

FAITH DRIVEN

8-Week Challenge:

(MEAL PLAN 4)



Italian Meals

Welcome to Week 4 of Your 8-Week Legacy to Breakthrough Journey!

Here are 10 I AM Faithfully Fit Italian meal ideas featuring delicious, popular Italian dishes. Get ready to savor the flavors of Italy while staying on track with your health goals!

Buon Appetito! Let's keep pushing forward on this journey to a better you!

I AM Faithfully Fit – Nourishing your body, uplifting your spirit!

(Meal Plan 4):

BREAKFAST RECIPES



ITALIAN EGG WHITE FRITTATA WITH SPINACH AND TOMATOES



Ingredients:

- 1 cup Egg Whites International
- 1 cup Fresh Spinach (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 2 tbsp Fat-Free Feta Cheese
- 1 tsp Italian Seasoning
- Spray of **100% MCT Oil** (for cooking)

Instructions:

1. Preheat oven to 375°F.
2. In a skillet, lightly spray with **MCT Oil** and sauté spinach and cherry tomatoes until slightly wilted.
3. Add egg whites and sprinkle Italian seasoning.
4. Transfer to oven and bake for 15 minutes or until set.
5. Top with fat-free feta before serving.

ITALIAN BREAKFAST BOWL WITH TURKEY SAUSAGE AND CAULIFLOWER GRITS



Ingredients:

- 2 Turkey Sausage Links (Jennie-O Lean Turkey Sausage Links, cooked and crumbled)
- 1 cup Riced Cauliflower (steamed)
- 2 tbsp Fat-Free Parmesan Cheese
- 1 tsp Italian Seasoning
- 1/4 cup Marinara Sauce (low-carb, no sugar added)

Instructions:

1. In a bowl, combine steamed riced cauliflower, Parmesan, and Italian seasoning.
2. Top with crumbled turkey sausage and warm marinara sauce.

LUNCH AND DINNER RECIPES



EXPLORE CUISINE SPAGHETTI WITH LEAN TURKEY BOLOGNESE



Ingredients:

- 1 serving [Explore Cuisine Black Bean Spaghetti](#)
- 4 oz 99% Lean Ground Turkey
- 1 cup No Sugar Added Marinara Sauce
- 1/4 cup Chopped Onions
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning

Instructions:

1. Cook [Explore Cuisine spaghetti](#) according to package instructions.
2. In a skillet, cook ground turkey with onions, garlic, and Italian seasoning until browned.
3. Stir in marinara sauce and simmer for 5 minutes.
4. Serve over cooked spaghetti.

EGGPLANT PARMESAN WITH GROUND CHICKEN



Ingredients:

- 1 large Eggplant (sliced)
- 4 oz 96% Lean Ground Chicken
- 1 cup Low-Carb Marinara Sauce
- 1/4 cup Fat-Free Mozzarella Cheese
- 1 tsp Italian Seasoning
- Spray of 100% MCT Oil

Instructions:

1. Spray eggplant slices with MCT Oil and roast until tender.
2. In a skillet, cook ground chicken with Italian seasoning.
3. Layer eggplant, chicken, marinara, and cheese in a baking dish.
4. Bake at 375°F for 20 minutes.

EXPLORE CUISINE PENNE WITH GRILLED CHICKEN PESTO



Ingredients:

- 1 serving [Explore Cuisine Penne Pasta](#)
- 4 oz Grilled Chicken Breast (sliced)
- 2 tbsp Homemade Pesto (Basil, Garlic, Hemp Hearts, [MCT Oil](#))
- 1 cup Cherry Tomatoes (halved)

Instructions:

1. Cook penne according to package instructions.
2. Toss with grilled chicken, cherry tomatoes, and pesto.

ITALIAN STUFFED BELL PEPPERS



Ingredients:

- 2 Bell Peppers (halved, seeds removed)
- 6 oz 96% Lean Ground Beef
- 1 cup Cauliflower Rice
- 1/2 cup No Sugar Added Marinara Sauce
- 1/4 cup Fat-Free or reduced fat Mozzarella Cheese
- 1 tsp Italian Seasoning

Instructions:

1. Cook ground beef with Italian seasoning.
2. Mix with cauliflower rice and marinara sauce.
3. Stuff bell peppers and top with cheese.
4. Bake at 375°F for 25 minutes.

EXPLORE CUISINE LASAGNA ROLL-UPS



Ingredients:

- 1 serving [Fiber Gourmet Lasagna](#) Sheets
- 1 cup Fat-Free Ricotta Cheese
- 4 oz Lean Ground Turkey
- 1 cup No Sugar Added Marinara Sauce
- 1/4 cup Fat-Free Mozzarella Cheese
- Italian Seasoning

Instructions:

1. Cook lasagna sheets and lay flat.
2. Mix ricotta with Italian seasoning.
3. Spread ricotta, add cooked ground turkey, and roll up.
4. Place in a baking dish with marinara and cheese.
5. Bake at 375°F for 20 minutes.

CHICKEN ALFREDO ZOODLES



Ingredients:

- 4 oz Grilled Chicken Breast (sliced)
- 2 cups Zucchini Noodles
- 1/2 cup Alfredo Sauce (made with Fat-Free Greek Yogurt, Garlic, and Parmesan)
- 1 tbsp Hemp Hearts (optional for crunch)

Instructions:

1. Sauté zucchini noodles until tender.
2. Toss with grilled chicken and Alfredo sauce.
3. Sprinkle with hemp hearts if desired.

EXPLORE CUISINE PASTA CARBONARA



Ingredients:

- 1 serving [Fiber Gourmet Spaghetti](#)
- 2 slices Boar's Head Canadian Bacon (diced)
- 1 Egg
- 1/4 cup Fat-Free Parmesan Cheese
- Black Pepper and Italian Seasoning

Instructions:

1. Cook spaghetti according to package instructions.
2. In a skillet, cook Canadian bacon until crisp.
3. Toss hot pasta with bacon, egg, Parmesan, and seasoning.

ITALIAN CHICKEN CACCIATORE



Ingredients:

- 4 oz Chicken Thigh (Skinless)
- 1 cup Bell Peppers (sliced)
- 1 cup Mushrooms (sliced)
- 1 cup No Sugar Added Marinara Sauce
- Italian Seasoning and Garlic Powder

Instructions:

1. Sauté chicken until browned.
2. Add peppers, mushrooms, marinara, and seasonings.
3. Simmer for 20 minutes until chicken is cooked through.



Let's Make This Challenge Life-Changing

This challenge is about doing your best, building healthy habits, and staying committed for 56 days. We're here to support you every step of the way.

Let's do this together! 💪

The Faithfully Fit Team



Travis Martin

Founder/ Head Instructor of I AM Faithfully Fit

Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

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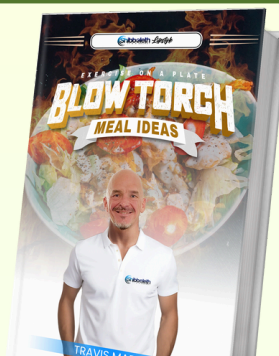
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