

"Commit to the Lord whatever you do, and He will establish your plans." -Proverbs 16:3

	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Exercise
S PREP DAY!	All Around Good Fruit Smoothie (add 1 cup of spinach or kale!)	1 Luna Mini Bar	FREE MEAL/Clean out your fridge! Fix a large salad with leftovers. Prep: Chia Pudding & lunch salads for the week!	1 serving celery 2 Tbsp. nut butter cup of green tea with lemon	1 serving Butternut Squash Soup with 2 Tbsp. slivered almonds Small side salad	Rest Day! Yoga
M	Chia Pudding 1 cup berries	1 pear 100-calorie pack nuts	TransFit Power Lunch Salad	1/2 cup oven-roasted chickpeas 1 small apple cup of green tea with lemon	Maple Dijon Chicken, cup Roasted Chopped Sweet Potatoes, Roasted Brussels Sprouts	Strength Training 55 minutes
T	Green Protein Smoothie	2 hard-boiled eggs 1 clementine	1 serving of Leftover Butternut Squash Soup with 2 Tbsp. slivered almonds	Chobani or FAGE Greek Yogurt, 1/2 cup berries, 2 Tbsp. low-sugar granola cup of green tea with lemon	Turkey Meatballs with cup s.squash (WW angel hair pasta & WW roll for family) Small side salad	Steady Cardio 60 minutes
W	Chia Pudding 1 cup berries	1 Luna Mini Bar	TransFit Power Lunch Salad	1 serving celery 2 Tbsp. nut butter cup of green tea with lemon	FREE MEAL or Leftovers Choose a protein & veggie!	Bodyweight Workout 55 minutes
T	All Around Good Fruit Smoothie (add 1 cup of spinach or kale!)	2 hard-boiled eggs 1 clementine	FREE MEAL Practice making wise choices at lunch!	Chobani or FAGE Greek Yogurt, 1/2 cup berries, 2 Tbsp. low-sugar granola cup of green tea with lemon	Almond Crusted Mahi Mahi, cup Cauliflower Bites, cup Steamed Green Beans with a Twist	Cardio Intervals 60 minutes
F	Chia Pudding 1 cup berries	1 pear 100-calorie pack nuts	TransFit Power Lunch Salad	1/2 cup oven-roasted chickpeas 1 small apple cup of green tea with lemon	Date Night/FREE MEAL Choose lean protein and green veggie!	Strength Training 55 minutes
S	2 scrambled eggs, 1 serving bacon (no nitrates), 1 Kashi WW Waffle (for family) 1 cup berries	1 Luna Mini Bar	Fix your favorite TransFit smoothie!	1 small apple 1 Tbsp. nut butter cup green tea	Fire up the grill! Small lean steak, small roasted sweet potato, cup roasted asparagus	Walk-Run 5+ miles or 50 minutes

GOALS: 1. Finish January strong!!

2. _____

3. _____

PRODUCE	MEATS & DAIRY	CANNED & DRY GOODS
<input type="checkbox"/> apples <input type="checkbox"/> clementines <input type="checkbox"/> frozen strawberries <input type="checkbox"/> blueberries <input type="checkbox"/> bananas <input type="checkbox"/> pears <input type="checkbox"/> pineapple <input type="checkbox"/> raspberries <input type="checkbox"/> clementines <input type="checkbox"/> avocados <input type="checkbox"/> lemons <input type="checkbox"/> lime <input type="checkbox"/> lemon juice <input type="checkbox"/> spinach <input type="checkbox"/> butternut squash <input type="checkbox"/> sweet potatoes <input type="checkbox"/> brussels sprouts <input type="checkbox"/> spaghetti squash <input type="checkbox"/> celery <input type="checkbox"/> cauliflower <input type="checkbox"/> green beans <input type="checkbox"/> asparagus <input type="checkbox"/> onions <input type="checkbox"/> red onion <input type="checkbox"/> jalapeno pepper <input type="checkbox"/> garlic <input type="checkbox"/> fresh sage <input type="checkbox"/> fresh parsley <input type="checkbox"/> fresh oregano <input type="checkbox"/> cilantro <input type="checkbox"/> rosemary <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> chicken breasts <input type="checkbox"/> lean ground turkey <input type="checkbox"/> lean pork tenderloin <input type="checkbox"/> bacon (no nitrates) <input type="checkbox"/> mahi mahi fillets <input type="checkbox"/> eggs <input type="checkbox"/> unsweetened almond milk <input type="checkbox"/> non-fat, plain Greek yogurt <input type="checkbox"/> Chobani or Fage 100-calorie Greek yogurts <input type="checkbox"/> goat cheese <input type="checkbox"/> parmesan cheese <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> chickpeas <input type="checkbox"/> marinara sauce <input type="checkbox"/> low-sodium chick stock <input type="checkbox"/> fig preserves (optional) <input type="checkbox"/> edamame <input type="checkbox"/> low-sugar granola <input type="checkbox"/> protein powder <input type="checkbox"/> flax seed <input type="checkbox"/> chia seed <input type="checkbox"/> nut butter <input type="checkbox"/> dried cranberries <input type="checkbox"/> slivered almonds <input type="checkbox"/> 100-calorie packs of nuts <input type="checkbox"/> walnuts <input type="checkbox"/> almonds <input type="checkbox"/> shredded coconut <input type="checkbox"/> Luna Mini Bars <input type="checkbox"/> Kashi whole wheat waffles <input type="checkbox"/> whole wheat breadcrumbs or almond meal <input type="checkbox"/> whole wheat rolls <input type="checkbox"/> whole wheat angel hair pasta <input type="checkbox"/> quinoa <input type="checkbox"/> honey <input type="checkbox"/> Tulsi green tea <input type="checkbox"/> Dijon mustard <input type="checkbox"/> pure maple syrup <input type="checkbox"/> red wine vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> coconut oil <input type="checkbox"/> balsamic vinegar <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

