

PREP GUIDE

DAY #14:

- Cook spaghetti squash * *see prep guide page 2*
- Make marinara sauce * *see prep guide page 2*
- Roasted sweet potatoes * *see prep guide page 2*
- 7 cups cooked quinoa prepared according to package directions **for the week*
- Smoky dressing can be made ahead
- 20 limes, juiced (2¼ cups) **for the week*
- Cut vegetables: kale, onion, bell pepper, tomatillos

DAY #15

- Freeze 6 peeled bananas for breakfast * *for the week*
- Cut vegetables: bell pepper, kale, carrots, onion

DAY #16

- Cut vegetables: tomatillos, bell pepper, carrot, onion, eggplant, cabbage

DAY #17

- Brussels Sprouts & Sweet Potato salad can be made ahead
- Cut vegetables: onion, green bell pepper, tomatillo, Brussels sprouts

DAY #18

- Carrot Cake Muffins can be made ahead
- Cut vegetables: carrot, cabbage, onion, bell pepper, tomatillo

DAY #19

- 5 hardboiled eggs
- Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

DAY #20

- 1½ cups oatmeal, blended until medium fine
- Cut vegetables: onion, bell pepper, kale

MENU

DAY 14

Spaghetti Fritters with Sliced Apples
Roasted Sweet Potato Salad
Chicken Fajitas over Quinoa

DAY 15

Chocolate Banana Cakes
Chicken Salad
Smokey Shrimp over Spaghetti Squash
with Carrot Apple Slaw

DAY 16

Chocolate Smoothie
Shrimpviche
Unstuffed Cabbage

DAY 17

Naked Breakfast Burrito Scramble
Brussels Sprouts & Sweet Potato Salad
Chili Verde

DAY 18

Carrot Cake Muffins
Chicken Slaw
Latin Shepherd's Pie

DAY 19

Oatmeal Raisin Cookie Smoothie
Chopped Sprout Salad
Black Bean Mole Burgers
with Lime Slaw

DAY 20

Sweet Potato Frittata
Quinoa & Kale Salad
with Mole Vinaigrette
Eggplant Marinara

WEEK 3 MAKE AHEAD RECIPES

MARINARA

2 Tablespoons (30 mL) olive oil
1 yellow onion, diced (1 cup/240 mL)
4 cloves garlic, minced
2 carrots, minced ($\frac{2}{3}$ cup/160 mL)
 $\frac{1}{2}$ teaspoon (2.5 mL) kosher salt
 $\frac{1}{4}$ teaspoon (1.25 mL) black pepper
 $\frac{1}{4}$ teaspoon (1.25 mL) dried oregano
3 (15 ounce/420 g) cans crushed tomatoes
 $\frac{1}{2}$ cup (120 mL) water
1 cup (240 mL) chopped basil

1. In a large pot, heat olive oil over medium heat and add onions, garlic, and carrots, and cook for about 3-4 minutes.
2. Add salt, pepper, oregano, tomatoes, and water.
3. Simmer uncovered for 15 minutes to 30 minutes. Stir in basil. Makes about 7 cups.

SPAGHETTI SQUASH

2 large spaghetti squash

Cut squash in half and scoop out seeds. Place cut side down in two 9 x 13 pans with $\frac{1}{2}$ " -1" water. Bake at 400° for 30-35 minutes until tender. Cool slightly; rake a fork over the cut side to remove strands. Refrigerate until needed; you will need 13 cups of squash strands for the week.

ROASTED SWEET POTATOES

3½ pounds (1.6 kg) sweet potatoes, washed and peeled

Cube potatoes and place on a foil or parchment lined baking sheet. Bake at 375° for 25-30 minutes until tender. Cool. Mash 2½ cups of potatoes for Day #18; leave remaining squash in cubes for the rest of the week.



