



VEGETARIAN SPRING BODY RESET

MENU

DAY 1

Avocado Tomato Omelet
Peasant Bean Stew
Taco Salad

DAY 2

Toasted Oatmeal with Blueberries
Carrot Beet Salad
Vegetable Primavera

DAY 3

Basic Green Smoothie
Avocado Salad
Stovetop Kale Casserole

DAY 4

Avocado Omelet
Veggie Chili
Roasted Sweet Potatoes with Stewed Red Peppers

DAY 5

Toasted Oatmeal with Apples
Spring Mezze Plate
Broccoli Frittata with Romaine Salad

DAY 6

Basic Green Smoothie
Peasant Stew
Lime Quinoa with Kale

DAY 7

Avocado Scrambled Eggs
Shredded Kale Salad
Broccoli Soup



VEGETARIAN SPRING BODY RESET

DAY ONE

2 small yellow onions, cut into small dice
3 carrots, peeled and cut into small dice
2 carrots, grated
1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups/960 mL)
¾ head romaine lettuce, finely chopped (4 cups/960 mL)
2 lemons juiced (4½ Tablespoons juice – for the week)
3-4 limes juiced (6 Tablespoons juice – for the week)

DAY TWO

Make vinaigrette dressing (save half for Day 3 lunch)
Toast 6 cups oatmeal for breakfast Day 2 & Day 5 * *see Day 2 Breakfast for directions*
1 head romaine lettuce, chopped or torn into bite size pieces (6 cups)
2 carrots, peeled and diced
2 carrots, shredded
2 beets, peeled and shredded (store these alone!)
2 Tablespoons roughly chopped fresh thyme leaves
1 medium head of broccoli, cut into florets (2 cups)
1 red bell pepper, large dice

DAY THREE

Freeze 4 bananas (without peel) for breakfast smoothies (2 each for Days 3 and 6)
¾ head romaine lettuce, chopped (4 cups/960 mL)
2 red bell peppers, chopped
1 red bell pepper, sliced
1 small yellow onion, sliced
8 large kale leaves, cleaned and chopped (about a bunch)

DAY FOUR

1 small onion, chopped
1 small yellow onion, thinly sliced
½ yellow onion, sliced
1 red bell pepper, chopped
3 red bell peppers, thinly sliced
2 carrots, chopped small or grated

DAY FIVE

Roast red peppers **see directions, Day 5 Lunch*
4 medium carrots, cut into sticks
4 hard-boiled eggs, peeled and cut in half
1 red bell pepper, sliced
1 small yellow onion, thinly sliced
2 cups (475 mL) broccoli florets, chopped
¾ head romaine lettuce, chopped (4 cups/960 mL)



VEGETARIAN SPRING BODY RESET

DAY SIX

1 small yellow onion, cut into a small dice

½ onion, finely chopped

3 carrots, peeled and cut into small dice

1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups)

1 large bunch curly kale, de- stemmed and torn or chopped into pieces (4 cups)

2 cups cooked quinoa (prepared according to package directions)

DAY SEVEN

1 large bunch kale, shredded (4 cups)

½ small yellow onion, roughly chopped

2 heads broccoli, chopped



SPRING BODY RESET

VEGETARIAN WEEK 1

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
fresh herbs: thyme	1 sm bunch		<i>need 3 T. chopped leaves</i>
fresh herbs: parsley	6 bunches		
avocado	13		
medium tomatoes	16		
carrots	18		
kale	7 bunches		<i>6 bunches regular, 1 bunch curly</i>
romaine lettuce	4 bunches		
blueberries	2 pints	960 mL	
beets	2		
spring onion (green onion)	6 onions		
apples	13		<i>6 red, 7 green</i>
broccoli	4 heads		
red bell pepper	12		
mangoes	2		
bananas	4		
sweet potatoes	5		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
Italian Seasoning	3-1/2 Tblspns	52.5 mL	
tomato paste	1/2 c. + 1 Tbls	135 mL	
chili powder	7 teaspoons	35 mL	
almond milk, unsweetened	4-1/2 cups	1.1 l	
quinoa	2 cups	480 mL	
Canned beans: cannellini	11 (15 oz) cans	11 (420 g)	
Canned beans: pinto	5 (15 oz) cans	5 (420 g)	

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	2 cups	480 mL
Grapeseed Oil	1/2 cup + 1 Tblsp	135 mL
Veg Broth (gluten free)	19 cups	4.6 l
Kosher Salt & Black Pepper	8 tsp salt	40 mL
	7 tsp pepper	35 mL
Garlic Cloves (about 8 cloves per bulb)	28 cloves	
Cayenne Pepper	1/2 teaspoon	2.5 mL
Paprika	3 Tablespoons	45 mL
Cumin	3 Tablespoons	45 mL
Soy sauce (or just use vinegar)		
Dijon Mustard		
Nuts: pine nuts	3-3/4 cups	895 mL
Vinegar: white wine	1/4 cup	60 mL
Vinegar: balsamic		
Onion: Yellow	9	
Citrus: Lemon	3	
Citrus: Lime	4	
Eggs, organic	36	
Oatmeal (gluten free)	6 cups	1.4 l

