2016 VEGETARIAN FALL BODY RESET: WEEK 3

MENU

DAY 15
Oatmeal to Go
Bean Salad
Cauliflower & White Bean Cacciatore

DAY 16
Banana Nut Smoothie
Cauliflower & White Bean Cacciatore
Lentils & Spinach Filled Sweet Potato with Tahini Sauce

DAY 17
Veggie Eggs with Walnut Pesto
Lentils & Spinach Filled Sweet Potato with Tahini Sauce
Kabocha & Green Bean Quinoa

DAY 18
Oatmeal to Go
Kabocha Salad
Spiced Lentil Soup

DAY 19
Veggie Eggs with Walnut Pesto
Spiced Lentil Soup
Ginger Stir Fry

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

2016 VEGETARIAN FALL BODY RESET: WEEK 3

PREP GUIDE

FOR THE WEEK

- Roast kabocha squash * *see directions below*
- 4 lemons, zested (¾ cup juice)
- 12 cups cooked brown rice prepared according to package directions
- 16 cups cooked lentils prepared according to package directions
- 3 cups cooked quinoa prepared according to package directions

Day 15

- 4 eggs, hardboiled
- ½ yellow onion, chopped fine (½ cup)
- 1 yellow onion, sliced
- 1 bell pepper, diced small (1 cup)
- 3 bell peppers, sliced
- 8 ounces green beans, trimmed and cut into 2" pieces (1½ cups)
- 12 ounces brown mushrooms, wiped clean and sliced (3½ cups)
- 1½ heads of cauliflower, florets (7-8 cups)

Day 16

- Bake 8 sweet potatoes * *see directions below*

Day 17

- Make walnut pesto * *see recipe below*
- ½ yellow onion, chopped (½ cup)
- 1 yellow onion, thinly sliced
- 1 bell pepper, diced small (1 cup)
- ¼ head broccoli, chopped (¾-1 cup)
- 2 kabocha squash, seeded and cut into about 1 inch crescents
- 10 ounces green beans, trimmed and cut into 2 inch pieces (1¾-2 cups)

Day 18

- 1 yellow onion, diced (1 cup)
- 2 bell peppers, thinly sliced
- 6 carrots, peeled and diced (3 cups)
- 8 stalks celery, diced (4 cups)

Day 19

- 1½ yellow onions, diced (1½ cups)
- 1 bell pepper, diced small (1 cup)
- 2 bell peppers, sliced
- 3 carrots, peeled and sliced (1½ cups)
- ¼ head broccoli, chopped (¾-1 cup)
- 3-4" fresh ginger, grated (3 Tablespoons)
- 1½ heads broccoli, small florets (5 cup)
- 8 ounces mushrooms, sliced (3 cups)

Day 20

- 1 yellow onion, chopped (1 cup)
- 2 carrots, peeled and chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 8 ounces mushrooms, chopped (2½-3 cups)

Basil Walnut Pesto

3 cloves garlic
¼ cup walnuts
2 cups basil leaves
3 Tablespoons olive oil
dash of kosher salt and black pepper
water to adjust consistency

Puree ingredients in food processor.

Roasted Kabocha Squash

1 large kabocha quash
1 Tablespoon olive oil
½ teaspoon 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.

Baked Sweet Potatoes

Place baked potatoes on a foil lined baking sheet and cook for 45-60 minutes at 400°F until tender.

VEGETARIAN & VEGETARIAN FOR ONE

2016 FALL BODY RESET
Week 3

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	1-1/4 pounds	2/3 pound	1/3 pound	3	
bell peppers (any color)	10	5	3	10	
yellow onion	8	4	2	8	
tomatoes	2	1	1	1	
parsley	1 bunch	1 bunch	1 bunch	1.5	
mushrooms (brown)	1-3/4 pounds	1 pound	1/2 pound	8	
spinach	2-3/4 pounds	1-1/2 pounds	3/4 pound	6	
broccoli	2 heads	1 head	1 head	4	
basil	2 bunches	1 bunch	1 bunch	3	
lemons	4	2	1	2	
pears	10	5	3	5	
carrots	11	6	3	2.5	
celery	10 stalks	5 stalks	3 stalks	2	
fresh ginger	4-5"	3-4"	2-3"	1.5	
orange	8	4	2	4	
cauliflower	2 heads	1 head	1 head	4	
sweet potatoes	11	6	3	11	

