

live
transformed
-COLLEGE-

	Breakfast	Pre-Post Workout	Lunch	Snack	Dinner	Exercise
Sunday	Yogurt Parfait (1 cup Greek Yogurt topped with 1/2 cup berries, 1Tbsp. granola)	1 Kind Bar (look for one that has less than 5g sugar)	FREE MEAL! Clean out fridge and get ready for healthy week! Wash & cut veggies, fruit. Prepare Overnight Oats for breakfast!	2 cups air-popped popcorn 1/3 cup edamame Green tea with lemon	1 Serving Rotisserie Chicken (no skin) 1 Cup Steamed Broccoli 1/2 Cup Brown Rice	Rest Day/Yoga
Monday	All Around Good Smoothie	1 Clementine 1 Cheese stick	Spinach, Pear & Pomegranate Salad	1 Apple 1 Tbsp. Nut Butter Green tea with lemon	Mexican Monday! Turkey Taco Lettuce Wraps with black beans, avocado, 1Tbsp. Greek yogurt	Strength Training 45 Minutes
Tuesday	Overnight Oats with 1/2 cup of your favorite berries	1 Kind Bar	FREE MEAL!/LEFTOVERS Try leftover turkey tacos over a bed of greens	1 cup favorite veggie sliced (carrot chips, celery or bell pepper) with 1 Tbsp. Hummus Green tea with lemon	Large Spinach Salad with Rotisserie Chicken, raspberries, Tbsp. of slivered almonds, goat cheese & 2 Tbsp. chickpeas. (Dressing Tbsp. EVOO with balsamic vinegar)	Steady Cardio 45 Minutes
Wednesday	Peanut Butter Treat Smoothie	1 Clementine 100-calorie pack of nuts	Blueberry Chicken Salad (using your leftover Rotisserie Chicken) served on WW Pita Bread	1 Apple 1 Tbsp. Nut Butter Green tea with lemon	FREE MEAL!/LEFTOVERS (preferably on a bed of greens)	Body Weight Exercises 45 Minutes
Thursday	Overnight Oats with 1/2 cup of your favorite berries	1 Kind Bar	Spinach, Pear & Pomegranate Salad	1 cup favorite veggie sliced (carrot chips, celery or bell pepper) with 1 Tbsp. Hummus Green tea with lemon	1 cup steamed fresh/frozen veggies with lean protein of your choice. Add marinara.	Cardio Intervals 45 Minutes
Friday	Peanut Butter Treat Smoothie	1 Clementine 100-calorie pack of nuts	FREE MEAL!/LEFTOVERS	2 cups air-popped popcorn 1/3 cup edamame Green tea with lemon	Pizza & MOVIE NIGHT! Homemade pizza crust topped with favorite veggies	Strength Training 45 Minutes
Saturday	Yogurt Parfait (1 cup Greek Yogurt topped with 1/2 cup berries, 1Tbsp. granola)	1 piece of fruit 100-calorie pack of nuts	Blueberry Chicken Salad (using your leftover Rotisserie Chicken) served on WW Pita Bread	1 Apple 1 Tbsp. Nut Butter Green tea with lemon	FREE MEAL! Preferably lean protein, veggies and small salad	Run/Walk 3-4 Miles

****MAKE SURE YOU ARE DRINKING 64oz WATER DAILY!**

“Dear friend, I pray that you may prosper in every way and be in good health, just as your soul prospers.” -3 John 1:2



WEEKLY GROCERY LIST

FRUITS & VEGGIES

- apples
- blueberries
- raspberries
- bananas
- Bartlett pears
- avocados
- clementines
- frozen strawberries
- pomegranate seeds
- lemons
- broccoli
- red onion
- onion
- carrot chips
- spinach
- lettuce (for wraps)
- bell pepper
- sweet potato
- shredded lettuce
- tomatoes
- salsa

MEAT, DAIRY & YOGURT

- extra-lean ground turkey
- Rotisserie chicken
- Chobani 100 or Fage 2% plain Greek yogurt
- unsweetened vanilla almond milk
- cheese sticks
- feta cheese
- sharp cheddar cheese

SEASONINGS

- chili powder
- cumin
- oregano

DRY GOODS, ETC.