CLASSIC MIND BODY RESET • Week 3

MEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
chicken breast	4 pounds	1.8 kg	<i>extra lean ground beef/ground sirloin</i>
shrimp	2-1/2 pounds	1.14 g	
ground sirloin	2-1/4 pounds	1.0 kg	

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
spaghetti squash	2 large		<i>3 to 3-1/2 pounds each</i>
basil	3 bunches		
kale	4 bunches		
sweet potatoes	3-1/2 pounds	1.6 kg	<i>5-6 medium potatoes</i>
avocado	8		
cilantro	5 bunches		
bell peppers	12		
tomatillos	20		
banana	9		
apples	14		
carrots	14		
eggplant	1 lg & 1 sm		<i>or 3 small</i>
cabbage	2 heads		
brussels sprouts	2-1/2 pounds	1.14 kg	
corn	3-1/2 cups	840 mL	

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
pepitas	2-1/4 cups	540 mL	<i>pumpkin seeds</i>
chipolte peppers	1 small can		
quinoa	3-1/2 cups	840 mL	
almond milk	7 cups	1.6 l	
cocoa powder	1/2 cup	120 mL	
raisins	1-1/4 cups	300 mL	
baking powder	1 teaspoon	5 mL	
canned (crushed) tomatoes	4 (15 oz) cans	4 (420 g)	
nutmeg	1/4 teaspoon	1.25 mL	<i>optional</i>
vanilla	7 teaspoons	35 mL	<i>optional</i>
cinnamon	4-1/4 tsp	21.25 mL	<i>optional</i>

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1-3/4 cups	420 mL
Grapeseed Oil	1/2 cup	120 mL
Chicken or Veg Broth (gluten free)	2 cups	480 mL
Kosher Salt & Black Pepper	6.25 tsp salt	31.25 mL
	2.5 tsp pepper	12.5 mL
Garlic Cloves	19 cloves	
Cayenne Pepper	1/4 teaspoon	1.25 mL
Paprika		
Cumin	4-3/4 tsp	23.75 mL
Italian seasoning or oregano	4-1/4 tsp	21.25 mL
Dijon Mustard	1 teaspoon	
Canned beans: black beans	7 (15 oz) cans	7 (420 g)
Tea:		
Nuts:		
Vinegar: white	5 Tablespoons	75 mL
Onion: yellow	9	
Citrus: Lemon		
Citrus: Lime	21	
Eggs, organic	33	
Oatmeal (gluten free)	7-1/4 cups	1.7 l

WEEKLY NOTES

If you are going to make infused waters or tea please refer to the User Guide and add those items to this shopping list.

BREAKFAST: SPAGHETTI FRITTERS with SLICED APPLES

Serving Size: ¼ prepared fritters, ¼ cup sauce, 1 apple

3 cups (720 mL) cooked spaghetti squash *see prep guide
 6 eggs
 ¼ cup (60 mL) chopped basil
 ¼ teaspoon (1.25 mL) kosher salt
 Dash of black pepper
 1-2 Tablespoons (15-30 mL) grapeseed oil (for the pan)
 1 cup (240 mL) marinara *see prep guide
 4 apples, sliced

1. Combine squash, eggs, basil, salt, and pepper.
2. Heat a large non-stick skillet over medium heat and add a small amount of oil.
3. Scoop about ¼ cup of batter for each fritter into the pan; cook for about 2-3 minutes per side.
4. Repeat with remaining oil and batter.
5. Serve topped with marinara with a side of apples.

MAKE AHEAD:

3 cups cooked spaghetti squash * see prep guide
 1 cup marinara sauce * see prep guide
 2 cups roasted sweet potatoes * see prep guide
 3 cups cooked quinoa
 Smoky dressing can be made ahead
 8 limes, juiced (1 cup)
 Cut vegetables: kale, onion, bell pepper, tomatillos

Fritter: 180 kcal, 11g Protein, 9g Carb, 270mg Sodium, 2g Fiber, 340mg Cholesterol, 13g Fat, 3g Saturated, 3g Sugar, 6% Calcium, 8% Iron
 Sauce: 40kcal, 1g Protein, 6g Carb, 70mg Sodium, 2g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron
 Apple: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 40g Saturated, 19g Sugar, 2% Calcium, 2% Iron

LUNCH: ROASTED SWEET POTATO SALAD

Serving Size: ¼ prepared salad, dressed

For Smoky Dressing (can be made ahead)

1 Tablespoon (15 mL) chopped chipotles in adobo
 2 Tablespoon (30 mL) olive oil
 ½ cup (80 mL) lime juice
 ½ teaspoon (2.5 mL) cumin
 ¼ teaspoon (1.25 mL) kosher salt
 ½ cup (120 mL) chopped cilantro

For Salad

1 bunch kale, chopped (6 cups/1.4 l)
 1 Tablespoon (15 mL) olive oil
 Dash of kosher salt
 2 Tablespoons (30 mL) lime juice
 2 cups (480 mL) roasted sweet potato cubes *see prep guide
 1 avocado, diced
 1 (15 oz/420 g) can black beans, drained and rinsed
 ¼ cup (60 mL) pepitas

Combine dressing ingredients and **save half for Dinner #15**. In a large bowl, massage kale with oil, salt and lime juice. Add sweet potatoes, avocado, beans, and pepitas and toss with dressing.

