

7-DAY MIRACLE FRUITS & VEGETABLES GUIDE

HEALTHY BODY AND WEIGHT



By Glenda Hill

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MEET GLENDA HILL

Once I learned how to eat the right amount of fruits and vegetables I finally lost 30 pounds and inches off my waist in 6 weeks. You too, can learn how to eat healthy!

Welcome!

7-Day Miracle Fruits & Vegetables Guide for a Healthy Body and Weight.

This guide offers you practical, easy-to-make recipes that focus on lightly seasoned fruits and vegetables, allowing their natural health and healing properties to shine. These meals are packed with flavor, guaranteed to be delicious, and—most importantly—helpful for maintaining a healthy body and balanced weight.

How Does Fruit and Vegetables Help Me Lose Weight Long-Term?

I know what you're thinking, so let's answer that important question right away. Fruits and vegetables are your body's natural healers — both physically and spiritually. High in nutrients, low in calories, and rich in fiber, they boost your metabolism and keep you feeling full and satisfied.

But here's the real miracle: these foods go beyond weight loss. They bring deep healing to your body and spirit, making it easier to resist unhealthy cravings and align your choices with God's design for your health.



Fruits and vegetables aren't just side dishes — they are the main event. You can enjoy generous portions of these miracle foods without the guilt, knowing you're nourishing both body and spirit.

On the next few pages

- 7 delicious, nourishing recipes
- scripture meditation,s
- more Resources



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DAY 1

Welcome to Your 7-Day Journey!

This guide is designed to help you embrace the healing power of fruits and vegetables. Over the next seven days, you'll experience the incredible benefits of God's natural foods. Each day includes a simple recipe, a common belief about eating more fruits and vegetables, and a scripture meditation to support your spiritual and physical health journey.

Let's get started!

Day 1: Overcoming Cravings with Natural Foods

Common Belief: **"I don't think fruits and vegetables will satisfy my cravings."**

When you fuel your body with nutrient-rich foods, your cravings for processed foods naturally decrease. I used to crave chips constantly, but after adding berries, leafy greens, and other nutrient-packed foods, junk food cravings disappeared. It's all about giving your body what it truly needs, so it stops asking for junk.

Recipe: Berry and Coconut Yogurt Bowl

- 1 cup coconut yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tbsp chia seeds
- 1 tbsp unsweetened shredded coconut

Mix the berries, chia seeds, and shredded coconut into the coconut yogurt for a refreshing and satisfying meal.

Scripture Meditation:

Philippians 4:19 "And my God will supply all your needs according to His riches in glory in Christ Jesus."



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DAY 2



Easy and flavorful recipes to celebrate the miracle of fruits and vegetables. All the recipes emphasize the inherent tastes and health advantages of fruits and vegetables, using just a hint of seasoning. Each recipe is crafted to be wholesome, quick to prepare, and delightful to savor.

Continue the journey!

Day 2: Discovering the Flavor of God's Natural Creations

Common Belief: **"Vegetables are bland. I need a lot of seasoning to make them taste good."**

Fruits and vegetables are naturally flavorful when you prepare them simply. By using light seasoning and herbs, you can enhance the natural tastes without overpowering the inherent goodness God placed in these foods.

Recipe: Roasted Carrots & Sweet Potatoes

- 2 carrots, peeled and sliced
- 1 sweet potato, peeled and cubed
- 1 tablespoon olive oil
- A pinch of sea salt and pepper
- Fresh rosemary for flavor

Roast at 400°F for 20-25 minutes. Lightly seasoned to bring out their natural sweetness and nutrition.

Scripture Meditation:

Psalm 34:8 "Taste and see that the Lord is good; blessed is the one who takes refuge in Him."

Take time to savor the natural goodness in the food God has provided.



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DAY 3 & DAY 4

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Simple, lightly seasoned recipes to harness the miracle of fruits and vegetables. These recipes focus on letting the natural flavor and health benefits shine through with minimal seasoning. Let's keep going!

Day 3: Healing and Weight Loss Through Wholesome Foods

Common Belief: **"Healthy eating won't help me lose weight."**

Nutrient-dense foods provide your body with what it needs to reduce inflammation, stabilize blood sugar, and promote sustainable weight loss.

Recipe: Quinoa & Veggie Stir-Fry

1/2 cup cooked quinoa, 1 cup mixed vegetables (broccoli, bell peppers, carrots), 1 tablespoon olive oil, Garlic, and light soy sauce for seasoning. Sauté veggies in olive oil and garlic, then stir in quinoa for a balanced and filling meal.

Day 4: Boosting Energy Naturally

Common Belief: **"I don't have time to prepare all these meals."**

Healthy eating doesn't mean spending hours in the kitchen. You can start small by adding a fruit or vegetable to each meal. Keep it simple!

Recipe: Quick Avocado & Veggie Salad

Cut fresh cucumbers, tomatoes, and avocado, tossed with lemon juice and olive oil. A yummy, refreshing, energy-boosting meal in just 5 minutes.

