

8 WEEK  
BODY BUILT BY LOVE

# DROP 20

SUMMER CHALLENGE

# FOOD GUIDE

WEEK EIGHT



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HERE'S TO A  
YEAR OF BETTER  
HABITS, POSITIVE  
THINKING,  
CLEAN EATING  
AND MOST OF  
ALL, LOVING  
YOURSELF!



# SHOPPING LIST

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

## MEAT & DAIRY

10 Eggs, Organic Free Range

## VEGGIES

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

3 Sm Cucumber

1 Sm Sweet Potato

1 Sm Tomato

2 Sm + 1 Lg Carrots

1 Sm Head of Broccoli

1 Md Spaghetti Squash

1 (8 Oz) Eggplant

## FRUIT

4 Avocados

1 Lemon (Warm Water w/ Lemon Every  
Morning)

4 Bananas

3 Cups of Frozen Berries, Organic

1 Sm Container Blueberries, Organic

## GRAINS

3 Cups Steel Cut Oats, Organic

## HERBS & SPICES

15-20 Basil Leaves

Fresh Garlic, 5 Cloves

Italian Seasoning

## OTHER

Walnuts (You'll Need About 10)

1 (15 Oz) Can Chickpeas, Organic  
Low Sodium

1 Can Muir Glen Diced Tomatoes

1/3 Cup Sun-Dried Tomatoes (Dry,  
Not In Oil)

2 Cups Green Lentils

1 Sm Container Hummus, High  
Quality

## MAKE SURE YOU HAVE ENOUGH

Chia Seeds

Olive Oil

Balsamic Vinaigrette

Maple Syrup

Kalamata Olives

# MEAL PREP

YOU ARE ABSOLUTELY AMAZING! EVERY BABY STEP YOU'VE TAKEN SO FAR HAS ADDED UP! KEEP IT UP; EVERY GOOD, BETTER, BEST CHOICE COUNTS! THIS IS OUR LAST WEEK OF THE PROGRAM SO LET'S MAKE THE MOST OF IT!

## STEP ONE

### GATHER YOUR INGREDIENTS

- (5) **HARD BOILED EGGS ORGANIC, FREE-RANGE**  
Hard Boil + Refrigerate and Store
- (15) **CHICKPEA MEATBALLS**  
Ingredients Listed Below
- (1 BATCH) **BALSAMIC LENTIL SALAD**  
Ingredients Listed Below

# STEP TWO

## GATHER YOUR TOOLS

### WHAT YOU'LL NEED FOR PREP

- Medium Pot for 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 5 Eggs (Fill with Enough Water to Fully Cover Eggs, Instructions Below)
- SOAK 2 cups of lentils for at least 15 minutes.

### 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. Drain and rinse lentils for Balsamic Lentil Salad (instructions below).

## THIRD

# MAKE BALSAMIC LENTIL SALAD

INGREDIENTS    Prep Time: 15 Mins    Cook Time: 20-30 Mins

- 2 Cups Lentils
- 1 Cup Water
- ¾ Cup Olive Oil
- ½ Cup Balsamic Vinegar
- 2 Cloves Garlic, Minced
- ½ Tsp Pink Himalayan Sea Salt
- ½ Tsp Black Pepper

## INSTRUCTIONS

1. Rinse Lentils thoroughly under running water.
2. Transfer rinsed lentils to a saucepan and add 1 cup of water.
3. Bring water to a boil, then reduce the heat to maintain a very gentle simmer. Cook, uncovered, for 20-30 minutes.
4. Add water as needed to make sure the lentils are always just barely covered.
5. Drain. In a large bowl add balsamic, olive oil, garlic, salt and pepper and mix well. (This recipe keeps well, keep it in an airtight container for a week or more.)

## FOURTH

# MAKE SUN-DRIED TOMATO & BASIL CHICKPEA MEATBALLS

 (Makes 15)

Prep Time: 15 Minutes    Cook Time: 25 Minutes

## INGREDIENTS

- 1 Egg
- 2 Tbsp Olive Oil, Plus More for Sautéing
- 3 Cloves Garlic, Minced
- 1/3 Cup Steel Cut Oat Flour + 3 Tbsp for Topping
- 1/3 Cup Loosely Packed Basil Leaves, Chopped
- 1/3 Cup Chopped Sun-Dried Tomatoes (Dry, Not in Oil)
- 1 Tbsp Italian Seasoning
- 1 (15-Oz) Can of Chickpeas, Drained, Rinsed and Dried, Organic + Low Sodium

