

PREP GUIDE

DAY 7

- 10 cups cooked lentils prepared according to package directions * *for the week*
- Lentil bruschetta can be made ahead
- 6-7 lemons zested & juiced (1 cup juice, ¼ cup zest) * *for the week*
- Cut vegetables: onion, mushroom, zucchini, tomato, scallion, green pepper, carrot

DAY 8

- Oatmeal can be made 1 day ahead
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: carrots, bell pepper, cucumber (sliced)

DAY 9

- Marinate chicken for 1 hour before dinner
- Cut vegetables: scallions, bell pepper, mushrooms, cucumbers, green beans

Day 10

- 2 (15 oz) cans diced tomatoes, pureed
- Cut vegetables: carrot, romaine, scallions, mushrooms, zucchini

DAY 11

- Roast 2 heads of garlic * *see Day 11 for directions*
- Cut vegetables: carrots, bell peppers, cucumbers, onion

DAY 12

- Chicken & Veggie Satay can be made 1-2 days ahead
- Bake potatoes
- Cut vegetables: green beans, bell pepper, carrots, onion, zucchini (diced)

DAY 13

- Cut vegetables: scallions, bell pepper, onion, carrot

MENU

DAY 7

Veggie Scramble
Lentil Bruschetta
Turkey Burgers & Grilled Corn

DAY 8

Soft Baked Oatmeal
Thai Turkey 'Noodles'
Grilled Salmon with Rosemary Potatoes
Tomato Salad

Day 9

Fried Egg Hash
Salmon Dill Salad
Greek Chicken with Two Bean Sauté

Day 10

Peanut Butter Banana Smoothie
Chopped Chicken Bowl
Bolognese over Zucchini

Day 11

Peanut Butter Oatmeal
Roast Garlic Bean & Corn Dip with
Veggie Dippers
Chicken Stew

Day 12

Zucchini & Corn Griddle Cakes
Chicken & Veggie Satay
Vegetable Stuffed Potatoes

Day 13

Apple Peanut Butter Smoothie
Lentil Apple Salad
Open Faced Bean Burgers with
Tomato Salad



CLASSIC MIND BODY RESET • Week 2

MEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
ground turkey	3-1/2 pounds	1.58 kg	
salmon fillets	2 pounds	907 g	
chicken breast	4 pounds	1.8 kg	
VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
fresh herb: basil	4 bunches		3-1/4 cups
fresh herb: rosemary	1 sm bunch		3 Tablespoons
fresh herb: dill	1 bunch		2 Tablespoons
portobello mushroom caps	12		
zucchini	11		
tomatoes	23		
arugula	1 pound	454 g	
romaine lettuce	2 heads		
scallions	14		
bell peppers	12		
carrots	18		
corn	12 ears		
bananas	4		
apple	11		
cucumbers	7		
Yukon potatoes	7 pounds	3.17 kg	about 10 medium potatoes
french green beans	1-1/4 pounds	567 g	thin green beans, also called 'haricot vert'
fresh ginger	2"	5 cm	optional

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
green or brown lentils	4 cups	960 mL	check package directions, need 10 cups cooked
light coconut milk	4-1/4 cups	1.2 l	
raw coconut aminos	2 Tablespoons	30 mL	could also use soy sauce
vanilla	2 teaspoons	10 mL	optional
cinnamon	1 teaspoon	5 mL	optional
baking soda	1/2 teaspoon	2.5 mL	optional
diced tomatoes	3 (15 oz) cans	3 (420 g)	
tomato paste	1 Tablespoon	15 mL	
*** DON'T FORGET TO CHECK THE PANTRY ITEMS ***			

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
olive oil	2 cups	480 mL
grapeseed oil	2 Tablespoons	30 mL
chicken/veg broth	1-3/4 cups	420 mL
kosher salt & black pepper	5 tsp salt	25 mL
	4-1/2 tsp pepper	22.5 mL
garlic cloves	5 heads	about 10 cloves/head
cayenne pepper	1/2 teaspoon	2.5 mL
paprika		
cumin	4-1/2 teaspoons	22.5 mL
Italian seasoning/oregano	7-1/2 tsp	37.5 mL
dijon mustard	1 Tablespoon	15 mL
Beans: White beans	5 (15 oz) cans	5 (420 g)
Tea:		
Nuts: Peanut butter	1-3/4 cups	420 mL
Vinegar: Balsamic	1/2 cup	120 ml
Onion: Yellow	3	
Citrus: Lemon	6-7	
Eggs	26	
Oatmeal	6 cups	1.4 l
Almond flour	1-1/2 cups	360 mL

