



## 2017 SPRING BODY RESET: MENU & PREP

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### MENU

#### DAY 1

Coconut Yogurt Parfait  
Ten Minute Lemon Chicken Soup  
Crockpot Chicken & Green Beans

#### DAY 2

Coco-Banana Smoothie  
Leftover Lunch: Soup & Salad  
Turkey Chili

#### DAY 3

Protein Breakfast  
Leftover Lunch: Crockpot Chicken with Avocado  
Glass Noodle Shrimp

#### DAY 4

Coconut Blueberry Muesli  
Shrimp Salad  
Broccoli Frittata with Romaine Salad

#### DAY 5

Coco-Banana Smoothie  
Salads and Blueberries & Cream  
Turkey Patties & Broccoli Soup

#### DAY 6

High Protein Breakfast  
Peasant Bean Stew  
Turkey Taco Salad

#### DAY 7

Toasted Oatmeal with Apples  
Peasant Bean Stew & Guacamole Dip  
Chicken & Broccoli with Sautéed Peppers



## 2017 SPRING BODY RESET: MENU & PREP

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### PREP GUIDE

#### FOR THE WEEK

Freeze 4 bananas

5-6 lemons, zested & juiced (13 Tablespoons juice, ¼ cup zest)

#### DAY ONE

1 whole chicken, roasted

6 carrots, peeled and cut into small dice (3 cups)

6 celery ribs, diced the same size as carrots (3 cups)

1 yellow onion, thinly sliced (1 cup)

3 red bell peppers, thinly sliced (3 cups)

1 cup fresh green beans, finely chopped

#### DAY TWO

1 bunch kale, chopped (4 cups)

1½ bunches fresh kale, chopped (6 cups)

½ yellow onion, diced (½ cup)

#### DAY THREE

½ medium melon, sliced

2 carrots, peeled and diced (1 cup)

1 green bell pepper, large dice (1 cup)

½ head broccoli, cut into small florets (2 cups)

#### DAY FOUR

2 heads romaine, chopped (8 cups)

1 red bell pepper, chopped (1 cup)

1 red bell pepper, thinly sliced (1 cup)

½ melon, cut into slices

1 yellow onion, thinly sliced (1 cup)

½ head broccoli, chopped florets (2 cups)

#### DAY FIVE

1 bunch kale, chopped (4 cups)

1 head romaine lettuce, chopped (4 cups)

1 yellow onion, finely chopped (1 cup)

2 green bell peppers, small dice (2 cups)

½ yellow onion, roughly chopped (½ cup)

2 heads broccoli, stems and florets chopped (8 cups)



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### DAY SIX

- 8 hardboiled eggs
- 1 yellow onion, cut into small dice (1 cup)
- 3 carrots, peeled and cut into small dice (1½ cup)
- 1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups)
- ½ yellow onion, chopped (½ cup)
- 1 head romaine lettuce, finely chopped (4 cups)
- 2 carrots, grated (¾ cup)

### DAY SEVEN

- 1 whole chicken, roasted
- 4 medium carrots, cut into sticks
- 4 hard-boiled eggs, peeled and cut in half
- ½ head broccoli, cut in florets (2 cups)
- 3 green or red bell peppers, sliced (3 cups)

