



Single Serving SPRING BODY RESET: Week 2

MENU

Day 8

COMFORT OATMEAL WITH CHERRIES
ZUCCHINI GARBANZO SOUP
ROAST CHICKEN with ZUCCHINI PAPPARDELLE & BASIL PESTO

Day 9

NECTARINE CASHEW CREAM PARFAIT
GARBANZO TABOULI SALAD
PAN SEARED SALMON & NECTARINE SALSA

Day 10

POACHES EGGS with SPINACH
CUMIN LIME GRILLED CHICKEN & VEGETABLE CEVICHE
STEAK & VEGGIE KEBABS with HERBED CHOPPED SALAD

Day 11

EGG & SPINACH BREAKFAST SALAD
SALMON SALAD
BEEF & PEA STIR FRY with GARLIC GREENS

Day 12

NECTARINE CASHEW CREAM PARFAIT
MIXED VEGETABLE SALAD WITH ROASTED GARBANZOS
GARLIC CHICKEN & VEGGIES

Day 13

NUTTY NECTARINE SMOOTHIE
GARBANZO SOUP & SUGAR SNAP PEAS
CHICKEN PEPPER CHILI

Day 14

POACHED EGGS WITH SPINACH
THAI BEEF SALAD with CUCUMBER NOODLES
VEGGIE EGG DROP SOUP with NECTARINE SALAD



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PREP GUIDE

DAY EIGHT

- 1 small yellow onion, chopped
- 2 carrots, chopped
- 2 medium zucchini, halved and sliced
- 1 cup (240 mL) finely chopped Swiss chard (3 large leaves)
- 1 lemon, juiced (2 Tablespoons) for the week
- 2 limes, juiced (3 ½ Tablespoons) for the week
- 1 Tablespoon (15 mL) raw cashews, chopped

DAY NINE

- Make Tabouli salad up to 48 hours ahead
- ¼ orange zested and juiced (1 Tablespoon juice, pinch of zest)
- Hard boil 3 eggs (for the week)
- ½ cucumber, seeded and diced
- 1 nectarine, small dice
- ½ green bell pepper, small dice
- 1 radish, small dice
- ¼ yellow onion, finely chopped
- ½ cup (120 mL) raw cashews, soaked

DAY TEN

- ½ green bell pepper, thinly sliced
- ¼ green bell pepper, cut into bite sized chunks
- ¼ medium yellow onion, cut into bite sized chunks
- ¼ yellow onion, thinly sliced
- 1 radish, thin matchsticks
- 1 radish, fine dice
- ½ zucchini or summer squash, cut into bite sized chunks
- ¼ cup (60 mL) cashews, very finely chopped

DAY ELEVEN

- ½ orange, peeled and sectioned
- 2" piece fresh ginger, grated (1 Tablespoon) for the week
- ¼ medium yellow onion, sliced thin
- 1 Tablespoon (15 mL) cashews, chopped

DAY TWELVE

- ½ summer squash or zucchini, grated
- ¼ zucchini, halved and cut into half moons
- 1 cup (240 mL) snap peas, halved
- ¼ pound (110 g) snap peas, halved diagonally
- ¼ green bell pepper, diced
- ¼ green bell pepper, thinly sliced
- 2 Tablespoons (30 mL) soaked cashews



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DAY THIRTEEN

- 1 nectarine, pitted and chopped
- ¼ yellow onion, diced
- ½ green bell pepper, diced
- ½ zucchini, diced

DAY FOURTEEN

- ¼ medium yellow onion, minced
- ½ small yellow onion, diced small
- ½ green bell pepper, thinly sliced
- ½ carrot, thinly sliced
- 1 carrot, diced small
- ½ zucchini, diced small
- ¾ small head Swiss chard, chopped
- 1 nectarine, sliced
- 1 radish, very finely chopped



SPRING BODY RESET

WEEK 2 Single Serving

MEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
chicken breast	4 half breasts		
salmon	1/2 pound	224 g	
top round steak	3/4 pound	340 g	
VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
frozen cherries	3/4 cup	175 mL	
carrots	4		
zucchini	6		
swiss chard	1 lg bunch		
basil	2 lg bunches		
oranges	2		
nectarines	5		
parsley	1 sm bunch		
mint	1 bunch		
tomato	3		
cucumbers	3		
green bell peppers	3		
radishes	4		
spinach	1 pound	455 g	
mixed greens	3 cups	720 mL	
avocado	1		
fresh ginger	2" piece	5 cm	need 1 Tablespoon grated ginger
snap peas	1 pound	455 g	

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
vanilla	1 teaspoon	5 mL	<i>optional</i>
diced tomatoes	2 (15 oz) cans	2 (420 g)	
garbanzo beans	3 (15 oz) cans	3 (420 g)	
almond milk	1 cup	240 mL	
tomato paste	1/2 Tablespoon	7.5 mL	
cinnamon	1/4 teaspoon	1.25 mL	<i>optional</i>

