



VEGETARIAN 2017 SPRING BODY RESET: MENU & PREP

MENU

DAY 1

Coconut Yogurt Parfait
White Bean Ragu with Broccoli
Mushroom & Green Beans Pot

DAY 2

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

DAY 3

Protein Breakfast
Leftover Lunch: Mushroom & Green Beans Pot
Glass Noodle Tofu

DAY 4

Coconut Blueberry Muesli
Tofu Salad
Broccoli Frittata with Romaine Salad

DAY 5

Coco-Banana Smoothie
Leftover Lunch
Broccoli Bean Soup

DAY 6

High Protein Breakfast
Peasant Bean Stew
Taco Salad

DAY 7

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



VEGETARIAN 2017 SPRING BODY RESET: MENU & PREP

PREP GUIDE

FOR THE WEEK

Freeze 4 bananas
3-4 lemons, zested & juiced (10 Tablespoons juice, 4 teaspoons zest)

DAY ONE

1 yellow onion, chopped (1 cup)
1 yellow onion, thinly sliced (1 cup)
1 head broccoli, chopped (4 cups)
3 red bell peppers, thinly sliced (3 cups)
1 cup fresh green beans, finely chopped (for garnish)

DAY TWO

2½ bunches fresh kale, chopped (10 cups)
1 yellow onion, diced (1 cup)
3 green bell peppers, diced (3 cups)

DAY THREE

½ medium melon, sliced
2 carrots, peeled and diced or shredded (1 cup)
1 green bell pepper, large dice (1 cup)
½ head broccoli, cut into small florets (2 cups)

DAY FOUR

½ melon, cut into slices
1 yellow onion, thinly sliced (1 cup)
1 red bell pepper, chopped (1 cup)
1 red bell pepper, thinly sliced (1 cup)
2 heads romaine lettuce, chopped (8 cups)
½ head broccoli, chopped florets (2 cups)

DAY FIVE

½ medium melon, sliced
1 bunch kale, chopped (4 cups)
1 head romaine lettuce, chopped (4 cups)
1 yellow onion, roughly chopped (1 cup)
2 heads broccoli, stems and florets chopped (8 cups)
2 red bell peppers, sliced (2 cups)

DAY SIX

8 hardboiled eggs
1½ yellow onions, chopped (1½ cups)
2 carrots, grated (¾ 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)
1 head romaine lettuce, finely chopped (4 cups)



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DAY SEVEN

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

Note:

Check out Day 1 to see how to incorporate healthy snacks into your daily meal plan. We've included a mid-morning and evening snack into the Day 1 plan. Refer to the "Guide to Snacks" and choose your own favorites to incorporate into the rest of the week! The snacks for Day 1 are just a suggestion and are not included on the shopping list.

VEGETARIAN



**2017 SPRING BODY RESET
Week 1**

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	11	6	3	2	
yellow onion	7	4	2	7	
red bell pepper	7	4	2	7	
green bell peppers	7	4	2	7	
avocado	8	4	2	8	
green beans	1 cup	1/2 cup	1/4 cup	2	
lemon	4	2	1	2	
cherry tomatoes	2 pints	1 pint	1/2 pint	5	
tomatoes	10	5	3	5	
kale	5 bunches	3 bunches	2 bunches	10	
parsley	3 bunches	2 bunches	1 bunch	5	
apples (any kind)	5	3	2	3	
bananas	4	2	1	3	
romaine lettuce	4 heads	2 heads	1 head	8	
melon (your choice)	2	1	1	4	
broccoli	5 heads	3 heads	2 heads	10	
basil	10 leaves	5 leaves	3 leaves	1	<i>optional</i>
button mushrooms	16 ounces	8 ounces	4 ounces	6	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
coconut milk yogurt	4 cups	2 cups	1 cup	8	<i>Note: Be sure to keep some extra fruit, veggies, and all natural, no sugar added nut butters on hand for snacking! Refer to the 'Guide to Snacks' for more great ideas.</i>
cinnamon	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon	1	
chili powder	1 teaspoon	1/2 teaspoon	1/4 teaspoon	1	
cannellini beans	10 (15 oz) cans	5 (15 oz) cans	3 (15 oz) cans	15	
black beans	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
rice noodles	1 pound	1/2 pound	1/4 pound	6	
tamari sauce (gf soy)	1 Tablespoon	1/2 Tblspn	3/4 teaspoon	1	
salsa	2 cups	1 cup	1/2 cup	3	
red wine/ balsamic vinegar	3 Tablespoons	1-1/2 Tblspns	1 Tablespoon	1	
firm tofu	3 (15 oz) pkgs	2 (15 oz) pkgs	1 (15 oz) pkg	7.5	