CLASSIC



2017 SPRING BODY RESET  
Week 1

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
whole roasted chicken	2	1	1/2	20	
chicken thighs	16	8	4	8	
ground turkey	5 pounds	2-1/2 pounds	1-1/4 pounds	25	
medium shrimp	2 pounds	1 pound	1/2 pound	20	<i>peeled &amp; deveined</i>
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
blueberries	2 pints	1 pint	1/2 pint	6	
carrots	17	9	5	3	
celery	6 stalks	3 stalks	2 stalks	2	
yellow onion	6	3	2	6	
red bell pepper	8	4	2	8	
green bell peppers	3	2	1	3	
avocado	7	4	2	7	
green beans	1 cup	1/2 cup	1/4 cup	2	
lemon	7	4	2	4	
tomatoes	8	4	2	4	
kale	5 bunches	3 bunches	2 bunches	10	
parsley	4 bunches	2 bunch	1 bunch	6	
apples	5	3	2	3	
bananas	4	2	1	3	
romaine lettuce	5 heads	3 heads	2 heads	10	
melon (your choice)	1	1	1	4	
broccoli	4 heads	2 heads	1 head	8	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
coconut milk yogurt	4 cups	2 cups	1 cup	8	
cinnamon	1-1/4 teaspoons	3/4 tsp	1/2 tsp	1	
chili powder	1 Tablespoon	1-1/2 Tblspn	1 teaspoon	1	
cannellini beans	5 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	7.5	
pinto beans	1 (15 oz) can	1 (15 oz) can	1 (15 oz) can	1.5	
rice noodles	3/4 pound	6 ounces	3 ounces	5	
vanilla	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon	0.5	<i>optional</i>
salsa	2 cups	1 cup	1/2 cup	3	
<b>PANTRY INGREDIENTS</b>					
Olive Oil	1-1/2 cups	3/4 cup	6 Tblspns		
white vinegar	2 Tablespoons	1 Tablespoon	1/2 Tblspns		
coconut milk (13.5 oz can)	56 fl ounces	28 fl oz	14 fl oz		
Dijon mustard					
Garlic cloves	23 cloves	12 cloves	6 cloves		
Herbes de Provence					
eggs	28	14	7		
cumin	3 Tablespoons	1-1/2 Tblspns	1 Tblspn		
cayenne	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
paprika	2-1/2 Tblspns	4 teaspoons	2 teaspoons		
chicken/veg broth	208 fl oz	104 fl oz	52 fl oz		
brown rice					
tomato paste	2 Tablespoons	1 Tablespoon	1/2 Tblspn		
oregano	2-1/2 Tblspns	4 teaspoons	2 teaspoons		
kosher salt	7 teaspoons	3-1/2 tsps	2 tsps		
black pepper	6 teaspoons	3 tsps	1-1/2 tsps		
nuts: raw cashews	2-1/2 cups	1-1/4 cups	3/4 cup		
gluten free oats	6 cups	3 cups	1-1/2 cups		



## 2017 SPRING BODY RESET: DAY 1

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### BREAKFAST: COCONUT YOGURT PARFAIT

4 cups coconut milk yogurt (plain/no sugar added)  
½ cup crushed cashews  
1 cup blueberries  
dash of ground cinnamon

For each parfait:

1. In a bowl or glass add ½ cup coconut milk yogurt.
2. Top with 1 Tablespoon crushed cashews, sprinkle of cinnamon, and ⅓ cup berries.
3. Top with ½ cup coconut milk yogurt, 1 Tablespoon crushed cashews, sprinkle of cinnamon, and remaining berries.

280kcal, 3g Protein, 35g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 17g Fat, 10g Saturated, 21g Sugar, 30% Calcium, 10% Iron

### LUNCH: TEN MINUTE LEMON CHICKEN SOUP (Double Batch)

*I've always used onion in chicken soup but after a friend made a pot without adding any, I'm a convert.*

1 whole roasted chicken or 4 cups cubed or shredded chicken breast (cooked)  
4 Tablespoons coconut or olive oil  
6 carrots, peeled and cut into small dice (3 cups)  
6 celery ribs, diced the same size as carrots (3 cups)  
6 cloves of garlic, minced or pressed  
½ lemon, cut into round slices  
8 cups low sodium chicken or vegetable broth  
3 cups water  
2 Tablespoons ground cumin  
1 teaspoon kosher salt  
½ teaspoon black pepper  
2 (15 ounce) cans low sodium, organic cannellini beans, drained and rinsed

1. If using a whole chicken, remove the skin and bones from the roasted chicken and roughly chop chicken meat.
2. Heat a large soup pot over medium heat and add oil. Once oil is hot, add in the carrots, celery, and garlic. Layer in the lemon slices. Stir to combine and sweat the vegetables for 4-5 minutes.
3. Add in the broth, water, cumin, salt & pepper, cooked chicken, and beans– stir to combine. Simmer over medium heat for 5 minutes and serve warm.
4. Save half soup for lunch tomorrow.