- hummus
- edamame
- Kind bars
- popcorn
- granola
- old-fashioned rolled oats
- flaxseed
- nut butter
- cacao powder or cacao nibs
- 100-calorie packs of nuts
- slivered almonds
- walnuts or pecans
- dried cranberries
- 2 packages dry active yeast
- brown rice
- whole wheat pita bread
- marinara

KITCHEN ESSENTIALS

- green tea
- honey
- vanilla or chocolate protein powder
- apple cider vinegar
- extra virgin olive oil
- dijon mustard
- white wine vinegar
- low-sodium soy sauce
- corn meal
- whole wheat flour

“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



Yogurt Parfait

- 1 cup greek yogurt (Chobani 100 Calorie is great or FAGE 2% plain)
- 1 cup berries of choice
- ¼ cup granola & 1 TBSP Flax Seed (lower sugar) **or** sliced almonds or walnuts sprinkled with cinnamon

Directions: Mix yogurt and berries, add 1 tsp honey if needed, top with granola

Overnight Oats

- 1/2 cup 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!

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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

Peanut Butter & Chocolate Treat Smoothie

- 1 cup almond milk
- 1 small frozen banana
- 1 tsp. cacao powder or cacao nibs
- 1 serving vanilla or chocolate protein powder
- 1 tbsp. ground flax seed
- 1 serving PB 2 (or 1 tbsp. peanut butter)
- 1/2 cup crushed ice
- Optional: add 1 cup spinach

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Spinach, Pear & Pomegranate Salad

Ingredients

Salad:

- 1/2 cup chopped walnuts or pecans, toasted
- 3/4 cup pomegranate seeds
- 3 oz feta cheese, crumbled
- 1/2 cup dried cranberries
- 2 Bartlett pears (firm but ripe), cored and sliced
- 9 oz baby spinach

Dressing:

- 1/4 cup apple cider vinegar
- 3 Tbsp. extra-virgin olive oil
- 1 1/2 Tbsp. honey
- 1 tsp. dijon mustard
- Salt & pepper to taste

Directions:

Whisk all dressing ingredients in a bowl to blend well. Place all salad ingredients in a large salad bowl, drizzle with desired amount of dressing then toss to evenly coat. Serve immediately.

Blueberry Chicken Salad

(you can leave out blueberries or substitute with grapes and the recipe still makes a wonderful chicken salad)

3 chicken breasts, skin on

Olive oil for coating, plus 1 tbsp.

Good quality sea salt and fresh-ground black pepper to taste

4 oz. Greek-style yogurt (can substitute plain yogurt)

2 tbsp. white wine vinegar

1 tsp. finely chopped fresh lavender leaves (can substitute herb de Provence)

1 small apple, peeled and chopped

1/2 red onion, finely diced (you can leave out if necessary)

1 cup fresh blueberries, washed and dried

1/4 cup roasted chopped almonds

Lettuce for serving

Preheat the oven to 400degrees. Coat the skin on the chicken breasts with the olive oil, salt, and pepper and roast for 30 minutes, or until no pink remains. Cool. In a small bowl, whisk the 1 tbsp. of the olive oil, yogurt, vinegar, lavender, 1 tsp. of the salt, and 1 tsp. of the black pepper. Add the apple and stir to prevent browning. Add the onion, blueberries, and almonds; mix well. Remove the skin from the chicken breasts and discard (or freeze for use in making stock). Separate the chicken from the bone and cut into 1-inch pieces. Add the chicken to the yogurt-blueberry mixture; stir gently to combine. Serve on a bed of crisp lettuce or spinach or in a pita.

TURKEY TACOS!

Serves 4

Ingredients:

- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1 pound extra-lean ground turkey
- 1 cup chopped onion
- 2 tablespoons low sodium soy sauce
- 4 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
- Bibb Lettuce for taco wraps
- 1/4 cup shredded sharp cheddar cheese
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- 1 cup salsa
- Greek plain yogurt in place of sour cream
- Chopped avocado

Directions:

In a small bowl, stir together the chili powder, cumin and oregano.

In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to mix evenly.

To serve, place a 1/4 cup of the turkey mixture in each tortilla or lettuce wrap. Top each with 1 tablespoon cheese, diced tomatoes, shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.