Salad: 330 kcal, 11g Protein, 40g Carb, 250mg Sodium, 12g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 5g Sugar, 8% Calcium, 20% Iron
 Dressing: 35 kcal, 0g Protein, 0g Carb, 60mg Sodium, 0g Fiber, 0mg Cholesterol, 35g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 0% Iron

DINNER: CHICKEN FAJITAS over QUINOA

Serving Size: ¼ prepared mixture with 4 oz chicken, ¾ cup quinoa

- 2 pounds (907 g) boneless skinless chicken breasts, sliced into bite size pieces
- 2 teaspoons (10 mL) cumin
- Dash of cayenne, optional
- 6 Tablespoons (90 mL) lime juice
- 1 Tablespoon (15 mL) grapeseed oil (marinade)
- ½ teaspoon (2.5 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 1 Tablespoon (15 mL) grapeseed oil (for pan)
- 1 yellow onion, sliced thin (1 cup/240 mL)
- 2 green bell peppers, sliced thin (2 cups/480 mL)
- 2 tomatillos, sliced thin (1½ cups/360 mL)
- ¾ cup (180 mL) chopped cilantro
- 2 Tablespoons (30 mL) lime juice
- 3 cups (720 mL) cooked quinoa, warmed **see prep guide*

1. Marinate chicken breasts in cumin, cayenne, 6 Tablespoons lime juice, oil, salt, and pepper for at least 10 minutes.
2. Heat a large skillet over medium-high heat and add chicken in batches. Cook about 5-6 minutes until cooked through (165 °F internal temperature). Remove from skillet, **save half for Lunch #15**.
3. Put skillet back on heat and add in 1 Tablespoon grapeseed oil. Add onion and bell peppers, only cooking until beginning to soften, about 2-3 minutes.
4. Add tomatillos and cook for 1 minute. Turn off heat and add chicken, cilantro, and 2 Tablespoons lime juice to the pan.
5. Serve over warmed quinoa.

Fajitas:160 kcal, 26g Protein, 3g Carb, 200mg Sodium, 1g Fiber, 85mg Cholesterol, 5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron
 Quinoa:170 kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 10% Iron

BREAKFAST: CHOCOLATE BANANA CAKES

Serving Size: ¼ prepared recipes

- 1½ cups (360 mL) rolled oats
- 4 eggs
- 2 bananas
- 3-4 (45-60 mL) Tablespoons almond milk
- 2 teaspoons (10 mL) vanilla, optional
- 2 teaspoons (10 mL) cocoa powder

1. Combine all ingredients in a blender.
2. Heat a lightly oiled non-stick skillet to medium heat and pour ¼ cup batter for each cake. Cook about 2 minutes per side.

MAKE AHEAD:

1 pound cooked chicken * *from Dinner #14*

Smokey dressing * *from Lunch #14*

6 cups cooked spaghetti squash * *see prep guide*

1 lime, juiced (2 Tablespoons)

Freeze 3 peeled bananas for tomorrow's breakfast

Cut vegetables: bell pepper, kale, carrots, onion

240 kcal, 12g Protein, 35g Carb, 90mg Sodium, 5g Fiber, 225mg Cholesterol, 8g Fat, 2g Saturated, 8g Sugar, 4% Calcium, 15% Iron

LUNCH: CHICKEN SALAD

Serving Size: ½ pepper filled

- 1 pound (454 g) cooked chicken, diced * **from Dinner #14**
- 2 apples, diced small
- ¼ cup (60 mL) raisins
- 2 Tablespoons (30 mL) pepitas
- 1 avocado, mashed
- 1 Tablespoon (15 mL) olive oil
- 1 Tablespoon (15 mL) white wine vinegar
- Dash of kosher salt and pepper

2 green bell peppers, cut in half lengthwise and seeded

Combine all ingredients except for bell peppers; fill bell pepper halves with salad and serve immediately.