Serving size: 2-1/2 cups

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



## 2017 SPRING BODY RESET: DAY 1

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### \* RESET FAVORITE \*

#### DINNER: CROCKPOT CHICKEN & GREEN BEANS (Double Recipe)

½ teaspoon kosher salt  
1 teaspoon black pepper  
2 Tablespoons paprika  
1 Tablespoon dried herb seasoning (your choice oregano or Italian)  
16 chicken thighs, boneless, skinless (for 2 meals)  
1 yellow onion, thinly sliced (1 cup)  
3 garlic cloves, minced or pressed  
3 red bell peppers, thinly sliced (3 cups)  
1 Tablespoon red wine vinegar or white wine vinegar (*sherry vinegar if you have it on hand - it tastes the best*)  
4 cups low sodium chicken or vegetable broth  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 cup fresh green beans, finely chopped (for garnish)  
1 Tablespoon fresh, finely chopped parsley (for garnish)  
optional: ¼ pound rice noodles

1. In a small bowl, combine ½ teaspoon salt, 1 teaspoon pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season both sides of the chicken.
3. Layer onion, garlic & bell pepper slices on the bottom of the crockpot.
4. Add seasoned chicken.
5. Combine vinegar, broth, and ¼ teaspoon each salt & pepper – stir to combine and pour over chicken.
6. Cover and slow cook on high for 4-6 hours or on low overnight or until chicken reaches an internal temperature of 165°F.
7. Reserve half the chicken only for Lunch Day 3.
8. When ready to serve, add chopped green beans and fresh parsley as garnish.
9. Optional noodles: Place noodles in boiling hot water or broth for about 3-4 minutes until softened. Add to Crockpot no more than five minutes before serving.

CROCKPOT CHICKEN - SERVING SIZE: 2 chicken thighs w/ ¼ cup sauce and ¼ cup of rice noodles

270kcal, 32g Protein, 22g Carb, 540mg Sodium, 3g Fiber, 115mg Cholesterol, 6g Fat, 1g Saturated, 6g Sugar, 2% Calcium, 10% Iron



## 2017 SPRING BODY RESET: DAY 2

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### BREAKFAST: COCO-BANANA SMOOTHIE

1 bunch kale, chopped (4 cups)  
1 bunch chopped fresh parsley (1 cup)  
1 cup (or 1 can) coconut milk  
1 cup cold water  
2 frozen bananas (ripe)  
½ cup cashews  
Water/liquid/ice

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

Place ingredients in a high-speed blender. Add ice and blend to desired consistency, adding water as necessary. Makes four servings.

SERVING SIZE: 10 – 12 ounces (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

### 5-MINUTE LEFTOVER LUNCH: SOUP & SALAD

Leftover Chicken Soup (from Lunch Day 1)

*For kale salad*

2 Tablespoons olive oil  
2 Tablespoons parsley  
1 Tablespoon lemon juice  
¼ teaspoon kosher salt  
1½ bunches fresh kale, chopped (6 cups)  
1 small avocado, chopped  
2 tomatoes, quartered

1. Shake in a small jar or whisk together olive oil, parsley, lemon juice, and salt until smooth.
2. Gently toss kale, tomatoes and avocado with dressing to coat. Serve immediately.
3. For each person eating, reheat 2 cups of Chicken Soup.

KALE SALAD - SERVING SIZE: 1-1/2 cups

150kcal, 2g Protein, 9g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 3g Sugar, 4% Calcium, 6% Iron



## 2017 SPRING BODY RESET: DAY 2

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### DINNER: TURKEY CHILI

- 1 Tablespoon olive oil
  - ½ yellow onion, diced (½ cup)
  - 2 cloves garlic, minced or pressed
  - 2 pounds ground turkey
  - Pinch of kosher salt
  - 1 Tablespoon chili powder
  - 2 tomatoes, finely diced
  - 1 (15 oz) can pinto beans, drained and rinsed
  - 1 teaspoon lemon juice
  - 2 Tablespoons finely chopped fresh parsley
- 2 apples, cut in half

#### *For turkey chili*

1. Heat oil in a medium skillet over medium heat. Add onion and garlic and cook 2-3 minutes.
2. Add turkey meat and cook (while breaking apart) 5-6 minutes until cooked through.
3. Add salt, chili powder, tomatoes, and beans and stir to warm through.
4. Remove from heat and stir in lemon and parsley.
5. Save 2 cups chili for breakfast tomorrow.
6. Serve remaining chili with apple slices.

TURKEY CHILI - SERVING SIZE: 2 cups

370kcal, 41g Protein, 19g Carb, 340mg Sodium, 0g Fiber, 95mg Cholesterol, 12g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 15% Iron



## 2017 SPRING BODY RESET: DAY 3

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### BREAKFAST: PROTEIN BREAKFAST

2 Tablespoons olive oil  
8 large organic eggs, slightly beaten  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
2 cups turkey chili meat (from Dinner Day 2)

½ medium melon, sliced

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 chili over half 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 with melon slices.