WEEKLY NOTES

If you are making infused waters, add 7 lemons, 1 pint blueberries, and 3 bunches of cilantro to this shopping list (1 serving per day)

If you are making tea, add 21 green tea bags and 1 additional pint of blueberries (1 serving per day)



VEGETARIAN SPRING BODY RESET Week 1 Infused Waters

It is recommended to drink 64 ounces of water each day. If you're like me, I don't like the taste of plain water so I love creating new infused water recipes. Using ingredients from each week's menu, you will be able to create your own each day!

These recipes are using a large water pitcher or carafe (32 oz) but you can make them in smaller mason jars with lids.

All you have to do is slice the fruit you want to use and drop them into your water. Let sit for 4 hours. You can start drinking it right away, but you might not notice the flavors until it infuses for a few hours.

As long as you keep your water refrigerated, the fruit should stay fresh. If you are filling your pitcher with water throughout the week, keep in mind that it will dilute the flavor each time you refill. I would recommend drinking your water within 3-5 days and making a new batch once you notice that fruit has started to soften or turn your water cloudy.

LEMON + BLUEBERRY + CILANTRO

1 lemon, cleaned, sliced thin
¼ cup fresh blueberries, washed
Handful of cilantro, washed and diced

Add lemon, blueberries, and cilantro to 32 ounce pitcher. Fill to the top with water; refrigerate four hours for maximum flavor.

GREEN TEA + BLUEBERRY

3 green tea bags
¼ cup fresh blueberries, washed

In a medium saucepan, bring 4 cups (32oz) of water to a simmer. Take off heat, add three tea bags and let steep for 15 minutes. Add ice to cool down immediately or naturally let cool to room temperature. Take your large water pitcher or carafe and add ¼ cup of blueberries; add green tea and refrigerate four hours for maximum flavor.



VEGETARIAN SPRING BODY RESET: DAY 1

BREAKFAST: AVOCADO TOMATO OMELET

2 Tablespoons (30 mL) olive oil
8 large organic eggs, slightly beaten
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 ripe avocado, cut into slices
2 medium tomatoes, chopped

Optional: 4 green onion, chopped

1. Heat oil in a large non-stick frying pan and add eggs, salt, and pepper.
2. As the omelet cooks, use a spatula to pull the cooked areas away from the sides so the uncooked egg can flow down to the bottom of the pan.
3. When the top is nearly set, spread the avocado, tomato, and onions (if using) over half of the omelet and turn off the heat.
4. Don't worry if some of the egg in the very center isn't quite set, it will continue to cook.
5. Use your spatula to flip one half of the omelet over the other. Cut into four slices and serve immediately.

380 kcal, 15g Protein, 13g Carb, 270mg Sodium, 7g Fiber, 370mg Cholesterol, 31g Fat, 6g Saturated, 3g Sugar, 8% Calcium, 15% Iron

LUNCH: PEASANT BEAN STEW

2 Tablespoons (30 mL) grapeseed oil
1 small yellow onion, small dice
3 carrots, peeled, small dice
4 cloves of garlic, minced or pressed
4 cups (960 mL) low sodium vegetable broth
2 cups (480 mL) water
1 Tablespoon (15 mL) Italian seasoning
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups/960 mL)
2 (15 ounce/420 g) cans low sodium, organic cannellini beans, drained and rinsed

Note: You can double this recipe and save half for Lunch #6, or you can prepare as is and make a fresh batch on Day 6.

MAKE AHEAD

- **Cut vegetables: onion, carrots, kale**

1. Heat a large soup pot over medium heat and add oil. Once oil is hot, add in the onion, carrots, and garlic. Stir to combine and sweat the vegetables for 4-5 minutes.
2. Add in the broth, water, Italian seasoning, salt & pepper, kale, and beans— stir to combine. Simmer over medium heat for 5 minutes and serve warm.

