

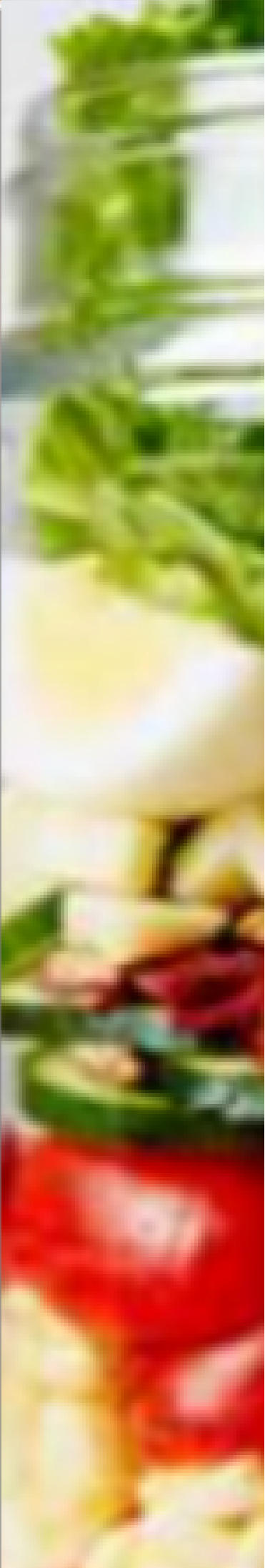
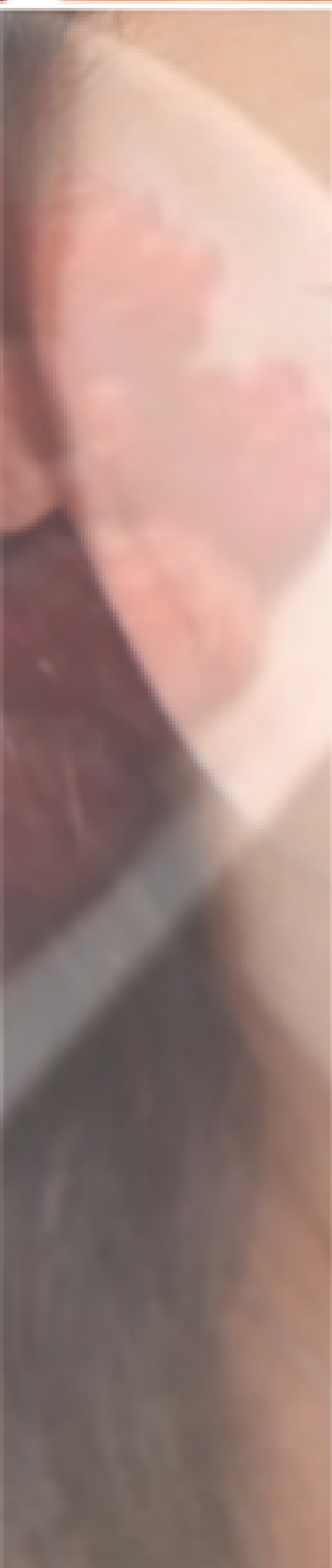
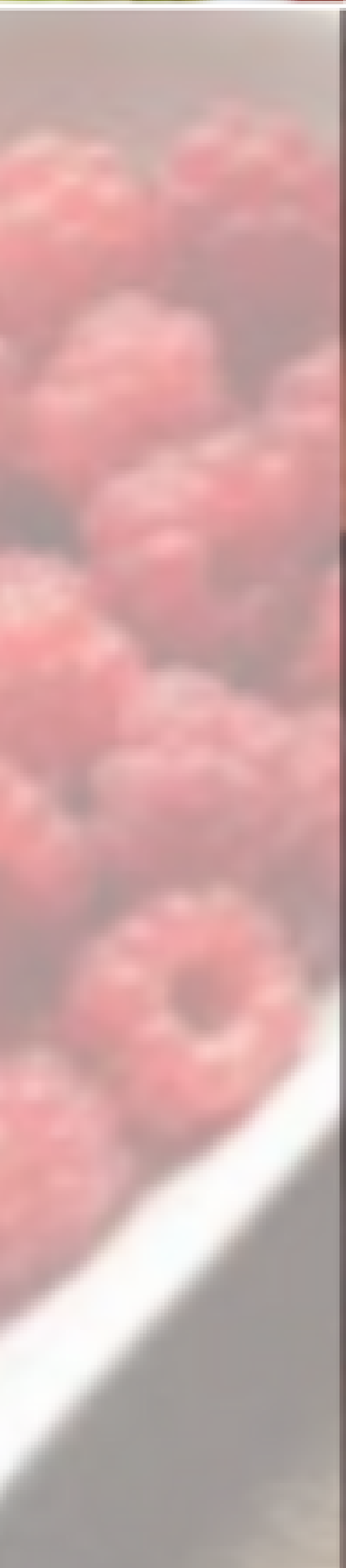
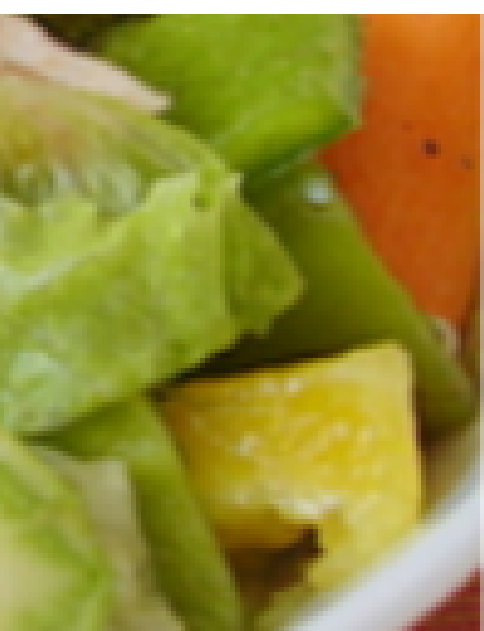
5 day Whole Food Challenge

