2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

MENU

DAY 15
Oatmeal to Go
Bean Salad
Slow Cooker Chicken Cacciatore

DAY 16
Banana Nut Smoothie
Chicken Cacciatore
Peppered Salmon with Gingered Lentils & Spinach

DAY 17
Veggie Eggs with Walnut Pesto
Salmon Salad
Roast Pork Tenderloin with Kabocha & Green Beans

DAY 18
Oatmeal to Go
Pork Salad
Chicken & Lentil Soup

DAY 19
Veggie Eggs with Walnut Pesto
Chicken & Lentil Soup
Ginger Pork Stir Fry

DAY 20
Banana Nut Smoothie
Ginger Pork Stir Fry
Veggie Shepherd's Pie

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

PREP GUIDE

FOR THE WEEK

- Roast kabocha squash * *see recipe below*
- 3 cups cooked brown rice prepared according to package directions
- 2¾ cups cooked lentils prepared according to package directions
- 1 lemon, zested & juiced (2½ Tablespoons juice, ¾ teaspoon lemon zest)

Day 15

- 1 egg, hard boiled
- 2 Tablespoons finely chopped yellow onion
- ¼ yellow onion, sliced
- ¼ bell pepper, diced small (¼ cup)
- ¾ bell pepper, sliced
- 2 ounces green beans, trimmed and cut into 2" pieces (⅓ cup)
- 2½ ounces brown mushrooms, wiped clean and sliced (¾ cup)

Day 16

- No prep

Day 17

- Make walnut pesto * *see recipe below*
- 2 Tablespoons chopped yellow onion
- ¼ bell pepper, diced small (¼ cup)
- ½ bell pepper, sliced thin
- ¼ cup chopped broccoli
- 2½ ounces green beans, trimmed and cut into 2 inch pieces (½ cup)

Day 18

- ¼ yellow onion, diced (¼ cup)
- 1½ carrots, peeled and diced (¾ cup)
- 2 stalks celery, diced (1 cup)

Day 19

- ⅓ yellow onion, diced (⅓ cup)
- ¼ bell pepper, diced small (¼ cup)
- ⅓ head broccoli, small florets (1¼ cups)
- ¼ cup chopped broccoli
- 1-2" fresh ginger, grated (2¼ teaspoons)
- ¾ carrot, peeled and sliced (⅓ cup)

Day 20

- ¼ yellow onion, chopped (¼ cup)
- ½ carrot, peeled and chopped (¼ cup)
- ½ stalk celery, chopped (¼ cup)
- 2 ounces mushrooms, chopped (¾ cup)

Basil Walnut Pesto

½ garlic clove
1 Tablespoon walnuts
½ cup basil leaves
2¼ teaspoons olive oil
pinch of kosher salt and black pepper
water to adjust consistency

Puree ingredients in a small food processor.

Roasted Kabocha Squash

¼ kabocha quash
¾ teaspoon olive oil
Dash of kosher salt

1. Preheat oven to 400°F.
2. Peel and seed squash and cut into 1" cubes. Toss with oil and salt and roast for 25 minutes in preheated oven.
3. Cool slightly, mash, and refrigerate until needed.

CLASSIC & CLASSIC FOR ONE

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2016 FALL BODY RESET
Week 3

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
chicken thighs (skinless)	4-1/2 pounds	2-1/4 pounds	1-1/4 pounds	23	
salmon fillets	2-1/2 pounds	1-1/4 pounds	2/3 pound	25	
pork tenderloin	4-1/4 pounds	2-1/4 pounds	1-1/4 pounds	23	