SPRING RESET PANTRY ESSENTIALS	QTY US	QTY METRIC
Olive Oil	1/2 cup	120 mL
Grapeseed Oil	2-1/2 Tblsp	37.5 mL
Veg or chicken broth (gluten free)	5-1/4 cups	1.2 l
Kosher Salt	3 teaspoons	15 mL
Black Pepper	2 teaspoons	10 mL
Garlic	10 cloves	
Cayenne Pepper	dash	
Paprika	3/4 teaspoon	3.75 mL
Cumin	1-1/4 teaspoon	6.25 mL
Soy sauce or vinegar	1/2 Tblspn	7.5 mL
Dijon Mustard	1/2 teaspoon	2.5 mL
Nuts: Cashews	1-1/2 cups	360 mL
Vinegar: White Wine	1-1/2 Tblsp	22.5 mL
Vinegar: Balsamic	3 Tablespoons	45 mL
Onion: Yellow	3	
Lemon	1	
Lime	2	
Eggs	8	
Oatmeal (gluten free)	1 cup	240 mL

WEEKLY NOTES
<i>If you are making Orange Parsley Water : add 14 oranges and 3-1/2 bunches parsley</i>
<i>If you are making Ginger Basil Water : add 3 (4") pices of fresh ginger and 3-1/2 bunches of basil</i>
<i>If you are making Ginger Mint Water : add 3(4") pieces of fresh ginger and 1 large bunch of mint</i>
<i>If you are making Ginger Tea: add 7" of fresh ginger (or choose organic ginger tea bags)</i>



Single Serving SPRING BODY RESET: Week 2

INFUSED WATER

ORANGE + PARSLEY

2 oranges, sliced
½ cup fresh parsley

Use a mortar and pestle to crush parsley leaves. Add to a 32 ounce pitcher with orange slices and fill with water. Refrigerate four hours for maximum flavor.

GINGER + BASIL

1 (2-inch piece) ginger, scrubbed, cut into 1/4" pieces
Handful fresh basil leaves, torn

Use a mortar and pestle to crush the ginger and basil. Add to a pitcher and fill with water. Refrigerate for four hours for maximum flavor.

GINGER + MINT

1 (2-inch piece) ginger, scrubbed, cut into 1/4" pieces
2 sprigs fresh mint

Use a mortar and pestle to crush the ginger and mint. Add to a pitcher and fill with water. Refrigerate four hours for maximum flavor.

TEA

Ginger is the anytime tea – it's perfect for stomachaches, migraines, and general fatigue. Drinking ginger tea invigorates the body and calms the mind.

Here is our simple, no fuss ginger tea:

GINGER TEA

Per cup of tea

1-inch fresh ginger, thinly sliced (no need to peel)
8 ounces boiling water

1. Place sliced ginger into a tea infusion inside a mug.
2. Pour hot water into mug. Let sit for 5 minutes. Remove infuser and drink!

Don't have a tea infuser? Place ginger in a boiling pot of water and let steep for 5 minutes. Place a strainer over mug, or carefully pour liquid into a mug.



Single Serving SPRING BODY RESET: DAY 8

BREAKFAST: COMFORT OATMEAL w/ CHERRIES

½ cup (120 mL) old fashioned (rolled) oatmeal (Steel cut will take longer to prepare)
1 cup (240 mL) liquid (water/almond milk)
½ cup (120 mL) frozen cherries (no sugar added)
1 Tablespoon (15 mL) raw cashews, chopped
¼ teaspoon (1.25 mL) pure vanilla extract (optional)
Dash of kosher salt

1. Bring oats and liquid to a boil, reduce and simmer for 3-5 minutes based on desired thickness.
2. Fold in cherries, cashews, vanilla, and a bit of salt.
3. Remove from heat and allow to sit for 3-4 minutes so cherries can warm up.
4. Serve warm.

290 kcal, 10g Protein, 43g Carb, 120mg Sodium, 7g Fiber, 0mg Cholesterol, 10g Fat, 2g Saturated, 11g Sugar, 2% Calcium, 15% Iron

LUNCH: ZUCCHINI GARBANZO SOUP

Makes 2X times recipe for 2 lunches (Lunch 13)

1 -1/2 teaspoons (7.5 mL) olive oil
1/2 small yellow onion, chopped
1-1/2 carrots, chopped
1-1/4 medium zucchini, halved and sliced
1 garlic clove, minced
1-3/4 cups (420 mL) low sodium vegetable broth
1 cup (240 mL) finely chopped Swiss chard (3 large leaves)
1/2 (15 oz/425 g) can diced tomatoes
3/4 (15 oz/425 g) can garbanzo beans, drained and rinsed
1 Tablespoons (15 mL) fresh basil, minced
¼ teaspoon (1.25 mL) kosher salt
⅛ teaspoon (.6 mL) black pepper