6 Fast & Easy Recipes

To Crush Your Cravings

&

Control Blood Sugar



The Benefits & Food & Faith

Hey there!

I'm Renee Dumont



I'm so excited for you to have this valuable tool to help you control your cravings and your blood sugar. Eating healthy and working to stay focused on your daily weight loss goals brings a wealth of benefits into your life but it all starts with your faith.

Well I want to get you to take a step in the right direction in your weight loss journey and so that is why I spent hours putting this SPECIAL gift together to motivate you and get your thinking about healthy food. Treat this gift like you paid for it. OK? Then PRAY!

I've been working in the wellness and fitness industries since the early 90's and I have been helping beautiful God loving women like you, find their way to God to help you understand what keeps them STUCK in the yo-yo dieting mindset.

God changed my life using self-examination and biblical principals through the years as I learned to pay attention to my food choices and by asking God how to stay focused on what is best for my life. Here's what Elly experienced! Enjoy!

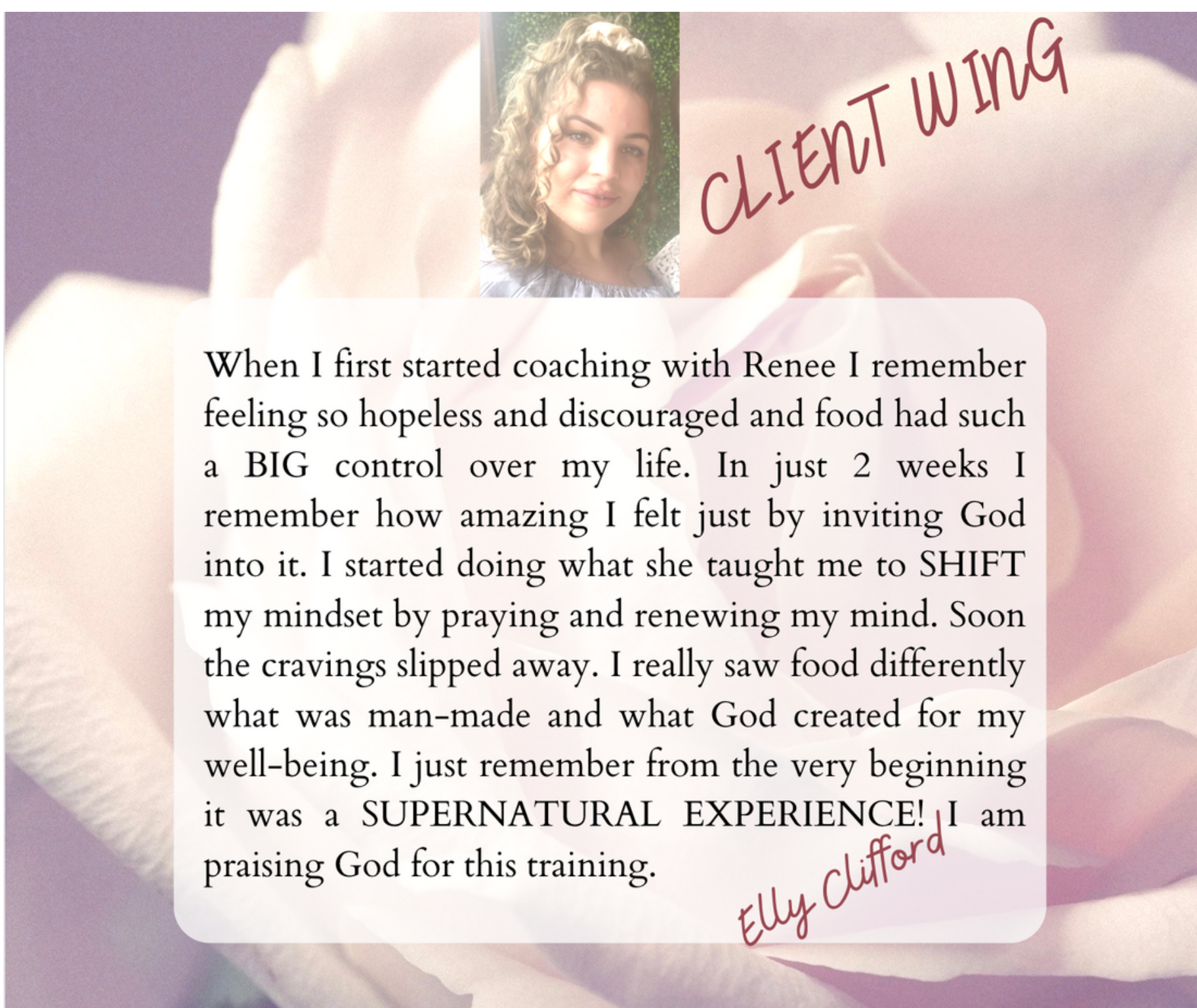


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SKIP THE FAT
That Control Cravings & Blood Sugar

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Thought of the week! Engage your senses!

