

FIT + FAITH

7 Day
Meal Plan

- BUNDLE -



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Founder, Fit+Faith

Let's Get Started!

Your 7 Day Meal Plan Bundle Includes:

- 7 Day Meal Plan
- 7 Day Shopping List
- Easy & Healthy Recipes (*my faves!*)
- Daily Meal Plans with recipes and links to video demonstrations
- Daily5™ 7-Day Health Tracker

Over the next 7 days not only will you have all of your meal planning done for you, you will learn how to incorporate the Daily5™ into your daily routines and how to begin cultivating habits and patterns that will support your health for years to come.

What is the Daily5™?

The Daily5™ is my trademarked system of the most essential and critical daily elements of a healthy life -- made simple by boiling them down into **5 daily elements**. You will learn more on the next page.

I also highly encourage you to join my [Healthy Christian Women Facebook Group](#) so you can share your progress, get plugged in to a supportive community and benefit from further accountability and ideas for healthy recipes.

Cheers to your health!

~Dr. Melody



Daily5 Health Tracker

What is the Daily5™?

These are the most essential and critical daily elements of a healthy lifestyle, made simple by boiling them down into

5 daily elements:

- 100 oz. of water
- High protein, low carb breakfast
- Protein + Veggies for lunch and dinner
- Eating small healthy meals every 3-4 hours
- Exercise



Listen to **Episodes #2-#6** for detailed info about each area of the Daily5™.

HealthyChristianWomen.com

The Daily5™	100 oz. water	High Protein Breakfast	L & D: Veggies + Protein	Healthy Meals Every 3-4 hours	Exercise
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

7 Day Meal Plan

MONDAY

- **Breakfast:** Hard Boiled Egg w/ S&P and hot sauce
- **Snack:** Bell pepper w/ hummus
- **Lunch:** [Turkey Apple Roll-Ups](#)
- **Snack:** 10 almonds
- **Dinner:** [Spaghetti Squash](#) w/ meat sauce
- **Dessert:** 1 piece of [homemade chocolate](#)

TUESDAY

- **Breakfast:** Veggie Egg Scramble and 1/4 avocado
- **Snack:** 1/2 apple with almond butter
- **Lunch:** Grilled chicken salad w/ Balsamic
- **Snack:** 2 [Avocado-egg boats](#)
- **Dinner:** [Shrimp Cauliflower Stir-fry](#)
- **Dessert:** Frozen grapes

WEDNESDAY

- **Breakfast:** [Banana pancake](#) (1 egg, 1/2 banana)
- **Snack:** grape tomatoes, carrots
- **Lunch:** [Ground chicken or turkey lettuce cups](#)
- **Snack:** Kale chips
- **Dinner:** Grilled chicken w/ asparagus & lemon zest
- **Dessert:** 1 [spiced almond-stuffed date](#)

THURSDAY

- **Breakfast:** [Sweet Potato Eggs](#)
- **Snack:** celery w/ alm. butter
- **Lunch:** Greek salad w/ protein of choice
- **Snack:** 1 medium sized piece of fruit
- **Dinner:** Grilled chicken with zucchini noodle saute
- **Dessert:** [Chocolate-coconut chia seed pudding](#)

FRIDAY

- **Breakfast:** Protein shake
- **Snack:** Broccoli & snap peas with almond dip or hummus
- **Lunch:** [TunaTopped Cucumber 'Chips'](#)
- **Snack:** 1/2 apple with almond or cashew butter
- **Dinner:** Veggie omelet w/ salsa and 1/2 avocado
- **Dessert:** 1 piece [homemade chocolate](#)

SATURDAY

- **Breakfast:** [Green smoothie](#)
- **Snack:** Carrots w/ hummus
- **Lunch:** Cobb salad w/ red wine vinegar or balsamic
- **Snack:** 10 almonds
- **Dinner:** [Pork w/ cauliflower 'fried rice'](#)
- **Dessert:** 1/2 banana with 1Tbsp almond butter

SUNDAY

- **Breakfast:** [Banana pancake](#) (1 egg, 1/2 banana)
- **Snack:** Kale chips
- **Lunch:** [Turkey Apple Roll-Ups](#)
- **Snack:** Celery w/ almond butter
- **Dinner:** Rotisserie chicken & Steamed veggies
- **Dessert:** [Watermelon-Mint Salad](#)

[*Recipe included](#)

[*Recipe + Video demo](#)