MAKE AHEAD

- **Make soup on weekend OR Cut vegetables: onion, carrot, zucchini, Swiss chard**

1. In a stockpot, heat olive oil over medium heat. When oil is hot, add onions, carrots, zucchini, and garlic. Cook 5-6 minutes until onions are soft.
2. Add vegetable broth, chard, tomatoes, beans, basil, salt, and pepper; mix well. Simmer for 20 minutes.
3. Remove from heat and serve immediately with a generous squeeze of lemon or lime juice. Store leftovers in an airtight container for another lunch

290 kcal, 11g Protein, 45g Carb, 640mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 15% Calcium, 20% Iron



Single Serving SPRING BODY RESET: DAY 8

DINNER: ROAST CHICKEN WITH ZUCCHINI PAPPARDELLE & BASIL PESTO

For roast chicken

3 half chicken breasts, skin on and bone in
for 3 meals
1 Tablespoons (15 mL) olive oil
½ teaspoon (2.5 mL) kosher salt
½ teaspoon (2.5 mL) black pepper

For zucchini pappardelle

1 medium zucchini
1 Tablespoon (15 mL) water or broth
Pinch of kosher salt
Pinch of ground pepper

For basil pesto

2 Tablespoons (30 mL) cashews
½ cup (120 mL) fresh basil leaves
1 garlic clove
1 Tablespoon (15 mL) olive oil
A few tablespoons (15-30 mL) of water
Pinch of salt

For roast chicken

1. Heat oven to 400°F (204°C).
2. Place chicken on a rimmed baking sheet, drizzle with olive oil, salt, and pepper.
3. Roast for 25-35 minutes or until internal temperature reaches 165°F.
4. Remove skin from chicken and discard. **Reserve 2 pieces of chicken for Lunch #10 & Dinner #12.**

For zucchini pappardelle

1. Using a vegetable peeler, shave zucchini lengthwise into thin, wide “noodles”.
2. Set on paper towel to drain, removing center piece if it is very seedy.
3. Meanwhile, heat broth or water in a medium sauté pan over medium heat. Add zucchini noodles and cook 2 minutes until tender, but slightly al dente. Season with salt and pepper. Toss with basil pesto and serve immediately.

For basil pesto

1. Combine cashews, basil, and garlic in a food processor and pulse until very finely chopped.
2. Add olive oil, and continue to pulse until combined. Mixture will likely be thick; thin with water, 1 teaspoon at a time. Season with a pinch of salt.

** There may be a few spoons of pesto left over. Refrigerate in an airtight container for up to 48 hours or freeze for future use. Try freezing pesto in ice cube trays for a quick addition to sauces or vegetables in the future.

Chicken: 160 kcal, 18g Protein, 0g Carb, 170mg Sodium, 0g Fiber, 55mg Cholesterol, 10g Fat, 2.5g Saturated, 0g Sugar, 0% Calcium, 4% Iron
Zucchini: 25 kcal, 2g Protein, 5g Carb, 45mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 3g Sugar, 2% Calcium, 4% Iron
Pesto: 180 kcal, 3g Protein, 6g Carb, 30mg Sodium, 1g Fiber, 0mg Cholesterol, 17g Fat, 2.5g Saturated, 1g Sugar, 2% Calcium, 8% Iron



Single Serving SPRING BODY RESET: DAY 9

BREAKFAST: NECTARINE CASHEW CREAM PARFAIT

For cashew cream

½ cup (120 mL) raw cashews, soaked
¼ cup (60 mL) water
1 Tablespoon orange juice
Pinch of orange zest
Dash of cinnamon (optional)

For parfait

1 nectarine, diced (or frozen peaches, no sugar added)
¼ cup cashew cream
2 Tablespoons (30 mL) rolled oats, toasted

MAKE AHEAD

- Soak cashews 1 hour or overnight
- ¼ orange, zested & juiced (1 Tablespoon juice, pinch of zest)

DIRECTIONS

For cashew cream - Drain cashews. Add to blender along with water. Blend (puree) until smooth. Add orange juice, zest, and cinnamon; blend until combined. **Save at least ¼ cup for Day 12.**

For toasted oats - Add oats to a nonstick skillet over medium heat and cook, stirring regularly, for about 2-3 minutes until lightly toasted.

For parfait - Add half the cashew cream to a small bowl. Top with half the nectarines, repeat with remaining cashew cream and nectarines. Top with toasted oats.