WEEKLY NOTES
<i>If you are making infused water or tea, please refer to the handout and add those items to this shopping list.</i>

BREAKFAST: VEGGIE SCRAMBLE

Serving Size: ¼ prepared dish

- 1 Tablespoon (15 mL) olive oil
- ¼ yellow onion, finely diced (¼ cup/60 mL)
- 1 portobello mushroom cap, wiped clean & chopped
- 1 zucchini, chopped (2 cups/480 mL)
- 1 tomato, chopped (1 cup/240 mL)
- 8 eggs, beaten
- Dash of kosher salt and black pepper

1. Heat a non-stick skillet over medium heat and add olive oil. When oil is hot, add onion, mushroom, and zucchini. Cook for 3-4 minutes until softened.
2. Add tomato and eggs. Cook until eggs are cooked to your liking stirring frequently; season with salt and pepper.

MAKE AHEAD:

2 teaspoons lemon zest

3 cups cooked green or brown lentils

Lentil Bruschetta can be made 1-2 days ahead

Cut vegetables: onion, mushroom, zucchini, tomato, scallion, green pepper, carrot

Scramble: 210 kcal, 16g Protein, 9g Carb, 240mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 4g Sugar, 6% Calcium, 10% Iron

LUNCH: LENTIL BRUSCHETTA

Serving Size: ¼ prepared dish

- 3 cups (720 mL) cooked green or brown lentils
- 4 tomatoes, chopped (4 cups/960 mL)
- 2 cloves garlic, minced
- 2 Tablespoons (30 mL) olive oil
- ½ cup (120 mL) chopped basil
- 4 ounces arugula (4 cups/960 mL)
- 3 Tablespoons (45 mL) balsamic vinegar
- Pinch of salt and pepper

4 apples, whole or sliced

Toss all ingredients except apple together; can be made 1-2 days ahead. Serve with apple slices or save apples for a snack.

Bruschetta: 290 kcal, 15g Protein, 40g Carb, 20mg Sodium, 13g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 7g Sugar, 10% Calcium, 35% Iron
 Apples: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4gm Fiber, 0mg Cholesterol, 0g Fat, 1g Saturated, 19g Sugar, 2% Iron, 2% Calcium

DINNER: TURKEY BURGERS & GRILLED CORN

Serving Size: 1 prepared burger, 1 ear prepared corn

For turkey burgers

- 2½ pounds (1.14 kg) ground turkey
- 2 teaspoons (10 mL) lemon zest
- 4 scallions, chopped
- 1 green bell pepper, small dice (1 cup/240 mL)
- 2 carrots, grated (⅔ cup/160 mL)
- ¼ cup (60 mL) chopped basil
- 2 teaspoons (10 mL) Dijon mustard
- ½ teaspoon (2.5 mL) cumin
- 2 teaspoons (10 mL) Italian seasoning or dried oregano
- ½ teaspoon (2.5 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 4 large romaine leaves

For corn

- 8 ears of corn
- 1 Tablespoon (15 mL) olive oil
- Dash of cayenne
- ¼ teaspoon (1.25 mL) kosher salt

1. Heat an outdoor grill to medium-heat heat (see Kitchen Note). Combine all burger ingredients and form into 8 patties. Cook for about 5-6 minutes per side until cooked through. **Save 4 patties for Day 8 Lunch.** Serve remaining patties wrapped in romaine leaves.
2. Meanwhile, put shucked corn on grill and cook, turning frequently, about 8-10 minutes.
3. Remove from grill, drizzle with oil, and season with salt and cayenne. **Save 4 ears for Lunch #10 and Lunch #11.**

Kitchen Note: Cooking indoors? Burgers can be cooked in two batches in a stovetop grill pan over medium-high heat, about 6-7 minutes per side. Corn can be boiled in a large stockpot for 5-7 minutes.