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 tsp	1-1/4 tsp	1	
Chinese 5 spice	1/2 teaspoon	1/4 teaspoon	Dash	1	*optional*
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	2	
cocoa powder	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	1	*optional*
crushed tomatoes	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	4.5	
garbanzo beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	4.5	
white beans	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
balsamic vinegar	1/4 cup	2 Tblspns	1 Tablespoon	2	
lentils	8 cups	4 cups	2 cups	8	
quinoa	1-1/2 cups	3/4 cup	1/2 cup	1.5	
tahini	2/3 cup	1/3 cup	2 Tablespoons	3	
dried apricots or dates	2 Tablespoons	1 Tablespoon	1/2 Tblspn	3	*optional*
soy sauce	1/4 cup	2 Tablespoons	1 Tablespoon	2	*optional*

PANTRY INGREDIENTS					
Olive Oil	1-1/2 cups	3/4 cup	6 Tablespoons		
white wine vinegar	3 Tablespoons	1-1/2 Tblspns	2-1/2 tsp		
almond milk	56 fl oz	28 fl oz	14 fl oz		
Dijon mustard	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
Garlic cloves	19 cloves	10 cloves	5 cloves		
Herbes de Provence	3 teaspoons	1-1/2 tsp	3/4 tsp		
eggs	20	10	5		
cumin	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
cayenne					
paprika	1/2 teaspoon	1/4 teapoon	1/8 teaspoon		
vegetable broth	8-1/2 cups	4-1/4 cups	2-1/4 cups		
brown rice	6 cups	3 cups	1-1/2 cups		
tomato paste	1-1/2 Tablespoons	1-1/2 teaspoon	3/4 teaspoon		
oregano	2 teaspoons	1 teaspoon	1/2 teaspoon		
kosher salt	4-1/2 teaspoons	2-1/4 teaspoons	1-1/4 teaspoons		
black pepper	2-3/4 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
nuts: walnuts	2 cups	1 cup	1/2 cup		
canned beans - pinto	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can		
raw old fashioned oats	4-1/2 cups	2-1/4 cups	1-1/4 cups		

2016 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 15 ■

BREAKFAST: Oatmeal to Go (can be made ahead)

4 cups raw old fashioned oats, ground
4 teaspoons baking powder
5 teaspoons cinnamon
4 bananas, mashed
3 cups roasted kabocha squash, mashed **see prep guide*
2 teaspoon vanilla
1 cup almond milk

4 oranges, sliced

Heat oven to 375°F. Combine all ingredients except oranges and put into muffin tins. Bake for 15-20 minutes. Makes about 30 muffins, **save half for Breakfast Day #18**. Serve remaining muffins with a side of 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)

8 ounces green beans, trimmed and cut into 2" pieces (1½ cups)
2 (15 ounce) cans pinto beans, rinsed and drained
1 bell pepper, diced small (1 cup)
½ yellow onion, chopped fine (½ cup)
2 tomatoes, chopped (1½ cups)
2 Tablespoons cider or wine vinegar
2 Tablespoons olive oil
½ teaspoon Herbes de Provence
¼ cup chopped parsley
¼ teaspoon kosher salt
dash of black pepper

4 boiled eggs, sliced

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

380 kcal, 18g Protein, 39g Carb, 240mg Sodium, 12g Fiber, 215mg Cholesterol, 16g Fat, 2.5g Saturated, 6g Sugar, 15% Calcium, 25% Iron

■ DAY 15 ■

DINNER: Cauliflower & White Bean Cacciatore

2 Tablespoons olive oil
1 yellow onion, sliced
3 bell peppers, sliced
12 ounces brown mushrooms, wiped clean and sliced (3½ cups)
1½ heads of cauliflower, florets (7-8 cups)
2 (15 ounce) cans low sodium crushed tomatoes
¼ cup of low sodium vegetable broth
½ Tablespoon tomato paste
¼ cup balsamic vinegar
2 teaspoons oregano or Herbes de Provence
3 cloves garlic, minced
¼ teaspoon kosher salt
¼ teaspoon black pepper
3 (15 oz) cans organic white beans, drained and rinsed

3 cups cooked brown rice, warmed * *see prep guide*

1. Heat oil in a large dutch oven over medium heat. Add onion and peppers and cook for 2 minutes.
2. Add mushrooms and cauliflower and cook for another 3-4 minutes.
3. Add remaining ingredients except rice. Simmer for 15 minutes until flavors are well combined and dish has thickened.
4. **Reserve half for Lunch Day #16** and serve remaining cacciatore over brown rice.

Cacciatore: 240 kcal, 13g Protein, 38g Carb, 190mg Sodium, 11g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 10g Sugar, 10% 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 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 16 ■

BREAKFAST: Banana Nut Smoothie

¼ cup raw old fashioned oats
3 ounces spinach (2 cups)
3 bananas
3 cups almond milk
⅓ cup walnuts
3 cups ice
1 Tablespoon 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: Cauliflower and White Bean Cacciatore

Leftover cacciatore, warmed * ***from Dinner Day #15***
3 cups cooked brown rice, warmed * *see prep guide*

Serve leftover cacciatore over warmed rice.

