

FAITH DRIVEN

8-Week Challenge:

(MEAL PLAN 7)



American Cuisine

(Meal Plan 7):

BREAKFAST IDEAS



EGG & TURKEY BACON SCRAMBLE



Ingredients:

- 3 egg whites + 1 whole egg
- 2 slices turkey bacon (Jennie-O or Applegate)
- ¼ cup mushrooms and spinach
- [MCT oil spray](#)

Instructions:

- Spray skillet with [MCT oil](#).
- Cook turkey bacon until crispy, remove, then chop.
- Add mushrooms and spinach to the skillet and sauté for 1-2 minutes.
- Add egg whites and whole egg, scramble until cooked through.
- Add chopped bacon back in.
- Serve hot.

HIGH-PROTEIN PANCAKES & BERRIES



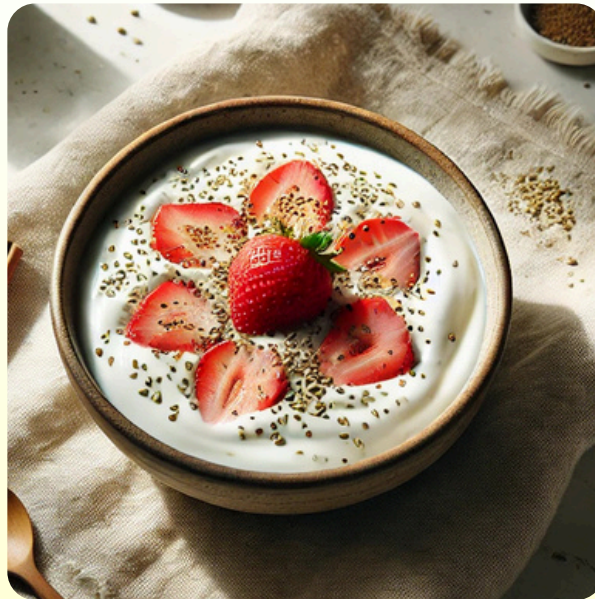
Ingredients:

- 1 packet [AHS Pancakes](#) (or Healthwise)
- ¼ cup blueberries
- 1 tbsp sugar-free syrup ([Walden Farms](#) or G Hughes)

Instructions:

- Prepare pancakes according to package directions.
- Top with blueberries and drizzle with sugar-free syrup.

CLASSIC GREEK YOGURT & CRUNCH



Ingredients:

- 1 serving plain Chobani non-fat Greek yogurt
- 1 tbsp hemp hearts
- Dash of cinnamon
- 3-5 strawberries, sliced

Instructions:

- In a bowl, mix yogurt with hemp hearts and cinnamon.
- Top with sliced strawberries.
- Serve chilled.

GC CONTROL "APPLE PIE" SHAKE



Ingredients:

- 1 scoop [GC Control Vanilla](#)
- ½ tsp cinnamon + dash nutmeg
- 1/3 small apple, chopped
- 8 oz unsweetened almond milk
- Ice cubes

Instructions:

- Blend all ingredients until smooth and creamy.
- Serve cold.

AMERICAN BREAKFAST SANDWICH (LITE)



Ingredients:

- 1 slice Sara Lee 45 Calorie Bread
- 1 fried egg (cooked in Pam)
- 1 slice fat-free cheese
- 1 slice lean deli ham (Boar's Head or Great Value)

Instructions:

- Toast the bread.
- In a skillet with Pam, fry the egg and warm the ham.
- Layer egg, cheese, and ham on bread.
- Serve warm.

LUNCH IDEAS



TURKEY CLUB LETTUCE WRAP



Ingredients:

- 3 oz Boar's Head turkey breast
- 1 slice turkey bacon
- Romaine lettuce leaves
- Mustard, pickle, tomato slice

Instructions:

- Cook turkey bacon until crispy.
- Lay turkey breast onto romaine leaves, top with bacon, pickle, tomato, and mustard.
- Wrap and enjoy.

CHEESEBURGER IN A BOWL



Ingredients:

- 3 oz 96% lean ground beef
- Shredded lettuce
- Pickle, onion, 1 tsp mustard
- 1 slice fat-free cheese

Instructions:

- Brown the ground beef.
- In a bowl, layer lettuce, beef, cheese, pickle, and onion.
- Drizzle mustard over the top.
- Serve warm.