380 kcal, 29g Protein, 30g Carb, 270mg Sodium, 7g Fiber, 65mg Cholesterol, 17g Fat, 2g Saturated, 20g Sugar, 2% Calcium, 10% Iron

DINNER: SMOKEY SHRIMP OVER SPAGHETTI SQUASH with CARROT APPLE SLAW

Serving Size: 6 oz shrimp, 1½ cups squash, ¼ prepared slaw

For smokey shrimp over spaghetti squash

2½ pounds (1.13 kg) medium shrimp, peeled and deveined

Smokey dressing * **from Lunch #14**

2 Tablespoons (30 mL) olive oil, divided

3 cloves garlic, minced

1 bunch kale, chopped (6 cups/1.4 l)

6 cups (1.4 l) cooked spaghetti squash, warmed **see prep guide*

1. Combine shrimp with Smokey Dressing and let marinate at least 5 minutes.
2. Heat a non-stick skillet over medium heat and add 1 Tablespoon olive oil.
3. Add shrimp and cook for about 4-5 minutes until shrimp are just done (firm and opaque). **Save half for Lunch #16**; set remaining shrimp aside.
4. Return skillet to heat and add 1 Tablespoon olive oil then garlic and kale. Cook until wilted, about 2-3 minutes. Add shrimp back to pan and toss to combine; serve over warmed squash with carrot slaw.

For carrot apple slaw

2 carrots, grated (¾ cup/160 mL)

1 apple, cut into matchsticks

¼ yellow or red onion, thinly sliced (¼ cup/60 mL)

¼ cup (60 mL) pepitas

2 Tablespoons (30 mL) raisins

2 Tablespoons (30 mL) olive oil

2 Tablespoons (30 mL) lime juice (orange will work well too)

¼ teaspoon (1.25 mL) kosher salt

2 Tablespoons (30 mL) chopped cilantro

2 Tablespoons (30 mL) chopped basil

Combine all ingredients. Let chill for at least 10 minutes before serving.

Shrimp: 260 kcal, 26g Protein, 19g Carb, 1050mg Sodium, 4g Fiber, 25mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 15% Calcium, 8% Iron

Slaw: 190 kcal, 3g Protein, 15g Carb, 140mg Sodium, 3g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11g Sugar, 2% Calcium, 6% Iron

BREAKFAST: CHOCOLATE SMOOTHIE

Serving Size: ¼ prepared smoothie

- 1 (15 ounce/420 g) can low sodium black beans drained and rinsed
- 3 bananas, frozen
- ¼ cup (60 mL) unsweetened cocoa
- 1 teaspoon (5 mL) cinnamon, optional
- 2 teaspoons (10 mL) vanilla, optional
- 2 cups (480 ml) almond milk

Blend all ingredients together.

MAKE AHEAD:

- 1¼ pounds cooked Smokey Shrimp *
from Dinner #15
- 3 cups marinara * *see prep guide*
- 2 limes, juiced (¼ cup)
- 2 cups cooked quinoa
- Cut vegetables: tomatillos, bell pepper,
carrot, onion, eggplant, cabbage

Smoothie: 230 kcal, 9g Protein, 42g Carb, 230mg Sodium, 12g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 12g Sugar, 20% Calcium, 25% Iron

LUNCH: SHRIMPVICHE

Serving Size: ¼ prepared dish with 4 oz shrimp, ½ cup quinoa

- 1¼ pounds (567 g) cooked smokey shrimp ***from Dinner #15**
- 2 tomatillos, diced (1½ cups/360 mL)
- 1 green bell pepper, diced (1 cup/240 mL)
- 2 carrots, grated (¾ cup/160 mL)
- ½ yellow onion, diced (½ cup/120 mL)
- ½ cup (120 mL) chopped cilantro
- ¼ cup (60 mL) lime juice
- ¼ teaspoon (1.25 mL) kosher salt

2 avocados, cut in half, pitted

2 cups (480 mL) cooked quinoa

Combine first eight ingredients; serve in avocado halves with a side of quinoa.

Shrimp: 250 kcal, 18g Protein, 12g Carb, 810mg Sodium, 6g Fiber, 145mg Cholesterol, 15g Fat, 2g Saturated, 3g Sugar, 8% Calcium, 4% Iron
 Quinoa: 110 kcal, 4g Protein, 20g Carb, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 8% Iron

DINNER: UNSTUFFED CABBAGE

Serving Size: ¼ of prepared dish

1 Tablespoon (15 mL) olive oil
1 yellow onion, chopped (1 cup/240 mL)
2 cloves garlic, chopped
1 pound (454 g) extra-lean ground beef/sirloin
1 small eggplant, chopped
1 green bell pepper, chopped (1 cup/240 mL)
2 carrots, grated (¾ cup/180 mL)
1 teaspoon (5 mL) dried oregano
¼ cup (60 mL) chopped basil
½ teaspoon (2.5 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
3 cups (720 mL) marinara **see prep guide*