Cacciatore: 240 kcal, 13g Protein, 38g Carb, 190mg Sodium, 11g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 10g Sugar, 10% 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: Lentil & Spinach Filled Sweet Potato with Tahini Sauce

For sauce
½ cup tahini
½ cup fresh lemon juice
1 Tablespoon olive oil
½ teaspoon of ground cumin
dash of salt

For spinach & lentils
2 Tablespoon olive oil
4 cloves garlic, minced
16 ounces spinach (about 12 cups)
6 cups cooked lentils * ***see prep guide***
½ teaspoon kosher salt
¼ teaspoon ground black pepper

4 baked sweet potatoes, split open and warmed * *see prep guide*

1. Whisk together sauce ingredients. Use half for dinner, **reserve half for Lunch Day 17**.
2. For spinach and lentils, heat a large skillet over medium heat and add olive oil and garlic. Add spinach and cook until just starting to wilt.
3. Add lentils, salt, and pepper and heat until warmed through. **Reserve half for Lunch Day 17**.
4. Serve remaining spinach and lentils over baked sweet potatoes, drizzle dressing over top.

Spinach & Lentils: 220 kcal, 15g Protein, 32g Carb, 340mg Sodium, 13g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 3g Sugar, 8% Calcium, 35% Iron
Sweet Potato: 130kcal, 2g Protein, 33g Carb, 45mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 2% Iron
Tahini Sauce: 110kcal, 3g Protein, 2g Carb, 35mg Sodium, 2g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 4% Iron

2016 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 17 ■

BREAKFAST: Veggie Eggs with Walnut Pesto

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
1 bell pepper, diced small (1 cup)
¼ head broccoli, chopped (¾-1 cup)
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 eggs beaten
½ recipe walnut pesto * ***see prep guide***

Heat a large 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 17 ■

LUNCH: Lentil & Spinach Filled Sweet Potato with Tahini Sauce

Lentil & Spinach mixture, warmed * ***from Dinner Day #16***
4 baked sweet potatoes, warmed * *see prep guide*
Tahini sauce * ***from Dinner Day #16***

Serve lentil and spinach mixture in sweet potatoes and top with tahini sauce.

Spinach & Lentils: 220 kcal, 15g Protein, 32g Carb, 340mg Sodium, 13g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 3g Sugar, 8% Calcium, 35% Iron
Sweet Potato: 130kcal, 2g Protein, 33g Carb, 45mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 2% Iron
Tahini Sauce: 110kcal, 3g Protein, 2g Carb, 35mg Sodium, 2g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 4% Iron

2016 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 17 ■

DINNER: Kabocha & Green Bean Quinoa

For kabocha
2 kabocha squash, seeded and cut into about 1 inch crescents
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

For green beans
½ Tablespoon olive oil
10 ounces green beans, trimmed and cut into 2 inch pieces (1¾-2 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper

For quinoa
1 Tablespoon olive oil
1 yellow onion, thinly sliced
3 cups cooked quinoa * *see prep guide*
6 ounces baby spinach (4 cups)
2 Tablespoons chopped dried apricots or dates, optional
dash of kosher salt and ground black pepper
2 Tablespoons chopped walnuts

1. Heat oven to 400°F.
2. Toss all squash ingredients together and put on baking sheets. Put in 400°F oven for about 25 minutes, turning squash over half way through. **Save half for Lunch Day #18**.
3. Meanwhile, for green beans heat a medium skillet over medium-high heat and add olive oil.
4. Add green beans, salt, and pepper and cook about 5 minutes.
5. For quinoa, heat oil in a skillet over medium heat. Add onion and sauté 3-4 minutes. Add remaining ingredients except walnuts and toss until warmed through. Serve quinoa topped with nuts, green beans, and squash.

450 kcal, 16g Protein, 71g Carb, 410mg Sodium, 13g Fiber, 0mg Cholesterol, 14g Fat, 1.5g Saturated, 20g Sugar, 20% Calcium, 30% Iron
(nutrition includes dried fruit)

2016 VEGETARIAN 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: Kabocha Salad

For salad
1 cooked kabocha squash, peeled and diced ****from Dinner Day #17***
2 pears, diced
2 bell peppers, thinly sliced
1 (15 oz) can organic white beans, drained and rinsed
4 ounces spinach (2½-3 cups)
¼ cup chopped walnuts

For dressing
3 Tablespoons lemon juice
1½ Tablespoons olive oil
1 Tablespoon tahini
1 teaspoon Dijon mustard
dash 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.