Before eating, take a moment to look at and smell your food. Spend some time in prayer reflecting on where your food came from, and how it was grown and prepared. This will help you appreciate what you're eating and the work that went into getting food on your plate.

OPTIONS SWAP ANIMAL PROTEIN - FOR PLANT PROTEIN

Garden Veggie Quinoa Salad

(Gluten-free & Vegan)

1 1/2 cups raw quinoa, cooked according to directions -

12 cups raw veggies

About 6-8 cups lettuce of your choice

2 cups shredded carrots

2 cups cherry tomatoes*

1 cup chopped cucumbers

Chopped hard boiled egg (start by boiling 2-4 eggs)



Dressing - Keep it simple and use seasoned rice vinegar

OR mix in a jar

1 fresh squeezed lemon juice

garlic powder

onion powder

sea salt

dash of black pepper

(optional)

Directions:

1. For Quinoa and Veggies:

Cook quinoa according to package directions.

Set aside to cool completely**.

Wash veggies and chop veggies to desired sized pieces.

2. For Dressing:

In a small bowl combine dressing ingredients and whisk until combined.

3. Add in the veggies and then pour the dressing over the top and stir well to combine.

4. Add chopped hard boiled egg or 3-4oz choice of protein serve & enjoy.

***ADD Whatever combination of colorful veggies, beans, banana pepper rings or adding 4-8 olives**

**If you choose to not let the quinoa cool completely before adding the veggies, you will end up slightly steaming the veggies.