Tips for Meal Success and Detoxing:

- You'll notice that there is very little to no dairy, processed sugar and gluten involved. That means your body will begin going through a detox as you embark on a new whole-foods way of eating.
- Portion size is key. You want your main meals to be no larger than your fist and your snacks about the size of a palmful. Allow your stomach to shrink over time and remember to use water between meals to keep you fuller. Your body will adjust over time. Promise.
- Don't be surprised if your intestines do a 'clean out' in the first week and you have some other detox symptoms such as headache, drowsiness, brain fog etc. This is completely normal as the body resets and detoxes itself. Drink plenty of water!
- If you're still feeling hungry, add more healthy fats to your food or more protein. You can always fill up on non-starchy veggies as much as you want until your body adjust to smaller portions, eaten more frequently.
- Your goal is to not go more than 4 hours without eating to keep your metabolism high, and to eat small portions about the size of your fist, except lunch and dinner can be slightly larger.

7 Day Shopping List

FRUITS & VEGGIES

- 1-2 Bell peppers (red, yellow or orange)
- Mini-bell peppers
- 2 Avocados
- 1 Spaghetti squash
- 2-3 zucchinis
- 2 Apples
- Berries of choice
- 1-2 pieces of fruit of choice
- Watermelon
- Grapes
- Grape tomatoes
- 2 Sweet potatoes
- Butter or romaine lettuce for lettuce cups and for salad
- 1 bag of Cauliflower rice or 1 head of cauliflower
- 2 bananas
- Baby carrots or carrot chips
- Kale chips
- Asparagus
- 1 Lemon
- 1 Lime
- Raisins
- Celery or celery sticks
- 1 sweet onion
- 1 English cucumber
- Spinach for smoothies and salad
- Veggies of choice to steam (broccoli, cauliflower, green beans)
- 1 bunch fresh cilantro
- 1 bunch fresh mint
- 1 bunch fresh basil

PROTEINS

- 1 package turkey deli meat
- 2 lbs. hormone-free chicken breast
- 1/2 lb. uncooked shrimp
- Organic vegan protein powder (like Garden of Life)
- 2-3 low sugar protein bars (like Lara or RX Bar)
- 1 carton organic, free range eggs
- 2 pounds Ground chicken or turkey for lettuce cups and meat sauce
- 1 canned tuna in water
- 1 lb. ground pork
- Rotisserie chicken

NUTS, SEEDS & OILS

- Virgin Coconut oil (solid at room temp)
- Extra virgin olive oil
- Raw Almonds
- Raw almond and/or cashew butter
- Almond dip (like Bitchin' Sauce)
- 1/2 c. Chia seeds

EXTRAS

- Hummus
- Raw Cocoa powder
- Organic honey
- Balsamic or red-wine vinegar
- Unsweetened almond milk
- 1 can full fat coconut milk
- Mustard
- Whole grain dijon mustard
- Everything-but-the-bagel Seasoning (Trader Joe's)
- Capers
- 1 jar organic, no sugar added, pasta sauce
- Medjool dates
- Vanilla extract

Tips for Meal Prep and Shopping:

- Buy organic and free-range whenever possible.
- Stick to the outer parts of the grocery store. Only go into aisles for specific items.
- Try not to grocery shop when you're hungry. It leads to more impulse buys.
- Shop for 3-4 days at a time so food does not spoil. Look at your meals for the next 3-4 days and plan accordingly.
- Hit up local markets or farmer's markets whenever possible for more organic options and typically better prices.

My Favorite Recipes

• **Banana Pancakes (Serves 2)**

- Mash 1 banana until smooth.
 - Mix in 2 whole eggs and beat until blended.
 - Add 1 drop of vanilla extract and a dash of cinnamon. Thicken with almond flour and mix in chopped pecans if desired.
 - Cook in small omelette pan in melted coconut oil. Makes 2-3 pancakes.
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• **Shrimp Cauliflower Stir-fry (Serves 4)**

- In large wok or saute pan, cover and steam 2 c. cauliflower florets for 4-5 minutes.
 - As water begins to evaporate, add olive or grapeseed oil and fresh garlic, 1 tsp. grated ginger, and S&P to taste.
 - Add 1-2c. of any other veggies to taste (carrots, green beans, chopped broccoli, bell pepper etc.)
 - Season with 1 tsp. each of fish sauce, sesame oil and liquid aminos (or low sodium soy sauce). For spice, add chili paste (Sambal) to taste.
 - When veggies are getting soft, create a hole in the middle of the pan and add 1/2 lb. fresh shrimp.
 - Cook 1-2 minutes until pink then mix all ingredients together.
 - Top with fresh chopped cilantro and squeeze of lime.
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• **Homemade Chocolate (Serving varies on size of chocolate molds)**

- Melt 1/4 c. virgin coconut oil in small sauce pan with 1/4c. raw cocoa powder.
- Stir in 2 Tbsp. raw organic honey and a dash of sea salt.
- Once melted and no lumps remain, pour into chocolate molds and freeze at least 1 hour.

