

FAITH DRIVEN

8-Week Challenge:

(MEAL PLAN 5)



Mexican Meals

Welcome to Week 5 of Your 8-Week Legacy to Breakthrough Journey!

IMPORTANT NOTE:

- You may replace any fat free cheese with Sargento Reduced Fat Cheese
- You may replace any tortilla listed with any -2 or -3 tortilla.
- You may replace any ground meat with 96% ground beef, turkey or chicken.

(Meal Plan 5):

BREAKFAST IDEAS (MEXICAN-INSPIRED)



MEXICAN EGG SCRAMBLE



Ingredients:

- 2 large egg whites + 1 whole egg
- ¼ cup fat-free shredded cheddar
- ¼ cup chopped bell peppers & onions
- 1 tbsp salsa
- 1 tbsp plain non-fat Greek yogurt
- **MCT oil spray**.

Instructions:

1. Heat a pan and spray with **MCT oil**.
2. Sauté bell peppers and onions until soft.
3. Add eggs and scramble until cooked.
4. Top with cheese, salsa, and Greek yogurt.

FIESTA BREAKFAST WRAP



Ingredients:

- 1 **La Tortilla Factory Low Carb Whole Wheat Tortilla**
- 3 oz Boar's Head Oven Roasted Turkey Breast
- ¼ cup fat-free shredded cheddar
- 1 tbsp salsa
- 1 tbsp plain non-fat Greek yogurt

Instructions:

1. Heat the tortilla slightly in a dry pan.
2. Layer turkey, cheese, salsa, and Greek yogurt.
3. Wrap it up and enjoy.

AVOCADO & EGG TOSTADA



Ingredients:

- 1 [La Tortilla Factory Low Carb Whole Wheat Tortilla](#)
- 1 whole egg
- ¼ small avocado, mashed
- 1 tbsp salsa
- [MCT oil spray](#)

Instructions:

1. Toast the tortilla until crisp.
2. Fry the egg with [MCT oil](#).
3. Spread avocado on the tortilla and top with the egg and salsa.

CHORIZO & EGG SCRAMBLE



Ingredients:

- 3 oz Butterball Turkey Sausage Polska Kielbasa (or approved turkey chorizo)
- 2 large egg whites + 1 whole egg
- ¼ cup chopped onions & bell peppers
- [MCT oil spray](#)

Instructions:

1. Cook turkey sausage in a pan until browned.
2. Add onions and peppers and sauté.
3. Scramble in eggs and cook until done.

CINNAMON PROTEIN PANCAKES



Ingredients:

- 1 serving [AHS](#)
[Pancakes](#)
- ½ tsp cinnamon
- 1 tbsp [Walden Farms](#)
[Syrup](#)

Instructions:

1. Prepare [AHS](#)
[pancakes](#) per
package
instructions.
2. Add cinnamon to
the batter.
3. Cook on a pan and
serve with syrup.

LUNCH IDEAS (MEXICAN-INSPIRED)



TACO SALAD BOWL



Ingredients:

- 4 oz grilled chicken breast, chopped
- 2 cups shredded romaine & spinach
- ¼ cup chopped tomatoes & onions
- 2 tbsp fat-free shredded cheddar
- 1 tbsp plain non-fat Greek yogurt
- 1 tbsp salsa

Instructions:

1. Assemble all ingredients in a bowl.
2. Mix and top with Greek yogurt and salsa.

MEXICAN TURKEY WRAP



Ingredients:

- 1 **La Tortilla Factory Low Carb Whole Wheat Tortilla**
- 3 oz Boar's Head Turkey Breast
- 1 tbsp guacamole
- ¼ cup chopped bell peppers
- 1 tbsp salsa

Instructions:

1. Layer turkey, guacamole, peppers, and salsa in a tortilla.
2. Wrap tightly and enjoy.

CHICKEN FAJITA BOWL



Ingredients:

