

FAITH DRIVEN

8-Week Challenge:

(MEAL PLAN 6)



Thai & Indian Meal Ideas

(Meal Plan 6):

BREAKFAST IDEAS



MASALA EGG SCRAMBLE WITH SAUTÉED SPINACH



Ingredients:

- 2 whole eggs + 2 egg whites
- 1/4 tsp turmeric
- 1/4 tsp cumin
- 1 small tomato, chopped
- 1 tbsp onion, chopped
- 1 cup spinach
- 1 tsp [Bragg's Apple Cider Vinegar](#)
- Zero-calorie spray or 1 tsp [100% MCT oil](#)

Instructions:

- Heat a skillet with zero-calorie spray or [MCT oil](#).
- Add onion, tomato, turmeric, and cumin. Sauté until soft.
- Add spinach and cook until wilted.
- Beat the eggs and egg whites, then pour into the pan.
- Scramble everything together until cooked through.
- Finish with a light drizzle of [Bragg's ACV](#) just before serving.

THAI COCONUT PROTEIN PORRIDGE



Ingredients:

- 1/3 cup cooked oatmeal
- 1 scoop [Beverly UMP Vanilla](#)
- 1 tbsp unsweetened coconut flakes
- 1/4 tsp cinnamon
- Monk fruit sweetener to taste
- 1/2 cup unsweetened almond milk or water
- **Optional:** 1 tsp chia seeds

Instructions:

- Warm the almond milk or water in a pot.
- Stir in cooked oatmeal and heat through.
- Remove from heat and mix in protein powder until smooth.
- Add coconut flakes, cinnamon, and monk fruit sweetener.
- **Optional:** Top with chia seeds.

SAVORY CHICKPEA PANCAKE (BESAN CHILLA)



Ingredients:

- 1/4 cup chickpea flour (besan)
- 1/4 cup water (adjust for pancake batter consistency)
- 1 tbsp chopped onion
- 1 tbsp chopped bell pepper
- 1 tbsp chopped cilantro
- Salt, turmeric, and chili flakes to taste
- Cooking spray or 1 tsp [MCT oil](#)
- Side: 1/2 cup low-fat cottage cheese or 1 boiled egg

Instructions:

- Mix chickpea flour, water, spices, and veggies into a smooth batter.
- Heat a non-stick skillet with cooking spray or [MCT oil](#).
- Pour batter and spread evenly into a round pancake.
- Cook until golden on both sides.
- Serve with cottage cheese or a boiled egg.

LUNCH IDEAS



GRILLED TANDOORI CHICKEN WRAP



Ingredients:

- 3-4 oz grilled chicken breast
- 2 tbsp plain Greek yogurt
- 1 tsp lemon juice
- 1/2 tsp garam masala
- -2 approved tortilla or lettuce leaves

Instructions:

- Marinate chicken in yogurt, lemon juice, and spices for 30 minutes.
- Grill until fully cooked.
- Slice and wrap in tortilla or lettuce.
- Serve with optional side salad.

THAI CHICKEN LETTUCE CUPS



Ingredients:

- 4 oz ground chicken (96% lean)
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1 tsp [Bragg's Liquid Aminos](#)
- 1 tsp lime juice
- Romaine or butter lettuce leaves

Instructions:

- Cook ground chicken in a skillet over medium heat.
- Add garlic, ginger, Bragg's, and lime juice. Stir well.
- Spoon mixture into lettuce leaves.
- Serve immediately as hand-held wraps.

CURRY CAULIFLOWER BOWL WITH SHRIMP



Ingredients:

- 4 oz shrimp, peeled and deveined
- 1/2 tsp curry powder
- 1 clove garlic, minced
- 1/4 tsp turmeric
- 1 cup riced cauliflower
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- Zero-calorie spray or 1 tsp

[MCT oil](#)

Instructions:

- Sauté shrimp with garlic, curry, and turmeric until pink and cooked.
- In another pan, stir-fry riced cauliflower, bell pepper, and onion.
- Combine and serve hot.