**Be sure to check your recipes and add any seasonings or cooking essentials you might need!*



All Around Good Fruit Smoothie

- 1 cup nonfat milk or unsweetened vanilla almond milk
- ½ cup fat-free plain yogurt or greek yogurt (could use vanilla protein powder)
- ½ frozen banana
- ½ cup frozen strawberries
- 1 tbsp. flax seed
- 1 tsp. honey
- ½ cup crushed ice

Green Protein Smoothie

- 1 cup unsweetened coconut milk or almond milk
- 1 cup Greek yogurt (I like Chobani Vanilla 100 - under 10 grams sugar)
- 1 frozen banana
- 2 cup spinach or kale
- 1 tbsp. flax seed
- 1 tbsp. chia seed
- 1 tsp. honey or stevia
- ½ cup crushed ice

Blend until smooth.

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Chia Seed Pudding

Ingredients:

- $\frac{3}{4}$ cup vanilla-unsweetened almond milk
- 1 tablespoon pure maple syrup
- $\frac{1}{2}$ teaspoon pure vanilla extract
- 2 Tbsp chia seeds
- $\frac{1}{2}$ cup of your favorite berry (frozen blueberries / raspberries)
- $\frac{1}{4}$ cup sliced almonds, toasted
- $\frac{1}{2}$ tsp cinnamon + any desired topping
- $\frac{1}{2}$ cup plain low-fat (2 percent) Greek yogurt (optional)

Directions:

In mason jar (or bowl) combine all ingredients except berries & almonds. Shake or stir well. Stir to distribute the seeds if they have settled (after 5 minutes). Cover and refrigerate overnight or for 30 minutes. When ready to eat mix in the almonds & berries.

*Great to make a few jars at one time and place in fridge. Try other fruits or topping! Walnuts and coconut flakes are also great!

** Depending on the type/brand of chia seed you buy you may have to experiment with just the right amount of liquid to get the consistency like you like it!

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TransFit Power Lunch

Ingredients

- *3 cups chopped baby spinach or kale
- *1 medium pear, chopped
- *1/8 c dried cranberries
- *1/4 cup chopped walnuts or cashews
- *1/4 cup edamame or chickpeas
- *1/2 cup any roasted vegetable leftover (roasted butternut squash or sweet potatoes are best)
- *1/4 avocado
- *1/4 cup quinoa
- *1 oz. (1 tbsp) goat cheese, crumbled

Instructions

In a large bowl, combine the greens, pears, cranberries, nuts, quinoa, roasted vegetable beans and cheese. Drizzle with 1 Tbsp vinaigrette. Toss for 1 minute coating every leaf, add avocado on top. Top with fresh ground pepper!

Enjoy!

Power Balsamic Dressing

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tablespoon fig preserves or 100% maple syrup
- salt and pepper, to taste

Pour all ingredients in mason jar and shake!

NOTES:

Make dressing in mason jar and keep leftovers for next salad.

******Make 2-3 of these salads and place in tupperware without dressing and store for future lunches. You will be able to measure the serving sizes and not over eat!