• **Tuna Topped Cucumber 'Chips' (Serves 2)**

- Drain 1 can of tuna in water.
 - With a fork mix in mustard, to taste, and 1 tsp. capers, drained.
 - Slice cucumber into thick 'chips' and top with tuna mixture.
 - Sprinkle fresh ground pepper and serve.
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• **Ground Chicken or Turkey Lettuce Cups (Serves 4)**

- Saute 1 medium onion, chopped, and season with S&P.
 - When onion is translucent, add 1 lb. ground turkey or chicken.
 - Season liberally with cumin, paprika, turmeric and red pepper flake, for heat.
 - Add 1/2 c. diced baby tomatoes and bell pepper and cook until softened.
 - Serve inside romaine or butter lettuce cups, topped with fresh cilantro and avocado.
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• **Spaghetti Squash with Meat Sauce (Serves 4)**

- Preheat oven to 400F. Bake whole spaghetti squash inside. Cook 30-45 min, rotating half way through. Should be soft.
- Meanwhile, cook desired protein (sausage, ground beef or turkey) in a large sauce pot. Drain excess fat.
- Add 1 jar of organic, no added sugar, pasta sauce.
- Add 1-2c. chopped mixed veggies such as tomatoes, zucchini, bell pepper, carrots, celery. Simmer until veggies are tender (at least 30 min.)
- Remove squash, let cool. Cut in half lengthwise, remove seeds.
- Shred the spaghetti squash with a fork, divide into bowls (1 cup per serving). When sauce is ready, pour over top and enjoy!

• **Sweet Potato Eggs (Serves 1)**

- Shred 1/4c. raw sweet potato with a cheese grater.
 - Add to small omelette pan with coconut oil or ghee.
 - Once hot and sizzling, add 1 whole egg and 1 egg white and scramble.
 - Season with salt and pepper.
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• **Pork Cauliflower Fried Rice (Serves 4)**

- Melt 1 Tbsp coconut oil and saute' onions and garlic in wok on medium/high heat until tender, approx. 3-4 minutes.
 - Add 1 lb. ground pork and cook until no longer pink, breaking into small chunks with wooden spoon. Approx. 7-8 minutes.
 - Add 1/2 c. sliced carrots, 1 tsp. each fish sauce and liquid aminos. Season to taste with black pepper. Cook another 3 minutes until carrots are tender.
 - Turn heat down, create a hole in the center and scramble 2 eggs in the middle of the wok with wooden spoon until almost fully cooked, approx. 1 minute.
 - Blend together and add cauliflower rice, green onion, and raise heat back to medium/high.
 - Cook cauliflower until softened, but not mushy.
 - Serve topped with fresh chopped green onion.
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• **Turkey Apple Roll-Ups (Serves 1)**

- Add 1 slice each of apple, bell pepper and avocado to a few pieces of turkey deli meat.
- Roll up 3 or 4 wraps and enjoy now or package in small ziploc bag for a grab-and-go snack.

Monday

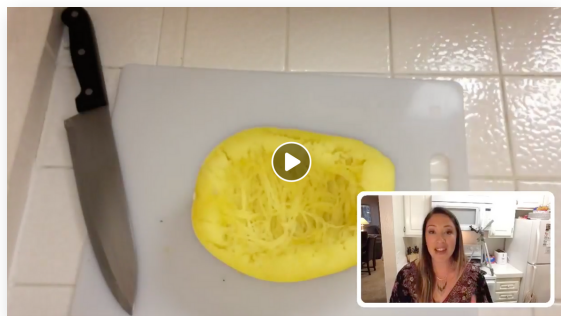
TODAY'S PLAN

- **Breakfast:** Hard Boiled Egg w/ S&P and hot sauce (optional)
- **Snack:** Bell pepper w/ hummus
- **Lunch:** **Turkey Apple Roll-Ups**
- **Snack:** 10 almonds
- **Dinner:** **Spaghetti Squash** w/ meat sauce
- **Dessert:** 1 piece of **homemade chocolate**