PANEER STIR-FRY (LOW FAT)



Ingredients:

- 2 oz low-fat paneer, cubed
- 1/4 cup chopped bell peppers
- 1/4 cup chopped tomatoes
- 1 tbsp chopped onion
- 1/4 tsp curry powder
- **Optional:** 1 tsp [hemp flakes](#)
- Zero-calorie spray or 1 tsp [MCT oil](#)

Instructions:

- Heat a non-stick pan and sauté all veggies until slightly soft.
- Add paneer and curry powder; cook until paneer is golden.
- Sprinkle with [hemp flakes](#) if desired.
- Serve warm.

THAI BASIL GROUND TURKEY BOWL



Ingredients:

- 4 oz 96% lean ground turkey
- 1/2 tsp garlic, minced
- 1/2 tsp chili flakes
- 1 tsp [Bragg's Liquid Aminos](#)
- 1 tbsp fresh Thai basil, chopped
- 1 cup steamed zucchini noodles

Instructions:

- Cook ground turkey in a skillet until browned.
- Add garlic, chili flakes, Bragg's, and Thai basil. Stir well.
- Serve over zucchini noodles.

DINNER IDEAS



(Less than 5 net carbs, lean protein + fibrous carb or hemp hearts)

GRILLED CURRY COD WITH CABBAGE STIR FRY



Ingredients:

- 4 oz cod fillet
- 1/4 tsp turmeric
- 1/2 tsp garlic powder
- 1 tsp lemon juice
- 1 cup shredded cabbage
- 1 tsp [MCT oil](#)

Instructions:

- Rub cod with turmeric, garlic, and lemon juice.
- Grill until flaky.
- Sauté cabbage in [MCT oil](#) until slightly browned.
- Plate cod over cabbage.

THAI LEMONGRASS CHICKEN WITH STEAMED BROCCOLI



Ingredients:

- 4 oz chicken breast, sliced
- 1 tsp minced lemongrass
- 1 clove garlic, minced
- 1 tsp lime juice
- 1 cup steamed broccoli
- [Bragg's Apple Cider Vinegar](#) drizzle

Instructions:

- Marinate chicken in lemongrass, garlic, and lime juice for 20 mins.
- Grill or pan-sear until cooked through.
- Steam broccoli and drizzle with ACV.
- Serve together.

SPICED TOFU AND KALE BOWL



Ingredients:

- 3 oz firm tofu, cubed
- 1/4 tsp turmeric
- 1/4 tsp chili powder
- 1/4 tsp cumin
- 1 cup chopped kale
- 1 tsp [MCT oil](#)

Instructions:

- Grill tofu cubes with spices until golden.
- Sauté kale in [MCT oil](#) until wilted.
- Serve tofu over kale in a bowl.

COCONUT CURRY SHRIMP WITH HEMP FLAKES



Ingredients:

- 4 oz shrimp
- 1/4 cup unsweetened coconut milk
- 1/2 tsp curry powder
- 1 clove garlic, minced
- 1 tbsp [hemp flakes](#)

Instructions:

- Simmer shrimp in coconut milk, garlic, and curry until cooked.
- Plate and sprinkle with [hemp flakes](#).
- Serve hot.

GARLIC-GINGER TURKEY MEATBALLS WITH BOK CHOY



Ingredients:

- 4 oz 96% lean ground turkey
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1 tbsp chopped cilantro
- 1 cup bok choy, chopped
- Zero-calorie spray or 1 tsp [MCT oil](#)

Instructions:

- Mix turkey, garlic, ginger, and cilantro. Form into small meatballs.
- Bake or pan-sear until fully cooked.
- Sauté bok choy in [MCT oil](#) or steam.
- Serve meatballs over bok choy.



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!

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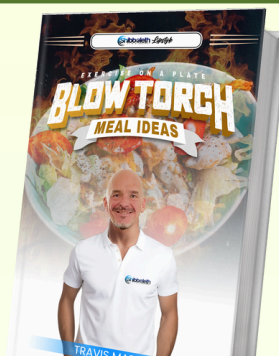
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