Homemade Pizza Crust

Ingredients (makes 6 mini pizzas or 2 full size) – cut this in half for small family!

- 2 pkgs (or 4 tsp) dry active yeast
- 2 tsp sugar
- 3 1/2 cups (17.5 oz) flour (you can sub up to half whole wheat flour – I do 1/2 white & 1/2 100 % white wheat), plus more for dusting
- 1 1/2 cups warm water
- 2 1/2 tsp salt
- 1 Tbsp olive oil, plus more for brushing crust
- Cornmeal, for dusting surface

Instructions

1. Place water and sugar in the bowl of your stand mixer fitted with the dough hook and sprinkle the yeast over top.
2. Let stand for 10 minutes - if your yeast doesn't swell or get frothy, buy new yeast.
3. Add the olive oil, salt, and flour.
4. With the mixer on low, mix until the dough comes together and mostly off the sides of the bowl (it will not come all the way off of the bottom). You can add flour by the tablespoon if necessary.
5. Let the mixer run for 5 minutes to knead the dough. It should be smooth and slightly sticky.
6. Turn the dough out onto a floured surface and divide in half and shape into a ball (each will weigh ~1 lb). This is enough to make 1 large pizza. We like to make individual pizzas, so I divide each half into 3 pieces and shape into balls.
7. Lightly dust a plate with flour and place the balls of dough on top, seam-down.
8. Sprinkle the top with flour, loosely cover with plastic wrap, and place in the fridge.
9. When you get home, pull the dough out of the fridge and let it sit, covered, on the counter for 60 minutes while your oven is preheating. If the plan is to only make one pizza that day, dust the extra ball of dough with flour, loosely wrap with plastic wrap, place in a gallon zip-top bag and refrigerate to it within 2 days, freeze if you need to store it for longer.
10. Place your pizza stone in the top 1/3 of the oven and preheat to 550, letting it hold at temperature for 30 minutes.
11. Prepare your toppings: grate cheese, chop veggies, cook sausage, uncork the wine, etc.
12. Very lightly flour your pizza peel (or a rimless baking sheet, or turn a rimmed baking sheet upside down and use the bottom) and then add a couple generous pinches of cornmeal.

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13. Gently stretch the dough into a round - I hold one edge of the dough ball a couple of inches above my work surface and let gravity do most of the work, while I move my hands around the edge of the dough (like turning a steering wheel).
14. Place the dough onto the prepared peel or pan.
15. Switch your oven from "bake" mode to "broil." (If you get the option, select the "high" broil setting or 550 degrees. If you don't get the option, don't worry about it.)
16. Brush the outside ~1-inch perimeter with olive oil and then top as desired.
17. Gently shake the pizza from the peel/pan to the baking stone and broil for 5-7 minutes. (During this time, I'm making the next individual pizza.)
18. Remove the pizza from the oven, leaving the stone in place. If you're night slicing and serving immediately, transfer it to a rack - the crust can get a little soggy if you put it directly onto a peel/cutting board/plate and just let it sit there.
19. Slice and serve. And enjoy. Immensely.

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Monday	All Around Good Smoothie	1 Clementine 1 Cheese stick	Spinach, Pear & Pomegranate Salad	1 Apple 1 Tbsp. Nut Butter Green tea with lemon	Healthy Chicken Nuggets 1 cup steamed broccoli 1 small baked sweet potato	Strength Training 45 Minutes
Tuesday	2 scrambled eggs 1/2 avocado 1/2 cup berries (raspberries are lowest in sugar, highest in fiber!)	1 Kind Bar	FREE MEAL!/LEFTOVERS Try leftover chicken chili on top of a bed of greens!	1 cup favorite veggie sliced (carrot chips, celery or bell pepper) with 1 Tbsp. Hummus Green tea with lemon	Large Spinach Salad with Rotisserie Chicken, raspberries, Tbsp. of sliced almonds, goat cheese & 2 Tbsp. chickpeas. (Dressing Tbsp. EVOO with balsamic vinegar)	Steady Cardio 45 Minutes
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Thursday	2 scrambled eggs 1/2 avocado 1/2 cup berries	1 Kind Bar	Spinach, Pear & Pomegranate Salad	1 cup favorite veggie sliced (carrot chips, celery or bell pepper) with 1 Tbsp. Hummus Green tea with lemon	1 cup steamed fresh/frozen veggies with lean protein of your choice. Add marinara.	Cardio Intervals 45 Minutes
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- Bartlett pears
- avocados
- clementines
- frozen strawberries
- pomegranate seeds
- lemons
- broccoli
- red onion
- carrot chips
- spinach
- bell pepper
- sweet potato
- fresh garlic
- 16-oz jar fresh salsa

