POTATO**  
Bake for Monday's Lunch

# STEP TWO

## GATHER YOUR TOOLS

### WHAT YOU'LL NEED FOR PREP

- Small Pot for Eggs
- Large Pan for Enchiladas
- Baking Dish for Frittata
- Cutting Board
- Sharp Knife
- Whisk
- Measuring Cup
- High Powered Blender/Food Processor
- Stirring Utensil
- Sealable Glass Storage Containers

# STEP THREE

## START COOKIN'

### FIRST

- BOIL 2 Eggs (Fill with Enough Water to Fully Cover Eggs, Instructions Below)
- BAKE 1 Rinsed Sweet Potato (Poke 5-6 Holes Before Baking) at 400 Degrees for 30-40 Minutes or Until Easily Punctured with a Butter Knife

### 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. Store sweet potato for tomorrow's lunch.



## THIRD

# MAKE SPICY SAUSAGE, SPINACH & CHERRY TOMATO FRITTATA

## INGREDIENTS

8 eggs, Beaten  
16 Oz Spicy Sausage  
2 Cups Fresh Spinach, Lightly Chopped  
1 Clove of Garlic, Minced  
2 Green Onions, Minced  
5-6 Cherry Tomatos, Halved

## INSTRUCTIONS

1. Preheat oven to 375 Degrees F.
2. Heat medium pan on the stovetop. Cook sausage and minced garlic until browned. Add spinach and sauté for another minute until it begins to wilt. In a round baking dish combine sausage, spinach, garlic, green onions, cherry tomatoes and eggs.
3. Place pan in oven and bake, roughly 25 minutes, until the eggs fully set.
4. Store & save for this week's meals.

## FOURTH

# MAKE GRASS-FED BEEF & PINTO BEAN ENCHILADAS (Makes 10)

## INGREDIENTS

### Sauce Ingredients

1 Cup Low Sodium Chicken Broth  
1 15 Oz Can Tomato Paste  
2 Tbsp Steel Cut Oatmeal Flour (Grind into a Fine Flour)  
1 Tbsp Coconut Oil  
3 Tbsp Chili Powder  
1 Tbsp Cumin Powder  
1 Tbsp Garlic Powder  
1 Tbsp Onion Powder  
1 Tsp Real Salt  
1 Tsp Fresh Black Pepper

### Filling Ingredients

1 Lb, Beef, Grass-Fed Organic  
15 Oz. Can Low Sodium Organic Pinto Beans (Rinsed and Drained)  
1/3 Cup Cilantro, Chopped  
2 Tsp Cumin  
6 Organic Corn Tortillas

## INSTRUCTIONS

1. In a medium saucepan over medium-high heat pre-heat the oil for enchilada sauce. Stir in tomato paste, oat flour and chicken broth. Add onion, garlic, cumin, chili powder and salt. Bring the mixture to a simmer. Keep heat at a simmer and cook for 10 minutes, whisking occasionally.
2. Remove the sauce from heat.
3. Place beef in a pan on medium heat. Cook until no longer pink. Add salt and pepper to taste.
4. In a large bowl, combine beans, beef, cumin and cilantro.
5. Preheat oven to 375°F.
6. Lightly coat a 9x13 inch baking dish with coconut oil and pour a small amount of the enchilada sauce to coat the bottom.
7. Stuff and roll 10 tortillas and top with remaining sauce or lay two tortillas side by side (slightly overlapping) and cover them with half of the filling mixture. Then place two more tortillas on top of the filling mixture and top with the remaining sauce. Place two more tortillas atop filling and pour the remaining enchilada sauce over the dish.
8. Bake at 350°F for 20-25 minutes. Garnish with Cilantro. Store & save for this week's meals.