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
bananas	10	5	3	5	
kabocha squash	3	2	1	6	
green beans	18 ounces	9 ounces	5 ounces	3	
bell peppers (any color)	8	4	2	8	
yellow onion	6	3	2	6	
tomatoes	2	1	1	1	
parsley	1 bunch	1 bunch	1 bunch	1.5	
mushrooms (brown)	1-1/4 pounds	2/3 pound	1/3 pound	8	
spinach	2 pounds	1 pound	1/2 pound	5	
broccoli	2 heads	1 head	1 head	4	
basil	3 bunches	2 bunches	1 bunch	4.5	
lemons	3	2	1	1.5	
pears	10	5	3	5	
carrots	11	6	3	2.5	
celery	10 stalks	5 stalks	3 stalks	2	
fresh ginger	4"	3"	2"	2	
orange	8	4	2	4	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
baking powder	4 teaspoons	2 teaspoons	1 teaspoon	1	
cinnamon	5 teaspoons	2-1/2 teaspoons	1-1/4 tsp	1	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	2	
crushed tomatoes	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	4.5	*low sodium*
balsamic vinegar	1/4 cup	3 Tablespoons	1 Tablespoon	2	
lentils	6-1/2 cups	3-1/4 cups	1-2/3 cups	6.5	
soy sauce	6 Tablespoons	3 Tablespoons	1-1/2 Tblspns	2	
cocoa powder	2 Tablespoons	1 Tablespoon	1/2 Tblspn	1	*optional*

PANTRY INGREDIENTS					
Olive Oil	1-2/3 cups	1 cup	1/2 cup		
white wine vinegar	2 Tablespoons	1 Tablespoon	1/2 Tblspn		
almond milk	56 fl oz	28 fl oz	14 fl oz		
Dijon mustard	2 teaspoons	1 teaspoon	1/2 teaspoon		
Garlic cloves	21 cloves	11 cloves	6 cloves		
Herbes de Provence	7 teaspoons	3-1/2 tsps	1-3/4 tsps		
eggs	20	10	5		
cumin					
cayenne					
paprika	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
chicken broth	8-1/4 cups	4-1/4 cups	2-1/4 cups		
brown rice	6 cups	3 cups	2 cups		
tomato paste	1-1/2 Tblspns	1 Tablespoon	1/2 Tblspn		
oregano					
kosher salt	5 teapsoons	2-1/2 tsp	1-1/4 tsp		
black pepper	3-3/4 teaspoons	2 teapsoons	1 teaspoon		
nuts: walnuts	1-1/4 cups	2/3 cup	1/3 cup		
canned beans - pinto	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 15 ■

BREAKFAST: Oatmeal to Go (make ahead for Day #15 & #18)

1 cup raw old fashioned oats, ground
1 teaspoon baking powder
1¼ teaspoons cinnamon
1 banana, mashed
¾ cup roasted kabocha squash, mashed **see prep guide*
½ teaspoon vanilla
¼ cup almond milk

1 orange, sliced

Heat oven to 375°F. Combine all ingredients and put into muffin tins. Bake for 15-20 minutes. Makes about 7-8 muffins. **Save half for Day #18**, serve remaining muffins with a side of sliced oranges.

Serving Size 3-4 muffins: 230 kcal, 6g Protein, 46g Carb, 290mg Sodium, 6g Fiber, 0mg Cholesterol, 3.5g Fat, 0.5g Saturated, 10g Sugar, 10% Calcium, 10% Iron
Oranges: 60 kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

■ DAY 15 ■

LUNCH: Bean Salad (make the night before or morning of)

2 ounces green beans, trimmed and cut into 2" pieces (⅓ cup)
½ (15 ounce) can pinto beans, rinsed and drained
¼ bell pepper, diced small (¼ cup)
2 Tablespoons finely chopped yellow onion
½ tomato, chopped (⅓ cup)
½ Tablespoon cider or wine vinegar
½ Tablespoon olive oil
Dash of Herbes de Provence
1 Tablespoon chopped parsley
Dash of kosher salt
Pinch of black pepper

1 boiled egg, sliced

Toss all ingredients together and let marinate until ready to eat. Top with sliced egg immediately before serving.