PANTRY INGREDIENTS

Olive Oil	1-1/2 cups	3/4 cup	6 Tablespoons	
white vinegar				
coconut milk (13.5 oz can)	52 fl oz	26 fl oz	13 fl oz	
Dijon mustard				
Garlic cloves	24 cloves	12 cloves	6 cloves	
Herbes de Provence				
eggs	28	14	7	
cumin	1-3/4 teaspoons	1 teaspoon	1/2 teaspoon	
cayenne	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon	
paprika	2-1/4 tsp	1-1/4 tsp	3/4 teaspoon	
vegetable broth	160 fl oz	80 fl oz	40 fl oz	
brown rice				
tomato paste	2 Tablespoons	1 Tablespoon	1/2 Tblspn	
oregano	2 Tablespoons	1 Tablespoon	1/2 Tblspn	
kosher salt	5 teaspoons	2-1/2 tsp	1-1/4 tsp	
black pepper	4-1/2 teaspoons	2-1/4 tsp	1-1/4 tsp	
nuts: raw cashews	2-1/4 cups	1-1/4 cup	2/3 cup	
gluten free oats	6 cups	3 cups	1-1/2 cups	



VEGETARIAN 2017 SPRING BODY RESET: DAY 1

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.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron

MID-MORNING SNACK

Carrots & Cashew Butter

2 carrots, cut into sticks, 1 Tablespoon cashew butter for dipping.

160kcal, 4g Protein, 21g Carb, 80mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 15% Calcium, 6% Iron

LUNCH: WHITE BEAN RAGU w/ BROCCOLI (Double Batch)

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
3 garlic cloves, minced
1 teaspoon dried oregano
1 head broccoli, chopped (4 cups)
2 pints cherry tomatoes, halved
3 (15 oz) cans organic cannellini beans, drained and rinsed
2 teaspoons balsamic or red wine vinegar
½ teaspoon kosher salt
¼ teaspoon ground black pepper
10 basil leaves, julienned

1. Heat olive oil over medium-high heat. When oil is hot, add onion and sauté for 5 minutes. Add garlic, broccoli and oregano and sauté for an additional minute.
2. Add cherry tomatoes and cook for 5-7 minutes until tomatoes are somewhat broken down, add beans and warm through. Add vinegar, salt, pepper, and basil. Remove from heat and toss gently to combine.
3. Save 4 cups of mixture for Lunch Day 2.

Serving size: 2-1/2 cups

250 kcal, 12g Protein, 37g Carb, 300mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 20% Iron



VEGETARIAN 2017 SPRING BODY RESET: DAY 1

DINNER: MUSHROOM & GREEN BEANS POT (Double Recipe)

½ teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon paprika
1 teaspoon dried herb seasoning (your choice oregano or Italian)
16 ounces button mushrooms
2 teaspoons olive oil
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 vegetable broth
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ pound rice noodles (8 ounces)
1 Tablespoon fresh, finely chopped parsley (for garnish)
1 cup fresh green beans, finely chopped (for garnish)

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 mushrooms.
3. Heat oil in a medium stock pot over medium high heat. Add onion, garlic & bell pepper slices and cook 4-5 minutes until softened.
4. Add seasoned mushrooms.
5. Combine vinegar, broth, and ¼ teaspoon each salt & pepper – stir to combine and pour over mushrooms.
6. Cover and simmer for 5 minutes.
7. Reserve half of vegetables for Lunch Day 3.
8. Place rice noodles in boiling hot water or broth for about 3-4 minutes until softened. Drain and add to a serving bowl. Ladle 2 cups of vegetables over noodles.
9. Garnish with raw chopped green beans (for crunch) and parsley.