- 4 oz grilled chicken breast
- ½ cup cauliflower rice
- ¼ cup sautéed onions & bell peppers
- 1 tbsp salsa
- **MCT oil spray**

Instructions:

1. Sauté onions and peppers with MCT oil.
2. Heat chicken and cauliflower rice.
3. Serve everything together with salsa.

CHEESY QUESADILLA



Ingredients:

- 1 **La Tortilla Factory Low Carb Whole Wheat Tortilla**
- 3 oz Boar's Head Roast Beef
- ¼ cup fat-free shredded cheese
- 1 tbsp salsa

Instructions:

1. Place roast beef and cheese in the tortilla.
2. Fold and heat in a pan until crispy.
3. Serve with salsa.

MEXICAN TUNA LETTUCE WRAPS



Ingredients:

- 1 can Bumble Bee Chunk Light Tuna in Water, drained
- 1 tbsp plain non-fat Greek yogurt
- 1 tbsp salsa
- 1 tbsp chopped onions & bell peppers
- 2 large romaine lettuce leaves

Instructions:

1. Mix tuna with Greek yogurt, salsa, and veggies.
2. Spoon into lettuce leaves and wrap.

DINNER IDEAS (MEXICAN-INSPIRED)



LOW-CARB TACO BOWL



Ingredients:

- 4 oz 96% lean ground beef
- ½ cup shredded cabbage
- ¼ cup cauliflower rice
- 2 tbsp fat-free shredded cheese
- 1 tbsp plain non-fat Greek yogurt
- 1 tbsp salsa

Instructions:

1. Cook ground beef with taco seasoning.
2. Serve over cabbage and cauliflower rice.
3. Top with cheese, yogurt, and salsa.

SHRIMP FAJITA PLATE



Ingredients:

- 4 oz shrimp
- ¼ cup sautéed onions & bell peppers
- ½ cup cauliflower rice
- 1 tbsp guacamole
- **MCT oil spray**

Instructions:

1. Sauté shrimp with onions and peppers in **MCT oil**.
2. Serve with cauliflower rice and guacamole.

CHILE RELLENO BAKE



Ingredients:

- 2 whole roasted poblano peppers
- 4 oz lean ground turkey
- ¼ cup fat-free shredded cheese
- 1 tbsp salsa

Instructions:

1. Roast poblanos until soft.
2. Cook turkey and mix with salsa.
3. Stuff turkey into poblanos, top with cheese, and bake until melted.

SOUTHWEST CHICKEN & CABBAGE



Ingredients:

- 4 oz grilled chicken breast
- ½ cup shredded cabbage
- 1 tbsp plain non-fat Greek yogurt
- 1 tbsp salsa
- **MCT oil spray**

Instructions:

1. Sauté cabbage with **MCT oil**.
2. Serve with grilled chicken, yogurt, and salsa.

SPICY BEEF & AVOCADO LETTUCE WRAPS



Ingredients:

- 4 oz 96% lean ground beef
- ¼ small avocado, sliced
- 2 large romaine lettuce leaves
- 1 tbsp salsa

Instructions:

1. Cook ground beef with taco seasoning.
2. Spoon into lettuce leaves and top with avocado and salsa.



This menu is **fully I AM Faithfully Fit-approved**, delicious, and perfect for your journey! Let us know if you need substitutions or more ideas.

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!

JOIN I AM FAITHFULLY FIT CLUB



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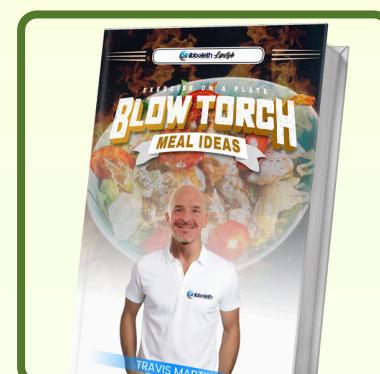
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