310 kcal, 10g Protein, 32g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 3g Saturated, 13g Sugar, 2% Calcium, 20% Iron

LUNCH: GARBANZO TABOULI SALAD

Use for two meals

2 Tablespoons (30 mL) chopped parsley

¼ bunch mint, chopped

1 tomato, seeded and diced

½ cucumber, seeded and diced

1 (15 oz/425g) can organic garbanzo beans,
drained and rinsed

1 Tablespoon (15 mL) olive oil

1 Tablespoon (15 mL) lemon juice

¼ teaspoon (1.25 mL) kosher salt

¼ teaspoon (1.25 mL) black pepper

1 orange, sliced

1 hard boiled egg, quartered

MAKE AHEAD

- Hard boil 3 eggs (use 1 today, save 2 for Breakfast # 11)
- Make Tabouli Salad up to 48 hours ahead
- ½ lemon, juiced (1 Tablespoon)
- Cut fruit & vegetables: cucumber, orange

DIRECTIONS

1. Combine all ingredients except oranges. Chill until ready to serve. Can be made 24 hours in advance. **Save ½ cup for Lunch #11.**
2. Serve alongside orange slices and hard boiled egg.

Salad: 190 kcal, 7g Protein, 25g Carb, 420mg Sodium, 1g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 3g Sugar, 6% Calcium, 8% Iron

Oranges: 60 kcal, 2g Protein, 16g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 12g Sugar, 4% Calcium, 0% Iron

Egg: 70kcal, 6gm Protein, 0gm Carb, 70mg Sodium, 0gm Fiber, 187mg Cholesterol, 5gm fat, 1.5 gm Saturated, 0gm Sugar, 2% Calcium, 4% Iron



Single Serving SPRING BODY RESET: DAY 9

DINNER: PAN SEARED SALMON & NECTARINE SALSA

For pan seared salmon (USED FOR TWO MEALS)

2 teaspoons (10 mL) olive oil
½ pound (224 g) boneless, skinless salmon fillet, cut into 2 portions (can sub 1/2 pounds boneless skinless chicken breast)
⅛ teaspoon (.6 mL) cumin
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper

For nectarine salsa (USED FOR TWO MEALS)

1 nectarine, small dice
½ green bell pepper, small dice
½ tomato, small dice
1 radish, small dice
¼ yellow onion, finely chopped
2 Tablespoons (30 mL) chopped basil
1 teaspoon (5 mL) olive oil
1 teaspoon (5 mL) balsamic vinegar

MAKE AHEAD

- Cut fruit & vegetables: nectarines, bell pepper, radish, onion

DIRECTIONS

For pan seared salmon

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Season salmon fillets with cumin, salt, and pepper.
3. When oil is hot, add salmon and sear about 3-5 minutes per side.
4. **Reserve 1 salmon fillet for Lunch 11.**
5. Serve salmon topped with nectarine salsa.

For nectarine salsa

Combine all the ingredients together and chill. **Save ¼ cup for Lunch 11.**

Blender method: Skip the chopping prep and pulse ingredients until slightly chunky.

Salmon: 260 kcal, 26g Protein, 4g Carb, 180mg Sodium, 3g Fiber, 50mg Cholesterol, 16g Fat, 2.5g Saturated, 0g Sugar, 4% Calcium, 6% Iron
Salsa: 70 kcal, 1g Protein, 10g Carb, 5mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 7g Sugar, 2% Calcium, 2% Iron



Single Serving SPRING BODY RESET: DAY 10

BREAKFAST: POACHED EGGS WITH SPINACH

For spinach

1 teaspoon (5 mL) olive oil
¼ pound (110 g) spinach
Pinch of kosher salt

For poached eggs

2 eggs
½ teaspoon (2.5 mL) vinegar (any kind)

DIRECTIONS

For spinach - Heat oil in a large skillet over medium heat. Add spinach and salt; sauté until wilted, about 2-3 minutes.

For poached eggs

1. Heat 2" of water to almost boiling in a medium skillet with a lid. Add vinegar.
2. Crack 2 eggs, one at a time, into a small bowl and transfer carefully into water.
3. Remove pan from heat, cover, and let sit for 5 minutes.
4. Remove eggs carefully with a slotted spoon and set aside.
5. Serve over spinach.