MUSHROOM & GREEN BEAN POT - SERVING SIZE: ¼ prepared dish
250kcal, 6g Protein, 55g Carb, 320mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 6%Iron

EVENING SNACK

- 1 Piece or Serving Fresh Fruit
- 4 ounces plain coconut milk yogurt



VEGETARIAN 2017 SPRING BODY RESET: DAY 2

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 White Bean Ragu (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 White Bean Ragu.

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



VEGETARIAN 2017 SPRING BODY RESET: DAY 2

DINNER: VEGETARIAN CHILI

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
4 cloves garlic, minced or pressed
3 green bell peppers, diced (3 cups)
½ teaspoon kosher salt
1 teaspoon chili powder
4 tomatoes, finely diced (or sub 2 cans crushed tomatoes)
3 (15 oz) cans black beans, drained and rinsed
1 teaspoon lemon juice
2 Tablespoons finely chopped fresh parsley

2 apples, cut in half

For chili

1. Heat oil in a medium skillet over medium heat. Add onion and garlic and cook 2-3 minutes.
2. Add peppers and cook 3-4 minutes.
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.

CHILI - SERVING SIZE: 2 cups

280kcal, 14g Protein, 44g Carb, 270mg Sodium, 13g Fiber, 0mg Cholesterol, 5g Fat, 0g Saturated, 7g Sugar, 10% Calcium, 20% Iron

APPLE – Serving size – ½ Apple

45kcal, 0g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron



VEGETARIAN 2017 SPRING BODY RESET: DAY 3

BREAKFAST: PROTEIN BREAKFAST

2 Tablespoons olive oil
8 large organic eggs, slightly beaten
¼ teaspoon kosher salt
¼ teaspoon black pepper
2 cups vegetarian chili (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: 270 kcal, 18g Protein, 13g Carb, 380mg Sodium, 3g Fiber, 450mg Cholesterol, 18g Fat, 4g Saturated, 2g Sugar, 6% 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 – MUSHROOM & GREEN BEAN POT with AVOCADO

Leftover Mushroom Pot (from Dinner Day 1)
2 avocados, peeled and sliced

1. Reheat leftover mushrooms.
2. Serve with a half avocado each.

SERVING SIZE: ½ avocado

160 kcal, 3g Protein, 14g Carb, 300mg Sodium, 6g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 6% Iron



VEGETARIAN 2017 SPRING BODY RESET: DAY 3

DINNER: GLASS NOODLE TOFU

2 Tablespoons olive oil
3 garlic cloves, minced
2 carrots, peeled and diced or shredded (1 cup)
1 green bell pepper, large dice (1 cup)
½ head broccoli, cut into small florets (2 cups)
2 (15 oz) packages firm tofu, diced
½ pound rice noodles
¼ teaspoon black pepper
4 cups low sodium vegetable broth
1 Tablespoon tamari sauce (gluten free soy)
½ lemon, juiced (1½ Tablespoons)
Optional: ½ teaspoon salt
½ cup cashews, finely chopped

1. Heat olive oil in a large nonstick sauté pan over low-medium heat. Toss in garlic and flash fry for 10 seconds.
2. Add carrots, green pepper, and broccoli and cook 4-5 minutes until carrots are softened.
3. Add tofu and cook an additional 3-4 minutes until heated through and vegetables are tender.
4. Remove 1 cup tofu pieces only for Lunch Day 4 and store in fridge.
5. Boil water and pour over rice noodles in a separate bowl. Let sit for 3-5 minutes until the rice noodles are soft but not mushy.
6. Add pepper, broth, tamari, lemon juice, and rice noodles to tofu/vegetable mix. Stir to combine.
7. Season with salt if desired.
8. Divide into 4 bowls. Garnish with cashews.

SERVING SIZE: 1-1/2 Generous Cups

400 kcal, 24g Protein, 42g Carb, 690mg Sodium, 5g Fiber, 150mg Cholesterol, 14g Fat, 2.5g Saturated, 6g Sugar, 8% Calcium, 10% Iron



VEGETARIAN 2017 SPRING BODY RESET: DAY 4

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: TOFU SALAD

For salad

1 Tablespoon olive or grapeseed oil
¼ teaspoon cumin
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
Leftover tofu, about 1 cup (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 oil, cumin, salt, and pepper. Add tofu and toss to coat.
3. In a large bowl, combine romaine, beans, avocado, and red bell pepper.
4. Toss with dressing and serve salad topped with cold tofu.