290 kcal, 13g Protein, 44g Carb, 390mg Sodium, 12g Fiber, 0mg Cholesterol, 8g Fat, .05g Saturated, 7g Sugar, 25% Calcium, 25% Iron



VEGETARIAN SPRING BODY RESET: DAY 1

DINNER: TACO SALAD

For salad

3 Tablespoons (45 mL) extra virgin olive oil
1 small yellow onion, small dice
4 (15 oz/420 g) cans pinto beans, rinsed and drained
6 garlic cloves, minced
½ cup (120 mL) tomato paste
4 teaspoons (20 mL) chili powder
2 Tablespoon (30 mL) ground cumin
4 teaspoons (20 mL) paprika
1 teaspoon (5 mL) kosher salt
1 teaspoon (5 mL) black pepper
¾ head romaine lettuce, finely chopped (4 cups)
2 carrots, grated
2 medium tomatoes, cut into small dice
1 avocado, sliced

For dressing

2 Tablespoons (30 mL) olive oil
½ lemon, juiced to yield 1 Tablespoon (15 mL) lemon juice
¼ teaspoon (1.25 mL) black pepper
¼ teaspoon (1.25 mL) kosher salt

MAKE AHEAD

- ½ lemon, juiced (1 Tablespoon/15 mL)
- Cut vegetables: onion, carrot

1. Heat a large, non-stick sauté pan over medium-high heat and add oil. Once oil is hot, add onion and sauté until soft and translucent, 2-3 minutes.
2. Add in beans, garlic, tomato paste, chili powder, cumin, paprika, salt, and black pepper - stir to combine. Simmer over low heat until warmed through 5-7 minutes. **Reserve ½ of the taco mixture for Dinner #3.**
3. Toss lettuce, grated carrot, tomatoes, and avocado with dressing. Divide among four serving bowls.
4. Top salad mixture with ½ cup of the taco mixture.

Serving Size: 2 cups (480 mL) salad, ¾ Tablespoon (11 mL) dressing

Salad: 330 kcal, 12g Protein, 46g Carb, 540mg Sodium, 15g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11g Sugar, 15% Calcium, 30% Iron

Dressing: 60 kcal, 0gm Protein, 0gm Carbs, 120mg Sodium, 0g Fiber, 0mg Cholesterol, 7gm fat, 1gm Saturated, 0g Sugar, 0% Calcium, 0% Iron

VEGETARIAN SPRING BODY RESET: DAY 2

BREAKFAST: TOASTED OATMEAL WITH BLUEBERRIES

3 cups (720 mL) rolled oats (check for gluten free) – *can be made ahead*

1 pint (480 mL) blueberries

2 cups (480 mL) unsweetened almond milk

1. Preheat the oven to 400°F (204 C°).
2. Spread oatmeal on a rimmed baking sheet. Bake for 6-8 minutes, or until the oatmeal starts to brown. Watch closely it can burn easily.
3. Transfer to a large bowl and let cool to room temperature.
4. Fill four cereal bowls each with $\frac{3}{4}$ cup (180 mL) toasted oatmeal.
5. Top with $\frac{1}{2}$ cup (120 mL) blueberries and $\frac{1}{2}$ cup (120 mL) almond milk.

SERVING SIZE: $\frac{3}{4}$ cup (180 mL) oats, $\frac{1}{2}$ cup (120 mL) blueberries, $\frac{1}{2}$ cup (120 mL) milk

360 kcal, 12g Protein, 64g Carb, 90mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 10g Sugar, 15% Calcium, 20% Iron

LUNCH: CARROT BEET SALAD

For salad

1 head romaine lettuce, chopped or torn into bite size pieces (6 cups)

2 carrots, shredded

2 beets, peeled and shredded

1 cup (240 mL) pine nuts (or walnuts)

2 green onions

Basic vinaigrette * *see recipe below*

For basic vinaigrette

2 Tablespoons (15 mL) lime juice

$\frac{1}{4}$ cup (60 mL) grapeseed oil

$\frac{1}{2}$ teaspoon (2.5 mL) black pepper

2 garlic cloves, minced

$\frac{1}{4}$ teaspoon (1.25 mL) kosher salt

4 apples, whole or sliced

MAKE AHEAD

- Make dressing
- 2 Tablespoons lime juice
- Shred beets & carrots (store separately or beets will color carrots)

1. Combine vinaigrette ingredients and whisk well. **Reserve half for Lunch #3.**
2. Toss lettuce with remaining dressing.
3. Top with shredded carrots and beets.
4. Sprinkle with nuts.
5. Garnish with chopped spring onion.

SERVING SIZE: 1 $\frac{1}{2}$ cups (360 mL), dressed and topped with $\frac{1}{4}$ cup (60 mL) nuts

360 kcal, 8g Protein, 20g Carb, 350mg Sodium, 8g Fiber, 0mg Cholesterol, 29g Fat, 4.5g Saturated, 8g Sugar, 6% Calcium, 20% Iron

VEGETARIAN SPRING BODY RESET: DAY 2

DINNER: VEGETABLE PRIMAVERA

- 2 garlic cloves, minced
 - 2 Tablespoons (30 mL) fresh thyme leaves removed from stem and roughly chopped
 - ½ cup (120 mL) low sodium vegetable broth
 - ¼ teaspoon (1.25 mL) black pepper
 - ½ teaspoon (2.5 mL) kosher salt
 - 2 Tablespoons (30 mL) olive oil
 - 1 medium head broccoli, cut into florets (2 cups)
 - 2 carrots, peeled and diced
 - 1 red bell pepper, large dice
 - 1 can (15 oz/420 g) cannellini beans
 - 2 cups (480 mL) cooked quinoa
 - ½ cup (120 mL) toasted pine nuts (or walnuts)
- 2 mangos cut into slices for dessert

