

“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!	TransFit Smoothie	1 small apple Tbsp. nut butter	FREE MEAL or fix a large salad using leftovers. Clean out the fridge & prepare for healthy week! Prep: salads, eggs, Energy bites	cup carrot sticks or cucumber 2 Tbsp. hummus cup green tea with lemon	Healthy Chicken Nuggets (bake a few w/o breadcrumbs for salads), cup Roasted Brussels Sprouts, cup sweet potato fries	Rest Day! Or 30 minutes Yoga
M	2 hard-boiled eggs 1 piece chicken sausage slice of WW toast with avocado	1 cutie 100-calorie pack of nuts	Super Antioxidant Salad	2 No-Bake Energy Bites small apple cup green tea with lemon	Crockpot Night! Asian Pork Tenderloin with 1/4 cup brown rice, cup Roasted Broccoli	Strength Training 55 minutes
T	Overnight Oats	1 Protein Bar (5g sugar or less!)	Turkey Roll-up with cheese stick 2 Tbsp. hummus with cup veggie slices	1/2 cup edamame 1/2 cup berries	Taco Tuesday! Broil fish or chicken & make a taco bar with all your fav toppings: lettuce, salsa, Gk yogurt, black beans, cauliflower rice, avocado, cheese	HIIT Workout 60 minutes
W	TransFit Smoothie	1 cutie 100-calorie pack of nuts	Super Antioxidant Salad	2 No-Bake Energy Bites small apple cup green tea with lemon	FREE MEAL or LEFTOVERS	Strength Training 55 minutes
T	2 hard-boiled eggs 1/2 cup berries slice WW toast with avocado	1 Protein Bar (5g sugar or less!)	FREE MEAL Go out to lunch & practice making wise choices!	1/2 cup edamame 1/2 cup berries	Turkey Meatballs served with WW pasta (spaghetti squash for you!) and a large spinach salad	HIIT Workout 60 minutes
F	Overnight Oats	1 cutie 100-calorie pack of nuts	Turkey Roll-up with cheese stick 2 Tbsp. hummus with cup veggie slices	2 No-Bake Energy Bites small apple cup green tea with lemon	FREE MEAL or LEFTOVERS Practice making wise choices!!	Strength Training 55 minutes
S	2 eggs fixed how you like! 1 piece of chicken sausage slice of WW toast with Tbsp. nut butter	1 small apple Tbsp. nut butter	Leftovers over a bed of greens OR your favorite green smoothie!	cup carrot sticks or cucumber 2 Tbsp. hummus cup green tea with lemon	Fire up the grill! Lean steak, chicken or fish with 1/2 baked sweet potato, cup of your fav green veggie or salad	Power Walk or Run 3-4 miles or 45 minutes

GOALS: 1. Keep moving - 30 min exercise daily!

2. Stay hydrated - 80 oz/day!

3. Daily reflection time!

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
- 1/2 cup crushed ice

Blend until smooth.

All Around Good Fruit Smoothie

- 1 cup nonfat milk or unsweetened vanilla almond milk
- 1/2 cup fat-free plain yogurt or greek yogurt (could use vanilla protein powder)
- 1/2 frozen banana
- 1/2 cup frozen strawberries
- 1 tbsp. flax seed
- 1 tsp. honey
- 1/2 cup crushed ice

Blend until smooth.

Chillin' Cherry Smoothie

1 cup coconut or unsweetened vanilla almond milk
1 cup plain Greek yogurt or 1 serving vanilla protein powder
1 frozen banana
1 cup frozen cherries
1/2 cup frozen zucchini (peeled & chopped in 1-inch cubes)
1 Tbsp. flax seed
1 tsp. honey or stevia (if needed)
1/2 cup crushed ice

Blend until smooth. If you have leftovers, put the smoothie mixture in a popsicle mold for a high protein, nutritious snack or treat!

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19-20

Overnight Oats

- 1/2 cup unsweetened almond milk
- 1/2 cup old-fashioned rolled oats
- 1 Tbsp. nut butter
- 1/2 cup mixed berries (strawberries & blueberries are my fav)

Fill a mason jar with the oats & almond milk. Add nut butter then top with your favorite berries. Cover and refrigerate overnight. Make 2-3 and store in the fridge for the week!

*For nut allergies, you can replace the nut butter with sun butter. Or add a Tbsp. Greek yogurt (or Kefir for probiotics!)

No-Bake Energy Bites (“cookie dough balls” as I told my little people)



Ingredients

- 1 cup gluten free oatmeal (You can put this in the blender 1st)
- 1/2 cup peanut butter (or other nut butter)
- 1/3 cup honey
- 1 cup coconut flakes
- 1/2 cup ground flaxseed (GO FIBER)
- 1 tsp vanilla
- **optional dark chocolate chips (1/2 cup)

Stir all ingredients together in a medium until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

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Healthy Chicken Nuggets

Prep time: 5 min. Cook time: 15 min.

6 oz. boneless, skinless chicken breast (cut into 1/2 inch pieces)
2 pinches salt
2 pinch pepper
1 pinch garlic powder
2 tbsp light extra virgin olive oil
1 cup whole wheat breadcrumbs (or almond meal for lower carb option)
Olive oil cooking spray

Preheat oven to 425 degrees. Toss chicken in olive oil and then season chicken with salt, pepper, and garlic. Dip the chicken in bread crumbs until coated completely. Roll until nicely coated. Lightly coat a cookie sheet with spray and place the nuggets onto the tray and then into the oven. Bake until golden brown and cooked through (about 10-15 minutes).