EASY BLACK BEAN SOUP

VEGAN



Ingredients:

- – 6 x 15 oz cans black beans (+ their liquid); no salt-added
- – 2 cups vegetable broth (we use Better Than Bouillon)
- – 1 x 16oz jar of salsa; no-salt added
- – 1 cup Tomato Paste + 1/4 c Pure Maple Syrup
- – 1/4 cup chili powder - or less
- – 2 tsp smoked paprika
- – 1 tsp garlic powder
- – 1/2 tsp cumin
- – 2-4 tsp unsweetened cocoa powder
- – 1/2 tsp pink salt (OPTIONAL)

Directions: (makes a large pot)

1. Add TWO cans of beans (with ALL of their liquid) to a blender (or bowl/stainless steel stock pot if you have an immersion blender).
2. Strain the remaining FOUR cans of beans over a large bowl to separate the beans from their liquid. Add ALL of the liquid to your blender and set the remaining beans aside.
3. Add vegetable broth to the blender (with the two cans of beans and liquid from ALL six cans) and puree until smooth.
4. Heat a large stock pot to medium-high.
5. Add blended bean mixture to the stock pot, followed by all of the remaining ingredients (including reserved black beans). Stir to combine.
6. Bring to a simmer, stirring FREQUENTLY. The beans can start sticking to the bottom and burning if you don't keep stirring it!
7. Once at a simmer, reduce heat and simmer, stirring FREQUENTLY, until thickened (about 10 minutes).

****This recipe makes approximately 3.5 quarts (14 cups) of soup, which is about 6 servings. Store leftovers in the refrigerator for up to 4 days or in the freezer for several months. [TELL US HOW YOU LIKED IT IN THE FACEBOOK GROUP!](#)**

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Chicken Cabbage Stir Fry

OR

swap pinto beans for chicken



Ingredients:

- 2 chicken breast sliced into thin strips (Optional)
- 1 8 ounce can of chickpea drained
- ½ teaspoon sea salt
- ¼ teaspoon white pepper (white is more Asian in flavor)
- 1 teaspoon grated ginger
- 3 cups sliced Napa cabbage (1/2 medium cabbage)
- broccoli florets (about 10-12 broccolini stems)
- 3 large carrots sliced
- 2 cloves garlic finely diced
- 1 teaspoon fish sauce (optional)
- 3½ tablespoons coconut aminos (or 3 tablespoons Tamari sauce)
- Juice of ½ lime
- 1/2 teaspoon sesame oil

Directions:

1. Heat a large frying pan or a wok over high heat and a tiny bit of water. Once hot, add the chicken meat and sprinkle with salt and pepper. Cook for 3 minutes each side, then remove to a bowl with all the juices.
2. Place the pan back over high heat and add 1 teaspoon of olive oil. Add the ginger, cabbage, broccolini and carrots and cook for 2 minutes, stirring frequently. Add a splash of water [or broth of your choice (about 2 tablespoons), garlic, fish sauce, coconut aminos sauce, lime juice and return the chicken meat to the pan. Mix through. Cook altogether for 2 more minutes, stirring frequently.
3. Finally, drizzle with Tiny BIT of sesame oil and stir through.

Serve while hot over long grain rice of your choice

Eat as much as you want to stay full...yum! NOTE

if you ever feel too gassy - just get some activated charcoal and take at least 90 minutes after eating to give your body enough time to absorb nutrition!

Chicken Veggie Stir Fry

VEGAN >>>>>Swap chicken for 1 pkg tofu



Ingredients:

2 boneless skinless chicken breasts (POUND THIN)
4 spring onions, sliced
3 cloves garlic, minced
1 teaspoon ground ginger
2 Tablespoons gluten-free soy sauce (or soy-free coconut aminos)
1 Tablespoon pure maple syrup
4 cups cut broccoli
2 cups sliced mushrooms
1 cup fresh green beans
1 red or yellow pepper sliced
2 cups chopped zucchini
1 bag pre-cut shredded carrots
1/2 organic chicken or vegetable broth
1/2 cup cold water (or broth of your choice)
2 Tablespoons corn starch or arrowroot starch