MAKE AHEAD:

- Cook quinoa
- Cut vegetables: broccoli, carrots, bell pepper

1. Heat a large, nonstick sauté pan over low-medium heat. Whisk together the garlic, thyme, broth, salt and pepper. Simmer gently for about 5 minutes. Taste and adjust seasoning. Remove from heat and set aside.
2. In the same pan, heat olive oil; add vegetables and cook 3-4 minutes.
3. Return sauce to pan, add beans and quinoa and gently toss to combine. Top with toasted nuts and serve warm with a side of mangoes.

VEGETABLE PRIMAVERA SERVING SIZE: 2 cups (480 mL)

360 kcal, 10g Protein, 36g Carb, 380mg Sodium, 11g Fiber, 0mg Cholesterol, 20g Fat, 3.5g Saturated, 5g Sugar, 10% Calcium, 30% Iron
MANGO: ½ mango

100kcal, 1g Protein, 25g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 23g Sugar, 2% Calcium, 2% Iron



VEGETARIAN SPRING BODY RESET: DAY 3

BREAKFAST: BASIC GREEN SMOOTHIE

1 large bunch kale to yield 4 cups (960 mL)
2 cups (480 mL) parsley
3 green apples
2 frozen bananas (ripe)
½ cup (80 mL) pine nuts
Water/liquid/ice

**Need a little protein? Add some high quality protein powder to the mix (we love Vega and Jarrow Plant Protein).*

Puree ingredients without ice to desired consistency and then add ice and blend 30 seconds more.

SERVING SIZE: 10 – 12 ounces (300-360 mL) depending on amount of liquid used

300 kcal, 6g Protein, 58g Carb, 55mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 33g Sugar, 20% Calcium, 25% Iron

LUNCH: AVOCADO SALAD

For salad

1 Tablespoon (15 mL) grapeseed oil
¼ teaspoon (1.25 mL) cumin
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
2 (15 oz/420 g) cans organic cannellini beans, drained and rinsed
¾ head romaine lettuce, chopped (4 cups/960 mL)
Vinaigrette dressing from Lunch #2
2 avocados, peeled, pitted and cut in half
2 red bell peppers, chopped
2 medium tomatoes, chopped

MAKE AHEAD

- Vinaigrette * from Lunch #2
- Cut vegetables: romaine, red pepper

1. In a medium bowl, combine grapeseed oil, cumin, salt and pepper and toss with beans.
2. In a large bowl, toss romaine lettuce with vinaigrette dressing.
3. Place a layer of dressed romaine on each plate.
4. Top with an avocado half.
5. Spoon beans into center of avocado halves and along the side.
6. Garnish with tomatoes and red peppers.

Serving Size: 1 cup (240 mL) lettuce, ½ Avocado, ¾ cup (180 mL) beans, ½ pepper, ½ tomato

340 kcal, 12g Protein, 41g Carb, 190mg Sodium, 15g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 7g Sugar, 10% Calcium, 20% Iron

VEGETARIAN SPRING BODY RESET: DAY 3

DINNER: STOVETOP KALE CASSEROLE

- 1 Tablespoon (15 mL) olive oil
- 1 small yellow onion, sliced
- 1 red bell pepper, sliced
- 8 large kale leaves, cleaned and chopped (about a bunch)
- Taco mixture * **from Dinner #1**
- 1 cup (240 mL) low sodium vegetable broth

MAKE AHEAD

- Taco mixture * *from Dinner #1*
- Cut vegetables: onion, bell pepper

1. Heat oil in a medium skillet over medium heat. Add onion and pepper and cook 3-4 minutes.
2. Add kale and sauté until wilted, about 3-4 minutes.
3. Add taco mixture & broth and cook a few minutes until warmed through.
4. Cover, turn off heat, and let sit for 5 minutes.

SERVING SIZE: ¼ prepared dish

420 kcal, 16g Protein, 16g Carb, 610mg Sodium, 19g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 15g Sugar, 30% Calcium, 35% Iron



VEGETARIAN SPRING BODY RESET: DAY 4

BREAKFAST: AVOCADO OMELET

2 Tablespoons (30 mL) olive oil
8 large organic eggs, slightly beaten
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
2 ripe avocados, cut into slices

1. Heat oil in a large non-stick frying pan and add eggs, salt, and pepper.
2. As the omelet cooks, use a spatula to pull the cooked areas away from the sides so the uncooked egg can flow down to the bottom of the pan.
3. When the top is nearly set, spread the avocado over half of the omelet and turn off the heat.
4. Don't worry if some of the egg in the very center isn't quite set - it will continue to cook.
5. Use your spatula to flip one half of the omelet over the other. Cut into four slices and serve immediately.