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.

Asian Pork Tenderloin with Ginger Glaze (Slow Cooker)

For the rub:

- 1 tablespoon brown sugar
- 2 teaspoons salt
- 1 teaspoon powdered ginger (or fresh ginger)
- 1/2 teaspoon cinnamon
- 1 teaspoon garlic powder
- 1/2 teaspoon powdered cloves
- 1/4 teaspoon black pepper
- 1/2 teaspoon crushed red pepper
- 2 pounds pork tenderloin

For the glaze:

- 1/3 cup brown sugar
- 1 tablespoon cornstarch
- 1/4 cup rice vinegar (or white)
- 1/2 cup cold water
- 2 tablespoons soy sauce
- 2 teaspoons fresh ginger, minced
- fresh cilantro, to garnish
- lime wedges, to garnish

Instructions: In a small bowl, combine the brown sugar, salt, ginger, cinnamon, garlic, cloves, black pepper, and crushed red pepper. Place the tenderloins in the slow cooker. Rub the seasonings over the pork, including the bottom. Pour 1/2 cup water in the slow cooker, on the edge or in the middle so that you don't wash off all the spices you just rubbed on. Cook on low for 6-8 hours, then preheat your broiler.

While the pork is finishing up in the slow cooker and your broiler heats up, combine 1/2 cup brown sugar, cornstarch, rice vinegar, COLD water, and soy sauce in a small saucepan. Set over medium heat and stir until mixture thickens, about 4 minutes. Remove from heat and stir in minced ginger.

Line a baking sheet with aluminum foil and spray with nonstick spray. Remove the pork from the crock pot (discard the liquid) and place on the lined baking sheet. Brush a generous amount of the glaze on the pork. Put your oven rack as high as it will go, and broil the pork for 1 or 2 minutes, until bubbly and caramelized. Don't walk away! Repeat 2 to 3 more times until it is as crusty as you want it. Serve with remaining glaze on the side, and garnish with lime and cilantro.

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Roasted Broccoli with Sea Salt & Olive Oil

Ingredients:

- 2 - Bunches broccoli cut into florets
- 1/4 Cup - Olive Oil
- 1 Teaspoon - Salt
- 1/2 Teaspoon - Pepper

Instructions:

1. Preheat oven to 425.
2. Wash and dry the broccoli thoroughly.
3. Line a large cookie sheet with foil (I use Reynolds Non-stick Pan Lining Paper)
4. Right on the cookie sheet, toss the broccoli with all the remaining ingredients.
5. Roast until tender and the edges are browned and stir once. This usually takes about 20 minutes in my oven. Serve immediately.

Crockpot Chicken Tacos

Ingredients:

- 4 organic boneless, skinless chicken breasts
- 1 jar of your favorite salsa (I like low sugar, all-natural salsa)

Directions:

Place thawed chicken breasts in the crockpot. Cover with salsa. Cook 4-6 hours on low (or until cook through), then shred the chicken with two forks.

Serve with your favorite toppings like avocado, cilantro, shredded cheese, lettuce and tomatoes! My children love to create a “taco bar” and feel independent when they can fill their own tacos with delicious sides to accompany the chicken! I put mine on a large bed of mixed greens with lime juice and 1 Tbsp. olive oil, toss and make a large taco salad! Seriously easy & now a family favorite!

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.

Spaghetti Squash

How To Cook Spaghetti Squash in the Oven

Ingredients:

1 medium spaghetti squash (2 to 3 pounds)

Equipment:

Sharp chef's knife

Cutting board

Soup spoon

Medium-size roasting pan or baking dish

Fork

Instructions:

1. **Preheat the oven to 400°F:** Preheat the oven while you prep the squash.
2. **Slice the squash in half:** Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth to keep it steady as you cut.
3. **Scoop out the seeds:** Use a soup spoon to scrape out the seeds and stringy bits of flesh from inside the squash. Be careful of actually digging into the flesh though — we want that! The inside should look clean and fairly smooth. Discard the seeds (or save them and roast them for a snack!).
4. **Place the squash in a roasting pan:** Place the squash halves cut-side down in a roasting pan.
5. **Pour in a little water :** Pour a little water in the pan, enough to cover the bottom. Your squash will roast just fine without it, but I find that the water helps the squash steam and become more tender. You can also cover the pan with aluminum foil, if you prefer.
6. **Cook the squash for 30 to 45 minutes:** Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking.
7. **The squash is done when tender:** The squash is ready when you can easily pierce a fork through the flesh all the way to the peel. The flesh will also separate easily into spaghetti-like strands. You can also taste it right now — if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.
8. **Scrape out the squash:** Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest "noodles."
9. **Serve the squash:** Serve the squash immediately, tossed with a little butter or olive oil. Spaghetti squash will also keep refrigerated for up to a week, or frozen for up to 3 months.



Sweet Potato Fries

- 3 Large Sweet Potatoes
- 1 Tbsp Extra Virgin Olive Oil
- 1 tsp paprika
- 1 tsp kosher salt
- 3 tsp fresh orange zest

Preheat oven to 450. Wash and peel sweet potatoes. Cut Potatoes into ½ inch wedges, transfer to baking sheet and toss with oil. Combine spices with potato wedges and toss to coat. Spread into a single layer and bake for 30 minutes, turning occasionally. Enjoy!

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.

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