Serve with a side of fresh melon slices

SERVING SIZE: 2-1/2 Cups prepared salad (including dressing) w/ ¼ cup tofu

300 kcal, 13g Protein, 19g Carb, 260mg Sodium, 7g Fiber, 0mg Cholesterol, 20g Fat, 2.5g Saturated, 2g Sugar, 10% Calcium, 15% Iron



VEGETARIAN 2017 SPRING BODY RESET: DAY 4

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



VEGETARIAN 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 lunch 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



VEGETARIAN 2017 SPRING BODY RESET: DAY 5

DINNER: BROCCOLI BEAN SOUP

1 Tablespoon olive oil
1 yellow onion, roughly chopped (1 cup)
2 heads broccoli, stems and florets chopped (8 cups)
2 (15 oz) cans cannellini beans, rinsed and drained
3 garlic cloves, cut in half
½ teaspoon kosher salt
½ teaspoon black pepper
6 cups low-sodium vegetable broth

2 red bell peppers, sliced (2 cups)
½ medium melon, sliced

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, beans, 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 with bell pepper and fresh melon slices.

BROCCOLI BEAN SOUP - SERVING SIZE: about 2 cups

330 kcal, 17g Protein, 56g Carb, 690mg Sodium, 19g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 11g Sugar, 15% Calcium, 30% Iron

FOR PEPPER AND MELON:

70kcal, 2g Protein, 21g Carb, 25mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 6% Calcium, 6% Iron



VEGETARIAN SPRING BODY RESET: DAY 6

BREAKFAST: HIGH PROTEIN BREAKFAST

8 hardboiled eggs (or any style)
1 (15 oz) can black beans, rinsed and drained
2 cups salsa (store bought Pico de Gallo okay)

1. Heat black beans for 1-2 minutes over medium- high heat.
2. For each serving, slice 2 eggs in half and cover with ½ cup salsa.
3. Spoon black beans over eggs and salsa. Enjoy.

260 kcal, 19g Protein, 23g Carb, 530mg Sodium, 5g Fiber, 450mg Cholesterol, 11g Fat, 3g Saturated, 8g Sugar, 15% Calcium, 20% Iron

RESET FAVORITE LUNCH: PEASANT BEAN STEW

2 Tablespoons olive or grapeseed oil
1 yellow onion, chopped (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 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

VEGETARIAN SPRING BODY RESET: DAY 6

DINNER: TACO SALAD

1½ Tablespoons extra virgin olive oil
½ yellow onion, chopped (½ cup)
1 (15 oz) package firm tofu, cut into 1" squares
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)
2 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 tofu, garlic, tomato paste, Italian seasoning, cumin, paprika, salt, and black pepper - stir to combine. Sauté over medium heat 4-5 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 mix.

360 kcal, 16g Protein, 19g Carb, 190mg Sodium, 7g Fiber, 0mg Cholesterol, 26g Fat, 3g Saturated, 7g Sugar, 20% Calcium, 15% Iron



VEGETARIAN SPRING BODY RESET: DAY 7

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



VEGETARIAN SPRING BODY RESET: DAY 7

DINNER: BEAN & BROCCOLI with SAUTÉED PEPPERS

For bean & broccoli

2 teaspoons olive oil
½ head broccoli, cut in florets (2 cups)
2 (15 oz) cans cannellini beans, drained and rinsed
1 lemon, zested and juiced (3 Tablespoons juice, 2 teaspoons zest)
2 cups low sodium vegetable broth

1. Heat a large sauté pan over medium heat and add oil.
2. Toss in broccoli and cook for 4 minutes.
3. Add beans and stir.
4. Add lemon juice and zest and broth then cover pan and let cook for 5 minutes.
5. Serve 1-1/2 cups per person with sautéed peppers.

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

BEAN AND BROCCOLI-

210 kcal, 11g Protein, 33g Carb, 160mg Sodium, 10g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 4g Sugar, 8% Calcium, 15% Iron