Omelet: 300 kcal, 24g Protein, 7g Carb, 400mg Sodium, 0g Fiber, 475mg Cholesterol, 21g Fat, 4.5g Saturated, 1g Sugar, 4% Calcium, 10% Iron  
Melon: 60kcal, 1g protein, 15g Carb, 35mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 2% Calcium, 0% Iron

### LUNCH: 2 MINUTE LEFTOVER – CROCKPOT CHICKEN with AVOCADO

Leftover Crockpot Chicken (from Dinner Day 1)  
1 avocado, peeled and sliced

1. Reheat crockpot chicken in 2 cup servings.
2. Serve with a quarter avocado each.

250 kcal, 29g Protein, 3g Carb, 270mg Sodium, 2g Fiber, 110mg Cholesterol, 14g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 10% Iron





## 2017 SPRING BODY RESET: DAY 4

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### BREAKFAST: COCONUT BLUEBERRY MUESLI

3 cups gluten free oats  
1½ cups coconut milk  
1 pint blueberries (2½ cups)

1. Combine oats and coconut milk in a large glass container
2. Mix in blueberries, smashing a few to release flavor.
3. Cover and let sit for 20 minutes or overnight.

SERVING SIZE: ¾ Cup oats, ½ cup blueberries, ½ cup milk

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

### LUNCH: SHRIMP SALAD

*For shrimp salad*

1 Tablespoon olive or grapeseed oil  
¼ teaspoon cumin  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper  
Leftover shrimp, about 12 pieces (from Dinner 3)  
1 head romaine, chopped (4 cups)  
1 (15 oz) can organic cannellini beans, drained and rinsed  
1 avocado, peeled and diced  
1 red bell pepper, chopped (1 cup)  
½ melon, cut into slices

*For basic vinaigrette*

1 Tablespoon lemon juice  
2 Tablespoons olive or grapeseed oil  
¼ teaspoon kosher salt  
½ teaspoon black pepper  
⅛ teaspoon paprika

1. In a small bowl, combine vinaigrette dressing ingredients; set aside.
2. For salad, combine grapeseed oil, cumin, salt, and pepper. Add shrimp and toss to coat.
3. In a large bowl, combine romaine, beans, avocado, and red bell pepper.
4. Toss with dressing.

Serve with a side of fresh melon slices

SERVING SIZE: 2-1/2 Cups prepared salad (including dressing) and 4 ounces of shrimp

370 kcal, 22g Protein, 28g Carb, 800mg Sodium, 9g Fiber, 145mg Cholesterol, 20g Fat, 2g Saturated, 9g Sugar, 10% Calcium, 15% Iron

## 2017 SPRING BODY RESET: DAY 4

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### DINNER: BROCCOLI FRITTATA with ROMAINE SALAD

#### *For broccoli frittata*

1 Tablespoon olive oil  
1 yellow onion, thinly sliced (1 cup)  
1 red bell pepper, thinly sliced (1 cup)  
½ head broccoli, chopped florets (2 cups)  
8 large eggs  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
¼ cup parsley, finely chopped

#### *For romaine salad*

1 head romaine lettuce, chopped (4 cups)  
1 Tablespoon olive oil  
2 teaspoons vinegar of choice  
Dash of kosher salt  
Dash of freshly ground black pepper  
2 tomatoes, cut into wedges  
½ cup toasted cashews

### DIRECTIONS

#### *For broccoli frittata*

1. Preheat oven to 400°F.
2. Heat oil in an oven safe skillet over medium heat. Add onion and pepper and sauté 3 minutes. Add broccoli and cook for an additional minute.
3. Beat eggs gently with salt, pepper, and 1½ Tablespoons 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 tomatoes and 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 greens, ½ tomato, 1/8 cup nuts

180 kcal, 3g Protein, 8g Carb, 75mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 3 Saturated, 3g Sugar, 2% Calcium, 10% Iron



## 2017 SPRING BODY RESET: DAY 5

### BREAKFAST: COCO-BANANA SMOOTHIE

1 bunch kale, chopped (4 cups)  
1 bunch chopped fresh parsley (1 cup)  
1 cup coconut milk  
1 cup cold water  
2 frozen bananas (ripe)  
½ cup cashews  
Water/liquid/ice

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

Place ingredients in a high-speed blender. Add ice and blend to desired consistency, adding water as necessary. Makes four servings.