SERVING SIZE: ¼ prepared omelet

380 kcal, 15g Protein, 13g Carb, 270mg Sodium, 7g Fiber, 370mg Cholesterol, 31g Fat, 6 Saturated, 3g Sugar, 8% Calcium, 15% Iron

LUNCH: VEGGIE CHILI

2 Tablespoons (30 mL) olive oil
1 small onion, chopped
1 red bell pepper, chopped
2 sweet potatoes, cut into small cubes
2 carrots, chopped small or grated
4 cloves garlic, minced
2 teaspoons (10 mL) cumin
1 Tablespoon (15 mL) chili powder
1 (15 oz/420 g) can pinto beans, drained and rinsed
3 medium tomatoes, chopped
1 Tablespoon (15 mL) tomato paste
2 Tablespoons (30 mL) white wine vinegar
4 cups (960 mL) low sodium vegetable broth
½ teaspoon (2.5 mL) kosher salt & a pinch of black pepper
¼ cup (60 mL) pine nuts (or cashews), finely chopped

Garnish: ¼ cup (60 mL) chopped parsley

MADE AHEAD

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

1. Heat a large skillet over medium heat and add oil. Once oil is hot, add onion, peppers, sweet potatoes and carrots. Cook 4-5 minutes until soft.
2. Add the garlic, cumin, and chili powder.
3. Add beans, tomatoes, tomato paste, vinegar, broth, salt, and pepper.
4. Add nuts and simmer about 5 minutes until the vegetables are soft.
5. Divide into four serving bowls, garnish with chopped parsley.

SERVING SIZE: 2 cups (480 mL)

300 kcal, 10g Protein, 39g Carb, 560mg Sodium, 9g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 9g Sugar, 10% Calcium, 20% Iron



VEGETARIAN SPRING BODY RESET: DAY 4

DINNER: ROASTED SWEET POTATOES W/ STEWED RED PEPPERS & TOMATO ONION SALAD

½ teaspoon each (2.5 mL) kosher salt and black pepper
1½ Tablespoons each (22.5 mL) paprika and Italian seasoning
3 sweet potatoes, peeled and cut into 1" discs
2 Tablespoons (30 mL) extra-virgin olive oil
1 small yellow onion, thinly sliced
3 red bell peppers, thinly sliced
3 garlic cloves, minced or pressed
1 Tablespoon (15 mL) red wine vinegar or white wine vinegar (sherry vinegar if you have it on hand - it tastes the best)
1½ cups (360 mL) low sodium vegetable broth
1 Tablespoon (15 mL) fresh thyme, leaves removed from stems and roughly chopped
¼ teaspoon each (1.25 mL) kosher salt and black pepper
1 Tablespoon (15 mL) fresh, finely chopped parsley or cilantro

MAKE AHEAD

- 1 Tablespoon (15 mL) lime juice
- Cut vegetables: onion, bell pepper

For roasted sweet potatoes with stewed red peppers

1. In a small bowl, combine salt & pepper, paprika, and Italian seasoning.
2. Toss seasoning mix with sweet potatoes.
3. Arrange sweet potatoes on a parchment lined baking sheet. Roast at 400°F for 20 minutes.
4. Meanwhile, heat a large, nonstick sauté pan over medium heat and add 2 Tablespoons oil.
5. Add sliced onions and bell peppers to the pan, sauté for 2-3 minutes or until the peppers become soft. Add in garlic, vinegar, broth, thyme, and salt & pepper – stir to combine.
6. Simmer for 5 minutes.
7. Remove sweet potato from oven. Transfer to dinner plates.
8. Top with stewed peppers and onions.
9. Sprinkle with parsley or cilantro.

For tomato and onion salad

½ small avocado, chopped
½ cup (120 mL) parsley or cilantro, roughly chopped
1 Tablespoon (15 mL) lime juice
2 Tablespoons (30 mL) olive oil
Pinch of kosher salt
3 tomatoes, quartered
½ yellow onion, sliced
1 (15 oz/420 g) can cannellini beans, drained and rinsed

For tomato and onion salad

1. Combine avocado, parsley, lime juice, olive oil, and salt in a food processor and blend until smooth. Add water 1 teaspoon at a time, if needed to thin to desired consistency.
2. Gently toss tomatoes, onion, and beans with dressing to coat. Serve immediately.