CHICKEN CAESAR WRAP (LITE)



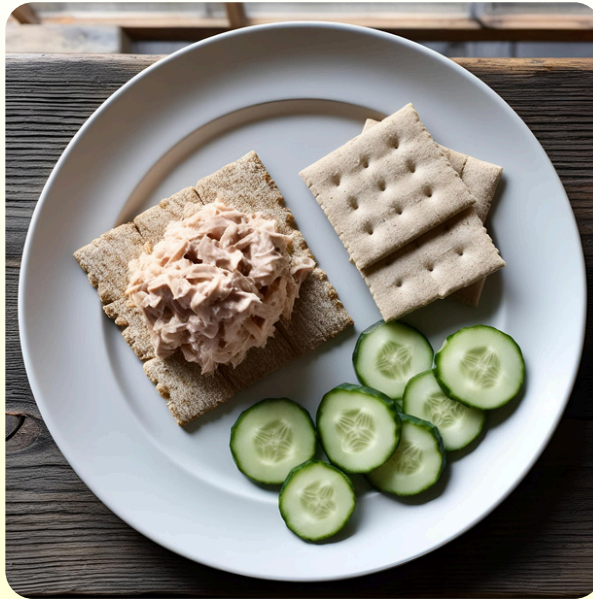
Ingredients:

- 3 oz grilled chicken breast
- 1 low-carb tortilla ([La Tortilla Factory](#), 1-2 net carbs)
- 1 tbsp approved Caesar dressing ([Walden Farms](#))
- Romaine lettuce

Instructions:

- Place grilled chicken and romaine inside the tortilla.
- Add dressing.
- Wrap tightly and serve.

TUNA & CRACKERS LUNCH PLATE



Ingredients:

- 1 can Bumble Bee Tuna in water (drained)
- 1 tbsp light mayo or mustard
- 5 Whole Wheat Ritz Crackers or ½ serving Fiber Gourmet Thinables
- Cucumber slices

Instructions:

- Mix tuna with mayo or mustard.
- Serve with crackers and a side of cucumber slices.

BBQ CHICKEN SALAD



Ingredients:

- 3 oz shredded rotisserie chicken breast
- Mixed greens
- 1 tbsp sugar-free BBQ sauce (G Hughes)
- 1 tbsp fat-free shredded cheddar

Instructions:

- Top mixed greens with chicken, BBQ sauce, and cheese.
- Toss gently.
- Serve chilled or room temperature.

DINNER IDEAS



GRILLED STEAK & ROASTED VEGGIES



Ingredients:

- 3 oz lean sirloin steak
- Brussels sprouts and cauliflower
- **MCT oil spray**
- garlic
- herbs

Instructions:

- Grill steak to desired doneness.
- Toss vegetables in MCT oil and season with garlic and herbs.
- Roast at 400°F for 20 minutes.
- Serve together.

BAKED FISH & BROCCOLI



Ingredients:

- 4 oz cod or tilapia
- 1 cup steamed broccoli
- [MCT oil drizzle](#)
- lemon juice

Instructions:

- Bake fish at 375°F for 15 minutes with seasoning.
- Steam broccoli and drizzle with [MCT oil](#) and lemon.
- Plate and enjoy.

BUFFALO CHICKEN & CELERY



Ingredients:

- 3 oz grilled chicken breast
- Frank's Buffalo Sauce
- Celery sticks
- 1 tbsp light ranch ([Walden Farms](#) or G Hughes)

Instructions:

- Toss grilled chicken in Buffalo sauce.
- Serve with celery and a side of light ranch for dipping.

STUFFED BELL PEPPER (LOW CARB)



Ingredients:

- 1 medium bell pepper, halved
- 3 oz 96% lean ground turkey
- Taco seasoning, onion
- 1 tbsp fat-free cheese

Instructions:

- Brown turkey with taco seasoning and chopped onion.
- Stuff into bell pepper halves.
- Top with cheese and bake at 375°F for 15–20 minutes.

MEATBALL ZOODLES



Ingredients:

- 3-4 Italian-style turkey meatballs
- 1 cup spiralized zucchini
- ¼ cup no-sugar marinara (Rao's or Thrive)
- Sprinkle of parmesan

Instructions:

- Heat meatballs and marinara.
- Sauté zoodles briefly.
- Plate zoodles, top with meatballs and sauce, sprinkle with parmesan.



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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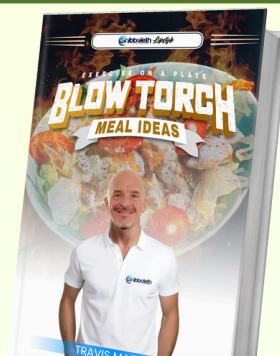
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