Directions:

1. Pound and cut the chicken breasts into thin slices and place in a bowl.
2. Add the onions, garlic, ginger, soy sauce, and pure maple syrup to the chicken and mix to combine.
3. Let the chicken sit to marinate while you cut the veggies.
4. Heat water in a wok or large skillet.
5. Add veggies and Stir fry 3 – 5 minutes until the veggies are tender and the mushrooms are soft. Remove to a bowl.
6. ***Put 1 tsp ONLY of olive oil in the skillet*** and add all of the chicken mixture. Stir and cook until the chicken is no longer pink.
7. Combine the broth, water, and cornstarch. Add the mixture to the skillet and stir until heated and thickened.
8. Add the veggies to the chicken in the skillet and heat until hot.
9. Serve with whole grain rice of your choice

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Stuffed Peppers



Ingredients:

- 4-6 large green or red bell peppers
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1/2 lb LEAN ground turkey (optional)
- 1 8-ounce can black beans
- 1 cup cooked long grain rice (I love basmati rice) cook 10 mins & rest 10 mins
- 1 8-ounce can tomato sauce, (1 cup), divided
- 1 8-ounce can diced tomato
- 1 cup chopped cooked carrots
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt, (optional)
- ¼ teaspoon freshly ground pepper

Directions:

1. Preheat oven to 350°F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat water in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add (LEAN) turkey and cook, crumbling with a spoon, just until it loses its pink color, about 2 minutes. Drain the fat & rinse the meat and drain again.
4. Transfer the turkey mixture to a medium bowl and mix in beans, rice, ½ cup tomato sauce, carrots, parsley, salt (if using) and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining ½ cup tomato sauce over the peppers.
5. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

YOU MIGHT WANT TO DOUBLE THE BATCH

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Black bean Spaghetti Zoodles - VEGAN

Ingredients:



- 1 teaspoon olive oil **ONLY (or use a spritzer)**
- 1 8-ounce can black beans or pinto beans
- 1 cup diced green bell pepper
- 1 tablespoon minced garlic
- 2 teaspoons Italian seasoning
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes (optional)
- 3 cups marinara sauce (or use plain sauce and add 1/4 C pure maple syrup)
- 2 cups baby spinach leaves
- 4 zucchini, cut into noodle-shape strands
- ADD FRESH basil or extra zest!

OPTIONAL - add 2 cooked chicken breast cut into small pieces

Direction:

1. Heat olive oil in a large skillet over medium heat. Add chicken breast, green pepper, garlic, Italian seasoning, ground black pepper, salt, and red pepper flakes; cook and stir until turkey is lightly browned, 4 to 5 minutes.
2. Stir marinara sauce and baby spinach into the chicken mixture; cook and stir until marinara sauce is warm through, about 3 minutes.
3. Stir zucchini noodles into the sauce with tongs; cook and stir until the zucchini is slightly tender, 2 to 3 minutes.

SERVE OF WHOLE GRAIN RICE or QUINOA

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What People Are Saying

***Renee is a inspiration!**

Let God's word be food for the soul and mouth! Avoid fakers and stay within the one and only prince of peace and His light. My goals is to find better time with god and exercise with fun and eat better for god and that is what you learn here. YOU are not junk so don't feed your body with junk. I think if everyone did that the world would be happier and healthier in many ways and we are being blessed by doing this course.

Katherine G.



Tonya

I must say this journey has really helped me in so many ways. For example, today was a going away party at work for a coworker and what was served?!? My favorite temptation.... cake!!!! It looked sooooo delicious. Strawberries and kiwi and homemade icing with strawberries in the middle of each layer. Did I have a slice???? Nope!!! I gave it to God. I prayed and asked Satan to get behind me. I did not want to give in and have a slice because if I did I'd have two. Two would lead to three and the next thing you know I'd feel horrible and guilty and be right back at ground zero. So thank you [Renee](#) Thank you for putting this together 😊

I'm Praising God for you!*I did everything that you shared with me and I just left my Dr and my blood pressure is 120/80. I don't need the medication they wanted me to take. I'm so excited!

Karen N.



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