SERVING SIZE: ¼ prepared dish

190 kcal, 3g Protein, 28g Carb, 470mg Sodium, 6Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 9g Sugar, 6% Calcium, 6% Iron

TOMATO ONION SALAD - SERVING SIZE: about 1 cup (240 mL)

200 kcal, 6g Protein, 20g Carb, 65mg Sodium, 6g Fiber, 0mg Cholesterol, 11g Fat, 1g Saturated, 4g Sugar, 4% Calcium, 8% Iron

VEGETARIAN SPRING BODY RESET: DAY 5

BREAKFAST: TOASTED OATMEAL WITH APPLES

3 cups (720 mL) rolled oats – **can be baked ahead**
 2 medium apples, peeled and diced
 2 cups (480 mL) unsweetened almond milk

1. Preheat the oven to 350°F (177°F).
2. Spread oatmeal on baking sheet. Bake for 6 to 8 minutes, or until the oatmeal starts to brown. Transfer to a large bowl and let cool to room temperature.
3. Fill four cereal bowls each with $\frac{3}{4}$ cup (180 mL) toasted oatmeal. Top with $\frac{1}{2}$ a diced apple and $\frac{1}{2}$ cup (120 mL) almond milk.

SERVING SIZE: $\frac{3}{4}$ cup (180 mL) oats, $\frac{1}{2}$ cup (120 mL) apples, $\frac{1}{2}$ cup (120 mL) almond milk
 360 kcal, 12g Protein, 64g Carb, 90mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1 Saturated, 10g Sugar, 15% Calcium, 20% Iron

LUNCH: SPRING MEZZE PLATE

For roasted red pepper hummus (for 2 meals)

1 (15 oz/420 g) can organic cannellini beans, drained and rinsed
 3 red bell peppers, roasted and peeled with seeds removed *
 1 garlic clove
 1 Tablespoon (15 mL) lemon juice
 Pinch of cayenne pepper
 1 teaspoon (5 mL) kosher salt
 $\frac{1}{4}$ cup (60 mL) olive oil

MAKE AHEAD

- **2 Tablespoons (30 mL) lime juice**

For roasted red pepper hummus

1. In the bowl of a food processor, combine beans, 2 roasted red peppers (**save one roasted bell pepper for Lunch #7**), garlic, lemon juice, cayenne, and salt. Pulse to combine into a paste.
2. With the processor running, slowly drizzle in the olive oil until smooth. More olive oil or water can be added to achieve the desired consistency. **Reserve half for Dinner #7.**

For guacamole

Mash all ingredients together in a bowl until smooth, but still a little chunky. Squeeze a little additional lime juice on top to prevent discoloring. Serve dippers with hummus and guacamole.

** Lunch Kitchen note:*

Peppers can be roasted over an open flame on the stovetop or grill. Char them on all sides until they look black and burnt. Place in a bowl and cover with plastic wrap, let steam for 10 minutes. Remove peel, stem, and seeds over the sink – it's a messy job.

For guacamole

2 avocados, mashed
 2 garlic cloves, minced
 1 Tablespoon (15 mL) lime juice
 $\frac{1}{4}$ teaspoon (1.25 mL) cayenne
 $\frac{1}{2}$ teaspoon (2.5 mL) kosher salt
 $\frac{1}{2}$ teaspoon (2.5 mL) black pepper

Serve with dippers;

4 medium carrots, cut into sticks
 4 hard-boiled eggs, peeled and cut in half
 1 red bell pepper, sliced

RD PEPPER HUMMUS - SERVING SIZE: $\frac{1}{4}$ cup (60 mL)

110 kcal, 3g Protein, 8g Carb, 15mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1 Saturated, 2g Sugar, 2% Calcium, 4% Iron

GUACAMOLE - SERVING SIZE: $\frac{1}{4}$ cup (60 mL)

160 kcal, 2g Protein, 10g Carb, 250mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 2 Saturated, 1g Sugar, 2% Calcium, 4% Iron

DIPPERS - SERVING SIZE: 1 carrot, 1 egg, $\frac{1}{4}$ pepper

110 kcal, 8g Protein, 11g Carb, 125mg Sodium, 3g Fiber, 225mg Cholesterol, 5g Fat, 1.5 Saturated, 6g Sugar, 4% Calcium, 4% Iron



VEGETARIAN SPRING BODY RESET: DAY 5

DINNER: BROCCOLI FRITTATA with ROMAINE SALAD

For broccoli frittata

1 Tablespoon (15 mL) extra-virgin olive oil
1 small yellow onion, thinly sliced
2 cups (475 mL) broccoli florets, chopped
8 large eggs
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
¼ cup (60 mL) parsley, finely chopped

For romaine salad

¾ head romaine, chopped (4 cups /960 mL)
1 Tablespoon (15 mL) olive oil
2 teaspoons (10 mL) vinegar of choice
Dash (.63 mL) of kosher salt
Dash (.63 mL) of freshly ground black pepper
½ cup (120 mL) toasted pine nuts or walnuts

MAKE AHEAD

- Cut vegetables: onion, broccoli, romaine

DIRECTIONS

For broccoli frittata

1. Preheat oven to 400°F (204°C).
2. Heat oil in an oven safe skillet over medium heat. Add onion and sauté 3 minutes. Add broccoli and cook for an additional minute.
3. Beat eggs gently with salt, pepper, and 1½ Tablespoons (22.5 mL) of water.
4. Pour eggs over vegetable mixture and cook for 5-6 minutes until sides are set, but eggs are still runny in the center.
5. Place in oven and cook for 10-12 minutes until cooked through.
6. Invert onto plate and slice into 4 even portions. Top with chopped parsley.