Burger: 220 kcal, 31g Protein, 5g Carb, 270mg Sodium, 1g Fiber, 75mg Cholesterol, 9g Fat, 1.5g Saturated, 2g Sugar, 2% Calcium, 10% Iron
 Corn: 160 kcal, 5g Protein, 33g Carb, 650mg Sodium, 4g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 5g Sugar, 0% Calcium, 4% Iron

BREAKFAST: SOFT BAKED OATMEAL (can be made ahead)

Serving Size: ¼ prepared dish

- 2 eggs
- 1 teaspoon (5 mL) vanilla, optional
- 1 teaspoon (5 mL) cinnamon, optional
- 1 banana, mashed
- 1 apple, chopped small
- 1 cup (240 mL) light coconut milk
- ½ cup (120 mL) water
- 3 cups (720 mL) rolled oats

1. Heat oven to 350°F.
2. In a large bowl, combine all ingredients except oatmeal. Mix well then stir in oatmeal. Pour into greased 8x8 pan and cook 30 minutes until set.

Oatmeal: 350 kcal, 11g Protein, 58g Carb, 60mg Sodium, 9g Fiber, 115mg Cholesterol, 10g Fat, 4g Saturated, 11g Sugar, 2% Calcium, 20%

DAY 8 MAKE AHEAD:

4 cooked turkey burgers * *from Dinner #7*

Oatmeal can be made and baked the day before

1 Tablespoon lemon juice

1 Tablespoon grated ginger, optional

Cut vegetables: carrots, bell pepper, cucumber (sliced)

LUNCH: THAI TURKEY 'NOODLES'

Serving Size: 2 generous cups

- 4 cooked turkey burgers, crumbled **from Dinner #7*
- 2 carrots, grated (¾ cup/160 mL)
- 1 green bell pepper, sliced thin (1 cup/240 mL)
- 3 cucumbers spiraled or peeled into ribbons (6 cups/1.4 l)

For peanut sauce

- 6 Tablespoons (90 mL) natural, unsalted peanut butter
- 2 Tablespoons (30 mL) raw coconut aminos
- 2 Tablespoons (30 mL) light coconut milk
- 1 clove garlic, minced
- 1 Tablespoon (15 mL) lemon juice
- 2 Tablespoons (30 mL) balsamic vinegar (rice wine vinegar would be great)
- 1 Tablespoon (15 mL) grated ginger, optional
- Dash of cayenne, optional

Combine the crumbled turkey burgers, carrots, and bell peppers with peanut sauce then serve over cucumber "noodles."

For peanut sauce

Whisk all ingredients together and **save half for Lunch #12.**

Noodles & Sauce:

350 kcal, 37g Protein, 19g Carb, 390mg Sodium, 6g Fiber, 75mg Cholesterol, 15g Fat, 2g Saturated, 9g Sugar, 8% Calcium, 15% Iron

DINNER: GRILLED SALMON WITH ROSEMARY POTATOES & TOMATO SALAD

Serving size: 5 ounces potatoes, 4 ounces salmon, salad (1 tomato & ¼ cucumber with dressing)

For potatoes

- 2½ pounds (1.14 kg) Yukon gold potatoes, diced large
- 3 Tablespoons (45 mL) olive oil
- ½ teaspoon (2.5 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 2 Tablespoons (30 mL) chopped fresh rosemary
- 4 cloves garlic, minced

For salmon

- 2 pounds (907 g) salmon fillets
- 1 teaspoon (5 mL) black pepper
- ½ teaspoon (2.5 mL) kosher salt
- 1 teaspoon (5 mL) cumin

For tomato salad

- 4 tomatoes, cut in wedges
- 1 cucumber, sliced
- ¼ cup (60 mL) roughly chopped basil leaves
- 1 Tablespoon (15 mL) balsamic vinegar
- 1 Tablespoon (15 mL) olive oil

1. Heat oven to 425°F. Toss potatoes with oil, salt, pepper, rosemary, and garlic. Place in a single layer on a baking sheet and cook for 25-30 minutes. **Save half for day Breakfast #9.**
2. While potatoes are cooking, heat outdoor grill to medium heat (see Kitchen Note). Season the salmon with salt, pepper, and cumin.
3. Grill about 3-4 minutes a side. **Save half the fillets for Lunch #9.**
4. Combine tomato salad ingredients. Serve alongside salmon and potatoes.