330 kcal, 17g Protein, 39g Carb, 240mg Sodium, 12g Fiber, 215mg Cholesterol, 12g Fat, 2.5g Saturated, 6g Sugar, 15% Calcium, 25% Iron

■ DAY 15 ■

DINNER: Slow Cooker Chicken Cacciatore

¾ pound skinless chicken thighs
¾ teaspoon olive oil (if cooking in the oven)
¼ yellow onion, sliced
¾ bell pepper, sliced
2½ ounces brown mushrooms, wiped clean and sliced (¾ cup)
½ (15 ounce) can low sodium crushed tomatoes
¼-½ teaspoon tomato paste
1 Tablespoon balsamic vinegar
½ teaspoon Herbes de Provence or oregano
¾ clove garlic, minced
Pinch of kosher salt
Pinch of black pepper

¾ cup cooked brown rice, warmed * ***see prep guide***

To cook cacciatore in crockpot:

1. Put chicken thighs in a crockpot, top with onion, peppers, and mushrooms.
2. Combine remaining ingredients (tomatoes through black pepper) and pour over chicken. Cook 3-4 hours on high or 7-8 hours on low.
3. **Save half for Lunch Day #16**, serve remaining chicken over warmed rice.

To cook cacciatore in oven:

1. Preheat oven to 375°F. On the stovetop, brown thighs in ¾ teaspoon olive oil in an oven proof stock pot over medium heat. Once thighs are browned on each side remove pot from heat and add onion, bell pepper, and mushrooms.
2. Combine remaining ingredients (tomatoes through black pepper) and pour over vegetables.
3. Place covered pot in preheated oven and cook for 35-45 minutes.
4. **Save half for Lunch Day #16**, serve remaining chicken over warmed rice.

Chicken Cacciatore: 290 kcal, 38g Protein, 15g Carb, 260mg Sodium, 4g Fiber, 135mg Cholesterol, 8g Fat, 1.5g Saturated, 7g Sugar,2 % Calcium, 10% Iron
Brown Rice: 160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 4% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 16 ■

BREAKFAST: Banana Nut Smoothie

1 Tablespoon raw old fashioned oats
¾ ounce spinach (½ cup)
¾ banana
¾ cup almond milk
1½ Tablespoons walnuts
¾ cup ice
¾ teaspoon cocoa powder, optional

Blend oats to a powder then add remaining ingredients and blend. Add additional water if needed to reach desired consistency.

200 kcal, 4g Protein, 28g Carb, 120mg Sodium, 5g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 12g Sugar, 25% Calcium, 10% Iron

■ DAY 16 ■

LUNCH: Chicken Cacciatore

Leftover chicken cacciatore, warmed * ***from Dinner Day #15***
¾ cup cooked brown rice, warmed * *see prep guide*

Serve leftover chicken over warmed rice.

Chicken Cacciatore: 290 kcal, 38g Protein, 15g Carb, 260mg Sodium, 4g Fiber, 135mg Cholesterol, 8g Fat, 1.5g Saturated, 7g Sugar,2 % Calcium, 10% Iron
Brown Rice: 160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY 16 ■

DINNER: Peppered Salmon with Gingered Lentils & Spinach

For salmon
¾ teaspoon olive oil
⅔ pound salmon fillets
Dash of kosher salt
Dash of black pepper
Dash of paprika

For spinach & lentils
¾ teaspoon olive oil
½ clove garlic, minced
⅓ teaspoon grated ginger
2 ounces spinach (1¼-1½ cups)
¾ cup cooked lentils * ***see prep guide***
½ Tablespoon low-sodium soy sauce

1. For salmon, heat a non-stick skillet over medium-high heat and add oil.
2. Season salmon with salt, pepper, and paprika and put in skillet for about 3 minutes. Turn and cook an additional 3 minutes until done to your liking. **Save half for Lunch Day #17**. Serve remaining salmon with spinach and lentils.

Meanwhile

1. For spinach and lentils, heat a skillet over medium heat and add olive oil and garlic. Add spinach and cook until just starting to wilt.
2. Add lentils, ginger, and soy sauce and heat until warmed through; serve with salmon.