For romaine salad

Combine romaine with oil, vinegar, salt, and pepper and toss to coat. Divide onto 4 plates and top with nuts.

BROCCOLI FRITTATA - SERVING SIZE: ¼ prepared frittata

220 kcal, 15g Protein, 11g Carb, 300mg Sodium, 4g Fiber, 370mg Cholesterol, 13g Fat, 3.5 Saturated, 4g Sugar, 10% Calcium, 15% Iron

ROMAINE SALAD - SERVING SIZE: 1 cup (240 mL) greens, 1/8 cup nuts (30 mL)

170 kcal, 3g Protein, 5g Carb, 70 mg Sodium, 3g Fiber, 0mg Cholesterol, 15g Fat, 3 Saturated, 1g Sugar, 2% Calcium, 10% Iron



VEGETARIAN SPRING BODY RESET: DAY 6

BREAKFAST: BASIC GREEN SMOOTHIE

1 bunch kale, chopped (4 cups/960 mL)
2 cups (475 mL) parsley
4 green apples
2 frozen bananas (ripe)
½ cup (80 mL) pine nuts
Water/liquid/ice

**Need a little protein? Add some high quality protein powder to the mix (we love Vega and Jarrow Plant Protein).*

Add ice and blend to desired consistency, makes four servings.

SERVING SIZE: 10 – 12 ounces (300-360 mL) depending on amount of liquid used

300 kcal, 6g Protein, 58g Carb, 55mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 33g Sugar, 20% Calcium, 25% Iron

LUNCH: PEASANT STEW

2 Tablespoons (30 mL) grapeseed oil
1 small yellow onion, cut into a small dice
3 carrots, peeled and cut into small dice
4 cloves of garlic, minced or pressed
4 cups (950 mL) low sodium vegetable broth
2 cups (475 mL) water
1 Tablespoon (15 mL) Italian seasoning
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups)
2 (15 ounce/425 g) cans low sodium, organic cannellini beans, drained and rinsed

MAKE AHEAD

- **Cut vegetables: onion, carrots, kale**

1. Heat a large soup pot over medium heat and add oil. Once oil is hot, add in the onion, carrots, and garlic. Stir to combine and sweat the vegetables for 4-5 minutes.
2. Add in the broth, water, Italian seasoning, salt & pepper, kale, beans– stir to combine. Simmer over medium heat for 5 minutes and serve warm.

SERVING SIZE: 2 cups

290 kcal, 13g Protein, 44g Carb, 390mg Sodium, 12g Fiber, 0mg Cholesterol, 8g Fat, .05g Saturated, 7g Sugar, 25% Calcium, 25% Iron

VEGETARIAN SPRING BODY RESET: DAY 6

DINNER: LIME QUINOA with KALE

For lime quinoa

1 Tablespoon (15 mL) olive oil
 ½ yellow onion, finely chopped
 1 (15 oz/420 g) can cannellini beans, drained and rinsed
 2 cups (480 mL) cooked quinoa
 ¼ cup (60 mL) chopped parsley
 2 Tablespoons (30 mL) lime juice
 ¼ teaspoon (1.25 mL) kosher salt
 ¼ teaspoon (1.25 mL) ground black pepper
 Pinch of crushed red pepper, optional

For kale

1 large bunch curly kale, de-stemmed and torn or chopped into pieces (4 cups)
 1 Tablespoon (15 mL) olive oil
 ¼ teaspoon (1.25 mL) kosher salt
 1 Tablespoon (15 mL) fresh lemon juice
 1 ripe avocado, peeled, pitted & mashed
 ¼ teaspoon (1.25 mL) black pepper
 1 medium tomato, sliced

MAKE AHEAD

- 2 cups (480 mL) cooked quinoa
- 2 Tablespoons (30 mL) lime juice
- 1 Tablespoon (15 mL) lemon juice

For lime quinoa

1. Heat oil in large skillet over medium heat. Add onion and sauté 2-3 minutes.
2. Add beans and quinoa and cook until warmed through.
3. Remove from heat and add remaining ingredients. Toss to combine.

For kale

1. Place kale in a large serving bowl.
2. Combine olive oil, salt, and lemon juice and add to kale.
3. With clean hands, massage kale for a few minutes, or until leaves are soft and tender.
This is a great job for kids!
4. Add the mashed avocado and give one more quick “massage.”
5. Sprinkle with black pepper and serve immediately with sliced tomato.