1 Tablespoon (15 mL) olive oil
½ head cabbage, shredded (4 cups/960 mL)
1 clove garlic, minced
Dash of kosher salt and pepper
1 Tablespoon (15 mL) white wine vinegar

1. Heat a large pot over medium heat and add oil, onion, and garlic.
2. Add ground beef, eggplant, bell pepper, carrots, oregano, basil, salt, and pepper.
3. Sauté 3-5 minutes and then add marinara and let simmer 10 minutes.

Meanwhile

4. Heat a large sauté pan over medium heat and add oil and garlic. Then add cabbage, salt, and pepper. Cook for about 2 minutes then add vinegar.
5. Serve ground beef mixture over cabbage.

BREAKFAST: NAKED BREAKFAST BURRITO SCRAMBLE

Serving Size: ¼ of prepared scramble

1 Tablespoon (15 mL) olive oil
 ½ yellow onion, chopped (½ cup/120 mL)
 4 ounces (114 g) extra lean ground beef/ground sirloin
 Dash of cumin
 Dash of cayenne, optional
 1 green bell pepper, chopped (1 cup/240 mL)
 4 tomatillos, chopped (3 cups/720 mL)
 6 eggs, beaten
 ¼ teaspoon (1.25 mL) kosher salt
 Dash of black pepper
 ¼ cup (60 mL) chopped cilantro
 1 avocado, sliced

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot, add onion, beef, cumin, cayenne, bell pepper, and tomatillos and cook for about 3 minutes.
3. Add eggs, salt, and pepper and stir until cooked through.
4. Garnish with cilantro and sliced avocado.

250 kcal, 17g Protein, 9g Carb, 270mg Sodium, 4g Fiber, 350mg Cholesterol, 18g Fat, 4g Saturated, 3g Sugar, 4% Calcium, 10% Iron

MAKE AHEAD:

Brussels Sprouts & Sweet Potato salad can be made ahead

1 cup roasted sweet potato cubes * see *prep guide*

2 limes, juiced (¼ cup)

Cut vegetables: onion, green bell pepper, tomatillo, Brussels sprouts,

LUNCH: BRUSSELS SPROUTS & SWEET POTATO SALAD (can be made ahead)

Serving Size: ¼ of prepared dish

1 pound (454 g) Brussels sprouts, trimmed and shaved
 ¼ teaspoon (1.25 mL) kosher salt
 2 Tablespoons (30 mL) olive oil
 1 cup (240 mL) roasted sweet potato cubes *see *prep guide*
 2 apples, sliced
 ½ cup (120 mL) pepitas
 2 Tablespoons (30 mL) white or balsamic vinegar
 Dash of black pepper

Toss Brussels sprouts with salt and oil then combine with remaining ingredients.

380kcal, 11g Protein, 44g Carb, 190mg Sodium, 10g Fiber, 0mg Cholesterol, 18g Fat, 2.5g Saturated, 16g Sugar, 6% Calcium, 20% Iron

DINNER: CHILE VERDE

Serving Size: 2 cups

2 pounds (907 g) boneless, skinless chicken breast, cut into cubes
 1 Tablespoon (15 mL) grapeseed oil
 ¼ cup (60 mL) lime juice
 1 teaspoon (5 mL) cumin
 ½ teaspoon (2.5 mL) kosher salt
 ¼ teaspoon (1.25 mL) black pepper

1 Tablespoon (15 mL) grapeseed oil
 1 yellow onion, chopped (1 cup/240 mL)
 2 cloves garlic, minced
 1 pound tomatillos, chopped (about 10 medium)
 1 Tablespoon (15 mL) chipotles in adobo, minced, optional
 1 cup (240 mL) chopped cilantro
 1½ cups (360 mL) corn (frozen or from 2 fresh ears)
 1 (15 oz/420 g) can black beans, drained and rinsed
 2 teaspoons (10 mL) dried oregano
 ¼ teaspoon (1.25 mL) kosher salt
 2 cups (480 mL) low-sodium chicken broth
 1 lime, wedges
 1 avocado, sliced

1. Combine the chicken with oil, lime juice, cumin, salt, and pepper.
2. Heat a large pot over medium-high heat and cook chicken in batches until browned and cooked through, about 5-6 minutes.
3. Remove from skillet and **save half of the chicken for Lunch #18.**
4. Put pot back on stove on medium heat and add the oil, onion, and garlic. Cook for 2 minutes then add tomatillos, chipotles, cilantro, corn, beans, oregano, salt, and broth.
5. Bring to a boil and then lower to a simmer.
6. Add the chicken back to the pot and simmer 10-15 minutes.
7. Garnish with lime wedge and sliced avocado.