Kitchen Note: Cooking indoors? Cook salmon in batches in a stovetop grill pan for 4-5 minutes per side.

Potatoes: 150 kcal, 3g Protein, 23g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 5g Fat, .5g Saturated, 2g Sugar, 2% Calcium, 6% Iron
 Salmon: 170 kcal, 25g Protein, 0g Carb, 170mg Sodium, 0g Fiber, 50mg Cholesterol, 7g Fat, 1.5g Saturated, 0 g Sugar, 4% Calcium, 4% Iron
 Salad: 80 kcal, 2g Protein, 9g Carb, 5 mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron

BREAKFAST: FRIED EGG HASH

Serving Size: ¼ prepared dish

- 1 Tablespoon (15 mL) olive oil, divided
- 4 scallions, chopped
- 1 green bell pepper, chopped (1 cup/240 mL)
- 1 portobello mushroom, chopped
- 1¼ pounds (567 g) roasted potatoes * **from Dinner #8**
- 8 eggs
- 4 tomatoes, sliced

1. Heat a medium non-stick skillet over medium heat and add half the olive oil. Add scallions, bell pepper, and mushrooms and cook for about 2-3 minutes. Add potatoes and heat through. Divide hash onto four serving plates.
2. Return skillet to medium-high heat and add in remaining oil. Add eggs and fry sunny side up for about 3-4 minutes. Serve over potato hash with a side of sliced tomatoes.

Hash: 380kcal, 19g Protein, 36g Carb, 320mg Sodium, 5g Fiber, 450mg Cholesterol, 20g Fat, 4 g Saturated, 7g Sugar, 8% Calcium, 20% Iron

LUNCH: SALMON DILL SALAD

Serving Size: ¼ salad with 2 Tablespoons dressing

For salad

- 1½ cups (360 mL) cooked brown or green lentils
- 2 tomatoes, diced (2 cups/480 mL)
- 1 cucumber diced (2 cups/480 mL)
- 1 green bell pepper, diced (1 cup/240 mL)
- 4 ounces arugula (4 cups/960 mL)
- 1 pound (454 g) salmon fillets, flaked * **from Dinner #8**

For dressing

- 2 Tablespoons (30 mL) olive oil
- 3 Tablespoons (45 mL) lemon juice
- 1 Tablespoon (15 mL) balsamic vinegar
- 1 Tablespoon (15 mL) lemon zest
- 1 Tablespoon (15 mL) water
- 1 teaspoon (5 mL) Dijon mustard
- 1 Tablespoon (15 mL) chopped dill
- Dash of kosher salt and black pepper

Whisk together dressing ingredients. Place salad ingredients in a serving bowl and toss with dressing. Chill until ready to serve.

Salad: 290 kcal, 34g Protein, 23g Carb, 190mg Sodium, 8g Fiber, 50mg Cholesterol, 8g Fat, 1.5g Saturated, 6g Sugar, 15% Calcium, 25% Iron
 Dressing: 70 kcal, 0g Protein, 0g Carb, 90mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

MAKE AHEAD:

Marinate chicken up to 1 hour

1¼ pounds roasted potatoes * **from Dinner #8**

1 pound salmon fillets * **from Dinner #8**

1½ cups cooked green or brown lentils

8½ Tablespoons lemon juice, 1 Tablespoons lemon zest

Cut vegetables: scallions, bell pepper, mushroom, cucumber green beans



CLASSIC MIND BODY RESET • Week 2 • Day 9

DINNER: GREEK CHICKEN with TWO BEAN SAUTÉ

Serving Size: ½ chicken breast prepared, ¼ bean sauté

For Greek chicken

⅓ cup (80 mL) lemon juice
¼ cup (60 mL) olive oil
2 cloves garlic, minced
1 Tablespoon (15 mL) dried oregano
½ teaspoon (2.5 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
2 pounds (907 g) boneless skinless chicken breasts (8 half breasts)
1 Tablespoon (15 mL) chopped dill

For two bean sauté

1 Tablespoon (15 mL) olive oil
¾ pound (340 g) French green beans, trimmed and cut into 2 inch pieces
1 (15 ounce/420 g) can white beans, rinsed and drained
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper

1. In a glass baking dish, combine first 6 ingredients (lemon juice through pepper). Mix well and add chicken. Cover and marinate in the refrigerator for up to 1 hour.
2. Heat outdoor grill to medium (can also be cooked in batches in a stovetop grill pan). Cook chicken for 4-6 minutes per side until internal temperature reaches 165°F. **Save half for Lunch #10.** Sprinkle remaining chicken with dill and serve with bean sauté.
3. Meanwhile, heat a large non-stick skillet over medium-high heat and add oil. When oil is hot, add green beans and cook until tender, about 2-3 minutes. Then add white beans, salt, and pepper and warm through.