220 kcal, 15g Protein, 13g Carb, 350mg Sodium, 5g Fiber, 370mg Cholesterol, 13g Fat, 3.5g Saturated, 0g Sugar, 15% Calcium, 30% Iron

LUNCH: CUMIN LIME CHICKEN & VEGETABLE CEVICHE

For cumin lime chicken

1 roasted chicken breast * *from Dinner 8*
1 Tablespoon (15 mL) lime juice
2 teaspoons (10 mL) olive oil
1 garlic clove, minced or pressed
¼ teaspoon (1.25 mL) paprika
½ teaspoon (2.5 mL) cumin
¼ teaspoon (1.25 mL) kosher salt
⅛ teaspoon (.6 mL) black pepper

For vegetable ceviche

½ green bell pepper, thinly sliced
¼ yellow onion, thinly sliced
1 radish, thin matchsticks
1 Tablespoon (15 mL) lime juice
1 Tablespoon (15 mL) olive oil
Dash salt
3 basil leaves, julienned
¼ cup (60 mL) cashews, very finely chopped

MAKE AHEAD

- Roasted chicken * *from Dinner 8*
- Make vegetable ceviche up to 48 hours ahead
- 1 lime, juiced (2 Tablespoons/30 mL)
- Chop cashews
- Cut vegetables: bell peppers, onion, radishes

DIRECTIONS

For cumin lime grilled chicken

1. Slice chicken breast.
2. Combine the lime juice, olive oil, garlic, paprika, cumin, and salt & pepper.
3. Pour over either cold chicken or re-heated chicken with vegetable ceviche.

Single Serving SPRING BODY RESET: DAY 10

For vegetable ceviche

Combine all ingredients, except cashews, refrigerate for at least 30 minutes or up to 24 hours. Mix in chopped cashews immediately before serving. Serve chilled over chicken.

Blender method: Pulse in blender until chunky but not pureed then refrigerate.

Chicken: 190 kcal, 24g Protein, 1g Carb, 370mg Sodium, 0g Fiber, 75mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 2% Iron
Ceviche: 80 kcal, 2g Protein, 7g Carb, 125mg Sodium, 1g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 3g Sugar, 0% Calcium, 4% Iron

DINNER: STEAK & VEGGIE KEBABS with HERBED CHOPPED SALAD

For steak and veggie kebabs

2 metal or wooden skewers
½ Tablespoon (7.5 mL) grapeseed oil
1 clove garlic, minced
⅛ teaspoon (.6 mL) cumin
¼ teaspoon (1.25 mL) paprika
⅛ teaspoon (.6 mL) kosher salt
⅛ teaspoon (.6 mL) black pepper
¾ pound (340 g) top round steak, cut into large bite sized pieces
¼ medium yellow onion, cut into bite sized chunks
¼ green bell pepper, cut into bite sized chunks
½ zucchini or summer squash, cut into bite sized chunks

DIRECTIONS

For steak and veggie kebabs

1. Heat an outdoor grill to medium-high heat (see Kitchen Note).
2. In a medium bowl, combine oil, garlic, cumin, paprika, salt and pepper. Add steak pieces and toss to coat.
3. Put meat and veggies on separate skewers. Cook on grill about 10-14 minutes depending on the doneness you desire, vegetables may be done before steak.
4. Remove steak and veggies from skewers. **Save ⅓ of the steak for Dinner #11 and ⅓ for Lunch #14.**
5. Serve remaining steak and vegetables with salad on the side.

For herbed chopped salad

Combine all ingredients and toss immediately before serving.

Kitchen Note:

To cook indoors, broil in the oven on medium-high for about 14-18 minutes; turn occasionally so all sides are evenly browned.

Kebabs: 270 kcal, 42g Protein, 3g Carb, 170mg Sodium, 1g Fiber, 100mg Cholesterol, 8g Fat, 2.5g Saturated, 1g Sugar, 2% Calcium, 20% Iron
Salad : 130 kcal, 2g Protein, 9g Carb, 20mg Sodium, 4g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 3g Sugar, 2% Calcium, 4% Iron

For herbed chopped salad

1 cup (240 mL) mixed greens, finely chopped
1 radish, fine dice
½ tomato, fine dice
½ avocado, fine dice
1 Tablespoon (15 mL) basil, julienned
1 Tablespoon (15 mL) mint, julienned
½ Tablespoon (7.5 mL) olive oil
½ Tablespoon (7.5 mL) lemon juice

MAKE AHEAD

- Cut vegetables: onion, bell pepper, zucchini, radish
- ¼ lemon, juiced (½ Tablespoon)



Single Serving SPRING BODY RESET: DAY 11

BREAKFAST: EGG & SPINACH BREAKFAST SALAD

½ teaspoon (2.5 mL) olive oil
¼ pound (110 g) spinach, washed and dried
Pinch of kosher salt
2 hardboiled eggs, peeled and quartered * *from Lunch #9*
½ orange, peeled and sectioned

MAKE AHEAD

- 2 hardboiled eggs * *from Lunch #9*
- ½ orange, peeled & sectioned

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add spinach and salt; sauté until wilted, about 2-3 minutes.
2. Place quartered eggs over spinach.
3. Serve with orange wedges.

