



## Single Serving **SPRING BODY RESET: Week 3**

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### **MENU**

#### **Day 15**

Breakfast Scramble  
Crudit  & Hummus with Mango & Almonds  
Mediterranean Chicken

#### **Day 16**

Overnight Strawberries & Cream Oatmeal  
Chopped Chicken & Veggie Salad  
Spicy Coconut Cod with Cauliflower Rice

#### **Day 17**

Mango Coconut Smoothie  
Fish & Chips  
Turkey Burgers with Roasted Vegetables

#### **Day 18**

Strawberry Almond Smoothie  
Roast Carrot Soup with Strawberry Salad  
Dijon Chicken Saut  with Vegetable Pumpkin Seed Slaw

#### **Day 19**

Mango Oatmeal  
Chicken Curry Salad  
Turkey Fried Rice

#### **Day 20**

Green Scrambled Eggs  
Baked Falafel  
Chick Pea Coconut Curry



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### PREP GUIDE

#### DAY 15

Make hummus \* *see prep guide for recipe*

Grate 2-3" fresh ginger (4 teaspoons) for the week

1 lime, juiced (2 Tablespoons) for the week

1 lemon, juiced (1 ½ teaspoons) for the week

1 scallion, chopped

¼ red bell pepper, diced

½ red bell pepper, sliced

½ cucumber, peeled and sliced

½ carrot, peeled and cut into sticks

½ cup broccoli florets

5 medium asparagus spears, root end trimmed

Make overnight oats for tomorrow's breakfast

#### DAY 16

Make dressing \* *see Day 16 for recipe*

1 scallion, chopped

1 scallion, white and green parts, thinly sliced

½ cucumber, chopped

¼ red bell pepper, chopped

¼ red bell pepper, cut into thin slices

½ medium carrot, shredded

¼ medium carrot, shredded

1½ cups spinach leaves, chopped

1 packed cup spinach, chopped

½ small head of cauliflower, leaves removed, roughly chopped

#### DAY 17

Make pumpkin seed topping \* *see Day 17 for recipe*

Make carrot chips \* *see Day 17 for recipe*

2 medium carrots peeled, thinly sliced OR shred carrots for raw version

4 medium carrots, peeled and cut in half

¼ red bell pepper, diced

#### DAY 18

Make pesto \* *see prep guide for recipe*

Make slaw and let sit 30 minutes before dinner

¼ small yellow onion, diced

½ medium carrot, thin matchsticks

½ red bell pepper, thin matchsticks

1 scallion cut into thin slices

Make overnight oats for tomorrow's breakfast



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### DAY 19

- ¼ cup broccoli florets
- ¼ red bell pepper, sliced thin
- ¼ mango, chopped
- ¼ small yellow onion, diced
- 1 cup snap peas, chopped
- 1 carrot, peeled and diced
- 1 scallion, chopped

### DAY 20

- Falafel can be made ahead and reheated
- ½ scallion, chopped
- 1 scallion, root end trimmed, green and white parts cut into thin slices
- ¼ cup spinach, chopped
- ¼ cup cooked broccoli, chopped
- ¼ small yellow onion, diced
- ¼ red bell pepper, chopped small
- 2 Tablespoons (30 mL) diced red bell pepper
- ¼ carrot, chopped small or grated
- ½ medium carrot, cut into small dice



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### **Hummus** (Lunch & Dinner #15 & Lunch 19)

YIELDS  $\frac{3}{4}$  cup

- $\frac{1}{2}$  (15 oz/425g) cans chick peas organic/no salt added  
(drained, not rinsed, saving  $1\frac{1}{2}$  teaspoons of the liquid to add in)
- 1 cloves garlic
- Dash kosher salt
- Dash black pepper
- $\frac{1}{2}$  Tablespoon olive oil
- $1\frac{1}{2}$  teaspoons lemon juice
- Dash of cumin
- 1 Tablespoon chopped parsley (optional)

Place all ingredients in blender or food processor and pulse or blend until smooth. Additional water can be added if hummus is too thick. Store in an airtight container in the fridge.

### **Pesto** (Lunch #18 & Lunch #20)

YIELDS  $\frac{1}{4}$  cup

- $\frac{3}{4}$  cup spinach
- 2 Tablespoons cilantro
- 2 Tablespoons pumpkin seeds
- 1 clove garlic, minced
- $1\frac{1}{2}$  Tablespoons olive oil
- Pinch of kosher salt
- Pinch of black pepper

Place all ingredients in blender or food processor and pulse or blend until smooth. Store in an airtight container in the fridge.