Salmon: 220 kcal, 31g Protein, 0g Carb, 210mg Sodium, 0g Fiber, 65mg Cholesterol, 10g Fat, 2g Saturated, 0g Sugar,6 % Calcium, 4% Iron
Spinach & Lentils: 220 kcal, 15g Protein, 32g Carb, 340mg Sodium, 13g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 3g Sugar, 8% Calcium, 35% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 17 ■

BREAKFAST: Veggie Eggs with Walnut Pesto

¾ teaspoon olive oil
2 Tablespoons chopped yellow onion
¼ bell pepper, diced small (¼ cup)
¼ cup chopped broccoli
Pinch of kosher salt
Pinch of black pepper
2 eggs beaten
½ recipe walnut pesto * ***see prep guide***

Heat a non-stick skillet over medium heat and add oil. Add onion, bell pepper, and broccoli and cook for about 2-3 minutes. Add salt, pepper, and eggs and stir until scrambled. Serve with walnut pesto.

310 kcal, 14g Protein, 9g Carb, 350mg Sodium, 3g Fiber, 430mg Cholesterol, 24g Fat, 4.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron

■ DAY 17 ■

LUNCH: Salmon Salad

For salad
⅓ pound cooked salmon fillets, flaked * ***from Dinner Day #16***
½ cup cooked lentils * ***see prep guide***
½ bell pepper, sliced thin
1 ounce spinach (¾ cup)
½ Tablespoon chopped basil

For dressing (can make ahead)
2¼ teaspoons lemon juice
1 teaspoon olive oil
¼ teaspoon Dijon mustard
pinch of kosher salt and black pepper

In a small bowl combine dressing ingredients. In a serving bowl combine salad ingredients, add dressing, and toss well to combine.

410 kcal, 41g Protein, 25g Carb, 340mg Sodium, 10g Fiber, 65mg Cholesterol, 16g Fat, 2.5g Saturated, 3g Sugar, 10% Calcium, 30% Iron

■ DAY 17 ■

DINNER: Roast Pork Tenderloin with Kabocha & Green Beans

For pork tenderloin
½-¾ pound pork tenderloin
½ Tablespoon olive oil
1 garlic clove, minced
½ teaspoon Herbes de Provence
¾ teaspoon lemon zest
¼ teaspoon kosher salt
Dash of black pepper

For kabocha
½ kabocha squash, seeded and cut into about 1 inch crescents
½ Tablespoon olive oil
Dash of kosher salt
Pinch of black pepper

For green beans
¾ teaspoon olive oil
2½ ounces green beans, trimmed and cut into 2 inch pieces (½ cup)
Pinch of kosher salt
Pinch of black pepper

1. Heat oven to 450°F.
2. For pork tenderloin, combine oil, garlic, Herbes, zest, salt and pepper and rub over tenderloin. Put on a baking sheet in preheated oven for 5 minutes then turn heat down oven to 400° F. Continue cooking for about 15-20 minutes, turning occasionally, or until internal temperature reaches 145°F. Let rest 3-5 minutes. **Save half for Lunch Day #18**. Slice remaining pork tenderloin and serve with squash and green beans.
3. Meanwhile toss all squash ingredients together and put on a baking sheet. Put in 400°F oven for about 25 minutes, turning squash over half way through. **Save half for Lunch Day #18**.
4. Meanwhile, for green beans heat a small skillet over medium-high heat and add olive oil.
5. Add green beans, salt, and pepper and cook about 3-4 minutes.