230 kcal, 16g Protein, 20g Carb, 350mg Sodium, 7g Fiber, 370mg Cholesterol, 10g Fat, 3g Saturated, 6g Sugar, 15% Calcium, 30% Iron

LUNCH: SALMON SALAD

1 cooked salmon fillet, flaked and served cold **from Dinner #9*
½ teaspoon (2.5mL) fresh grated ginger
½ Tablespoon (7.5 mL) fresh squeezed lemon juice
½ cup garbanzo tabouli salad * *from Lunch # 9*
¼ cup nectarine salsa * *from Dinner #9*

MAKE AHEAD

- 1 cooked salmon fillet * *from Dinner #9*
 - ½ cup garbanzo tabouli salad * *from Lunch #9*
 - ¼ cup nectarine salsa * *from Dinner #9*
 - 1-2" piece ginger, grated (½ teaspoon/2.5 mL)
1. Combine flaked salmon, ginger, lemon juice, and tabouli salad.
 2. Serve with salsa on the side.

Salmon: 170 kcal, 25g Protein, 0g Carb, 80mg Sodium, 0g Fiber, 50mg Cholesterol, 7g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 4% Iron

Tabouli: 133 kcal, 4g Protein, 18g Carb, 294mg Sodium, 0g Fiber, 0mg Cholesterol, 5g Fat, .25g Saturated, 2g Sugar, 4% Calcium, 5% Iron

Salsa: 70 kcal, 1g Protein, 10g Carb, 5mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 7g Sugar, 2% Calcium, 2% Iron

Single Serving SPRING BODY RESET: DAY 11

DINNER: BEEF & PEA STIR FRY WITH GARLIC GREENS

For beef and pea stir fry

- ½ Tablespoon (7.5 mL) grapeseed oil
- ¼ medium yellow onion, sliced thin
- 1 clove garlic, minced
- 1 teaspoon (5 mL) minced ginger
- ¼ pound (110 g) snap peas
- ¼ pound (110 g) cooked top round steak, cut into small bite sized pieces * *from Dinner #10*
- 1 Tablespoon (15 mL) chopped mint
- ½ Tablespoon (7.5 mL) white wine vinegar
- 1 Tablespoon (15 mL) cashews, chopped

For garlic greens

- 1 teaspoon (5 mL) olive oil
- 1 clove garlic, thinly sliced
- 2 packed cups (480 mL) baby spinach

MADE AHEAD

- ¼ pound cooked steak * *from Dinner #10*
- 1" piece fresh ginger, grated (1 teaspoon/5 mL)
- Chop cashews
- Cut vegetables: onion

DIRECTIONS

For beef and pea stir fry

1. Heat a medium non-stick skillet to medium-high heat and add oil.
2. When oil is hot, add the onions, garlic, and ginger and sauté for 1 minute. Add snap peas and continue cooking, tossing frequently, for about 2-3 minutes.
3. Add the steak, mint, and vinegar and cook until heated through. Remove from heat and top with chopped cashews
4. Serve alongside garlic greens.

For garlic greens

1. Heat oil in a medium skillet over medium heat. Add garlic and sauté 30 seconds.
2. Add spinach and cook 2-3 minutes until wilted. Serve with stir fry.

Single Serving **SPRING BODY RESET: DAY 12**

BREAKFAST: NECTARINE CASHEW CREAM PARFAIT

For parfait

- 1 nectarine, diced
- ¼ cup (60 mL) cashew cream * *from Breakfast #9*
- ¼ cup (60 mL) rolled oats, toasted

DIRECTIONS

For toasted oats - Add oats to a nonstick skillet over medium heat and cook, stirring regularly, for about 2-3 minutes until lightly toasted.

For parfait – Add half the cashew cream to a small bowl. Top with half the nectarines, repeat with remaining cashew cream and nectarines. Top with toasted oats.

310 kcal, 10g Protein, 32g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 3g Saturated, 13g Sugar, 2% Calcium, 20% Iron

LUNCH: MIXED VEGETABLE SALAD with ROASTED GARBANZOS

For creamy balsamic dressing

- 2 Tablespoons (30 mL) soaked cashews
- 2 Tablespoons (30 mL) balsamic vinegar
- ½ teaspoon (2.5 mL) Dijon mustard
- dash of salt

For roasted garbanzo beans

- NOTE: This will make extra for snacking
- 1 (15 oz/425 g) can garbanzo beans, drained and rinsed
 - 1 Tablespoon (15 mL) olive oil
 - ¼ teaspoon (1.25 mL) kosher salt
 - Dash of cumin

For mixed vegetable salad

- 3 ounces (84 g) mixed greens
- ½ summer squash or zucchini, grated
- 1 cup (240 mL) snap peas, halved
- ½ tomato, sliced
- ¼ green bell pepper, diced
- 6 basil leaves, julienned

MADE AHEAD

- Soak cashews
- Cut vegetables: squash, snap peas, bell pepper

For creamy balsamic dressing

1. Puree cashews in a high speed blender or food processor.
2. Add remaining ingredients and blend to combine. If needed, add water a few teaspoons at a time to thin out dressing.