400 kcal, 36g Protein, 37g Carb, 480mg Sodium, 12g Fiber, 65mg Cholesterol, 14g Fat, 1.5g Saturated, 8g Sugar, 6% Calcium, 20% Iron

BREAKFAST: CARROT CAKE MUFFINS (can be made ahead)

Serving Size: 3 muffins

2 cups (480 mL) rolled oats
 1 teaspoon (5 mL) baking powder
 2 teaspoons (10 mL) cinnamon, optional
 ¼ teaspoon (1.25 mL) nutmeg, optional
 ¼ teaspoon (1.25 mL) kosher salt
 1 banana, mashed
 ½ cup (120 mL) mashed roasted sweet potato **see prep guide*
 1 egg
 2 carrots, grated (¾ cup/160 mL)
 2 teaspoons (10 mL) vanilla, optional
 1 cup (240 mL) almond milk
 ¼ cup (60 mL) pepitas, chopped
 ¼ cup (60 mL) raisins

1. Preheat oven to 350°F. Grease muffin pan.
2. Mix all ingredients together, allow to sit for a few minutes to thicken before scooping into pan.
3. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.

330 kcal, 11g Protein, 50g Carb, 320mg Sodium, 8g Fiber, 55mg Cholesterol, 10g Fat, 1.5g Saturated, 17g Sugar, 20% Calcium, 20% Iron

MAKE AHEAD:

1 pound cooked chicken * *from Dinner #17*

2½ cups mashed roasted sweet potato *
see prep guide

Carrot cake muffins can be made ahead

2 limes, juice (¼ cup)

Cut vegetables: carrot, cabbage, onion,
 bell pepper, tomatillo,

LUNCH: CHICKEN SLAW

Serving Size: 2½ cups

1 pound (454 g) cooked chicken * **from Dinner #17**
 ½ head cabbage, shredded (4 cups/960 mL)
 1 green bell pepper, sliced thin (1 cup/240 mL)
 2 carrots, shredded (¾ cup/160 mL)
 1 avocado, diced
 ¼ cup (60 mL) lime juice
 2 Tablespoons (30 mL) olive oil
 ¼ cup (60 mL) chopped cilantro
 ¼ cup (60 mL) chopped basil
 Dash of cumin
 Dash of kosher salt and black pepper

Toss all ingredients together serve.

310 kcal, 29g Protein, 15g Carb, 300mg Sodium, 7g Fiber, 65mg Cholesterol, 16g Fat, 2g Saturated, 3g Sugar, 8% Calcium, 10% Iron

DINNER: LATIN SHEPHERDS PIE

Serving Size: ¼ prepared pie

1 pound (454 g) extra lean ground beef/ground sirloin
1 yellow onion, chopped (1 cup/240 mL)
2 cloves garlic, minced
1 green bell pepper, chopped (1 cup/240 mL)
2 tomatillos, chopped (1½ cups/360 mL)
1 cup (240 mL) corn kernels
¼ teaspoon (1.25 mL) cumin
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
½ (15 ounce) can crushed tomatoes
1 Tablespoon (15 mL) white vinegar
½ cup (120 ml) chopped cilantro
½ can (15 oz/420 g) low sodium black beans, drained and rinsed
2 cups (480 mL) mashed roasted sweet potato **see prep guide*

1. Heat oven to 400°F.
2. Heat a large skillet over medium heat and add ground beef, onion, and garlic for about 5 minutes.
3. Add bell pepper, tomatillos, corn, cumin, salt, pepper, tomatoes, vinegar, cilantro, and beans; cook about 5 minutes.
4. Put beef mixture in a lightly oiled 9 x 9 baking dish and top with mashed sweet potato.
5. Bake for 10-15 minutes.