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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

#### SWEET POTATO & GREENS

Prep Time: 5 Minutes

- 1 Sm Sweet Potato (Pre-Cooked), Top with 1 Tsp Coconut Oil, Spice with Chili Seasoning, Real Salt and Pepper
- 1 Cup of Mixed Greens Drizzle with Balsamic Vinegar

### DINNER

#### GRASS-FED BEEF & PINTO BEAN ENCHILADAS

Cook Time: 5 Minutes

- 2 Enchiladas
- 1 Handful of Greens Drizzled in Balsamic Vinegar

## TUESDAY

### BREAKFAST

#### SPICY SPINACH, SAUSAGE & CHERRY TOMATO FRITTATA

Prep Time: 5 Minutes

\*Defrost 2 portions of frozen chicken for dinner.

### LUNCH

#### 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.

### DINNER X's 2

#### SUMMER SALAD WITH CHICKEN

Prep Time: 5 Minutes

Cook Time: 5 Minutes

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

1. In a pan on medium heat, cook chicken in coconut oil with salt and pepper.
  2. In a separate 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, peach and balsamic vinegar.
- \*Save half for tomorrow's lunch.



## WEDNESDAY

### BREAKFAST

EXTRA SUMMER SALAD &  
CHICKEN

### LUNCH

GRASS-FED BEEF & PINTO  
BEAN ENCHILADAS

Cook Time: 5 Minutes

- 2 Enchiladas
- 1 Handful of Greens
  - Drizzled in Balsamic
  - Vinegar

### DINNER

EGGS + GREENS + AVO

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs, Sprinkle
  - with Cumin Powder, Chili
  - Powder, Real Salt, Fresh Pepper
- 2 Handfuls of Mixed Greens,
  - Drizzle with Balsamic Vinegar
- 1/2 Avocado

## THURSDAY

### 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

SPICY SPINACH, SAUSAGE &  
CHERRY TOMATO FRITTATA

Prep Time: 5 Minutes

- 2 Frittata Pieces

### DINNER

GRASS-FED BEEF & PINTO  
BEAN ENCHILADAS

Cook Time: 5 Minutes

- 2 Enchiladas
- 1 Handful of Greens Drizzled
  - in Balsamic Vinegar

## FRIDAY

### BREAKFAST

#### SPICY SPINACH, SAUSAGE & CHERRY TOMATO FRITTATA

Prep Time: 5 Minutes

- 2 Frittata Pieces

\*Defrost 1 Beet & Black Bean Burger for tonight's 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

#### BEET & BLACK BEAN BURGER + ROASTED VEGGIES **X's 2**

Prep Time: 10 Minutes

Cook Time: 45 Minutes

- 1 Beet & Black Bean Burger
- 1 Small Sweet Potato, Chopped
- 1 Zucchini, Chopped
- 1 Bell Pepper, Chopped
- Garlic Powder
- Cumin Powder
- Real Salt
- Fresh Black Pepper

1. Pre-heat oven to 400 degrees F. Chop veggies, toss in coconut oil and spices.
  2. On a lined pan, evenly spread chopped veggies, leaving room for 1 burger.
  3. Bake veggies (wait on burger) for 30 minutes. After 30 minutes, add burger to pan, flip veggies and cook another 10 minutes.
- \*Save half of veggies for tomorrow's breakfast.

## SATURDAY

### BREAKFAST

#### EGGS + EXTRA VEGGIES

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs
- Extra Veggies from Friday's Dinner

### LUNCH

#### GRASS-FED BEEF & PINTO BEAN ENCHILADAS

Cook Time: 5 Minutes

- 2 Enchiladas
- 1 Handful of Greens Drizzled
  - with Balsamic Vinegar

### DINNER

#### SPICY SPINACH, SAUSAGE & CHERRY TOMATO FRITTATA

Prep Time: 5 Minutes

- 2 Frittata Pieces

## 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

#### SPICY SPINACH, SAUSAGE & CHERRY TOMATO FRITTATA

Prep Time: 5 Minutes

2 Frittata Slices

Handful of Greens Drizzled with  
Balsamic Vinegar

### DINNER

#### GRASS-FED BEEF & PINTO BEAN ENCHILADAS

Cook Time: 5 Minutes

2 Enchiladas

**WANT EXTRA ACCOUNTABILITY?**

SIGN UP FOR STEPH'S MENTORSHIP  
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