SERVING SIZE: 10 – 12 ounces (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

**LEFTOVER LUNCH:** In the past, we've heard feedback that it's a lot of food and fridges are full at the end of the week. After five days of prepping and cooking, today's lunch should be a breeze. Make yourself a platter using any leftovers. Start with a bed of romaine lettuce and layer on any extra vegetables you have. Or make a feel-good bowl with a little of everything. Add a little cup of blueberries in coconut milk cream and your week is complete!

1 head romaine lettuce, chopped (4 cups)

1½ cups blueberries

1 cup coconut milk cream (the thick solid part of the canned milk)

optional: dash of vanilla extract (mixed in with coconut cream)

Divide blueberries into four small bowls, top each with ¼ cup coconut milk cream.

BLUEBERRIES & COCONUT MILK - SERVING SIZE: ½ cup blueberries, 1/8 cup almond milk

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



## 2017 SPRING BODY RESET: DAY 5

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### DINNER: TURKEY PATTIES & BROCCOLI SOUP

#### *For turkey patties*

2 pounds ground turkey  
1 yellow onion, finely chopped (1 cup)  
2 green bell peppers, small dice (2 cups)  
1 teaspoon cumin  
½ teaspoon kosher salt  
½ teaspoon black pepper  
1 bunch parsley, finely chopped (1 cup)  
4 large romaine lettuce leaves (whole)  
1 avocado, diced small

1. Combine all ingredients for burgers, except romaine and avocado, and form into 8 patties.
2. Heat grill pan or skillet to medium-high heat.
3. Cook burgers for 5-6 minutes per side until internal temperature reaches 165°F.
4. Save half the burgers for a protein breakfast tomorrow.
5. Wrap the patties in a romaine lettuce leaf with 2 Tablespoons of avocado.

#### *For broccoli soup*

1 Tablespoon olive oil  
½ yellow onion, roughly chopped (½ cup)  
2 heads broccoli, stems and florets chopped (8 cups)  
1 garlic clove, cut in half  
½ teaspoon kosher salt  
½ teaspoon black pepper  
4 cups low-sodium chicken or vegetable broth

1. Heat the oil in a 5-quart stockpot or Dutch oven over medium heat.
2. Add the onion and sauté until tender, about 4 minutes.
3. Add broccoli, garlic, 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 turkey patties.

TURKEY PATTY: 240kcal, 26g Protein, 10g Carb, 240mg Sodium, 5g Fiber, 60mg Cholesterol, 13g Fat, 2g Saturated, 3g Sugar, 2% Calcium, 10% Iron

BROCCOLI SOUP - SERVING SIZE: about 2 cups

150 kcal, 11g Protein, 23g Carb, 410mg Sodium, 8g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 6g Sugar, 15% Calcium, 15% Iron



## SPRING BODY RESET: DAY 6

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### BREAKFAST: HIGH PROTEIN BREAKFAST

4 cooked turkey patties (from Dinner 5)  
8 hardboiled eggs  
2 cups salsa (store bought Pico de Gallo okay)

1. Reheat turkey patties in a skillet.
2. For each serving, slice 2 eggs in half and cover with ½ cup salsa.
3. Crumble turkey patty over eggs and salsa. Enjoy.

350 kcal, 39g Protein, 14g Carb, 440mg Sodium, 1g Fiber, 510mg Cholesterol, 17g Fat, 4g Saturated, 6g Sugar, 4% Calcium, 15% Iron

### RESET FAVORITE LUNCH: PEASANT BEAN STEW

2 Tablespoons olive or grapeseed oil  
1 yellow onion, cut into small dice (1 cup)  
3 carrots, peeled and cut into small dice (1½ cup)  
4 cloves of garlic, minced or pressed  
4 cups low sodium vegetable broth  
2 cups water  
1 Tablespoon oregano or Italian seasoning  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups)  
2 (15 ounce) cans low sodium, organic cannellini beans, drained and rinsed

1. Heat a large soup pot over medium heat and add oil. Once oil is hot, add 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 and stir to combine. Simmer over medium heat for 5 minutes and serve warm. Save half for a Lunch Day 7.