Check out this cool blog for a step by step kale tutorial:

<http://www.fortheloveoffoodblog.com/how-to-make-massaged-kale-salad/>

Lime Quinoa

220 kcal, 9g Protein, 33g Carb, 160mg Sodium, 6g Fiber, 0mg Cholesterol, 6g Fat, 0.5 Saturated, 2g Sugar, 4% Calcium, 15% Iron

Massaged Kale - SERVING SIZE: 1-1/4 cups (300 mL)

150 kcal, 3g Protein, 13g Carb, 150mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1.5 Saturated, 1g Sugar, 10% Calcium, 8% Iron



VEGETARIAN SPRING BODY RESET: DAY 7

BREAKFAST: AVOCADO SCRAMBLED EGGS

2 Tablespoons (30 mL) olive oil
8 large organic eggs, slightly beaten
¼ teaspoon (1.25 mL) kosher salt

¼ teaspoon (1.25 mL) black pepper
2 ripe avocados, cut into small dice
2 medium tomatoes, sliced

1. Heat oil in a large non-stick frying pan and add eggs, salt, and pepper.
2. Cook over medium heat until just barely set, gently stir in avocado. Continue to cook until desired consistency (eggs will continue to cook when removed from heat). Divide into four portions and top with sliced tomatoes.

SERVING SIZE: ¼ prepared eggs

380 kcal, 15g Protein, 13g Carb, 270mg Sodium, 7g Fiber, 370mg Cholesterol, 31g Fat, 6g Saturated, 3g Sugar, 8% Calcium, 15% Iron

LUNCH: SHREDDED KALE SALAD

For shredded kale salad

2 Tablespoons (30 mL) olive oil
1½ Tablespoons (22.5 mL) lemon juice
¼ teaspoon (1.25 mL) kosher salt
Dash of black pepper
1 large bunch kale, shredded (4 cups/960 mL)
1 medium avocado, diced
1 medium tomato, diced
1 roasted bell pepper, thinly sliced ** from Lunch #5*
½ cup (120 mL) pine nuts

For blueberries

1 pint (475 mL) fresh blueberries
½ cup (120 mL) almond milk

MAKE AHEAD

- 1 roasted bell pepper ** from Lunch #5*
- 1½ Tablespoons/22.5 mL lemon juice

For shredded kale salad & blueberries

1. Whisk together olive oil, lemon juice, salt, and pepper in a large bowl.
2. Add kale and toss to coat leaves with dressing.
3. Massage kale with fork and/or spoon for 2-3 minutes to soften leaves.
4. Divide kale into four bowls and top with avocado, tomato, bell pepper and pine nuts.
5. Serve with a side of blueberries topped with a bit of almond milk.

SHREDDED KALE SALAD - SERVING SIZE: 3 cups (720 mL)

320 kcal, 6g Protein, 19g Carb, 170mg Sodium, 9g Fiber, 0mg Cholesterol, 26g Fat, 4.5g Saturated, 3g Sugar, 15% Calcium, 15% Iron

BLUEBERRIES & ALMOND MILK - SERVING SIZE: ½ cup (120 mL) blueberries, 1/8 cup (30 mL) almond milk

50 kcal, 1g Protein, 12g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 2% Iron



VEGETARIAN SPRING BODY RESET: DAY 7

DINNER: BROCCOLI SOUP

1 Tablespoon (15 mL) olive oil
½ small yellow onion, roughly chopped
2 heads broccoli florets, chopped
2 Tablespoons (30 mL) pine nuts
½ teaspoon (2.5 mL) kosher salt
½ teaspoon (2.5 mL) black pepper
4 cups (960 mL) low-sodium vegetable broth
1 lemon or lime, quartered, optional
additional teaspoon olive oil for serving, optional

MAKE AHEAD

- Red pepper hummus * *from Lunch #5*
- Cut vegetables: onion, broccoli

For broccoli soup

1. Heat the oil in a 5-quart (4.75 l) stockpot or Dutch oven over medium heat.
2. Add the onion and sauté until tender, about 4 minutes.
3. Add broccoli, pine nuts, salt and pepper. Cook for 3-4 minutes. Add broth and bring to simmer.
4. Transfer the soup to a blender or food processor in batches and puree until smooth.
5. Transfer back to pot and bring to simmer.
6. Serve warm with an extra drizzle of olive oil and squeeze of lemon or lime juice, if desired. Serve with a side of Red Pepper Hummus and leftover veggies for dipping.

BROCCOLI SOUP - SERVING SIZE: about 2 cups (480 mL)

150 kcal, 6g Protein, 14g Carb, 420mg Sodium, 6g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 2g Sugar, 8% Calcium, 10% Iron

RED PEPPER HUMMUS - SERVING SIZE: ¼ cup (60 mL)

110 kcal, 3g Protein, 8g Carb, 15mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 2% Calcium, 4% Iron