For roasted garbanzo beans

1. Preheat oven to 400° F (204°C) degrees.
2. Toss beans with oil, salt, and cumin
3. Place in a single layer on a rimmed baking sheet. Roast for 25 minutes, tossing once during cooking.

For mixed vegetable salad

1. Toss all ingredients to combine.
2. Add dressing, toss to coat, and top with roasted garbanzo beans.



Single Serving SPRING BODY RESET: DAY 12

MIXED VEGETABLE SALAD with ROASTED GARBANZOS (cont)

Salad:

90 kcal, 5g Protein, 17g Carb, 25mg Sodium, 5g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 9g Sugar, 8% Calcium, 15% Iron

Vinaigrette:

70 kcal, 2g Protein, 6g Carb, 180mg Sodium, 0g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 4g Sugar, 0% Calcium, 4% Iron

Garbanzo Beans (½ cup):

140 kcal, 4g Protein, 13g Carb, 240mg Sodium, 0g Fiber, 0mg Cholesterol, 5g Fat, .5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

DINNER: GARLIC CHICKEN & VEGGIES

1 Tablespoon (15 mL) olive oil

1 clove garlic, minced

¼ pound (110 g) snap peas, halved diagonally

¼ green bell pepper, thinly sliced

¼ zucchini, halved and cut into half moons

⅛ teaspoon (.6 mL) kosher salt

⅛ teaspoon (.6 mL) ground black pepper

1 chicken breast * *from Dinner #8*

2 Tablespoons basil, julienned

1 Tablespoon (30 mL) whole cashews

MAKE AHEAD

- 1 chicken breast half, shredded* *from Dinner #8*
- Cut vegetables: snap peas, bell pepper, zucchini

DIRECTIONS

1. Heat oil in a large skillet over medium heat and add garlic; cook for 1 minute.
2. Add vegetables and sauté 2-3 minutes. Season with salt and pepper and then add leftover chicken. Toss until heated through. Remove from heat and add basil and cashews.

350 kcal, 31g Protein, 17g Carb, 380mg Sodium, 4g Fiber, 75mg Cholesterol, 18g Fat, 3g Saturated, 7g Sugar, 8% Calcium, 25% Iron



Single Serving SPRING BODY RESET: DAY 13

BREAKFAST: NUTTY NECTARINE SMOOTHIE

2 Tablespoons (30 mL) cashews
1 nectarine, pitted and chopped
¼ cup (60 mL) frozen cherries
½ teaspoon (2.5 mL) pure vanilla extract (optional, if on hand)
1 cup (240 mL) almond milk
2-3 ice cubes

1. Add cashews to blender and blend to a powder consistency.
2. Add fruit, vanilla, almond milk, and ice cubes and blend until smooth.

260 kcal, 8g Protein, 42g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 20g Sugar, 4% Calcium, 15% Iron

LUNCH: ZUCCHINI GARBANZO SOUP & SUGAR SNAP PEAS

2 cups leftover soup
½ cup sugar snap peas

Soup: 290 kcal, 11g Protein, 45g Carb, 640mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 15% Calcium, 20% Iron
Snap Peas: 20 kcal, 1.5g Protein, 3.5g Carb, 2mg Sodium, 1.5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 5.5% Iron

DINNER: CHICKEN PEPPER CHILI

1 teaspoon (5 mL) olive oil	Dash of cinnamon
¼ pound (110 g) chicken breast, diced	¼ teaspoon (1.25 mL) kosher salt
¼ yellow onion, diced	¼ teaspoon (1.25 mL) black pepper
1 clove garlic, minced	½ Tablespoon (7.5 mL) tomato paste
½ green bell pepper, diced	1 (15 ounce/425 g) cans diced tomatoes
½ zucchini, diced	¼ cup (60 mL) low-sodium chicken broth
¼ teaspoon (1.25 mL) cumin	¼ bunch basil, chopped
¼ teaspoon (1.25 mL) paprika	½ avocado, sliced

MADE AHEAD

- Cut vegetables: onion, peppers, zucchini

DIRECTIONS

For chicken pepper chili

1. Heat a medium pot over medium heat and add oil. When oil is hot, add chicken breast and cook until no longer pink. Add onion, garlic, peppers, and zucchini. Cook for about 2 minutes.
2. Add in cumin, paprika, cinnamon, salt, pepper, and tomato paste; stir to combine.
3. Add tomatoes and chicken broth. Simmer on low for about 10-20 minutes.
4. Add in basil, serve immediately garnished with sliced avocado.