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Butternut Squash Soup

By Gena Knox

Instructions

FIRST Heat oil in a large stock pot over medium heat. Sauté onion until tender, about 5 minutes. Add sage and cook an additional minute, stirring constantly. Stir in squash, 4 cups stock, and bring to a boil. Reduce heat and simmer for 20 minutes or until squash is tender. **NEXT** Puree soup with a soup emulsifier or, working in batches, in a blender (take care to avoid burns). Add an additional cup of stock if soup is too thick. Stir in lemon juice and season with cayenne pepper and salt to taste. Stir in $\frac{1}{4}$ cup Parmesan cheese. **LAST** In a small skillet, heat oil over medium-high heat until hot. Fry sage leaves until crisp, about 3-4 seconds each. Using fork, transfer leaves to a paper towel to drain. Ladle soup into small cups or bowls, top with shaved Parmesan and fried sage leaves to serve.

- Cook Time: 30 minutes
- Prep Time: 20 minutes
- Yield: 12 appetizer or 6 side dish servings

Ingredients

- 1 tablespoon coconut oil
- 1 onion, chopped
- 1 tablespoon chopped fresh sage
- 1 (2 $\frac{1}{2}$ -pound) butternut squash, peeled, cut in half, seeded, and chopped
- 5 cups low-sodium chicken stock, divided
- 1 tablespoon fresh lemon juice
- Cayenne pepper to taste
- $\frac{1}{4}$ cup Parmesan cheese plus more for garnish

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Maple Dijon Chicken

Serves 4

4 boneless, skinless chicken breasts
1/2 cup Dijon mustard
1/4 cup maple syrup
1 tablespoon red wine vinegar
Salt & pepper
Rosemary

Preheat oven to 425 degrees. In a small bowl, mix together mustard, syrup, and vinegar.

Place chicken breasts into 9×13 greased baking dish. Season with salt & lots of pepper. Pour mustard mixture over chicken. Make sure each breast is coated. No need to marinate.

Bake for about 30-40 minutes, or until meat thermometer reads 165 degrees. Exactly how long you should leave it in is based on personal preference and your oven. (Line your pan with foil to keep clean up easy!) There will be extra sauce in the pan, which you can elect to toss out or use for extra flavoring.

Season with chopped rosemary. And prepare for people to ask you to make it again! To make this in the slow cooker, combine all ingredients and cook on low for 3-4 hours.

Roasted Chopped Sweet Potatoes

3 Large Sweet Potatoes
1 Tbsp Extra Virgin Olive Oil
1 tsp paprika
2 tbsp brown sugar
1/2 tsp cumin
1/4 tsp ancho chili powder
1/2 tsp curry powder
1 tsp kosher salt

Preheat oven to 450. Coat pan lightly with olive oil. Wash sweet potatoes. Dice potatoes into cubes, transfer to bowl and toss with oil, brown sugar, and spices. Spread into a single layer and bake for 30 minutes, turning occasionally. Enjoy!

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Baked Sweet Potato

Ingredients: Sweet Potatoes
Sea Salt
Coconut Oil

Preheat oven to 400 degrees. Poke holes in sweet potatoes using a fork. Spray the outside of each potato with coconut oil (1 TBSP each) & sprinkle with sea salt – Bake for 50-60 minutes. Enjoy plain or sprinkle with cinnamon.

You can line a baking sheet (with raised edges) or pan with foil but do not wrap the potatoes in foil.

Easy Balsamic Roasted Brussels Sprouts

Ingredients:

1 lb of Brussels sprouts
2-3 Tbsp extra virgin olive oil
2-3 Tbsp Balsamic vinegar
Course kosher salt, to taste
Fresh ground pepper, to taste

Instructions:

1. Preheat oven to 400 degrees.
2. Clean and check Brussels sprouts well, then cut in half length-wise.
3. Toss Brussels sprouts with oil and vinegar and spread out into one layer on a cookie sheet.
4. Sprinkle with salt and freshly ground pepper.
5. Roast for 20-30 minutes until the Brussels sprouts begin to caramelize.