Chicken: 190 kcal, 26g Protein, 1g Carb, 200mg Sodium, 0g Fiber, 65mg Cholesterol, 9 g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 4% Iron
Sauté: 130 kcal, 6g Protein, 19g Carb, 160mg Sodium, 6g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 74g Sugar, 6% Calcium, 10% Iron

BREAKFAST: PEANUT BUTTER BANANA SMOOTHIE

Serving Size: ¼ prepared dish

- ½ cup (120 mL) oatmeal
- ½ cup (80 mL) natural, unsalted peanut butter
- 2 bananas
- 1 cup (240 mL) light coconut milk
- ½ -1 cup (120-240 mL) water
- 2 (480 mL) cups ice

Blend oatmeal in a food processor or blender until powdery. Add remaining ingredients and blend together, adding water as need to reach desired consistency.

Smoothie: 260 kcal, 7g Protein, 28g Carb, 20mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 4g Saturated, 10g Sugar, 0% Calcium, 6% Iron

LUNCH: CHOPPED CHICKEN BOWL

Serving Size: ¼ prepared dish

- 1 pound (454 g) cooked Greek chicken, diced * **from Dinner #9**
- ½ (15 ounce/420 g) can white beans, rinsed and drained
- 2 tomatoes, diced (2 cups/480 mL)
- 2 ears grilled corn, kernels removed (1½ cups/360 mL) ***from Dinner #7**
- 1 carrot, grated (⅓ cup/80 mL)
- 3 Tablespoons (45 mL) lemon juice
- 2 Tablespoon (30 mL) olive oil
- 1 teaspoon (5 mL) cumin
- Dash of kosher salt and black pepper
- 1 head romaine lettuce, chopped

In a large bowl, combine all ingredients except lettuce. Divide chopped lettuce onto four individual serving bowls, top with equal portions of chicken mixture.

Bowl: 410 kcal, 33g Protein, 33g Carb, 230mg Sodium, 6g Fiber, 65mg Cholesterol, 17g Fat, 1.5g Saturated, 9g Sugar, 8% Calcium, 15% Iron

MAKE AHEAD:

1 pound cooked Greek Chicken * **from Dinner #9**

2 ears grilled corn * **from Dinner #7**

3 Tablespoons lemon juice

2 (15 oz) cans diced tomatoes, pureed

Cut vegetables: carrot, romaine, scallions, portobellos, zucchini

DINNER: BOLOGNESE OVER ZUCCHINI

Serving Size: 1¼ cups bolognese, 1 zucchini

For bolognese

- 1 Tablespoon (15 mL) olive oil
- 2 carrots, grated (¾ cup/160 mL)
- 3 cloves garlic, minced
- 4 scallions, chopped
- 1 pound (454 g) ground turkey
- 2 portobello mushroom caps, chopped
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 2 teaspoons (10 mL) Italian seasoning or dried oregano
- 2 (15 oz/420 g) cans diced tomatoes, pureed
- 1 Tablespoon (15 mL) tomato paste
- ¼ - ¾ cup (60-180 mL) water or chicken broth, optional
- ½ cup (120 mL) chopped basil

For zucchini

- 6 medium zucchini, sliced in half lengthwise
- 1 Tablespoon (15 mL) olive oil
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper

For bolognese

1. Heat a large pot over medium heat and add oil. When oil is hot, add carrots, garlic, scallions, turkey, mushrooms, salt, pepper, and oregano. Cook, crumbling turkey thoroughly, for about 10 minutes; add tomatoes and tomato paste. If sauce is too thick, add water or broth to reach desired consistency.
2. Simmer on low for at least 10 minutes, add basil and serve over roasted zucchinis.