# SPRING BODY RESET

## WEEK 3 Single Serving

MEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
cod	3/4 pound	340 g	2 fillets
chicken breast	1-1/4 pounds	562 g	
ground turkey	3/4 pound	340 g	
VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
fresh herbs: cilantro	1 bunch		
fresh herbs: parsley	2 Tablespoons	30 mL	
scallions or green onion	7		
mango	3		
strawberries	20		
Citrus: Lime	3		
Citrus: Lemon	1		
spinach	1 pound	455 g	
broccoli	1 head		
cauliflower	1 sm head		
snap peas	2-1/2 cups	600 mL	
carrots	10		
red bell pepper	3		
cucumbers	2		
avocado	1		
asparagus	5 spears		
ginger	3"	7.6 cm	need 4 teaspoons (20 mL) grated
yellow onions	1		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
Canned beans: garbanzo	2 (15 oz) cans	420 g cans	
Light coconut milk	3 (14 oz) cans	392 g cans	
coconut cream, unsweetened	1 ounce	28 g	
Curry powder	3/4 teaspoon	3.75 mL	
Pumpkin seeds, shelled/unsalted	1/2 cup	120 mL	
Nuts: Almonds, raw/unsalted	6 Tablespoons	90 mL	
Eggs: Large, organic	6		

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1/2 cup	120 mL
Grapeseed Oil	3 Tablespoons	45 mL
Vinegar: white wine		
Vinegar: balsamic	1-1/2 tsp	7.5 mL
Chicken or Veg Broth (gluten free)	1-3/4 cups	420 mL
Kosher Salt	2.75 tsp salt	13.75 mL
Black Pepper	2 tsp pepper	10 mL
Garlic Cloves (about 8 cloves per bulb)	11 cloves	
Cayenne Pepper	1/2 teaspoon	2.5 mL
Paprika		
Cumin	3/4 teaspoon	3.75 mL
Cinnamon	dash	
Herbes de Provence	2-1/4 tsp	11.25 mL
Soy sauce (or just use vinegar)	2-1/2 tsp	12.5 mL
Dijon Mustard	1 Tablespoon	15 mL
Pure vanilla extract (optional)	1/2 teaspoon	2.5 mL
Oatmeal, rolled oats (gluten free)	1 cup + 1 Tblsp	255 mL

### WEEKLY NOTES

For **Cucumber Lime Infused Water** : Add 3 cucumbers + 6 limes to the shopping list

For **Mango Lime Infused Water** : Add 6 mangoes & 6 limes to the shopping List

This week's tea is **Rooibos** - be sure to add a box of 18 baqs or more to your list!



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### INFUSED WATER

#### CUCUMBER + LIME

½ cucumber, washed and sliced

1 lime, washed and sliced

Add cucumber and lime to pitcher, add water to fill. Refrigerate four hours for maximum flavor.

#### MANGO + LIME

1 mango, skin removed, cut into strips

1 lime, washed and sliced

Add mango and lime to pitcher, add water to fill. Refrigerate four hours for maximum flavor.

### TEA

#### ROOIBOS TEA

Rooibos (pronounced ROY-boss) is full-bodied, earthy and naturally sweet in flavor. The health benefits of Rooibos are bound to make it a favorite: rich in antioxidants loaded with minerals, caffeine-free, and low in tannins, the residue in teas that can sometimes cause digestive problems.

Want clearer skin? You can even use the tea leaves to address skin issues such as acne, rashes and sunburns by making your own toner. Simply add some loose rooibos tea leaves to a cup of hot water, steep and cool. Then, mix the tea with 1 teaspoon apple cider vinegar and apply this homemade toner on your skin.



## SPRING BODY RESET: DAY 15 SINGLE SERVING

### BREAKFAST: BREAKFAST SCRAMBLE

½ Tablespoon (7.5 mL) olive oil for greasing pan  
1 scallion, chopped  
¼ red bell pepper, diced  
1 spear asparagus, ends trimmed, chopped  
2 large organic eggs, slightly beaten  
Dash of curry powder (can sub Italian seasoning or Herbes de Provence)  
⅛ teaspoon (.63 mL) kosher salt  
Dash of black pepper

#### MAKE AHEAD:

- Cut vegetables: scallion, red bell pepper, asparagus

For topping after baking:

½ avocado, peeled, pitted and sliced

1. Heat oil in small non-stick pan.
2. Add vegetables and sauté for 2-3 minutes.
3. Add eggs and seasonings and cook, stirring frequently to scramble until cooked through.
4. Serve with sliced avocado.