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

MAKING THE PERFECT SPAGHETTI SQUASH



HEALTHY HOMEMADE CHOCOLATE



WHAT YOU NEED

- Hard boiled eggs
- 1/2 c. sliced bell pepper
- 1 Tbsp. Hummus
- Turkey slices
- Apple slices
- Almonds
- **Ingredients for dinner:**
- Spaghetti squash
- Ground meat
- Pasta sauce
- Veggies of choice for meat sauce
- **Ingredients for homemade chocolate:**
- Coconut oil
- Cocoa powder
- Organic honey
- Option add-ins: slivered almonds or coconut shavings

VIDEO DEMOS

Click the images below to go to the video.
For more video demos head to [fitplusfaith.com/facebook-live-cooking-show](https://www.fitplusfaith.com/facebook-live-cooking-show) or my Fit+Faith Facebook page.

TODAY'S RECIPES

- **Turkey Apple Roll-Ups (Serves 1)**
- Add 1 slice each of apple, bell pepper and avocado to a few pieces of turkey deli meat.
- Roll up 3 or 4 wraps and enjoy now or package in small ziploc bag for a grab-and-go snack.
- **Spaghetti Squash with Meat Sauce (Serves 4)**
- Preheat oven to 400F. Bake whole spaghetti squash inside. Cook 30-45 min, rotating half way through. Should be soft.
- Meanwhile, cook desired protein (sausage, ground beef or turkey) in a large sauce pot. Drain excess fat.
- Add 1 jar of organic, no added sugar, pasta sauce.
- Add 1-2c. chopped mixed veggies such as tomatoes, zucchini, bell pepper, carrots, celery. Simmer until veggies are tender (at least 30 min.)
- Remove squash, let cool. Cut in half lengthwise, remove seeds.
- Shred the spaghetti squash with a fork, divide into bowls (1 cup per serving).When sauce is ready, pour over top and enjoy!
- **Homemade Chocolate (Serving varies on size of chocolate molds)**
- Melt 1/4 c. virgin coconut oil in small sauce pan with 1/4c. raw cocoa powder.
- Stir in 2 Tbsp. raw organic honey and a dash of sea salt.
- Once melted and no lumps remain, pour into chocolate molds and freeze at least 1 hour.

Tuesday

TODAY'S PLAN

- **Breakfast:** Veggie Egg Scramble and 1/4 avocado
- **Snack:** 1/2 apple with almond butter
- **Lunch:** Grilled chicken salad w/ Balsamic
- **Snack:** 2 Avocado-egg boats
- **Dinner:** Shrimp Cauliflower Stir-fry
- **Dessert:** Frozen grapes

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

WHAT YOU NEED

- 2 eggs
- 1/4 avocado
- 1/2 c. veggies for scramble, like spinach, tomato, bell pepper
- 1/2 apple
- 1 Tbsp. almond butter
- Grilled chicken
- Green salad and fixings
- **Ingredients for Avocado-egg boats**
- 3 eggs
- 5-6 mini peppers
- whole grain dijon mustard
- mayo and mustard
- Cornichon pickles
- Everything-but-the-bagel seasoning (Trader Joe's)
- **Ingredients for Shrimp Cauliflower Stir-fry**
- 1/2 lb. uncooked shrimp, tails removed
- 2c. fresh cauliflower florets
- Fresh ginger and garlic
- Mixed veggies of choice
- sesame oil, fish sauce, liquid aminos
- chili paste or chili flakes
- Chopped fresh cilantro
- Lime juice
- Grapes