## INSTRUCTIONS

1. Preheat oven to 375 degrees. Heat a large skillet over medium heat.
  2. Once hot, add 1 tbsp olive oil and minced garlic. Sauté until slightly browned, stirring often - about 3 minutes. Remove from heat and cool slightly, then add to food processor or blender with egg.
  3. Add steel cut oat flour, basil, sun-dried tomatoes, salt to taste, italian seasoning, and 1 tbsp olive oil. Pulse/blend until small bits remain, scraping down sides as needed.
  4. Add rinsed/dried chickpeas and blend/pulse until a moldable "dough" is formed, scraping down the sides as needed. (You don't want the chickpeas to turn into a paste and you also don't want any left whole.) Taste and adjust seasonings as needed.
  5. Scoop out 1 tbsp amounts of dough and gently form/roll into balls - about 15 total. Then roll in additional steel cut oat flour to coat.
  6. Heat the same skillet you used earlier over medium heat. Once hot, add enough olive oil to form a thin layer on the bottom of the skillet, then add meatballs in two batches, you don't want to crowd the pan. Add more oil as needed. Brown for about 5 minutes, shaking the pan to roll them around to brown all sides. (Turn down heat slightly if they are browning too quickly.)
  7. Add sautéed meatballs to a lined baking sheet and transfer to the pre-heated oven and bake for 15 minutes.
  8. Once meatballs are golden brown and fairly firm to the touch, remove from oven. They will firm up the longer they cool.
- \*Refrigerate meatballs in a sealed container. Re-heat in a 350 degrees F oven until warmed through, or on the stove in a pan.

# 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

#### MEDITERRANEAN MIX

Prep Time: 5 Minutes

- 4 Tbsp Hummus
- 1 Small Carrot, Chopped
- 1/2 Cucumber, Chopped
- 4-5 Kalamata Olives
- 1 Sm Tomato, Chopped
- 1 Hard Boiled Egg

Chop carrot, tomato and cucumber into dippable slices. Enjoy with hummus, olives and a hard boiled egg.

## DINNER X's 3

### SUN-DRIED TOMATO BASIL CHICKPEA MEATBALLS & SPAGETTI SQUASH

Cook Time: 35 Minutes

- 3 Chickpea Meatballs
- 1 Md Spaghetti Squash
- 1 Handful of Greens Drizzled in Balsamic Vinegar

1. Heat meatballs.
  2. Chop spaghetti squash in half. Use a spoon to scoop out and discard seeds from the middle of each half.
  3. Arrange squash in a 9x13-inch casserole dish, cut sides down. Pour 1/2 cup water into the dish and bake until just tender, 30 to 35 minutes.
  4. Rake a fork back and forth across the squash to remove its flesh in strands, it will look like spaghetti.
  5. Serve with meatballs, drizzle squash with balsamic, additional sun-dried tomatoes and basil.
- \*Eat 1/3 of spaghetti squash. Save 1/3 for tomorrow's lunch and 1/3 for Wednesday's dinner.

## TUESDAY

### BREAKFAST

#### BERRY CHIA PUDDING

Prep Time: 10 Minutes

- 3/4 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

#### SUN-DRIED TOMATO BASIL CHICKPEA MEATBALLS & SPAGETTI SQUASH

Cook Time: 5 Minutes

- 3 Chickpea Meatballs
- Spaghetti Squash
- 1 Handful of Greens Drizzled in Balsamic Vinegar

Heat 1/3 spaghetti squash from last night's dinner and 3 chickpea meatballs and serve with greens and balsamic vinegar.

### 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 and Chili Powder, Real
- Salt, Fresh Pepper

2 Kale Leaves (shredded), Drizzle

- with Balsamic Vinegar

1/2 Avocado, Chopped

\*Defrost 1 Beet & Black Bean Burger to cook tonight.  
(Tomorrow's Lunch)

## LUNCH

### BLUEBERRY CUCUMBER SALAD & LENTILS **X's 2**

Prep Time: 10 Minutes

- 3 Cups Organic Greens
- 3/4 Cucumber
- 1 Avocado
- 3/4 Cup Blueberries
- 1/2 Cup Walnuts
- 3 Basil Leaves, Chopped

#### DRESSING

- 1/3 Cup Balsamic Vinegar
- 1/2 Cup Olive Oil
- 1 Tsp Honey, Raw + Local
- 1/2 Tsp Vanilla Extract

1. Chop greens, cucumber, avocado, walnuts and pecans. Place in a large bowl.

2. In a separate, smaller bowl combine olive oil, balsamic vinegar, honey, vanilla extract and whisk.

3. Pour dressing over salad, add blueberries, toss, serve with balsamic lentils and enjoy!

\*Save half for tomorrow's lunch.

