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Approved Hemp Meal

Ideas

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CREAMY CINNAMON HEMP HOT CEREAL



A warm, comforting breakfast that balances blood sugar and keeps you full.

Ingredients:

- 2 tbsp Rocky Mountain Hemp Hearts
- 1 tbsp golden flax meal
- 1/2 cup hot water or unsweetened almond milk
- 1/4 tsp cinnamon
- Dash of pink salt
- 1 tsp monk fruit sweetener (or Allulose)
- **Optional:** 3–5 blueberries or 1 sliced strawberry

Instructions:

- Mix hemp hearts, flax meal, cinnamon, sweetener, and salt into hot liquid.
- Let sit for 2-3 minutes to thicken.
- Top with berries if using. Enjoy warm!

✅ **Category:** Superfood (6)

✅ **Calories:** ~230-250 *(This is approximate and done in my head for speed. It is not intended to be specific or be counted in your macro count.)*

✅ **Approved for I AM Faithfully Fit (former Shibboleth)**

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HEMP HEART GARDEN SALAD BOWL



A light but filling lunch or dinner with clean protein and healthy fats.

Ingredients:

- 2 cups spring mix or spinach (Category 2)
- 3 oz grilled chicken breast (Category 1)
- 1 tbsp Rocky Mountain Hemp Hearts
- 1 tbsp Bragg's Apple Cider Vinegar
- 1 tsp MCT Oil or zero-calorie spray
- Salt, pepper, and herbs to taste

Instructions:

- Toss greens and chicken together in a bowl.
- Drizzle vinegar and oil over the top.
- Sprinkle with hemp hearts and season. Serve chilled.

✅ **Category:** 1 + 2 + 6

✅ **Calories:** ~300 *(This is approximate and done in my head for speed. It is not intended to be specific or be counted in your macro count.)*

✅ **I AM Faithfully Fit (former Shibboleth) Red Column compatible**

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HEMP HEART YOGURT CRUNCH CUP



A simple, sweet treat for cravings or a light protein-rich meal.

Ingredients:

- 1/2 cup 0% plain Greek yogurt (Category 1)
- 1 tbsp Rocky Mountain Hemp Hearts
- 1/4 tsp vanilla extract
- Dash of cinnamon
- 1 tsp monk fruit sweetener
- **Optional:** 3 raspberries or 2 sliced strawberries

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Instructions:

- Mix yogurt, sweetener, cinnamon, and vanilla in a bowl.
- Top with hemp hearts and optional fruit.
- Chill or enjoy immediately.

✅ **Category:** 1 + 6

✅ **Calories:** ~230-250 *(This is approximate and done in my head for speed. It is not intended to be specific or be counted in your macro count.)*

✅ **Insulin neutral & craving-friendly**

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RED COLUMN DINNER:
GRILLED FISH WITH HEMP HEARTS & VEGGIES



A clean, anti-inflammatory dinner perfect for fat burning.

Ingredients:

- 3–6 oz grilled fish (Category 1 or 7 — like tilapia, cod, or salmon)
- 1 cup steamed zucchini and onions (Category 2)
- 1 tbsp Rocky Mountain Hemp Hearts
- **Optional:** 1 tsp 100% MCT Oil or zero-calorie spray
- Salt, pepper, and lemon juice to taste

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Instructions:

- Grill fish until fully cooked.
- Steam or sauté zucchini and onions. If not using hemp as your fat source, lightly cook veggies in MCT oil.
- Plate veggies and top with grilled fish.
- Sprinkle hemp hearts over the fish or veggies.
- Season with salt, pepper, and lemon.

✅ **Category:** 1 + 2 + 6

✅ **Calories:** ~300-350 *(This is approximate and done in my head for speed. It is not intended to be specific or be counted in your macro count.)*

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HEMP FLAKE POWER BOWL



A clean, simple, and filling hemp-based bowl for any meal of the day.

Ingredients:

- 2-4 tbsp Rocky Mountain Hemp Flakes (Category 1 + 2 combo)
- 1/2-1 cup steamed spinach or sautéed cabbage (optional)
- 1 tsp Bragg's Apple Cider Vinegar
- Dash of pink salt
- 1 tsp nutritional yeast

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Instructions:

- Steam spinach or sauté cabbage in MCT Oil or zero-calorie spray if desired.
- Add Hemp Flakes to a bowl.
- Top with warm greens or cabbage.
- Drizzle with ACV, sprinkle pink salt and nutritional yeast.
- Stir gently and enjoy warm or room temp.

✅ **Category:** 1 + 2

✅ **Calories:** ~200-275 *(This is approximate and done in my head for speed. It is not intended to be specific or be counted in your macro count.)*

✅ **Vegan / Red Column / I AM Faithfully Fit Approved (former Shibboleth)**

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TRAVIS' HEMP-POWERED HAMBURGER STEAK



A savory, satisfying main dish loaded with protein and flavor.

Ingredients:

- 4 oz 96% lean ground beef or turkey (Category 1)
- 1 tbsp Rocky Mountain Hemp Hearts or Flakes
- 2 tbsp reduced-fat feta cheese
- 1/4 cup chopped spinach (fresh or thawed)
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Zero-calorie spray or 1 tsp MCT Oil (optional)

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Instructions:

- Combine all ingredients in a bowl and mix well.
- Shape into a patty.
- Cook in a skillet over medium heat for 4-5 minutes per side, or until done.
- Serve with sautéed cabbage or steamed green beans.

✅ **Category:** 1 + 6 (hearts) or 1 + 2 (flakes)

✅ **Calories:** ~320 | Protein: 35g+ | Net Carbs: <3g
(This is approximate and done in my head for speed. It is not intended to be specific or be counted in your macro count.)

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SAMPLE I AM FAITHFULLY FIT
FAT-BURNING DAY USING HEMP

Breakfast:

Four Sigmatic Coffee + Healthwise Hot Chocolate
➕ Add 1 Tbsp Hemp Flakes for a creamy mocha-style breakfast.

Lunch:

Repeat breakfast or swap for a GC Control Shake.

Dinner:

Lean turkey burger (Category 1) + sautéed cabbage (Category 2)
➕ Top with 1 Tbsp Rocky Mountain Hemp Hearts.

💡 *This sample day keeps carbs low, protein high, and inflammation down — a triple-win for body, brain, and spirit*!

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DEVOTIONAL BITE:

"Let food be thy fuel, not thy comfort. Let this hemp-powered hamburger steak remind you that God's creation—clean, whole, and intentional—is always enough."



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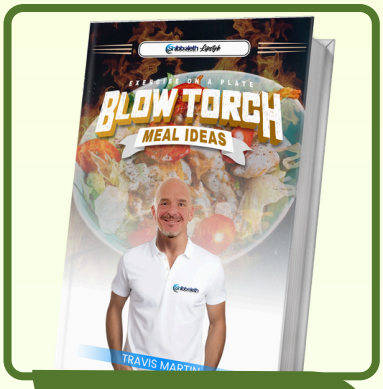
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