360 kcal, 31g Protein, 27g Carb, 430mg Sodium, 9g Fiber, 75mg Cholesterol, 15g Fat, 2.5g Saturated, 13g Sugar, 15% Calcium, 25% Iron



Single Serving SPRING BODY RESET: DAY 14

BREAKFAST: POACHED EGGS WITH SPINACH

For spinach

1 teaspoon (5 mL) olive oil
¼ pound (110 g) spinach
Pinch of kosher salt

For poached eggs

2 eggs
½ teaspoon (2.5 mL) vinegar (any kind)

DIRECTIONS

For spinach - Heat oil in a skillet over medium heat. Add spinach and salt; sauté until wilted, about 2-3 minutes.

For poached eggs

1. Heat 2" of water to almost boiling in a skillet with a lid. Add vinegar.
2. Crack 2 eggs, one at a time, into a small bowl and transfer carefully into water.
3. Remove pan from heat, cover, and let sit for 5 minutes.
4. Remove eggs carefully with a slotted spoon and set aside.
5. Serve over spinach.

220 kcal, 15g Protein, 13g Carb, 350mg Sodium, 5g Fiber, 370mg Cholesterol, 13g Fat, 3.5g Saturated, 0g Sugar, 15% Calcium, 30% Iron

LUNCH: THAI BEEF SALAD WITH CUCUMBER NOODLES

1 Tablespoon (15 mL) grapeseed oil
¼ medium yellow onion, minced
1 clove garlic, minced
½ teaspoon (2.5 mL) grated ginger
½ green bell pepper, thinly sliced
½ carrot, thinly sliced
¼ pound cooked steak, sliced thin **from Dinner #10*
Dash of cayenne, optional

½ Tablespoon (7.5 mL) low-sodium soy sauce or vinegar
1 Tablespoon (15 mL) lime juice
¼ bunch mint, chopped
¼ bunch basil, chopped
1 cucumber, spiralized or peeled into noodles

MAKE AHEAD

- ¼ pound cooked steak ** from Dinner #10*
- 1" piece of ginger, grated (½ teaspoon/2.5 mL)
- ½ lime, juiced (1 Tablespoon)
- Cut vegetables: onion, bell peppers, carrots

DIRECTIONS

1. Heat a large non-stick skillet over medium-high heat and add in oil, onion, garlic and ginger; sauté 1-2 minutes.
2. Add bell peppers and carrots and cook for about 2-3 minutes.
3. Add steak and cayenne to warm through then turn off heat.
4. Add in soy sauce, lime juice and herbs.
5. Serve over cucumber noodles.

360 kcal, 46g Protein, 18g Carb, 18mg Sodium, 6g Fiber, 100mg Cholesterol, 12g Fat, 3g Saturated, 8g Sugar, 10% Calcium, 30% Iron

Single Serving SPRING BODY RESET: DAY 14

DINNER: VEGGIE EGG DROP SOUP

For veggie egg drop soup

1 teaspoon (5 mL) grapeseed oil
 ½ small yellow onion, diced small
 1 teaspoon (5 mL) grated ginger
 1 clove garlic, minced
 ½ zucchini, diced small
 1 carrot, diced small
 ⅔ small head Swiss chard, chopped
 2 cups (480 mL) low sodium chicken broth
 ½ Tablespoon (7.5 mL) white wine vinegar
 ¼ teaspoon (1.25 mL) balsamic vinegar
 1 eggs, whisked
 Dash of black pepper

For nectarine salad

1 teaspoon (5 mL) olive oil
 1 nectarine, sliced
 ½ cucumber, sliced
 1 teaspoon (5 mL) lime juice
 1 radish, very finely chopped
 ¼ bunch mint, chopped

MADE AHEAD

- ¼ lime, juiced (1 teaspoon/5 mL)
- 1" piece ginger, grated (1 teaspoon/5 mL)
- Cut vegetables: onion, zucchini, carrots, swiss chard, nectarines, cucumber, radishes

DIRECTIONS

For veggie egg drop soup

1. Heat a soup pot over medium heat and add oil, onion, ginger and garlic; sauté for 1 minute.
2. Add zucchini, carrots, and Swiss chard and sauté for 3-4 minutes.
3. Add in broth and vinegars; bring to a high simmer.
4. Stir the broth with fork, and then slowly pour in egg to create ribbons.
5. Season with pepper and serve immediately.

For nectarine salad

Toss all ingredients together, serve alongside soup.

Soup:

230 kcal, 17g Protein, 17g Carb, 570mg Sodium, 4g Fiber, 280mg Cholesterol, 11g Fat, 3g Saturated, 7g Sugar, 10% Calcium, 20% Iron

Salad:

90 kcal, 2g Protein, 19g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 13g Sugar, 2% Calcium, 4% Iron