Scripture Meditation:

Jeremiah 33:6 "Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth"



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DAY 5 & DAY 6



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The simplicity of these recipes makes your exploration of miracle fruits and vegetables even more delightful. Coupled with uplifting scripture meditations, this journey becomes a holistic experience for both body and spirit. Let's continue moving forward!

Day 5: Healthy Foods That Help You Feel Full

Common Belief: **"I won't feel full eating only fruits and vegetables."**

Fruits and vegetables are rich in fiber, which helps you feel full for longer periods. Pairing them with healthy fats and proteins creates a satisfying, balanced meal. Fiber keeps you full longer and supports digestion.

Recipe: Roasted Sweet Potatoes and Broccoli

1 sweet potato, diced, 1 cup broccoli florets, 1 tbsp olive oil, 1 tsp paprika, Salt and pepper to taste. Roast sweet potatoes and broccoli at 400°F for 25–30 minutes with olive oil and spices. This colorful and nutritious side is easy to make.

Day 6: Simplicity Makes Meals Easier

Common Beliefs: **It's too hard to change my eating habits."**

Recipe: Simple Citrus Salad

1 orange, peeled and segmented, 1 grapefruit, peeled and segmented, A handful of fresh mint leaves, and A drizzle of honey, Toss the citrus fruits together with mint and honey for a refreshing, salad that supports immune health and weight loss.

Scripture Meditation:

Matthew 5:6 "Blessed are those who hunger and thirst for righteousness, for they will be filled."

Pray for the desire to hunger for both spiritual and physical nourishment that comes from wholesome foods.



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DAY 7

Let this journey inspire you to embrace the beauty of simplicity in your meals and your life. Each step you take leads you closer to a deeper appreciation for the nourishment that nature provides.

Keep advancing with joy and faith!

Day 7: Fruits and Vegetables for Lasting Energy

Common Belief: **“Fruits and vegetables won’t give me enough energy to get through the day.”**

The natural sugars and nutrients in fruits and vegetables provide steady, lasting energy without the crash of processed snacks. They help maintain stable blood sugar levels and boost your energy. When lightly seasoned, the natural flavors of fruits and vegetables can be surprisingly delicious!

Recipe: Baked Apples with Cinnamon

Ingredients: 4 medium baking apples (e.g., Granny Smith) 1/4 cup honey 1 tsp ground cinnamon 2 tbsp butter 1 cup water Instructions: Preheat oven to 350°F (175°C). Pour water into a baking dish and arrange the apples upright. Cover with foil and bake for 25-30 minutes. Remove foil for the last 10 minutes. Check for tenderness; apples should hold shape. Let cool slightly and serve warm.

Baking apples brings out their natural sweetness, and a light dusting of cinnamon adds warmth and flavor. This is a meal that’s both healthy and satisfying.

Scripture Meditation:

Nehemiah 8:10 "The joy of the Lord is your strength." Reflect on how nourishing your body with God's food gives you the strength and energy to serve Him.





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FRUITS

Discover the miracle of these flavorful fruits that shine on their own, no seasonings needed! Enjoy them fresh and unlock their incredible health benefits for your body and soul.

| | |
|---------------------------|------------|
| Bananas | Grapes |
| Apples | Oranges |
| Berries (strawberries, | Pineapples |
| blueberries, raspberries, | Mangoes |
| blackberries) | Peaches |
| Watermelon | Cantaloupe |
| Cherries | Pears |
| Kiwi | Plums |
| Figs | |

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VEGETABLES

Discover the miracle of these flavorful vegetables that shine on their own, no seasonings needed! Enjoy them fresh and unlock their incredible health benefits for your body and soul.

| | |
|------------------------------------|-------------------------------|
| Red Bell Peppers | Avocados |
| Carrots | Baby Spinach |
| Cucumbers | Zucchini (raw) |
| Cherry Tomatoes | Celery |
| Sweet Corn (on the cob or kernels) | Sweet Potatoes (when roasted) |
| Sugar Snap Peas | Beets (roasted or raw) |
| Radishes | |
| Snow Peas | |

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PRACTICAL TIPS FOR SUCCESS



Plan Ahead:
Prepare produce in advance so you can easily create meals during the week.



Start Simple:
Incorporate one or two new fruits or vegetables into each meal.



Stay Consistent:
Trust the process. The more you eat whole, natural foods, the faster your body will respond.

Congratulations!

You did it, my friend! You've taken powerful steps toward nourishing your body and spirit this week. Continue to build on this foundation by trusting in God's provision and adding more miracle fruits and vegetables into your daily life.

Remember, I'm here to support you! If you'd like more personalized guidance on your healthy living journey, feel free to connect with me.

Let me guide you, walk alongside you, and provide the accountability you need on this journey to better health. Let's create something beautiful together!

Want To Learn More?



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