Meanwhile

For zucchini

1. Heat oven to 425°F.
2. Brush zucchini with oil and sprinkle with salt and pepper. Place cut side up on a baking sheet and roast for about 6-8 minutes. **Save 4 zucchini halves for Lunch #11.**

Bolognese over Zucchini:

350 kcal, 30g Protein, 26g Carb, 370mg Sodium, 6g Fiber, 60mg Cholesterol, 16g Fat, 2g Saturated, 14g Sugar, 10% Calcium, 20% Iron

BREAKFAST: PEANUT BUTTER OATMEAL

Serving size: 1 ¼ cups

- 2 apples, chopped
- 3 cups (720 mL) water
- 1 cup (240 mL) light coconut milk
- 1 teaspoon (5 mL) vanilla, optional
- 2 cups (480 mL) oatmeal
- ¼ cup (60 mL) natural, unsalted peanut butter

1. Heat a medium saucepan over medium heat and add apples; sauté for 2-3 minutes. Add water, coconut milk, and vanilla; bring to a simmer. Add oatmeal and reduce heat to low.
2. Cook until tender, about 5 minutes. Stir in peanut butter and serve immediately.

MAKE AHEAD:

2 ears grilled corn, kernels removed * **from Dinner #7**

4 roasted zucchini halves, sliced into spears * **from Dinner #10**

Roast garlic * *see directions below*

2 teaspoons lemon zest

Cut vegetables: carrot, bell pepper, cucumber, onion

Oatmeal: 340 kcal, 9g Protein, 46g Carb, 20mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 4g Saturated, 13g Sugar, 0% Calcium, 15% Iron

LUNCH: ROAST GARLIC BEAN & CORN DIP with VEGGIES

Serving Size: ½ cup dip + ½ zucchini, ½ carrot, ½ pepper, ¼ cucumber

For dip

- 1 head roasted garlic * *see directions below*
- 1½ (15 ounce/420 g) cans white beans, drain liquid from beans & reserve, rinse beans
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 2 Tablespoons (30 mL) olive oil
- 2 teaspoons (10 mL) lemon zest
- 1½ teaspoons (7.5 mL) minced rosemary
- ¼ cup (60 mL) (more or less) reserved bean liquid
- 2 ears grilled corn, kernels removed (1½ cups/360 mL) * **from Dinner #7**

For veggie dippers

- 4 roasted zucchini halves, sliced in spears * **from Dinner #10**
- 2 carrots, sliced into sticks
- 2 green bell peppers, sliced
- 1 cucumber, sliced into spears

In a blender or food processor, puree first 7 ingredients. Add liquid from beans to adjust consistency, and then fold in corn. Serve with veggie dippers.

To roast garlic:

Remove most of the papery outer layer of 2 heads of garlic (leave cloves intact). Cut top ¼" off of garlic heads exposing cloves inside. Wrap in foil (can drizzle with a ½ teaspoon oil if desired) and bake in 400°F oven for 30-35 minutes checking occasionally. When cloves are fork tender remove from oven. Remove cloves from head by squeezing from bottom. Use 1 head for Lunch #11 and 1 for Dinner #13.

Dip with Veggies:

310 kcal, 24g Protein, 17g Carb, 240mg Sodium, 7g Fiber, 85mg Cholesterol, 24g Fat, 4.5g Saturated, 7g Sugar, 8% Calcium, 20% Iron

DINNER: CHICKEN STEW

Serving Size: about 2 ½ cups

2 Tablespoons (15 mL) olive oil
2 pounds (907 g) boneless, skinless chicken breast, seasoned with salt and pepper (8 half breasts)
1 yellow onion, diced (1 cup/240 mL)
4 cloves garlic, minced
2 green bell peppers, diced (2 cups/480 mL)
2 medium carrots, grated (¾ cup/160 mL)
2 Yukon gold potatoes, into 1 inch cubes
2 teaspoons (10 mL) cumin
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
Dash of cayenne, optional
1 cup (240 mL) low-sodium chicken broth
1 (15 oz/420 g) can diced tomatoes
⅓ cup (80 mL) natural, unsalted peanut butter

1. In a large skillet, heat oil and add seasoned chicken breasts; cook through, about 4-5 minutes per side or until internal temperature reaches 165°F. **Reserve half the chicken for Lunch #12.** Dice the remaining breasts into cubes and set aside.
2. Put pan back on heat and add onion, garlic, peppers, carrots, and potatoes. Cook for 3-4 minutes until onions are almost clear.
3. Add cumin, salt, pepper, and cayenne; stir to combine.
4. Add broth, tomatoes, and diced chicken to pan, cover and simmer for 10 minutes.
5. Add peanut butter, cover, and simmer for another 10 minutes until potatoes are tender.