MEAT, DAIRY & YOGURT

- Rotisserie chicken
- boneless, skinless chicken breasts
- Chobani 100 or Fage 2% plain Greek yogurt
- unsweetened vanilla almond milk
- cheese sticks
- feta cheese
- 8-oz block pepper jack cheese
- eggs

CANNED GOODS

- marinara
- 3 cans white beans (different varieties)
- 32-oz organic chicken stock

SEASONINGS

- cumin
- garlic powder

DRY GOODS, ETC.

- hummus
- edamame
- Kind bars
- popcorn
- granola
- old-fashioned rolled oats
- flaxseed
- nut butter
- cacao powder or cacao nibs
- 100-calorie packs of nuts
- slivered almonds
- walnuts or pecans
- dried cranberries
- 2 packages dry active yeast
- brown rice
- whole wheat pita bread
- whole wheat bread crumbs

KITCHEN ESSENTIALS

- green tea
- honey
- vanilla or chocolate protein powder
- apple cider vinegar
- extra virgin olive oil
- dijon mustard
- white wine vinegar
- corn meal
- whole wheat flour
- cooking spray

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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).

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White Chicken Chili Recipe

Ingredients:

- 1 32-ounce box chicken stock (organic)
- 3 cans white beans, left undrained (use all different types to add variety)
- 5 cups cooked chicken (rotisserie or boiled)
- 1 16-ounce jar salsa (use fresh salsa-- this the key)
- 1 8-ounce block pepper jack cheese, grated
- 2 teaspoon ground cumin
- 2 cloves garlic, minced
- Black or white pepper to taste
- 1/2 cup finely crushed corn chips (optional, if you like your chili thicker)
- Sour cream, for garnish

Yields: 6 servings

Preparation:

Place all ingredients except the corn chips in a crockpot. Cook on high until the cheese is melted.

Chili may also be cooked on the stovetop over medium-high heat until cheese is melted. When the chili is ready, add the crushed corn chips, if using, and simmer for 10 minutes to thicken.

Garnish with more chips, cheese and/or sour cream and serve.

Make every day count!

What matters most each day in our quest for healthy living is not the body we have from our past, but what we are doing with our bodies in the present. Today set yourself free from the past! Give yourself the best effort & enjoy the journey along the way. Right now, take each step toward a healthy lifestyle one day at a time.



How Do I Stay Motivated!?!

We ALL have days where we trip and fall, and feel discouraged. In fact, I can guarantee that every person has days where they simply lack the *motivation* to keep pushing forward towards their goals. So, the question is... on days like these, how do we stay motivated? HOW? By making a COMMITMENT to our goal and align our actions with that

decision regardless of how we feel.

Once you make a decision to do something, you make a commitment. Bring it to the Lord and surrender that area of your life to Him and ask Him to give you the strength to do whatever it is that you are setting out to do. From there, make goals and write them down. When the times get tough...run to the Lord and pick up the Word of God for encouragement! Try encourage yourself with the promises that He will give you success and remind yourself that He has promised YOU an awesome future (Jeremiah 29:11). Next, re-read the goals that you wrote down and reflect on the commitments you made and why you made them in the first place. Remind yourself that you can truly do ALL things through Christ who gives you strength, and that means *ALL!* We must make the decision to keep doing what we know to do and the results will come if we make the decision to not give up!

Prayer: *“Thank you for giving me a body so that I may glorify you, Lord. I am grateful that with your help I can do ALL things! Help me to stay committed to keep running the race, striving to reach my goals, and never giving up. Please encourage me, Lord, that no matter how many times I fall, you will always help me get back up. Today, I am making the decision to stay committed to living a healthy lifestyle and I know the results will come as I commit to the decision not to give up! Amen*

“So let us not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.” ~ Galatians 6:9