330 kcal, 15g Protein, 11g Carb, 270mg Sodium, 5g Fiber, 370mg Cholesterol, 26g Fat, 6g Saturated, 2g Sugar, 8% Calcium, 17% Iron

### LUNCH: CRUDITÉ AND HUMMUS WITH MANGO AND ALMONDS

*For crudité and hummus*

½ cucumber, peeled and sliced  
½ red bell pepper, sliced  
½ carrot, peeled and cut into sticks  
⅓ cup (80 mL) broccoli florets  
⅓ cup (80 mL) snap peas  
½ cup (120 mL) hummus *\*see prep guide for recipe*

*For mango and almonds*

½ mango, sliced  
2 Tablespoons (30 mL) almonds, roasted and unsalted

#### MAKE AHEAD

- Make hummus *\* see prep guide for recipe*
- Cut vegetables: cucumbers, bell peppers, carrots, broccoli

*For crudité and hummus*

Arrange vegetables on serving plate with side of hummus  
Serve with sliced mango, sprinkled with almonds.

Crudité & Hummus:

250kcal, 12g Protein, 40g Carbs, 140mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 9g Sugar, 15% Calcium, 20% Iron

Mango & Almond: 190 kcal, 5g Protein, 28g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, .5g Saturated, 23g Sugar, 6% Calcium, 4% Iron



## SPRING BODY RESET: DAY 15 SINGLE SERVING

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### DINNER: MEDITERRANEAN CHICKEN BREASTS with ROASTED ASPARAGUS

2 Tablespoons (30 mL) hummus *\*see prep guide for recipe*  
1 clove garlic, minced or pressed  
¼ teaspoon (1.25 mL) Herbes de Provence  
¾ pound (340 g) chicken (about 1-2 small bone-in, organic chicken breasts)  
(If using boneless/skinless, cover when roasting to lock in moisture)  
¼ teaspoon (1.25 mL) kosher salt  
⅛ teaspoon (.63 mL) ground black pepper

#### MAKE AHEAD:

- Cut vegetables: asparagus

#### *For roasted asparagus with balsamic dressing*

4 medium asparagus spears, root end trimmed  
½ teaspoon (2.5 mL) olive oil  
⅛ teaspoon (.63 mL) kosher salt  
Pinch of black pepper  
½ teaspoon (2.5mL) balsamic vinegar

#### DIRECTIONS

##### *For chicken breasts*

1. In a small bowl, combine the hummus, garlic and Herbes. Set aside.
2. Preheat the oven to 425°F (218°C) and adjust the rack to the upper third.
3. Place chicken breasts on a baking sheet lined with foil and season generously with the salt & pepper.
4. Bake for 15-20 minutes, or until cooked through. The chicken should be at an internal temperature of 165° F and the juices should run clear. Let the chicken rest for 5 minutes before serving. **Refrigerate the 1 chicken breast in an airtight container for Lunch #16.**

While chicken is resting:

##### *For roasted asparagus with balsamic dressing*

1. Preheat oven to 450°F (232°C).
2. Lay asparagus on a baking sheet lined with parchment or foil. Drizzle with olive oil, salt, and pepper.
3. Roast in the oven for 8 minutes or until the asparagus is tender and slightly browned.
4. Drizzle with balsamic vinegar before serving.

Chicken: 240 kcal, 30g Protein, 13g Carb, 370mg Sodium, 3g Fiber, 65mg Cholesterol, 8g Fat, .5g Saturated, 1g Sugar, 4% Calcium, 8% Iron  
Asparagus: 80 kcal, 3g Protein, 6g Carb, 120mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 3g Sugar, 4% Calcium, 4% Iron



## SPRING BODY RESET: DAY 16 SINGLE SERVING

### BREAKFAST: OVERNIGHT STRAWBERRIES & CREAM OATMEAL

½ cup (120 mL) oatmeal (rolled oats)  
4½ ounces (135 mL) light coconut milk, unsweetened/no preservatives (can sub almond milk)  
⅓ cup (80 mL) water  
⅛ teaspoon (.63 mL) vanilla, optional  
4 strawberries, sliced  
½ Tablespoon (7.5 mL) pumpkin seeds, unsalted & shelled

#### DIRECTIONS

1. Combine oatmeal, coconut milk, water, and vanilla in a sealable container.
2. Add strawberries on top, seal, and refrigerate overnight.
3. In the morning, sprinkle seeds on top and enjoy.

