

5 Day Healthy Eating Challenge

YOU CAN DO THIS!!!

FitLiving 101

Before we get started, here's a little bit about your guides, Wendy and Todd Jamison...

Our Story

Our journey started back in the early 2010's. We were both sedentary, overweight, and unhappy. We were also in debt. Our relationship was good, but not the greatest. In other words, we were "normal."

Wendy started her fit living journey a bit earlier than Todd. She started working out and trying to make healthy changes to her lifestyle. Todd, after having a medical event related to obesity that required hospitalization, got on board a couple of months later...



Over the next couple of years, we worked feverishly to become both physically and financially fit. Sure, there were some stumbling blocks along the way... But during that process, we learned what worked for us as a couple to overcome obstacles and eventually reach our health and financial goals. Fast forward, **we've lost and kept off over 150 pounds**. We also reached and have maintained our financial goal of being **debt free** and able to save for retirement and college education for our children! Our goal is share what we've learned along the way with you!



Welcome to the FitLiving101 5 Day Healthy Eating Challenge!

The FitLiving101 5 Day Healthy Eating Challenge is designed to provide you with five awesome, budget (and kid) friendly recipes to help get you started on living a healthier life.

The challenge is simple. Make five delicious meals that are nutritious, and save you money. We're going to give you recipes that are easy to prepare with ingredients found at virtually any major grocery store.

How This Challenge is Laid Out

Every day, a healthy, low cost recipe is provided. The recipes are easy to prepare, don't cost much, and are as kid friendly as possible (sometimes it is impossible to please the little ones!)

At the beginning of the week, you'll go shopping with the provided shopping list. This will list all of the ingredients you'll need to prepare the meals. You can prepare most of them ahead of time and freeze until you need them. Simply place them in a slow cooker and heat them up while you are at work! A couple of the recipes are to for cooking fresh on days when you have time!

Each recipe makes six adult sized servings. This will feed a family of four, plus have two portions leftover for the following day's lunch!

Lets Get Started!

Alright, now that we've covered the basics of how the challenge is laid out, let's get crackin'! The next page is Day 1.

Day 1 - The Journey Begins!

This is the start of an incredible journey you're embarking on. You've made the decision to improve your health by making healthier eating choices. Over the next week, you'll work hard to better your situation. We have faith in your ability to make the change. You can do this!

Master Shopping list

You're going to need some ingredients for the week. Here's what you'll need:

Produce

2 medium onions
2 medium avocados
2 medium tomatoes
1 bunch cilantro
6 medium sized red potatoes
Large container of Spring Mix Greens
1 pint strawberries

Frozen Foods

1 lb. bag deluxe stir fry vegetables
1 lb. bag sugar snap stir fry vegetables
(2) 1 lb. bags frozen California blend vegetables
12 oz bag frozen corn

Meat

2 lb. chicken breasts
2 lb. lean ground turkey or beef (the leaner the better)
6 filets of skin-on wild salmon OR 6 medium sized chicken breasts

Bakery

8 Pack burrito size whole wheat low carb tortillas

Other

1 package low sodium taco seasoning
2 cans no fat or vegetarian refried beans
16 oz spaghetti noodles
1 cup chopped walnuts
2 cans cannellini beans (Navy) beans
1 can chicken low sodium chicken broth
4 oz can green chiles (mild)
2 jars light pasta sauce
32 ounces whole wheat pasta (or gluten free brown rice pasta)

Stuff You May Have on Hand

Lemon or lime juice
Hot sauce
Salt
Pepper
Low sodium soy sauce
Low sodium teriyaki sauce
Creamy peanut butter
Italian seasoning
Garlic
Olive oil
Balsamic vinegar
Brown sugar (or substitute)
Cumin

Recipe - Day 1

Burrito Wraps with Guacamole and Side Salad

Ingredients

Burrito Wraps

8 Pack burrito size whole wheat low carb tortillas
1 lb. lean ground turkey or beef
1 package low sodium taco seasoning
2 cans no fat or vegetarian refried beans