420 kcal, 12g Protein, 60g Carb,300mg Sodium, 13g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 23g Sugar, 15% Calcium, 25% Iron

■ DAY 18 ■

DINNER: Spiced Lentil Soup

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
3 cloves garlic, minced
3 sweet potatoes, diced
6 carrots, peeled and diced (3 cups)
8 stalks celery, diced (4 cups)
8 cups low-sodium vegetable broth
1 (15 ounce) can crushed tomatoes
6 cups cooked lentils * *see prep guide*
10 ounces spinach (7 cups)
½ teaspoon Chinese five spice, optional
½ teaspoon ground cumin
½ teaspoon black pepper
2 teaspoons Herbes de Provence
¾ teaspoon kosher salt

4 oranges, sliced

1. Heat a large pot over medium heat and add oil, onions, and garlic and cook for 1 minute.
2. Add potatoes, carrots, and celery and cook for 5 minutes.
3. Add broth, tomatoes, lentils, spinach, and spices and bring to a low simmer for 20 minutes until potatoes are tender.
4. **Save half for Lunch Day #19**. Serve remaining soup with orange slices.

Soup: 320kcal, 16g Protein, 55g Carb, 470mg Sodium, 18g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 13g Sugar, 15% Calcium, 35% 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 19 ■

BREAKFAST: Veggie Eggs with Walnut Pesto

1 Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 bell pepper, diced small (1 cup)
¼ head broccoli, chopped (¾-1 cup)
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 eggs beaten
½ recipe walnut pesto * *see prep guide*

Heat a large 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: Spiced Lentil Soup

Spiced Lentil Soup, warmed * ***from Dinner Day #18***.
4 pears, sliced **serve alongside soup or save for an afternoon snack*

Soup: 320kcal, 16g Protein, 55g Carb, 470mg Sodium, 18g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 13g Sugar, 15% Calcium, 35% Iron
Pear: 100kcal, 1g protein, 27g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 17g Sugar, 2% Calcium, 2% Iron

2016 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 19 ■

DINNER: Ginger Stir Fry

2 Tablespoons olive or sesame oil
1 yellow onion, diced (1 cup)
4 cloves garlic, minced
3 Tablespoons grated ginger **see prep guide*
1½ heads broccoli, small florets (5 cups)
8 ounces mushrooms, sliced (3 cups)
2 bell peppers, sliced
3 carrots, peeled and sliced (1½ cups)
3 (15 oz) cans garbanzo beans, drained and rinsed
1 Tablespoon white wine vinegar
3 Tablespoons low-sodium soy sauce
¼ cup low-sodium vegetable broth

3 cups cooked brown rice, warmed * *see prep guide*
¼ cup chopped walnuts, optional

1. Heat a very large non-stick skillet over medium high heat and add the oil.
2. When oil is hot add onion, garlic, and ginger and cook for 2 minutes.
3. Add broccoli, mushrooms, bell peppers, and carrots, turn heat down to medium, and cook 2-3 minutes.
4. Add beans, vinegar soy sauce and broth and cook for an additional 2-3 minutes.
5. **Save half for Lunch Day #20**. Serve remaining stir fry over warmed rice. Top with nuts, if desired.

Ginger Pork Stir Fry (includes nuts): 300 kcal, 14g Protein, 43g Carb, 310mg Sodium, 11g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 7g Sugar, 10% Calcium, 15% 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 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 20 ■

BREAKFAST: Banana Nut Smoothie

¼ cup raw old fashioned oats
3 ounces spinach (2 cups)
3 bananas
3 cups almond milk
⅓ cup walnuts
3 cups ice
1 Tablespoon 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 Stir Fry

Ginger stir fry, warmed * ***from Dinner Day #19***
3 cups cooked brown rice, warmed * *see prep guide*
¼ cup chopped walnuts or cashews

Serve stir fry over rice. Top with nuts, if desired

Ginger Pork Stir Fry (includes nuts): 300 kcal, 14g Protein, 43g Carb, 310mg Sodium, 11g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 7g Sugar, 10% Calcium, 15% 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 VEGETARIAN FALL BODY RESET: WEEK 3

■ DAY 20 ■

DINNER: Veggie Shepherd's Pie

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
2 carrots, peeled and chopped (1 cup)
2 stalks celery, chopped (1 cup)
8 ounces mushrooms, chopped (2½-3 cups)
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon Herbes de Provence
½ teaspoon paprika
1 Tablespoon tomato paste
1 Tablespoon low- sodium soy sauce
4 cups cooked lentils * *see prep guide*
¼ cup chopped parsley
4 cups mashed squash **from prep guide*

4 pears, sliced

1. Heat oven to 400°F.
2. In a large 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 parsley and cook for 2-3 minutes.
5. Put lentil mixture in a 8 x11 baking dish. Spread mashed squash over top and put in oven for about 15 minutes. Serve with a side of sliced pears.

Shepards 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