360 kcal, 29g Protein, 50g Carb, 300mg Sodium, 10g Fiber, 60mg Cholesterol, 6g Fat, 2g Saturated, 5g Sugar, 8% Calcium, 25% Iron

BREAKFAST: OATMEAL RAISIN COOKIE SMOOTHIE

Serving Size: ¼ prepared smoothie

3 frozen bananas
 ⅔ cup (160 mL) oats
 ½ cup (120 mL) raisins
 3½ cups (840 mL) almond milk
 1 teaspoon (5 mL) vanilla, optional
 1 teaspoon (5 mL) cinnamon

Blend all ingredients together until smooth.

240 kcal, 4g Protein, 48g Carb, 125mg Sodium, 6g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 27g Sugar, 30% Calcium, 0% Iron

MAKE AHEAD:

3 frozen bananas
 3 limes, juiced (5 Tablespoons)
 5 hardboiled eggs
 Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

LUNCH: CHOPPED SPROUT SALAD

Serving Size: ¼ prepared salad

1½ pounds (680 mL) Brussels sprouts, trimmed and shaved
 5 hardboiled eggs, chopped
 3 apples, chopped small
 3 Tablespoons (45 mL) lime juice
 3 Tablespoons (45 mL) olive oil
 1 clove garlic, minced
 1 teaspoon (5 mL) Dijon mustard
 ¼ teaspoon (1.25 mL) kosher salt
 ¼ teaspoon (1.25 mL) black pepper
 ¼ cup (60 mL) pepitas

1. Combine sprouts, eggs, and apple in a large bowl.
2. In small bowl, whisk together lime juice, oil, garlic, Dijon, salt and pepper; toss with salad.
3. Top with pepitas.

410 kcal, 18g Protein, 38g Carb, 290mg Sodium, 10g Fiber, 280mg Cholesterol, 22g Fat, 4g Saturated, 18g Sugar, 8% Calcium, 20% Iron

DINNER: BLACK BEAN MOLE BURGERS with LIME SLAW

Serving Size: 2 burger patties, ¼ prepared slaw

For lime slaw:

¼ bunch kale, chopped (1½ cups/360 mL)
 ¼ head cabbage, shredded (2 cups/480 mL)
 1 green bell pepper (1 cup/240 mL)
 1 carrot, shredded (⅓ cup/80 mL)
 2 Tablespoons (30 mL) pepitas
 2 Tablespoons (30 mL) lime juice
 ¼ cup (60 mL) chopped cilantro
 2 Tablespoons (30 mL) olive oil
 Dash of kosher salt

Toss all ingredients together.

For mole sauce:

1 Tablespoon (15 mL) olive oil
 1 yellow onion, chopped (1 cup/240 mL)
 2 cloves garlic, minced
 1-2 Tablespoons (15-30 mL) chipotles in adobo, depending on how spicy you want it
 ¼ teaspoon (1.25 mL) cinnamon
 Dash of cumin
 1 Tablespoon (5 mL) raisins
 ½ (15 ounce) can crushed tomatoes
 1½ Tablespoons (22.5 mL) cocoa powder
 2 Tablespoons (30 mL) pepitas
 ¼ teaspoon (1.25 mL) kosher salt
 ¼ cup (60 mL) water

1. Heat a medium saucepan over medium heat and add olive oil and onions and cook for 5 minutes.
2. Add garlic, chipotles, cinnamon, and cumin; cook for 2 minutes. Add the remaining ingredients and bring to a low simmer for 5 minutes, then puree and set aside. **Save ¼ cup for sauce Lunch #20.** Makes 1½ cups.

For black bean burgers:

2 (15 ounce/420 g) cans black beans, rinsed and drained
 ¼ cup (60 mL) mole sauce
 ½ yellow onion, chopped (½ cup/120 mL)
 ½ cup (120 mL) chopped cilantro
 ½ teaspoon (2.5 mL) cumin
 ½ cup (120 mL) rolled oats
 1 carrot, chopped (½ cup/120 mL)
 ¼ teaspoon (1.25 mL) kosher salt
 1 green bell pepper, chopped (1 cup/240 mL)
 1 avocado, sliced

1. Heat oven to 425°F. Line a baking sheet with parchment paper.
2. Puree first eight ingredients then fold in bell pepper. Scoop onto tray into 8 patties (an ice cream scooper works great; flatten slightly with a lightly oiled spatula). Cook 20 minutes, turning half way through. Serve with dollop of mole and sliced avocado.