Homemade Guacamole

1/2 medium onion
2 medium avocados
2 medium tomatoes
1 bunch cilantro
Lemon or lime juice (optional, but recommended for extra flavor and to keep avocados from browning)
Hot sauce (optional)
Salt and pepper to taste

Side Salad

10 oz spring mix greens
1 - 2 diced tomatoes
Light salad dressing of your choice

Directions

Burrito Wraps

(PREP AHEAD) In a large skillet, brown the meat. Once the meat is browned, drain in a large colander, rinsing the meat in hot water for 1-2 minutes (don't worry, rinsing the meat won't affect the flavor, but will get rid of excess grease). Return meat to skillet, add the package of taco seasoning and 3/4 cup of water and bring to a boil. Simmer for 5 minutes, then reduce heat to low.

In a large bowl, empty both cans of refried beans and heat in the microwave on high for 2-3 minutes, or until hot. Set aside.

Homemade Guacamole

Using a tablespoon and paring knife, empty the flesh of the avocados in a large bowl. Discard the pit and peel. Mash the avocado flesh.



Chop onion in half. Reserve one half, and dice the other half and two tomatoes. Place in the bowl with the avocados.

Reserve half the cilantro. Chop the remaining half into fine pieces, and place in the bowl with the rest of the guacamole mix. Add a tbsp lemon or lime (optional but recommended). Add hot sauce (optional) and salt and pepper to taste. Stir it up and set aside.

Side Salad

In a large salad bowl, combine spring mix greens, tomatoes, and salad dressing. Toss contents a few times, making sure the greens are coated.

Final Steps

Just prior to serving, heat burrito wraps in the microwave for 10-20 seconds or until warm and pliable. This way, they won't tear when you load them with the goodies!
Load the burrito wrap with a serving of meat (about 1/6th of the meat), a serving of beans (about the size of a clenched fist), and a serving of guac (about 3-4 tbsp). Wrap it up, and enjoy!

Make a giant salad. Just be mindful about how much dressing you use :)

Serving Size

Serving size for burritos is one burrito wrap.

Salad size is about the size of two hands cupped. But really, just enjoy as much as you'd like!

Recipe - Day 2

Stir Fry with Tons O' Veggies!

Ingredients

2 thawed chicken breasts, diced
16 ounces whole wheat pasta (or gluten free brown rice pasta)
1 lb. bag deluxe stir fry vegetables
1 lb. bag sugar snap stir fry vegetables
2 tbsp low sodium soy sauce
2 tbsp low sodium teriyaki sauce
1 tbsp creamy peanut butter
1/2 cup chopped walnuts



Directions

Grab a large sauce pan, fill with water, and bring to a rolling boil. Add the pasta noodles, and cook until done, about 15 minutes. When done, strain, rinse, and set aside.

In a wok or large skillet, coat the bottom and sides with a light coating of cooking oil spray. Turn heat to medium-high. Add chicken, and cook until it is no longer pink.

Next, add both bags of vegetables, sauce, peanut butter, and walnuts.

Continue cooking on medium-high heat until the vegetables are cooked, but slightly crunchy.

At the very end, add the pasta, and stir a few times, coating the pasta with sauce.

Serve in a pasta bowl.

Serving Size

Serving size is about two cupped hands, or about 1/6th of the overall dish.

Recipe - Day 3

Teriyaki Salmon (or Chicken Breast) with Baked Potatoes and Spring Mix Greens Salad with Strawberry, Walnut, and Balsamic Dressing

Ingredients

Teriyaki Salmon (or Chicken Breast)

6 filets of skin-on wild salmon OR 6 medium sized chicken breasts, thawed
4 tbsp low sodium teriyaki sauce
1 clove garlic
Salt and pepper to taste

Baked Potatoes

6 medium sized red potatoes
1 tbsp olive oil
Salt and pepper to taste

Spring Mix Greens Salad with Strawberry and Balsamic Dressing

10 oz container of Spring Mix Greens
4 tbsp olive oil
2 tbsp balsamic vinegar
2 tsp brown sugar
1/2 cup chopped walnuts
1 cup sliced strawberries

Directions

Teriyaki Salmon and Baked Potatoes

Preheat oven to 375 degrees.