320 kcal, 9g Protein, 49g Carb, 40mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 5g Saturated, 9g Sugar, 4% Calcium, 15% Iron

### LUNCH: CHOPPED CHICKEN & VEGGIE SALAD

#### *For chicken and veggie salad*

1 scallion, chopped  
1 cooked chicken breast, diced \* *from Dinner #15*  
½ cucumber, chopped  
¼ red bell pepper, chopped  
½ medium carrot, shredded  
1½ cups (360 mL) spinach leaves, chopped  
1 Tablespoon (15 mL) pumpkin seeds, unsalted & shelled  
1 Tablespoon (15 mL) vinaigrette

#### MAKE AHEAD

- 1 cooked chicken breast, diced \* *from Dinner 15*
- Make dressing \* *see recipe below*
- ½ lime juiced (2 teaspoons)
- Cut vegetables: scallions, cucumbers, bell pepper, carrots, spinach

#### *For vinaigrette*

2 teaspoons (10 mL) lime juice  
1 Tablespoon (15 mL) olive oil  
¼ teaspoon (1.25 mL) Dijon mustard  
⅛ teaspoon (.63 mL) black pepper  
Dash of kosher salt  
1 clove garlic, minced or pressed

#### *For chopped chicken and veggie salad*

Toss all ingredients together; toss with vinaigrette before serving.

#### *For vinaigrette*

Whisk to combine, refrigerate until needed.

Salad: 250 kcal, 29g Protein, 18g Carb, 490mg Sodium, 7g Fiber, 75mg Cholesterol, 8g Fat, 1.5g Saturated, 4g Sugar, 10% Calcium, 20% Iron  
Dressing: 60 kcal, 0g Protein, 1g Carb, 30mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

## SPRING BODY RESET: DAY 16 SINGLE SERVING

### DINNER: SPICY COCONUT COD with CAULIFLOWER RICE

#### *For spicy coconut cod*

2 cod fillets for two meals (¾ pound/340 g)  
 (sub: \* ½ lb chicken – 1 breast sliced in half lengthwise)  
 Cayenne pepper to taste  
 ⅛ teaspoon (.63 mL) black pepper  
 ⅛ teaspoon (.63 mL) kosher salt  
 ½ Tablespoon (7.5 mL) grapeseed oil  
 1 scallion, white and green parts, thinly sliced  
 ¼ red bell pepper, cut into thin slices  
 ¼ medium carrot, shredded  
 1 packed cup (240 mL) spinach, chopped  
 1 teaspoon (5 mL) fresh ginger  
 1 garlic clove, minced or pressed  
 1 Tablespoon (15 mL) cilantro, roughly chopped  
 4 oz (120 mL) light coconut milk, unsweetened/no preservatives  
 ¼ teaspoon (1.25 mL) kosher salt

#### *For cauliflower rice*

½ small head of cauliflower, leaves removed,  
 roughly chopped  
 1 teaspoon (5 mL) grapeseed oil  
 1 Tablespoon (15 mL) diced yellow onion  
 1 oz (30 mL) canned coconut cream, unsweetened  
 ⅛ (.63 mL) teaspoon kosher salt

#### *Garnish*

2 teaspoons (10 mL) roughly chopped fresh cilantro  
 ¼ lime, cut into 2 wedges

#### MADE AHEAD

- 1" fresh ginger, grated (1 teaspoon)
- Cut vegetables: scallion, bell pepper, carrot, spinach, cauliflower

#### *For spicy coconut cod*

1. Season the cod with cayenne pepper, pepper, and salt on both sides.
2. Heat a nonstick sauté pan over medium-high heat; add in oil and once hot add the cod.
3. Cook about 4-5 minutes per side. Using a spatula, carefully remove from the cod fillets from the pan and set aside on plate. **Set aside 1 fillet for lunch #17.**
4. Add the scallion, peppers, carrots, spinach, ginger, garlic, cilantro, coconut milk, and salt to the pan. Stir to combine, reduce heat, and simmer for 3 -4 minutes or until it begins to reduce and thicken slightly.
5. Add the cod back to the pan and simmer for 2 minutes. (\* for chicken, cook 3 - 4 minutes per side, remove from the pan and continue with the sauce - chicken is done when it is no longer pink in the middle)
6. Serve the cod, sauce, and vegetables over cauliflower rice. Garnish with chopped cilantro and fresh limes.