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Oven-Roasted Asparagus

Ingredients:

- 1 bunch thin asparagus spears, trimmed
- 1 Tbsp. olive oil
- 1 Tbsp. grated parmesan cheese (optional)
- 1 clove garlic, minced
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 1 Tbsp. lemon juice

Directions:

Preheat oven to 425 degrees. Place the asparagus into mixing bowl and drizzle with olive oil. Toss to coat the spears, then sprinkle with parmesan cheese, garlic, salt and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Parmesan Cauliflower Bites

Ingredients:

- 1/2 cup Extra Virgin Olive Oil
- 1 cup whole wheat bread crumbs or almond meal
- 1/4 cup grated Parmesan cheese
- 1 tablespoon Creole Seasoning
- 4 cups cauliflower florets
- 1/2 cup all-purpose or whole wheat flour
- 2 large eggs, beaten

Instructions:

Heat vegetable oil in a large skillet over medium high heat.
In a large bowl, combine crumbs, Parmesan and Seasoning; set aside.
Working in batches, dredge cauliflower in flour, dip into eggs, then dredge in Panko mixture, pressing to coat. Add cauliflower to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate. Serve immediately.

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Steamed Green Beans with a Twist

Ingredients:

1 pound fresh green beans, trimmed
3 Tbsp. olive oil
3 cloves garlic, sliced
1 pinch salt
1 pinch ground black pepper
2 Tbsp. white wine vinegar
3 Tbsp. freshly grated Parmesan cheese
2 Tbsp. chopped fresh parsley

Directions:

Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green beans and steam to your desired degree of tenderness, or about 5 minutes.

Once the beans have cooked, transfer them to a serving bowl. Toss with olive oil, garlic, salt, pepper, white wine vinegar and Parmesan cheese. Let stand for 10 minutes. Remove garlic slices and garnish with parsley before serving.

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Terrific Turkey Meatballs

Serves: about 5 (makes 26 1 1/2 in meatballs)

Ingredients:

- 1 pound fresh ground turkey
- 6 tablespoons breadcrumbs (can substitute crackers or GF breadcrumbs)
- 1/2 teaspoon red chile pepper
- 1 tablespoon fresh chopped oregano
- 1 tablespoons fresh chopped parsley
- 1/2 cup finely chopped onion
- 1/4 cup grated Parmesan
- 3 cloves garlic, minced fine
- 2 teaspoons olive oil (plus extra for pan)
- 1 egg
- 1/2 teaspoon sea or kosher salt
- 1/4 teaspoon pepper
- 3-3 1/2 cups marinara pasta sauce
- pasta or spaghetti squash to serve over
- Parmesan and herbs to garnish



Directions:

1. In a medium bowl with your hands, mix ground turkey, breadcrumbs, red pepper, herbs, onion, Parmesan, garlic, oil, egg, plus salt and pepper.
2. Line a baking sheet with foil, use tablespoon and portion out approximately 26 meatballs. Gently roll them into round balls.
3. Drizzle a little extra olive oil (about 1-2 teaspoons) into a large non-stick pan. Over medium heat, cook meatballs on all sides until lightly browned, turning as needed.
4. Pour marinara over the top and bring to a strong simmer, until bubbling hot, turn heat down to low, cover and cook until turkey is barely pink when you cut open a meatball, about 8-10 minutes.
5. Serve over whole wheat pasta or spaghetti squash with the sauce and a garnish of grated Parmesan cheese and fresh chopped herbs if desired.



Almond Crusted Mahi Mahi with Pineapple Salsa

Makes 4 servings, 1 fillet each Ingredients:

- 4 4oz Mahi Mahi fillets (or another white fish like Tilapia or Cod)
- 1/2 cup chopped almonds
- 1/4 cup of oats
- 1/4 cup unsweetened shredded coconut
- 2 Tbsp ground flaxseed (can use an extra 2 Tbsp oats if you don't have flaxseed)
- 1 egg white mixed with 2 Tbsp lite coconut milk (or water)
- Dash of salt and pepper

ONE: In a food processor or blender, combine the almonds, oats, coconut, flaxseed, and salt and pepper. Process until well combined and in small pieces

TWO: Rinse the Mahi Mahi fillets in running water and dry them off with a paper towel.

Spread the almond mixture on a plate. Dip the fillets into the egg white mixture and then coat well with almond mixture.

STOVETOP: Heat 2 tsp olive oil to medium-high heat in a non-stick skillet. Add fish and cook 3 minutes or until golden brown. Flip and cook another 3-5 minutes until fish is white throughout and flakes easily. -OR-

OVEN: Preheat oven to 400 degrees. Place fish in a baking dish and cook for about 10-13 minutes or until it is white all the way through and lightly toasted on the top.

Pineapple Salsa

- 1 cup of finely chopped pineapple (small cubes)
- 1/2 cup of finely chopped red onion
- 1/2 cup of minced cilantro
- 1 small jalapeño pepper, seeded and finely chopped
- Juice and zest of one lime
- Salt and pepper

Combine all ingredients and let sit in the fridge for at least 30 minutes before serving so the flavors mix well.

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