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

## SPRING BODY RESET: DAY 6

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### DINNER: TURKEY TACO SALAD

1½ Tablespoons extra virgin olive oil  
½ yellow onion, chopped (½ cup)  
1 pound lean ground turkey  
2 garlic cloves, minced  
2 Tablespoons tomato paste  
1 teaspoon oregano or Italian seasoning  
1½ teaspoons ground cumin  
1 teaspoon paprika  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

1 head romaine lettuce, finely chopped (4 cups)  
2 carrots, grated (¾ cup)  
2 medium tomatoes, cut into small dice (1½ cups)  
1 medium avocado, sliced  
1 Tablespoon olive oil  
1 Tablespoon lemon juice

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 turkey meat, garlic, tomato paste, Italian seasoning, cumin, paprika, salt, and black pepper - stir to combine. Sauté over medium heat until meat is browned and cooked through (no longer pink), 7-10 minutes.
3. Toss lettuce, grated carrot, tomatoes, and avocado with oil and lemon juice. Divide among four serving bowls.
4. Top salad mixture with taco meat.

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

## SPRING BODY RESET: DAY 7

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### BREAKFAST: TOASTED OATMEAL WITH APPLES

3 cups gluten free oats  
3 medium apples, peeled and diced  
1 teaspoon cinnamon  
2 cups coconut milk

1. Preheat the oven to 350°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. While baking, sauté apples and cinnamon in a medium pan in ½ cup water, until soft.
4. Fill four cereal bowls each with ¾ cup toasted oatmeal.
5. Top with ½ cup sautéed apple and ½ cup milk.

SERVING SIZE: ¾ cup oats, ½ cup apples, ½ cup milk

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

### LUNCH: GUACAMOLE DIP / PEASANT BEAN STEW

Leftover Peasant Bean Stew (from Lunch 6)

#### *For guacamole*

2 avocados, mashed  
2 garlic cloves, minced  
2 Tablespoons lemon juice  
¼ teaspoon cayenne  
½ teaspoon kosher salt  
½ teaspoon black pepper

#### *For dippers*

4 medium carrots, cut into sticks  
4 hard-boiled eggs, peeled and cut in half

#### *For guacamole*

Mash all ingredients together in a bowl until smooth, but still a little chunky. Squeeze a little additional lemon juice on top to prevent discoloring.

Reheat stew and serve with guacamole and dippers.

GUACAMOLE - SERVING SIZE: ¼ cup

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

DIPPERS

100 kcal, 7g Protein, 6g Carb, 115mg Sodium, 2g Fiber, 185mg Cholesterol, 5g Fat, 1.5 Saturated, 3g Sugar, 4% Calcium, 6% Iron



## SPRING BODY RESET: DAY 7

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### DINNER: CHICKEN & BROCCOLI with SAUTÉED PEPPERS

#### *For chicken & broccoli*

2 teaspoons olive oil

½ head broccoli, cut in florets (2 cups)

One whole roasted chicken, cut into pieces

2 lemons, zested and juiced (6 Tablespoons juice, 4 teaspoons zest)

2 cups low sodium vegetable or chicken broth

1. Heat a large sauté pan over medium heat and add oil.
2. Toss in broccoli cooking for 4 minutes.
3. Place chicken in pan.
4. Add lemon juice and zest and broth then cover pan and let steam for 5 minutes to reheat chicken.
5. Serve ¼ chicken per person with sautéed peppers and a half cup broccoli each.

#### *For sautéed peppers*

1 Tablespoon olive oil

3 green or red bell peppers, sliced (3 cups)

¼ teaspoon kosher salt

dash of black pepper

Zest of 1 lemon (2 teaspoons)

1. Heat olive oil in a large skillet over medium-high heat.
2. Add bell peppers, salt, and black pepper.
3. Cook for about 3-4 minutes until just tender.
4. Turn off heat and top with zest before serving.

SAUTEED PEPPERS- SERVING SIZE: ¼ prepared dish

Cal 60, Protein 1g, Carb 6g, Sodium 125mg, Fiber 2g, Cholesterol 0 mg, Fat 3.5g, Sat Fat 0g, Sugar 3g, Calcium 2%DV, Iron 2% DV

CHICKEN AND BROCCOLI-

240 kcal, 41g Protein, 7g Carb, 200mg Sodium, 3g Fiber, 100mg Cholesterol, 5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 10% Iron