Pork: 170 kcal, 27g Protein, 0g Carb, 360mg Sodium, 0g Fiber, 0mg Cholesterol, 6g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 6% Iron
Squash: 150 kcal, 4g Protein, 28g Carb, 150mg Sodium, 4g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 12g Sugar, 8% Calcium, 8% Iron
Green Beans: 50 kcal, 1g Protein, 5g Carb, 150mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 4% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 18 ■

BREAKFAST: Oatmeal to Go

See Day #15 for recipe

Serving Size 3-4 muffins: 230 kcal, 6g Protein, 46g Carb, 290mg Sodium, 6g Fiber, 0mg Cholesterol, 3.5g Fat, 0.5g Saturated, 10g Sugar, 10% Calcium, 10% Iron

■ DAY 18 ■

LUNCH: Pork Salad

For salad
¼ pound cooked pork tender loin, diced * ***from Dinner Day #17***
¼ cooked kabocha squash, peeled and diced ****from Dinner Day #17***
½ pear, diced
1 ounce spinach (¾ cups)
½ Tablespoon chopped walnuts

For dressing
2¼ teaspoons lemon juice
1 teaspoon olive oil
¼ teaspoon Dijon mustard
pinch of kosher salt and black pepper

In a small bowl whisk together dressing ingredients. In a serving bowl combine salad ingredients, add dressing, and toss to combine.

460 kcal, 32g Protein, 43g Carb, 630mg Sodium, 8g Fiber, 85mg Cholesterol, 18g Fat, 2.5g Saturated, 21g Sugar, 15% Calcium, 20% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 18 ■

DINNER: Chicken & Lentil Soup

½ Tablespoon olive oil
¼ yellow onion, diced (¼ cup)
¾ clove garlic, minced
⅓ pound boneless skinless chicken thighs, diced
Dash of kosher salt
Dash of black pepper
½ teaspoon Herbes de Provence
1½ carrots, peeled and diced (¾ cup)
2 stalks celery, diced (1 cup)
2 cups low-sodium chicken broth
¼ (15 ounce) can crushed tomatoes
1 cup cooked lentils * *see prep guide*
2½ ounces spinach (1¾ cups)

1 orange, sliced

1. Heat a pot over medium heat and add oil, onions, and garlic and cook for 1 minute.
2. Add chicken, salt, pepper, and Herbes and cook for 2-3 minutes. Add carrots and celery and cook for 2 minutes.
3. Add broth, tomatoes, lentils, and spinach and bring to a low simmer for 10 minutes.
4. **Save half for Lunch Day #19**. Serve remaining soup with sliced oranges.

Soup: 330kcal, 30g Protein, 36g Carb, 520mg Sodium, 12g Fiber, 75mg Cholesterol,8 g Fat,1 g Saturated, 10g Sugar, 8% Calcium, 30% Iron
Oranges: 60 kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 19 ■

BREAKFAST: Veggie Eggs with Walnut Pesto

¾ teaspoon olive oil
2 Tablespoons diced yellow onion
¼ bell pepper, diced small (¼ cup)
¼ cup chopped broccoli
Pinch of kosher salt
Pinch of black pepper
2 eggs beaten
½ recipe walnut pesto * *see prep guide*

Heat a non-stick skillet over medium heat and add oil. Add onion, bell pepper, and broccoli and cook for about 3 minutes. Add salt, pepper, and eggs and stir until scrambled. Serve with walnut pesto.

310 kcal, 14g Protein, 9g Carb, 350mg Sodium, 3g Fiber, 430mg Cholesterol, 24g Fat, 4.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron

■ DAY 19 ■

LUNCH: Chicken & Lentil Soup

Chicken & Lentil Soup, warmed * ***from Dinner Day #18***.