## DINNER

### SUN-DRIED TOMATO BASIL CHICKPEA MEATBALLS & SPAGETTI SQUASH

Cook Time: 5 Minutes

- 3 Chickpea Meatballs
- Spaghetti Squash
- 1 Handful of Greens Drizzled in Balsamic Vinegar

Heat 1/3 of spaghetti squash from Monday's dinner and 3 chickpea meatballs. Serve with greens and balsamic vinegar.

\*Cook Beet & Black Bean Burger for Tomorrow's lunch.

# THURSDAY

## 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 BLUEBERRY CUCUMBER SALAD WITH BEET & BLACK BEAN BURGER

Prep Time: 5 Minutes

## DINNER

### EGGPLANT PIZZA

Prep Time: 15 Minutes

Cook Time: 55 Minutes

- 1 (8 Oz) Eggplant
- 1 Tbsp Real Salt (for drawing water out of eggplant)
- 2 Tbsp Olive Oil
- 2 Tsp Italian Seasoning
- 10 Lg Basil Leaves, Chopped
- 3 Tbsp Hummus
- **SAUCE INGREDIENTS**
- 2-3 Tsp Olive Oil
- 3 Lg Garlic Cloves, Finely Chopped
- 1 Can (14.5 oz) Muir Glen Diced Tomatoes with Liquid
- 1/2 Tsp Italian Seasoning

Cut off both ends of the eggplant and discard. Cut eggplant into 3/4 inch thick slices (try to make them the same thickness). Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit for about 30 minutes to draw out the liquid. After the eggplant sits for 15 minutes, turn the oven to 375 degrees F.

While the eggplant sweats, make the sauce. Heat 2-3 tsp olive oil in a pan and sautee the finely chopped garlic until it becomes fragrant. (Don't let it brown.) Add the diced tomatoes and Italian seasoning and cook at a low simmer until it's thickened, breaking up the tomatoes with a fork as it cooks. (Add water as needed, a few tablespoons at a time as the sauce cooks, keeping it hot by simmering on a very low heat until it's needed for the eggplant slices.)

After 30 minutes, wipe the eggplant dry with paper towels. On a sheet lined in tin foil place eggplant slices. Brushed the top of the eggplant with olive oil and sprinkle with dried Italian seasoning. Roast about 25 minutes.

While the eggplant roasts, thinly slice the fresh basil leaves. After 25 minutes, remove from the oven. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices and top with a generous amount of hummus. Serve with any additional toppings.

\*Save a few slices for tomorrow's lunch.

## FRIDAY

### BREAKFAST

#### EGGS + GREENS + AVOCADO

Prep Time: 5 Minutes

- 2 Hard Boiled Eggs
- 1 Handful of Kale (Shredded, Drizzled with Balsamic)
- 1/2 Avocado

### LUNCH

#### EXTRA EGGPLANT PIZZA

Cook Time: 5 Minutes

### DINNER

#### SUN-DRIED TOMATO BASIL CHICKPEA MEATBALLS WITH GREENS & LENTILS

Cook Time: 5 Minutes

- 3 Chickpea Meatballs
- 1 Cup Balsamic Lentils
- Handful of Greens with Lemon

## 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 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

#### 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

### DINNER

#### ROASTED VEGGIES & BALSAMIC LENTILS

Cook Time: 45 Minutes

- 1 Small Sweet Potato
- 1 Lg Carrot
- 1 Sm Head of Broccoli
- 1/4 Cup Coconut Oil
- 1/2 Tbsp Chili Powder
- 1/2 Tbsp Cumin Powder
- Pink Himalayan Sea Salt/Pepper
  - to Taste
- 1 Cup of Balsamic Lentils

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.  
3. Bake veggies for 40 minutes. Serve with Balsamic lentils.

\*Save half of veggies for tomorrow's breakfast.

## SUNDAY

### BREAKFAST

#### EXTRA ROASTED VEGGIES & EGGS

Cook Time: 0-5 Minutes

2 Hard Boiled Eggs  
Extra Roasted Veggies  
Handful of Greens Drizzled  
with Balsamic Vinegar or  
Lemon

### LUNCH

#### SUN-DRIED TOMATO BASIL CHICKPEA MEATBALLS WITH BALSAMIC LENTILS

Cook Time: 5 Minutes

3 Chickpea Meatballs  
1 Cup Balsamic Lentils  
Heat meatballs on the stove and serve  
with balsamic lentils.

### DINNER

#### BRINNER (Breakfast for Dinner) Pancakes + Eggs + Extra Meatball

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.  
2 Eggs (Any Style)  
Extra Chickpea Meatballs  
Handful of Greens

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. Serve with extra chickpea meatballs, a handful of greens and 2 eggs cooked any way you like.

**WANT EXTRA ACCOUNTABILITY?**

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