In a large bowl, combine salmon filets (or chicken breasts) with teriyaki sauce and garlic. Marinate for 30-60 minutes for best results, or 15 minutes if you are in a hurry.

In another large bowl, combine potatoes and olive oil. Salt and pepper to taste. Coat the potatoes in the oil by moving potatoes around in the bowl with tongs or a wooden spoon. Remove potatoes from the bowl, placing on a cookie sheet. Bake in oven for around 45 minutes or until tender. Flip halfway through baking. Remove when tender in the center (you can check by piercing with a fork. If the potato is flaky and easy to pierce, it is done).

After the potatoes have been cooking for 30 minutes, place filets (or chicken breasts) in an greased (with cooking spray on sides and bottom) baking dish. Cook on top oven rack for 15-20



minutes, or until salmon filet is flaky, or chicken breast is no longer pink in the middle. Remove from the oven and set aside when finished.

Spring Mix Greens Salad with Strawberry and Balsamic Dressing

In a large salad bowl, combine spring mix greens, olive oil, balsamic vinegar, walnuts, brown sugar, and strawberries. Toss contents a few times, making sure the greens are coated.

Serving Size

Salmon filet should be about 1.5 times the palm of your hand. Chicken breast should be about size of the palm of your hand.

Potatoes should be about the size of your clenched fist.

Salad size is about the size of two hands cupped. But really, just enjoy as much as you'd like!

Recipe - Day 4

White Bean Chicken Chili with Corn

Ingredients

1 lb. diced chicken breasts (about 2-3 breasts)
1 small diced onion
2 minced garlic cloves
2 tsp dried Italian seasoning
1 tsp ground cumin
2 cans cannellini (Navy) beans, drained and rinsed
1 can chicken low sodium chicken broth
4 oz can green chiles (mild)
12 oz bag frozen corn
1 cup water
Salt and pepper to taste

Directions

Preparation

Grab a very large skillet, spray sides and bottom with cooking spray, and place on medium heat. Cook diced chicken, onion, and garlic until chicken is no longer pink in the middle. Add rest of ingredients to the chicken, onion, and garlic, and heat for 5 minutes. Cool for a few minutes, then place contents into a freezer storage bag. Place in freezer for storage.

To Cook

Grab a slow cooker. Spray sides and bottom of slow cooker with cooking spray. Place contents of storage bag in slow cooker, and cook on low for 6-8 hours.

Serving Size

Serving size is about two cupped hands, or about 1/6th of the overall dish.



Recipe - Day 5

Spaghetti with meat sauce and California Blend Vegetables

Ingredients

2 jars light pasta sauce
16 ounces whole wheat pasta (or gluten free brown rice pasta)
1 lb. extra lean ground turkey or beef
(2) 1 lb. bags frozen California blend vegetables
Italian seasoning (to taste)
Salt (to taste)
Pepper (to taste)
Garlic (to taste)



Directions

In a large skillet, brown ground turkey or beef until cooked. Drain in a colander under hot water for one minute. This will remove as much fat as possible from the meat. Don't worry, it won't affect the flavor!

While you're browning your meat, fill a large saucepan with water and bring it to a rolling boil. Add the pasta, and cook until tender, about 12-15 minutes. Drain in the colander. Return pasta to saucepan.

Reduce heat to medium-low. Add 2 jars of pasta sauce and ground meat. Simmer until bubbling. Add Italian seasoning, garlic, salt, and pepper to taste.

Open the bags of California blend vegetables. Place them in a large microwave safe bowl, cover with a paper towel, and cook on high for 7-8 minutes.

Serve spaghetti with meat sauce with vegetables on the side.

Kid Friendly Tip

After cooking vegetables, grind them up in a food processor until smooth, and place in the pasta sauce. They won't even know you just loaded them up with all kinds of veggie goodness!

Serving Size

Serving size is about two cupped hands, or about 1/6th of the overall dish.