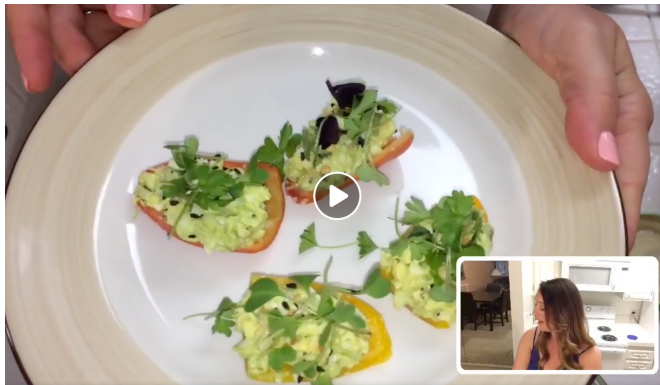
TODAY'S RECIPES

- **Avocado-Egg Boats (Serves 4-6)**
- Mash 3 whole eggs with 1/2 avocado. Mix in 1-2 Tbsp. of mayo and 1 tsp. mustard until well blended. Season with S&P.
- Add 4-5 chopped cornichon pickles and 1 tsp. whole grain dijon mustard and cayenne seasoning, to taste.
- Remove seeds from mini-peppers and cut in half lengthwise.
- Fill with egg mixture and top with Everything-but-the-bagel seasoning and microgreens.
- **Shrimp Cauliflower Stir-fry (Serves 4)**
- In large wok or saute pan, cover and steam 2 c. cauliflower florets for 4-5 minutes.
- As water begins to evaporate, add olive or grapeseed oil and fresh garlic, 1 tsp. grated ginger, and S&P to taste.
- Add 1-2c. of any other veggies to taste (carrots, green beans, chopped broccoli, bell pepper etc.)
- Season with 1 tsp. each of fish sauce, sesame oil and liquid aminos (or low sodium soy sauce). For spice, add chili paste (Sambal) to taste.
- When veggies are getting soft, create a hole in the middle of the pan and add 1/2 lb. fresh shrimp.
- Cook 1-2 minutes until pink then mix all ingredients together.
- Top with fresh chopped cilantro and squeeze of lime.

VIDEO DEMO

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AVOCADO EGG BOATS



Wednesday

TODAY'S PLAN

- **Breakfast:** [Banana pancake](#) (1 egg, 1/2 banana)
- **Snack:** grape tomatoes, carrots
- **Lunch:** [Ground chicken or turkey lettuce cups](#)
- **Snack:** Kale chips
- **Dinner:** Grilled chicken w/ asparagus & lemon zest
- **Dessert:** 1 [spiced almond-stuffed date](#)

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

WHAT YOU NEED

- Eggs
- Banana
- Coconut oil, Olive oil
- Grape tomatoes
- Carrots
- Ground chicken or turkey
- Bell pepper
- whole romaine or butter lettuce leaves
- Cilantro
- Avocado
- Kale chips
- Grilled chicken
- Asparagus (or veggie of choice)
- Lemon and lemon zest
- Almonds
- Dates
- Spices: paprika, turmeric, cumin, garlic powder, cayenne, chili flakes, S&P

TODAY'S RECIPES

- **Banana Pancakes (Serves 2)**
- Mash 1 banana until smooth.
- Mix in 2 whole eggs and beat until blended.
- Add 1 drop of vanilla extract and a dash of cinnamon. Thicken with almond flour and mix in chopped pecans if desired.
- Cook in small omelette pan in melted coconut oil. Makes 2-3 pancakes.
- **Ground Chicken or Turkey Lettuce Cups (Serves 4)**
- Saute 1 medium onion, chopped, and season with S&P.
- When onion is translucent, add 1 lb. ground turkey or chicken.
- Season liberally with cumin, paprika, turmeric and red pepper flake, for heat.
- Add 1/2 c. diced baby tomatoes and bell pepper and cook until softened.
- Serve inside romaine or butter lettuce cups, topped with fresh cilantro and avocado.
- **Spiced Almond-Stuffed Dates**
- Toast 2c. raw unsalted almonds in a dry pan. Once toasted, remove from heat.
- In same pan, heat 2tsp. olive oil with seasonings: 1 tsp. cumin, 1/4 tsp. each of garlic powder and cayenne, and 1/2 tsp. salt.
- Return nuts to pan and toss to coat. Remove from pan, let cool.
- Remove pits from large Medjool dates and stuff with 1-2 seasoned almonds.
- Make as many as desired. Save remaining spiced almonds for future snacks.

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SPICED ALMOND-STUFFED DATES

Thursday

TODAY'S PLAN

- **Breakfast:** [Sweet Potato Eggs](#)
- **Snack:** celery w/ alm. butter
- **Lunch:** Greek salad w/ protein of choice
- **Snack:** 1 medium sized piece of fruit
- **Dinner:** Grilled chicken and zucchini noodle saute
- **Dessert:** [Chocolate-Coconut Chia seed pudding](#)

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

WHAT YOU NEED

- Eggs
- Sweet potato
- Coconut or olive oil
- Celery
- Raw almond butter
- Greek salad: tomatoes, cucumber, lettuce
- Protein of choice: grilled chicken, lamb, tofu, steak
- 1 piece of fruit of choice (apple, pear, orange etc.)
- 2 large zucchinis
- Chicken to grill or cook on stove
- Tomatoes (regular or grape)
- Dried and fresh basil
- Garlic
- Chia seeds
- Cocoa powder
- 1 can full fat coconut milk
- Dates
- Vanilla extract
- Toppings: cocoa nibs, chocolate shreds

TODAY'S RECIPES

- **Sweet Potato Eggs (Serves 1)**
- Shred 1/4c. raw sweet potato with a cheese grater.
- Add to small omelette pan with coconut oil or ghee.
- Once hot and sizzling, add 1 whole egg and 1 egg white and scramble.
- Season with salt and pepper.

- **Chicken Zucchini Noodle Saute**

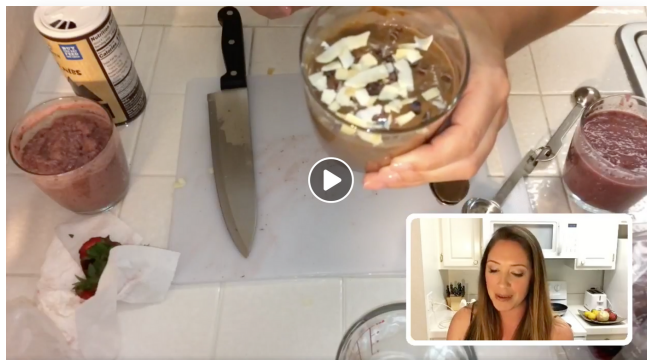
- Grill chicken or cook on stove top, seasoned with S&P
- Heat olive oil in pan and saute diced tomatoes and garlic with dried basil.
- Spiralize zucchini into noodles.
- Chop chicken and return to pan with zucchini noodles.
- Toss to combine and warm through. Serve immediately and top with fresh basil.
- Do not cook zucchini noodles too long or they will get too soft.

- **Chocolate-Coconut Chia Seed Pudding (Serves 2)**

- In a blender, blend 3/4c. coconut milk, 2 Tbsp. chia seeds, 2 Tbsp. cocoa powder, 4 Medjool dates, 1/4 tsp. vanilla extract until smooth.
- After blending once, let sit 30 minutes for chia to absorb liquid and dates to soften, then blend again until creamy.
- Refrigerate at least 1 hour, or overnight.
- Before serving top with assorted toppings: cocoa nibs, coconut shreds, or berries.

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CHOCOLATE COCONUT CHIA SEED PUDDING

Friday

TODAY'S PLAN

- **Breakfast:** Protein shake
- **Snack:** Broccoli & snap peas with almond dip or hummus
- **Lunch:** **TunaTopped Cucumber 'Chips'**
- **Snack:** 1/2 apple with almond or cashew butter
- **Dinner:** Veggie omelet w/ salsa and 1/2 avocado
- **Dessert:** 1 piece **homemade chocolate**

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

WHAT YOU NEED

- Vegan protein powder (chocolate or vanilla)
- Unsweetened almond milk
- Broccoli
- Snap peas
- Hummus or almond dip
- Canned tuna in water
- Mustard
- Capers
- Cucumber
- 1/2 apple
- Raw, unsweetened Almond or Cashew butter
- Eggs
- Veggies of choice for omelet
- 1/2 avocado
- Salsa
- Homemade chocolate

TODAY'S RECIPES

- **Tuna Topped Cucumber 'Chips' (Serves 2)**
 - Drain 1 can of tuna in water.
 - With a fork mix in mustard, to taste, and 1 tsp. capers, drained.
 - Slice cucumber into thick 'chips' and top with tuna mixture.
 - Sprinkle fresh ground pepper and serve.
- **Homemade Chocolate (Serving varies on size of chocolate molds)**
 - Melt 1/4 c. virgin coconut oil in small sauce pan with 1/4c. raw cocoa powder.
 - Stir in 2 Tbsp. raw organic honey and a dash of sea salt.
 - Once melted and no lumps remain, pour into chocolate molds and freeze at least 1 hour.

VIDEO DEMO

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HEALTHY HOMEMADE CHOCOLATE



Saturday

TODAY'S PLAN

- **Breakfast:** Green smoothie
- **Snack:** Carrots w/ hummus
- **Lunch:** Cobb salad w/ red wine vinegar or balsamic
- **Snack:** 10 almonds
- **Dinner:** Pork w/ cauliflower 'fried rice'
- **Dessert:** 1/2 banana with 1Tbsp almond butter

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

WHAT YOU NEED

- Ingredients for green smoothie (see recipe)
- Carrots
- Hummus
- **Cobb salad:** hard boiled egg, lettuce, tomato, cucumber, red onion, red wine vinegar or balsamic
- Almonds
- **Ingredients for Pork Cauliflower Fried Rice:**
- Cauliflower
- Carrots
- 1 lb. ground pork
- Eggs
- Fish sauce, liquid aminos
- Green onion or cilantro
- 1/2 banana
- Almond butter

VIDEO DEMO

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THE PERFECT CAULIFLOWER FRIED RICE (pork not included)

TODAY'S RECIPES

- **Green Smoothie (Serves 1)**
- 1 c. greens (kale, spinach, celery, beet greens etc.)
- 1 c. fruit of choice (berries, apple, mango, banana etc.)
- 1/2 c. liquid (coconut water, coconut milk, almond milk, O.J.)
- 1 Tbsp. mix-in (shredded coconut, chia seeds, ground flax seeds, walnuts etc.)
- Blend until smooth. Add ice as needed to thicken.
- **Pork Cauliflower Fried Rice (Serves 4)**
- Melt 1 Tbsp coconut oil and saute' onions and garlic in wok on medium/high heat until tender, approx. 3-4 minutes.
- Add 1 lb. ground pork and cook until no longer pink, breaking into small chunks with wooden spoon. Approx. 7-8 minutes.
- Add 1/2 c. sliced carrots, 1 tsp. each fish sauce and liquid aminos. Season to taste with black pepper. Cook another 3 minutes until carrots are tender.
- Turn heat down, create a hole in the center and scramble 2 eggs in the middle of the wok with wooden spoon until almost fully cooked, approx. 1 minute.
- Blend together and add cauliflower rice, green onion, and raise heat back to medium/high.
- Cook cauliflower until softened, but not mushy.
- Serve topped with fresh chopped green onion.

Sunday

TODAY'S PLAN

- **Breakfast:** **Banana pancake** (1 egg, 1/2 banana)
- **Snack:** Kale chips
- **Lunch:** **Turkey Apple Roll-Ups**
- **Snack:** Celery w/ almond butter
- **Dinner:** Rotisserie chicken & Steamed veggies
- **Dessert:** 3/4c. **Watermelon-Mint Salad**

DAILY5 CHECKLIST

- 100 Oz. water
- High protein, low carb breakfast
- Veggies + Protein for lunch and dinner
- Eat small, healthy meals or snacks every 3-4 hours
- Exercise

WHAT YOU NEED

- Banana
- Egg
- Coconut oil
- Kale chips
- Sliced deli turkey meat
- Apple slices
- Avocado slices
- Celery sticks
- Almond butter
- Rotisserie chicken
- Steamed veggies of choice (broccoli, cauliflower, carrots, sweet potato, brussel sprouts, asparagus, green beans)
- Watermelon
- Fresh mint
- Lime

TODAY'S RECIPES

- **Banana Pancakes (Serves 2)**
- Mash 1 banana until smooth.
- Mix in 2 whole eggs and beat until blended.
- Add 1 drop of vanilla extract and a dash of cinnamon. Thicken with almond flour and mix in chopped pecans if desired.
- Cook in small omelette pan in melted coconut oil. Makes 2-3 pancakes.

- **Turkey Apple Roll-Ups (Serves 1)**
- Add 1 slice each of apple, bell pepper and avocado to a few pieces of turkey deli meat.
- Roll up 3 or 4 wraps and enjoy now or package in small ziploc bag for a grab-and-go snack.

- **Watermelon Mint Salad (Serves 4)**
- Cube 3c. fresh watermelon and drain excess juice.
- Squeeze juice of 1/2 lime and toss to combine.
- Top with freshly chopped mint and a tiny pinch of sea salt just before serving.

VIDEO DEMO

Click the image below to go to the video.
For more video demos head to [fitplusfaith.com/facebook-live-cooking-show](https://www.facebook.com/fitplusfaith) or my Fit+Faith Facebook page.

WATERMELON MINT SALAD