#### *For cauliflower rice*

1. Using a food processor, pulse chopped cauliflower until it is the size of rice grains (or very finely mince). **Reserve half for Dinner #19.**
2. In a soup pot over medium-high heat, add oil and onions; sauté until soft. Add remaining cauliflower, lower heat to medium, and gently toss cauliflower for 3-5 minutes.
3. Add coconut cream and salt; continue to stir until thoroughly heated.

Cod: 230 kcal, 26g Protein, 10g Carb, 400mg Sodium, 2g Fiber, 60mg Cholesterol, 10g Fat, 4.5g Saturated, 5g Sugar, 4% Calcium, 6% Iron  
 Rice: 163 kcal, 3g Protein, 9g Carb, 83mg Sodium, 3g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 6g Sugar, 10% Calcium, 6% Iron

## SPRING BODY RESET: DAY 17 SINGLE SERVING

### BREAKFAST: MANGO COCONUT SMOOTHIE

1 teaspoon (5 mL) old-fashioned oatmeal (rolled oats)  
 1 mango, chopped (can use 1 cup frozen mango)  
 ½ packed cup (120 mL) spinach  
 ¼ teaspoon (1.25 mL) grated ginger  
 ½ cup (120 mL) light coconut milk (sub almond milk)  
 ¼ cup (60 mL) water  
 4 ice cubes  
 Optional: ⅛ teaspoon (.63 mL) pure vanilla extract

#### MAKE AHEAD

- 1" fresh ginger, grated (¼ teaspoon)

Add all ingredients and blend until smooth.

250 kcal, 1g Protein, 46g Carb, 55mg Sodium, 4g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 33g Sugar, 2% Calcium, 4% Iron

### LUNCH: FISH & CHIPS

#### For fish

2 Tablespoons (30 mL) pumpkin seeds, unsalted & shelled  
 1 clove garlic, minced  
 ⅛ teaspoon (.63 mL) kosher salt  
 Dash black pepper  
 ½ Tablespoon (7.5 mL) olive oil  
 1 cooked cod fillet \* *from Dinner 16*  
 2 teaspoons (10 mL) lime juice

#### For carrot chips

2 medium carrots peeled, thinly sliced **OR shred carrots for raw version**  
 1 teaspoon (5 mL) olive oil  
 ⅛ teaspoon (1.25 mL) kosher salt  
 Dash black pepper

#### MAKE AHEAD

- 1 cooked cod fillet \* *from Dinner 16*
- Pumpkin seed topping (*see below*)
- ½ lime, juiced (2 teaspoons)
- Make carrot chips

#### DIRECTIONS

##### For fish

1. In a mini food processor, combine seeds, garlic, salt, pepper, and olive oil. Can also mince with knife.
2. Place fish in a small sauté pan, top with pumpkin seed mixture, and cover.
3. Heat over low heat for 5-6 minutes until heated through.
4. Drizzle with lime juice before serving.
5. Serve with raw, dressed carrots or premade carrot chips.

##### For chips

1. Toss all ingredients together and put on a baking sheet.
2. Cook about 12-16 minutes at 400°F (204 °C) until crispy, careful not to burn.

##### Raw version

Toss shredded carrots with olive oil, salt and pepper and serve as side with fish.

Fish: 240 kcal, 33g Protein, 8g Carb, 210mg Sodium, 2g Fiber, 75mg Cholesterol, 9g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 6% Iron  
 Chips/Carrots: 110 kcal, 1g Protein, 11g Carb, 320mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 4% Calcium, 2% Iron



## SPRING BODY RESET: DAY 17 SINGLE SERVING

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### DINNER: TURKEY BURGERS with ROASTED SPRING VEGETABLES

*For turkey burgers*

- 1 teaspoon (5 mL) Dijon mustard
- 1 teaspoon (5 mL) Herbes de Provence or Italian seasoning
- ¼ teaspoon (1.25 mL) kosher salt
- ⅛ teaspoon (.63 mL) black pepper
- ¾ pound (340 g) lean ground turkey
- ¼ red bell pepper, diced
- ¼ cup (60 mL) cilantro, chopped
- ½ Tablespoon (7.5 mL) grapeseed oil

*For roasted spring vegetables*

- ½ Tablespoon (7.5 mL) olive oil
- 1 teaspoon (5 mL) Herbes de Provence
- ⅛ teaspoon (.63 mL) kosher salt
- ⅛ teaspoon (.63 mL) black pepper
- 4 medium carrots, peeled and cut in half
- 1 cup (240 mL) snap peas

#### MAKE AHEAD

- **Cut vegetables: bell pepper, carrots**

*For roasted spring vegetables*

1. Preheat oven to 425°F (220°C) and adjust rack to the upper third.
2. Line a baking sheet with parchment or foil. Toss vegetables, separately, with olive oil and seasonings. Arrange carrots on half the baking sheet; place into preheated oven and roast for 20-25 minutes. Remove from oven; add snap peas to other half of pan, and cook for another 5-10 minutes. **Save 3 carrots for Lunch 18.**

*For turkey burgers*

1. In a bowl, combine all ingredients except oil.
2. Form into 2 patties.
3. Heat a non-stick sauté pan over medium heat and add in grapeseed oil. Once oil is hot add burgers and cook for 4-7 minutes on each side until done. Cooking time will depend on the thickness of your burger.
4. **Save 1 burger for Dinner #19.**

Cooking outdoors? Grill over medium heat for 4-6 minutes per side.

Burger: 220 kcal, 27g Protein, g Carb, 430mg Sodium, 0g Fiber, 65mg Cholesterol, 11g Fat, 1.5g Saturated, 1g Sugar, 0% Calcium, 8% Iron  
Veg: 100 kcal, 1g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 6g Sugar, 4% Calcium, 4% Iron





## SPRING BODY RESET: DAY 18 SINGLE SERVING

### DINNER: DIJON CHICKEN SAUTÉ with VEGETABLE & PUMPKIN SEED SLAW

#### *For Dijon Chicken Sauté*

½ Tablespoon (7.5 mL) grapeseed oil  
½ pound (224 g) boneless, skinless chicken, cut into cubes (about 1-2 organic chicken breasts depending on size)  
1 teaspoon (5 mL) olive oil  
1 cup (240 mL) broccoli florets  
2 Tablespoons (30 mL) low sodium chicken broth  
1 teaspoon (5 mL) grated ginger  
½ Tablespoon (7.5 mL) Dijon mustard  
1 teaspoon (5 mL) low sodium soy sauce  
Pinch of cayenne pepper *\*optional*

#### *For Vegetable & Pumpkin Seed Slaw*

½ medium carrot, thin matchsticks  
½ red bell pepper, thin matchsticks  
1 scallion cut into thin slices  
1 Tablespoon (15 mL) roughly chopped cilantro  
1 teaspoon (5 mL) olive oil  
1 teaspoon (5 mL) lime juice  
Pinch of kosher salt  
2 Tablespoons (30 mL) pumpkin seeds, unsalted & shelled

#### MADE AHEAD

- Make slaw and let sit 30 minutes
- 1" grated ginger (1 teaspoon)
- ½ lime, juiced (1 teaspoon)
- Cut vegetables: carrots, peppers, scallions

#### DIRECTIONS

##### *For Dijon Chicken Sauté*

1. Heat a non-stick skillet over medium-high heat and add oil. Add chicken, cook 5-6 minutes until cooked through (165°F internal temperature).
2. Set chicken aside. **Reserve half the chicken for lunch #19.**
3. Add olive oil to a skillet over medium heat. Add broccoli and cook 2-3 minutes. **Save 1/4 cup broccoli for Breakfast #20.** Add broth, ginger, mustard, soy and cayenne, reduce heat to medium low.
4. Add chicken back to pan and cook to warm through.

Meanwhile

##### *For Vegetable & Pumpkin Seed Slaw*

Combine all ingredients except seeds. Let sit, refrigerated, for at least 30 minutes before serving. Mix in seeds immediately before serving.

Chicken: 210 kcal, 28g Protein, 8g Carb, 490mg Sodium, 2g Fiber, 75mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 4% Calcium, 6% Iron  
Slaw: 190 kcal, 6g Protein, 10g Carb, 55mg Sodium, 3g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 4g Sugar, 2% Calcium, 15% Iron

## SPRING BODY RESET: DAY 19 SINGLE SERVING

### BREAKFAST: MANGO OATMEAL

½ cup (120 mL) oatmeal  
 4oz (120 mL) light coconut milk, unsweetened/no preservatives  
 ¼ (60 mL) cup water  
 ¼ (1.25 ml) teaspoon grated ginger  
 Dash of cinnamon, optional  
 ½ mango, sliced  
 1 teaspoon (5 mL) chopped almonds

#### MAKE AHEAD

- 1" fresh ginger, grated (¼ teaspoon)
- Slice mango

1. Combine oatmeal, coconut milk, water, ginger.
2. Add mango on top, seal, and refrigerate overnight. Sprinkle nuts on top before serving.

370 kcal, 10g Protein, 55g Carb, 40mg Sodium, 9g Fiber, 0mg Cholesterol, 13g Fat, 6g Saturated, 16g Sugar, 6% Calcium, 15% Iron

### LUNCH: CHICKEN CURRY SALAD

*For chicken curry salad*

1 cooked chicken breast, cubed \* *from Dinner #18*  
 ¼ cup (60 mL) broccoli florets  
 ¼ red bell pepper, sliced thin  
 ¼ mango, chopped  
 1 Tablespoon (5 mL) toasted sliced almonds  
 2 packed cups (480 mL) spinach leaves

*For dressing*

1 Tablespoon (15 mL) hummus \* *see prep guide*  
 1 Tablespoon (15 mL) light coconut milk  
 ¼ teaspoon (1.25 mL) curry powder  
 ½ clove garlic, minced  
 1 teaspoon (5 mL) olive oil  
 ½ teaspoon (2.5 mL) lime juice

#### MAKE AHEAD

- 1 cooked chicken breast, cubed \* *from Dinner 18*
- Hummus \* *see prep guide*
- Cut fruit & vegetables: broccoli, bell pepper, mangos
- ¼ lime, juiced (½ teaspoon)

*For chicken curry salad*

1. Whisk together dressing ingredients.
2. Combine all ingredients (except spinach) with dressing; serve on bed of spinach.

Salad: 290 kcal, 31g Protein, 26g Carb, 250mg Sodium, 8g Fiber, 75mg Cholesterol, 8g Fat, 1g Saturated, 12g Sugar, 15% Calcium, 20% Iron



## SPRING BODY RESET: DAY 19 SINGLE SERVING

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### DINNER: TURKEY FRIED RICE

½ (7.5 mL) Tablespoon grapeseed oil (sesame oil would be great here too)  
¼ small yellow onion, diced  
½ clove garlic, minced  
¼ teaspoon (1.25 mL) grated ginger  
1 cup (240 mL) snap peas, chopped  
1 carrot, peeled and diced  
1 egg, slightly beaten  
Cauliflower, riced to make 1 cup \* *from Dinner 16*  
1 turkey burger patties, crumbled \* *from Dinner 17*  
½ Tablespoon (7.5 mL) soy sauce or balsamic vinegar  
1 scallion, chopped

### MADE AHEAD

- Cauliflower rice \* *from Dinner 16*
- Turkey burger patty \* *from Dinner 17*
- 1" fresh ginger, grated (¼ teaspoon)
- Cut vegetables: onions, snap peas, carrots, scallions

### DIRECTIONS

*For turkey fried rice*

1. Preheat a non-stick skillet to medium heat and add oil. Add onion, garlic, ginger, peas, and carrots and cook until tender, about 3-5 minutes.
2. Slide the onion, peas, and carrots to one side of the pan, pour the beaten egg onto the other side. Using a spatula, scramble the egg. Once cooked, mix the egg with the vegetables.
3. Add the cauliflower and crumbled burger to the veggie and egg mixture and heat through. Drizzle with soy sauce. Stir until heated through and cauliflower is tender. Top with chopped scallions.

390 kcal, 31g Protein, 19g Carb, 610mg Sodium, 5g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 9g Sugar, 10% Calcium, 25% Iron

## SPRING BODY RESET: DAY 20 SINGLE SERVING

### BREAKFAST: GREEN SCRAMBLED EGGS

1 teaspoon (5 mL) olive oil  
 ½ scallion, chopped  
 ¼ cup (60 mL) spinach, chopped  
 ¼ cup (60 mL) cooked broccoli, chopped *\*from Dinner #18*  
 1 teaspoon (5 mL) chopped cilantro  
 2 large organic eggs, slightly beaten  
 Dash kosher salt  
 ½ avocado, sliced

#### MAKE AHEAD

- ¼ cup cooked broccoli *\*from Dinner 18*
- Cut vegetables: scallions, spinach, broccoli

#### DIRECTIONS

1. Heat oil in a non-stick frying pan and add scallions, spinach, broccoli and cilantro. Cook for 2 minutes.
2. Add in eggs, salt, and pepper, stir until combined and almost set.
3. Serve with sliced avocado.