1 pear, sliced **serve alongside soup or save for an afternoon snack*

Soup: 330kcal, 30g Protein, 36g Carb, 520mg Sodium, 12g Fiber, 75mg Cholesterol,8 g Fat,1 g Saturated, 10g Sugar, 8% Calcium, 30% Iron
Pear: 100kcal, 1g protein, 27g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 17g Sugar, 2% Calcium, 2% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 19 ■

DINNER: Ginger Pork Stir Fry

½ Tablespoon olive or sesame oil
¼ yellow onion, diced (¼ cup)
1 clove garlic, minced
2¼ teaspoons grated ginger **see prep guide*
½ pound pork tenderloin, cubed
⅓ head broccoli, small florets (1¼ cup)
¾ carrot, peeled and sliced (⅓ cup)
2¼ teaspoons low-sodium soy sauce
1 Tablespoon low-sodium chicken broth
2¼ teaspoons lemon juice

¾ cup cooked brown rice, warmed * *see prep guide*

1. Heat a non-stick skillet over medium-high heat and add oil.
2. When oil is hot add onion, garlic, ginger, and pork and cook for 2 minutes.
3. Add broccoli and carrots, turn heat down to medium, and cook 2-3 minutes.
4. Add soy sauce and broth and cook for an additional 2-3 minutes. Turn off heat and add lemon juice.
5. **Save half for Lunch Day #20**. Serve remaining stir fry over warmed rice.

Ginger Pork Stir Fry: 220 kcal, 27g Protein, 12g Carb, 330mg Sodium, 4g Fiber, 75mg Cholesterol, 6g Fat, 1.5g Saturated, 4g Sugar, 6% Calcium, 10% Iron
Rice: 160 kcal, 3g Protein,34 g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat,0 g Saturated, 0g Sugar, 2% Calcium, 4% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 20 ■

BREAKFAST: Banana Nut Smoothie

1 Tablespoon raw old fashioned oats
¾ ounce spinach (½ cup)
¾ banana
¾ cup almond milk
1½ Tablespoons walnuts
¾ cup ice
¾ teaspoon cocoa powder, optional

Blend oats to a powder then add remaining ingredients and blend. Adjust with water if desired.

200 kcal, 4g Protein, 28g Carb, 120mg Sodium, 5g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 12g Sugar, 25% Calcium, 10% Iron

■ DAY 20 ■

LUNCH: Ginger Pork Stir Fry

Ginger pork stir fry, warmed * ***from Dinner Day #19***
¾ cup cooked brown rice, warmed * *see prep guide*

Serve stir fry over rice.

Ginger Pork Stir Fry: 220 kcal, 27g Protein, 12g Carb, 330mg Sodium, 4g Fiber, 75mg Cholesterol, 6g Fat, 1.5g Saturated, 4g Sugar, 6% Calcium, 10% Iron
Rice: 160 kcal, 3g Protein,34 g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat,0 g Saturated, 0g Sugar, 2% Calcium, 4% Iron

2016 CLASSIC FOR ONE FALL BODY RESET: WEEK 3

■ DAY 20 ■

DINNER: Veggie Shepherd's Pie

½ Tablespoon olive oil
¼ yellow onion, chopped (¼ cup)
½ clove garlic, minced
½ carrot, peeled and chopped (¼ cup)
½ stalk celery, chopped (¼ cup)
2 ounces brown mushrooms, chopped (¾ cup)
Dash of kosher salt
Dash of black pepper
Dash of Herbes de Provence
Dash of paprika
¾ teaspoon tomato paste
¾ teaspoon low- sodium soy sauce
1 cup cooked lentils * *see prep guide*
1 Tablespoon chopped basil
1 cup mashed squash **from prep guide*

1 pear, sliced

1. Heat oven to 400°F.
2. In a skillet over medium heat add oil, onion, garlic, carrots, and celery; cook for 2-3 minutes.
3. Add mushrooms, salt, pepper, Herbes, paprika, tomato paste, and soy sauce; cook for 2-3 minutes.
4. Add lentils and basil and cook for 2-3 minutes.
5. Put lentil mixture in 1-2 small loaf pans or ramekins. Spread mashed squash over top and put in oven for about 15 minutes. Serve with a side of sliced pears.

Shepard's Pie: 390 kcal, 22g Protein, 61g Carb, 480mg Sodium, 20g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 14g Sugar, 10% Calcium, 40% Iron
Pear: 100kal, 1g Protein, 27g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 17g Sugar, 2% Calcium, 2% Iron