Stew: 430 kcal, 35g Protein, 35g Carb, 320mg Sodium, 6g Fiber, 65mg Cholesterol, 17g Fat, 2g Saturated, 11g Sugar, 6% Calcium, 15% Iron

BREAKFAST: ZUCCHINI & CORN GRIDDLE CAKES

Serving Size: ¼ prepared dish

1 medium zucchini, grated (¾ cup/160 mL)
 2 ears corn, kernels only (1½ cups/360 mL)
 7 eggs, beaten
 ½ teaspoon (2.5 mL) Italian seasoning or dried oregano
 ¼ teaspoon (1.25 mL) kosher salt
 Dash of black pepper
 ½ teaspoon (2.5 mL) baking soda, optional
 1 cup (240 mL) almond flour
 1 Tablespoon (15 mL) grapeseed oil (for the pan)

1. Grate zucchini and press out any excess water.
2. Combine zucchini with remaining ingredients except oil.
3. Heat a non-stick skillet over medium heat and add oil. Drop batter ¼ cup at a time into hot pan. Cook cakes for about 2 minutes on each side until golden.

MAKE AHEAD:

Chicken & Veggie Satay can be made 1-2 days ahead

1 pound cooked chicken breast * **from Dinner #11**

½ cup peanut sauce * **from Lunch #8**

Bake potatoes

1½ cups cooked green or brown lentils

Cut vegetables: green beans, bell peppers, carrots, onion, zucchini

Cakes: 390 kcal, 21g Protein, 26g Carb, 290mg Sodium, 5g Fiber, 395mg Cholesterol, 27g Fat, 4g Saturated, 4g Sugar, 10% Calcium, 15% Iron

LUNCH: CHICKEN & VEGGIE SATAY (can be made ahead and eaten cold or warmed)

Serving Size: about 2 cups

1 Tablespoon (15 mL) grapeseed oil
 ½ pound (227 g) French green beans, trimmed and cut into 2 inch pieces
 2 green bell peppers, sliced (2 cups/480 mL)
 2 carrots, sliced thin (1 cup/240 mL)
 2 cloves garlic, minced
 1 pound (454 g) cooked chicken breasts, sliced ***from Dinner #11**
 ½ cup (120 mL) peanut sauce ***from Lunch #8**

1. Heat a large non-stick skillet over medium-high heat and add oil. When oil is hot, add green beans, bell peppers, carrots and garlic. Cook for about 3-4 minutes.
2. Add in chicken and peanut sauce; cook until warmed through.

Satay: 290 kcal, 31g Protein, 16g Carb, 200mg Sodium, 5g Fiber, 65mg Cholesterol, 11g Fat, 1.5g Saturated, 8g Sugar, 4% Calcium, 10% Iron

DINNER: VEGETABLE STUFFED POTATOES

Serving Size: 1 stuffed potato

- 4 large Yukon gold potatoes (can be baked ahead of time)
- 2 Tablespoons (30 mL) olive oil
- 1 yellow onion, diced (1 cup/240 mL)
- 4 cloves garlic, minced
- 2 zucchini, diced (4 cups/960 mL)
- 2 carrots, diced (1 cup/240 mL)
- 2 medium tomatoes, chopped (2 cups/480 mL)
- 1 cup (240 mL) chopped basil
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- ¾ cup (180 mL) low-sodium chicken broth
- 1½ cups (360 mL) cooked green or brown lentils
- 1 Tablespoon (15 mL) balsamic vinegar

1. Heat oven to 400°F. Place potatoes on a baking sheet and cook until soft, about 45 minutes (can be cooked ahead). If cooked ahead, wrap potatoes in foil and reheat in a 400° oven for 10-15 minutes or until warm.
2. Heat a skillet over medium heat and add oil. When oil is hot, add onions and garlic and cook for 3 minutes. Add zucchini and carrots and cook for another 3-4 minutes. Add tomatoes, basil, salt, pepper, broth, lentils, and vinegar; cook for another 3-4 minutes until liquid reduces. Serve in sliced open potatoes.