Burger: 240 kcal, 14g Protein, 45g Carb, 410mg Sodium, 17g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 4g Sugar, 8% Calcium, 25% Iron
 Slaw: 130 kcal, 4g Protein, 8g Carb, 85mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 2g Sugar, 4% Calcium, 6% Iron

BREAKFAST: SWEET POTATO FRITTATA

Serving Size: ¼ frittata

- 8 eggs
- 2 Tablespoons (30 mL) almond milk
- 1 Tablespoon (15 mL) olive oil
- ½ yellow onion, chopped (½ cup/120 mL)
- 1 green bell pepper, chopped (1 cup/240 mL)
- ½ cup (120 mL) chopped basil
- 1 cup (240 mL) roasted sweet potatoes cubes, diced

1. Heat oven to 375°F. Beat eggs with almond milk and set aside.
2. Heat olive oil in a medium non-stick, oven proof skillet and add onions and bell pepper. Let cook until softened, about 3-4 minutes. Add basil and sweet potatoes and cook until warmed through; pour egg mixture over the top and let the bottom cook 2 minutes.
3. Place skillet in oven to finish cooking the top for about 6-8 minutes.
4. Cut into wedges.

210 kcal, 15g Protein, 11g Carb, 190mg Sodium, 2g Fiber, 450mg Cholesterol, 14g Fat, 35g Saturated, 2g Sugar, 8% Calcium, 10% Iron

MAKE AHEAD:

- 1 cup roasted sweet potato cubes, diced *
see prep guide
- 2 cups marinara sauce **see prep guide*
- 4 cups cooked spaghetti squash * *see prep guide*
- ¼ cup mole sauce * *from Dinner #19*
- 1 lime, juiced (2 Tablespoons)
- 2 cups cooked quinoa
- 1½ cups oatmeal, blended until medium fine
- Cut vegetables: onion, bell pepper, kale

LUNCH: QUINOA & KALE SALAD with MOLE VINAIGRETTE

Serving Size: 2½ cups

- 1 bunch kale, chopped (6 cups/1.4 l)
- 1 Tablespoon (15 mL) olive oil
- Dash of kosher salt
- 2 cups (480 mL) cooked quinoa
- 1 (15 ounce/420 g) can black beans, rinsed and drained
- 1 cup (240 mL) corn kernels (frozen or from 1½ fresh ears)
- ¼ cup (60 mL) chopped cilantro
- ¼ cup (60 mL) pepitas

For mole vinaigrette:

- ¼ cup (60 mL) mole sauce * **from Dinner #19**
- 2 Tablespoons (30 mL) lime juice
- 1 Tablespoon (15 mL) olive oil

1. In a small bowl, whisk together mole vinaigrette ingredients.
2. In large bowl, massage kale with oil and salt until leaves are slightly softened. Add remaining ingredients and toss with vinaigrette.

380 kcal, 14g Protein, 45g Carb, 220mg Sodium, 11g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 3g Sugar, 6% Calcium, 25% Iron

DINNER: EGGPLANT MARINARA

Serving Size: ¼ prepared dish + ½ Tablespoon pepitas

- 1 large or 2 small eggplant
- 3 eggs, beaten
- 2 cloves garlic, minced
- 1½ cups (360 mL) oatmeal, blended medium fine
- ½ teaspoon (2.5 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 1 teaspoon (5 mL) dried oregano
- 2 Tablespoons (30 mL) grapeseed oil
- 1 Tablespoon (15 mL) olive oil
- 2 cups (480 mL) marinara sauce, warmed * *see prep guide*
- 4 cups (960 mL) cooked spaghetti squash, warmed * *see prep guide*

- 2 Tablespoons (30 mL) pepitas, lightly toasted and finely chopped
- 2 Tablespoons (30 mL) finely chopped basil
- Pinch of kosher salt

1. Slice eggplant into ½" slices. In a shallow bowl, combine eggs and garlic. In a second shallow bowl, combine oatmeal, salt, pepper, and oregano.
2. Dip eggplant slices into egg and then into seasoned oatmeal.
3. Heat a large non-stick skillet over medium heat and add oils; cook eggplant for about 2 minutes per side. Eggplant can also be cooked in a 425°F oven; drizzle oil over eggplant and bake 15 minutes.
4. Top with warmed marinara sauce and serve over spaghetti squash.
5. Combine toasted chopped pepitas with basil and salt and sprinkle over top to garnish.

480 kcal, 18g Protein, 55g Carb, 460mg Sodium, 15g Fiber, 225mg Cholesterol, 23g Fat, 4g Saturated, 17g Sugar, 8% Calcium, 20% Iron