300 kcal, 15g Protein, 9g Carb, 290mg Sodium, 5g Fiber, 370mg Cholesterol, 24g Fat, 5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

### LUNCH: BAKED FALAFEL

*For baked falafel*

¼ small yellow onion, diced  
 ¼ red bell pepper, chopped small  
 ¼ carrot, chopped small or grated  
 2 cloves garlic, minced  
 1 Tablespoon (15 mL) minced cilantro  
 1 Tablespoon (15 mL) minced parsley  
 ½ can (15 oz/420 g) garbanzo beans, drained  
 1 egg, beaten  
 ½ teaspoon (2.5 mL) cumin  
 Dash of cayenne  
 Pinch of kosher salt  
 Pinch of black pepper  
 1 teaspoon (5 mL) ground almonds  
 1 teaspoon (5 mL) olive oil  
 2 Tablespoons (30 mL) pesto *\* see prep guide*

#### MADE AHEAD

- Falafel can be made ahead and reheated
- Pesto *\* see prep guide*
- Cut vegetables: onions, bell peppers, carrots

#### \*EASY LUNCH VERSION

Mix bell pepper, carrot, garlic, cilantro, parsley, chickpeas, almonds and only 1 teaspoon onion in a large bowl. Toss with pesto and serve with 1 hard-boiled egg per person.

*For baked falafel*

1. Heat oven to 375°F (190°F).
2. Combine onion, bell pepper, carrot, garlic, cilantro, and parsley in food processor and puree until finely minced.
3. Add chickpeas, egg, cumin, cayenne, salt, pepper, and almonds and puree until it comes together.
4. Scoop into 2 patties and place on parchment lined baking sheet and flatten slightly. Drizzle with olive oil and bake for about 15 minutes.
5. Serve with pesto.

Falafel: 310 kcal, 13g Protein, 36g Carb, 300mg Sodium, 3g Fiber, 45mg Cholesterol, 14g Fat, 1.5g Saturated, 4g Sugar, 10% Calcium, 10% Iron  
 Pesto: 130 kcal, 3g Protein, 3g Carb, 45mg Sodium, 1g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6% Iron

## SPRING BODY RESET: DAY 20 SINGLE SERVING

### DINNER: CHICK PEA COCONUT CURRY

If you are a fan of curries you will love this simply prepared chick pea curry. If curry makes you a little uneasy, remember you can always add as you go. Start with just a small amount of curry and adjust to suit the taste of your family. When trying new dishes with your family, try introducing dinner conversation around the country where the food is from. Curries are served all around the world from India to Thailand.

#### *For chick pea coconut curry*

1 teaspoon (5 mL) grapeseed oil  
 1 scallion, root end trimmed, green and white parts cut into thin slices  
 1½ cups (360 mL) spinach  
 ½ medium carrot, cut into small dice  
 2 Tablespoons (30 mL) diced red bell pepper  
 1 garlic cloves, minced or pressed  
 Kosher salt  
 ½ (15 oz/420 g) can garbanzo beans, drained and rinsed  
 ¼ teaspoon (1.25 mL) curry powder  
 ⅛ teaspoon (.63 mL) dried cumin  
 Pinch of cayenne pepper *\*to taste*  
 ¼ teaspoon (1.25 mL) salt  
 Pinch of black pepper  
 5 oz (150 ml) light coconut milk  
 ½ teaspoon (2.5 mL) lime juice

#### *For garnish*

½ Tablespoon (7.5 mL) fresh cilantro, roughly chopped  
 ¼ cucumber, peeled and sliced

#### *For fruit*

½ mango, sliced  
 4 strawberries, halved or quartered

#### MADE AHEAD

- Cut vegetables: scallions, carrots, red bell pepper
- ¼ lime, juiced (½ teaspoon)
- Cut fruit: slice mango and strawberries

#### *For chick pea coconut curry*

#### DIRECTIONS

1. Heat a nonstick sauté pan over medium heat and add oil. Once the oil is hot, add in the scallions, spinach, carrots, red pepper, garlic, and a sprinkle of kosher salt. Sweat the vegetables for 2 minutes.
2. Add in the drained chick peas and seasonings, stir to combine and cook for an additional 1 – 2 minutes.
3. Add in the coconut milk and lime juice and stir to combine. Reduce the heat and gently simmer for 4-5 minutes. Taste and adjust the seasoning (salt or cayenne for spice) and garnish with fresh cilantro and a side of sliced cucumber. Serve fruit alongside or as dessert.