Potato: 490 kcal, 18g Protein, 89g Carb, 240mg Sodium, 16g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 8g Sugar, 4% Calcium, 10% Iron

BREAKFAST: APPLE PEANUT BUTTER SMOOTHIE

Serving Size: ¼ prepared dish

- ½ cup (120 mL) oatmeal
- 2 apples, sliced
- 1 banana
- 2 carrots, grated (¾ cup/160 mL)
- 1 cup (240 mL) light coconut milk
- ½ cup (120 mL) natural, unsalted peanut butter
- 1 cup (240 mL) water
- 2 cups (480 mL) ice

In a food processor or blender, blend oatmeal to powder. Add remaining ingredients and blend until smooth.

Smoothie: 350 kcal, 9g Protein, 36g Carb, 20mg Sodium, 6g Fiber, 0mg Cholesterol, 20g Fat, 4.5g Saturated, 17g Sugar, 0% Calcium, 8% Iron

MAKE AHEAD:

- 4 cups cooked green or brown lentils
- 1 head roasted garlic * **from Lunch #11**
- 3 Tablespoons lemon juice, 4 teaspoons lemon zest
- Cut vegetables: scallion, bell pepper, onion, carrot

LUNCH: LENTIL APPLE SALAD

Serving Size: ¼ prepared dish

- 4 cups (960 mL) cooked green or brown lentils
- 2 scallions, chopped
- 2 apples, chopped
- 1 green bell pepper, diced small (1 cup/240 mL)
- ½ cup (120 mL) chopped basil
- 6 ounces arugula (1½ cups/360 mL)
- 3 Tablespoons (45 mL) lemon juice
- 2 teaspoons (10 mL) lemon zest
- 2 Tablespoons (30 mL) olive oil
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper

Toss all ingredients together and serve chilled.

Salad: 360 kcal, 20g Protein, 56g Carb, 140mg Sodium, 19g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 15g Sugar, 15% Calcium, 40% Iron

DINNER: OPEN FACED BEAN BURGERS with TOMATO SALAD

Serving Size: 2 open face burgers with ¼ prepared salad

8 portobello mushroom caps, wiped clean
 2 Tablespoons (30 mL) olive oil
 ¾ small yellow onion, finely chopped (¾ cup/180 mL)
 1 carrot, grated (½ cup/80 mL)
 1 zucchini, grated and squeezed of excess water (¾ cup/160 mL)
 1 green bell pepper, finely chopped (1 cup/240 mL)
 1 head roasted garlic * **from Lunch #11**
 2 teaspoons (10 mL) lemon zest
 ¼ teaspoon (1.25 mL) kosher salt
 ¼ teaspoon (1.25 mL) black pepper
 1 teaspoon (5 mL) chopped rosemary
 ¼ cup (60 mL) chopped basil
 2 (15 ounce/420 g) cans white beans, rinsed and drained
 1 egg
 ½ cup (120 mL) almond flour

4 tomatoes, sliced
 1 cucumber sliced
 2 Tablespoon (30 mL) balsamic vinegar

1. Heat oven to 400°F. Place mushroom caps on baking sheet and roast until just tender, about 10 minutes. Set aside.
2. Heat olive oil in skillet and add onion, carrot, zucchini, and bell pepper. Cook until softened and no liquid remains, about 3-5 minutes. Remove from heat.
3. In a food processor, puree roasted garlic, zest, salt, pepper, rosemary, basil, and beans; place in a large mixing bowl. Add sautéed vegetables, egg, and flour. Mix gently and form into 8 patties; put on a lightly oiled, foil lined baking sheet and cook about 15 minutes turning once.
4. While patties are cooking, arrange tomatoes and cucumbers on 4 individual serving plates, drizzle with vinegar. Serve burgers on top of mushrooms alongside tomato and cucumber salad.

Burger: 410 kcal, 20g Protein, 46g Carb, 115mg Sodium, 13g Fiber, 55mg Cholesterol, g Fat, 2g Saturated, 9g Sugar, 15% Calcium, 25% Iron
 Salad: 45 kcal, 2g Protein, 10g Carb, 10mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron