

Welcome

Hi, friend! Welcome to your Faithful Workouts' 7 Day Meal Plan. I hope you're excited to learn more about nutrition, cooking, and how to make all of it become a part of your schedule.

When it comes to eating healthy and cooking at home, most people want to know how to make delicious meals that save time in the kitchen. In my 30 years of experience in the fitness industry, what I've come to find is that the best way to do this is to do something called meal prepping. Meal prepping is the process of cooking multiple things to be eaten for more than one day during your week, and is a very effective method to keep you eating healthy with a busy schedule.

With that being said, make sure that you read everything in these notes because this information will help you understand the ultimate goal for weekly meal prepping! I have written a detailed grocery list, instructions and recipes for every day of the week, so getting started should be no problem. Like I said before, most of these dishes are designed to be eaten multiple times in a week, so read the instructions for each meal prep carefully to make sure you're using the right amount of ingredients for each meal!

For each day of Days 1-4, you will cook according to the recipes for each meal of the day. ***Some recipes are intended to be split in half and saved for another meal, so read all of the instructions carefully. Days 5-7 are structured differently than Days 1-4.*** For Days 5-7, you will cook everything for Days 5-7 on Day 4, then you will reheat and eat your meals according to the recipes for Days 5-7. **Make sure you set aside 1 hour on Day 4 to meal prep properly for Days 5-7!**

Cooking is something that brings me so much joy, and I can't wait for you to discover it for yourself in a healthy and fulfilling way. If you have questions once you read through everything just send me an email info@faithfulworkouts.com
I am praying for you!!

Michelle

Recipes

Day 1

Breakfast: Green Smoothie

Ingredients

- 1/2 frozen banana
- 1 cup coconut water (regular water works too)
- 5 large frozen strawberries
- 2 cups fresh spinach

Directions

- Put frozen banana, coconut water, frozen strawberries and fresh spinach in blender and blend until smooth.
- If the smoothie is too thick, thin with additional water.

Snack: 1 slice whole wheat bread with 2 tsp. peanut butter. Top with 1/2 banana sliced.

Lunch: Cream of Broccoli Soup & Open Face Tuna Fish Sandwich

Tip: You can substitute almost any vegetable for the broccoli, like zucchini, asparagus, carrot, cauliflower, etc. This is a great way to get in your veggies!

Cream of Broccoli Soup:

Ingredients

- 1 Tablespoon oil
- 1/2 cup diced onion
- 2 cloves minced garlic
- 3 cups diced broccoli
- 2 cups Vegetable Broth
- 3/4 cup milk of choice
- 3/4 cup Organic plain yogurt (may also substitute a non-dairy yogurt)

Directions

- Pour oil into a large pan. Heat on medium. Add diced onion and minced garlic and cook until just soft. Add diced broccoli (or other vegetable) and broth. Turn to low heat and cook for approximately 25 minutes or until broccoli is soft. Add yogurt & milk and stir. Pour soup mixture into blender and blend until smooth. Serve and enjoy!
- **Save a cup of soup for a snack tomorrow!**

Open Face Tuna Fish Sandwich

Ingredients

- 1 Small Can Solid White Tuna in Water
- 1/2 Cup Low-fat Plain Yogurt (substitute dairy-free yogurt)
- 1 tsp Dried Dill
- 2 tbsp. pickle relish

Directions

- Open tuna fish can and drain all water. Mix together all ingredients.
- **Set aside 1/2 of tuna salad for lunch tomorrow!**

Snack: 4 Dried Apricots with peanut butter

Dinner: Chicken Parmesan, Roasted Potatoes & Steamed Green Beans

Chicken Breast

Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 1 Cup Tomato sauce
- 1 tsp Dried Basil
- 2 Slices Mozzarella (Fresh mozzarella is ideal, or dairy-free cheese is optional)

Directions

- Fill a medium size pot halfway with water. Heat water on high heat until water is simmering. Add chicken breasts and turn water to medium. Cover pot and cook chicken breasts for approx. 20 minutes or until cooked throughout. (I like to cook the chicken in water because it keeps the chicken moist).
- **Place one of the chicken breasts in a baking dish (save the other chicken breast for lunch on Day 3).** In a bowl mix together tomato sauce & dried basil. Pour red sauce over chicken and top with mozzarella cheese. Turn on broiler in your oven, place dish underneath it until cheese is melted. Serve and enjoy!

Roasted Potatoes

Ingredients

- Potato
- Olive oil
- Salt and pepper
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Directions

- Dice potato, sprinkle with olive oil, salt and pepper.
- Cook in preheated 450° oven for 30-40 minutes.

Steamed Green Beans

Directions

- Cover bottom of pan with 1/2 inch of water, place green beans in pan on medium heat, cover and cook for 15 minutes.
- **Set aside 1/2 for lunch tomorrow!**

Dessert: 3 Ingredient Cookie

Ingredients

- 2 over ripe med. bananas
- 1 ½ cups oats
- 1/3 cup dark chocolate chips

Directions

- Preheat oven to 375°. Mash the over ripened bananas until fairly smooth. Add the oats and dark chocolate chips. Mix well. Roll up the cookie dough into small balls and place onto a non-stick pan and cook in the oven for 10-15 minutes. Makes 8 – 10 cookies
- **These should be enough for the week. You can freeze them too!**

Day 2

Breakfast: Quick, Healthy Oatmeal

Ingredients

- 1 cup old fashioned oats
- 1 1/2 cups water
- 1/2 tsp cinnamon
- 1/2 banana sliced
- 1/4 cup sliced almonds
- 1 cup milk of your choice

Directions

- Bring the water to a boil in a saucepan, add oats and turn heat to low. Cook for about 5 minutes, stirring regularly. Add cinnamon, banana and almonds, stir, cover the pan and cook 2 more minutes. Let sit for 5 minutes then stir in milk.

Snack: 4 Apricots with Peanut Butter

Lunch: Tuna Fish Salad & Green Beans

- **Use left over tuna salad and green beans from Day 1.** Plate on top of a bed of greens, sliced tomatoes, cucumber, hard boiled egg and dress with balsamic and olive oil

Snack: Cup of Cream of Broccoli Soup from Day 1

Dinner: Shrimp Fried Rice

Ingredients

- 1/2 Cup Vegetable or Chicken Broth
- 1 Tbsp Minced Ginger
- 2 Garlic Cloves Minced
- 1 Onion Thinly Sliced
- 1 Red Pepper Thinly Sliced
- 1 Cup Chopped zucchini
- 2 Cups of raw, peeled Shrimp
- 2 Tbsp. Sesame Oil
- 2 tbsp Soy Sauce or Liquid Amino Acids by Braggs
- 2 Eggs beaten
- 2 Cups Cooked Organic Rice
- Sriracha sauce (optional) use to your spice level

Directions

- Add 1 tbsp sesame oil to pan when warm add garlic and ginger and cook for 3 minutes. Add broth, peppers, onion and zucchini and cook over medium heat. Add shrimp and simmer an additional 5 minutes. Stir in soy sauce and rice. Stir well and remove from heat . In a separate small pan add 1 tbsp sesame oil. Beat 2 eggs in small container. Once oil is hot add eggs and scramble. Mix eggs into rice mixture. If you want to spice it up add some hot sauce! If you want to sweeten it up add some diced pineapple.
- **Save half of this recipe for dinner on Day 4**

Day 3

Breakfast: 1 slice toast with 1/2 avocado

Snack: Green Smoothie

Directions

- Use green smoothie recipe from Day 1

Lunch: Chicken Parmesan

Directions

- Heat up Chicken Parmesan leftovers from Day 1
- Eat with a side salad of lettuce, tomatoes, peppers dressed with olive oil and balsamic vinegar mixed together

Snack: 1/2 grapefruit

Dinner: Beef Tacos

Ingredients

- 2 organic corn or whole wheat tortillas
- 4 oz. ground beef or buffalo (grass-fed organic beef or buffalo is best)
- 1 tbsp. chili powder
- 1 tsp. ground cumin
- 1/2 red pepper, sliced
- 1/2 onion, sliced
- 1/2 cup shredded lettuce
- 1 tomato diced
- 1/3 cup salsa
- 2 tbsp plain low-fat yogurt

Directions

- Put beef in a pan and cook over medium heat. While cooking break up meat into small pieces. When meat turns brown, add chili powder and cumin.
- Add peppers and onions, stir, cover and cook for 3 minutes. Add meat, peppers and onion to tortilla and top with lettuce, salsa and yogurt.
- Serve with 10 Organic Tortilla Chips with salsa, along with carrots & cucumbers with healthy dip.
- **Save some of this dish for lunch on Day 4**

Day 4

Remember to set aside 1 hour to cook for Days 5-7 after dinner.

Breakfast: Oatmeal

Directions

- Use oatmeal recipe from Day 2

Snack: 1/2 Grapefruit

Lunch: Beef Tacos

Directions

- Heat up leftover beef tacos from Day 3
- Serve with side salad of lettuce, tomatoes, peppers dressed with olive oil and balsamic vinegar mixed together

Snack: Carrots and cucumbers with healthy dip

Dinner: Shrimp Fried Rice

Directions

- Heat up leftover shrimp fried rice from Day 2

Step-By-Step Cooking Instructions: Days 5-7

1. Preheat oven to 400°
2. Cook quinoa according to package (2/3 cup dry which yields 2 cups)
3. Peel and dice 2 medium sweet potatoes into bite sized pieces, cover with olive oil and a small amount of salt. Put in oven and roast for 40 min.
4. Dust 1 pound chicken breast/thighs with salt and pepper. Place in a baking dish with 1/3 cup broth. Cover with foil and cook in oven (400°) for 25 min. Check to make sure fully cooked, if not bake for an additional 5 minutes. You can also grill the chicken if you prefer.
5. Cut 2 small zucchini into bite size pieces, toss with olive oil, salt and pepper. Put in oven (400°) uncovered and roast for 15 min.
6. Dice peppers into bite size pieces. Toss with olive oil and put in oven (400°) for 15 min.
7. Sprinkle 1 pound salmon with salt and pepper. Put in oven (400°) and cook for 15 minutes
Tip: Cooking time varies according to thickness of salmon, check package.
8. Wash 1 cup blueberries and then put in a small microwave safe dish. Put in microwave and cook for 1-2 min. You want the berries to be soft and the juices to release (you can also do this with a stovetop putting the berries in a pan). Let berries cool, then add to plain greek yogurt and stir.
9. Peel cucumber and cut into bite size pieces
10. Wash celery and dry. Add peanut butter and put in baggie
12. Soup - Pour broth (16 oz) into a pot, add 1 tbsp fresh lemon juice, 4 cups packed fresh spinach leaves, and 1 can white beans (drained and rinsed). Cook over medium heat until spinach has wilted.

Recipes

Day 5

Breakfast: Scrambled Eggs

Ingredients

- 1 tsp olive oil
- 1/4 cup of cooked peppers
- 1 cup of fresh spinach
- 2 eggs (beaten)

Directions

- Add a splash of olive oil to a pan. Add 1/4 cup of cooked peppers and 1 cup of fresh spinach to the pan and sauté for 5 min.
- Crack 2 eggs into a small container and beat. Pour the eggs over the vegetables and scramble. Add salt and pepper to taste and enjoy. If you like some spice, top with salsa!

Snack: Yogurt and Berries (2/3 cup)

Lunch: Quinoa Salad

Ingredients

- 2 cups of fresh spinach
- 1/2 cup of cooked quinoa
- 1/2 cup of diced cooked sweet potatoes
- 2/3 cup of diced, cooked chicken
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

Directions

- Put fresh spinach on large plate. Top with cooked quinoa, diced cooked sweet potatoes, and diced, cooked chicken.
- Dress it with balsamic vinegar and olive oil, or try one of the homemade salad dressing recipes that's part of our membership!

Snack: 3 pieces Celery and Peanut Butter (Add raisins or nuts for some extra flavor!)

Dinner: Salmon & Veggies

Ingredients

- 1/3 of the cooked salmon
- 1 cup zucchini
- 1/2 sweet potato

Directions

- Plate cooked salmon (can add fresh lemon juice or salsa on top), zucchini and sweet potato. Warm in microwave or oven and enjoy!

Day 6

Breakfast: Yogurt & Berries (1 cup)

Option: Top with chopped pecans

Snack: 3 pieces celery & peanut butter

Lunch: Salmon Wrap & Tomato Salad

Salmon Wrap:

Ingredients

- One large tortilla
- 1/3 of salmon
- Cucumbers
- Peppers
- Tomatoes
- Spinach
- Fresh salsa

Directions

- Fill one large tortilla with 1/3 of salmon, cucumbers, peppers, tomatoes, spinach, and fresh salsa
- Roll tightly and enjoy!

Tomato Salad

Ingredients

- 1/2 cup tomatoes
- 1/2 cup cucumbers
- 2 tbsp diced onions
- Fresh basil
- Balsamic vinegar, olive oil and salt

Directions

- Mix tomatoes, cucumbers, diced onions, and fresh basil. Top with some balsamic vinegar, olive oil and salt!

Snack: 1 cup of spinach and bean soup. Reheat and eat!

Dinner: Fried Rice (quinoa)

Ingredients

- 1 tsp of olive oil
- 1 egg
- 3/4 cup of cooked quinoa
- Chicken
- Peppers
- Zucchini

Directions

- Heat up a pan with olive oil and scramble the egg. Next add the cooked quinoa and add the chicken, peppers, and zucchini.
- Add seasonings of your choice. We recommend soy sauce (or liquid amino acids), siracha and basil. Mix together and enjoy!

Day 7

Breakfast: Egg Scramble

Ingredients

- 1 tsp oil
- 1 Egg
- 1/4 cup quinoa
- 1/2 cup diced sweet potato
- Fresh basil

Directions

- Add a splash of oil to a pan. Beat egg in a small dish. Pour egg into pan and stir. Add quinoa, diced sweet potato and fresh basil. Stir and cook until egg is set. Top with salsa or hot sauce!

Lunch: Chicken Wrap & Soup

Ingredients

- One large tortilla
- Diced chicken
- Tomatoes
- Spinach
- Basil

Directions

- Take tortilla and add diced chicken, tomatoes, spinach and basil. Roll tightly and enjoy!
- Heat up the 1 cup of soup prepped earlier in the week.

Dinner: Salmon Salad

Ingredients

- 2 cups of spinach
- Flaked salmon
- Tomatoes, cucumbers, peppers

Directions

- Start with 2 cups of spinach (or greens of your choice) and top with flaked salmon, tomatoes, cucumbers, and peppers. Finish with a homemade salad dressing of your choice.
- Enjoy yogurt and berries for a healthy dessert!