



2018 WINTER MIND BODY RESET

CLASSIC FOR ONE Week One **PREP GUIDE**

MENU

- Day One -

Chocolate Banana Smoothie
Mason Jar Black Bean Salad
Artichoke Chicken
Snacks: Cashews & Kiwi/Spiced Almonds

- Day Two -

Make Ahead Quinoa with Pears
Nicoise Salad
Shrimp Polenta Bake
Snacks: Carrots & Cashew Butter/Sweet Potato Fries

- Day Three -

Polenta Muffins with Eggs
Artichoke Chicken & Salad
Sausage Potato Soup
Snacks: Kiwi Salsa & Crackers/Avocado

- Day Four -

Coconut Pear Smoothie
Sausage Potato Soup
Med Chicken with Green Beans
Snacks: Carrots & Cashew Butter/Sweet Potato

- Day Five -

Chocolate Banana Smoothie
Chicken & Fruit Salad
Sausage Sauté & Polenta
Snacks: Kiwi/Spiced Almonds

■ FOR THE WEEK ■

- ½ lime, zested & juiced (1 Tablespoon juice, ½ teaspoon zest)
- 1 banana (frozen if you like a thicker smoothie)
- 3 hardboiled eggs, sliced
- 1 cup cooked quinoa prepared according to package directions

■ DAY ONE ■

- 2 Tablespoons chopped red onion
- ½ yellow onion, diced (½ cup)
- ½ rib celery, chopped (¼ cup)
- ¼ cucumber, chopped (½ cup)
- ½ bunch kale, chopped (2 cups)

■ DAY TWO ■

- 1-2 teaspoons grated red onion
- ¼ yellow onion, chopped (¼ cup)
- ½ cup raw or steamed green beans, chopped

■ DAY THREE ■

- ½ yellow onion, diced (½ cup)
- 1 Tablespoon diced red onion
- 1 carrot, diced (½ cup)
- ½ bunch kale, chopped (2 cups)

■ DAY FOUR ■

- ¼ pound green beans, trimmed (¾ cup)
- ½ teaspoon grated ginger

■ DAY FIVE ■

- ¼ yellow onion, diced (¼ cup)
- ¼ cucumber, diced (½ cup)
- ½ rib celery, chopped (¼ cup)

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CLASSIC & CLASSIC FOR ONE
WEEK 1

Meal #	Meat/Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4	chicken breast	6 pounds	3 pounds	1-1/2 pounds	\$18.00	skin on, bone in
2	tuna packed in water	6 oz can	6 oz can	6 oz can	\$3.00	
2	medium shrimp	1 pound	1/2 pound	1/4 pound	\$10.00	peeled & deveined
3,5	Italian turkey sausage	2-1/4 lbs	1-1/4 pounds	2/3 pound	\$12.50	bulk or links removed from casings

Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4,5	banana	6	3	2	\$3.00	
1,2,3	red onion	1	1	1	\$1.00	
1,2,3,5	yellow onion	6	3	2	\$6.00	
1,5	celery	4 ribs	2 ribs	1 rib	\$2.00	
1,2,3	basil	2 bunches	1 bunch	1 small bunch	\$3.00	
1,3	lime	2	1	1	\$1.00	
1,2,3	new potatoes	4-1/2 pounds	2-1/4 pounds	1-1/4 pounds	\$4.50	
1,2,3	tomatoes	12	6	3	\$6.00	
1,3	kale	4 bunches	2 bunches	1 bunch	\$8.00	
2,4	green beans	1-2/3 lbs	1 pound	1/2 pound	\$4.00	
2,5	red grapes	3-1/2 pounds	1-3/4 pounds	1 pound	\$10.00	about 8 cups total
2,3,4	pears	10	5	3	\$5.00	
2,3,4,5	arugula	1-1/4 pounds	2/3 pound	1/3 pound	\$3.00	
2,3,4	carrots	20	10	5	\$5.00	
1,3,5	kiwi	12	6	3	\$6.00	
1,5	cucumber	2	1	1	\$2.00	
3	avocado	3	2	1	\$3.00	
2,4	sweet potatoes	6 small	3 small	2 small	\$5.00	5-6 ounces each

Meal #	Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,5	raw almonds	3 cups	1-1/2 cups	3/4 cup	\$15.00	
1,2,4	cashews	1-1/4 cups	2/3 cup	1/3 cup	\$7.50	
2,4	cashew butter	1/2 cup	1/4 cup	2 Tablespoons	\$3.00	
1,5	cocoa powder	6 Tablespoons	3 Tablespoons	1-1/2 Tblspns	\$2.00	
1,2,4,5	full fat coconut milk	4 (14 oz) cans	2 (14 oz) cans	1 (14 oz) can	\$6.00	
1	black beans	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	\$3.00	
2,3	white beans	3 (15 oz) cans	2 (15 oz) can	1 (15 oz) can	\$4.50	
1,5	artichoke hearts	3 (15 oz) cans	2 (15 oz) can	1 (15 oz) can	\$4.50	
2	quinoa (dry)	2 cups	1 cup	1/2 cup	\$2.00	
2,3,5	polenta/cornmeal	3 cups	1-1/2 cups	3/4 cup	\$3.00	medium grind
3	good quality crackers	24	12	6	3	such as Marys Gone Crackers

PANTRY INGREDIENTS

olive oil	1-1/2 cups	3/4 cup	6 Tablespoons	
grapeseed oil				
balsamic vinegar				
white wine vinegar	6 Tablespoons	3 Tablespoons	1-1/2 Tblspns	
low sodium broth	14 cups (112 fl oz)	7 cups (56 fl oz)	4 cups (32 fl oz)	
garlic cloves	10 cloves	5 cloves	3 cloves	
kosher salt	5 teaspoons	2-1/2 teaspoons	1-1/4 teaspoons	
black pepper	4 teaspoons	2 teaspoons	1 teaspoon	
cayenne pepper	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	
paprika	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon	
dried oregano				
herbes de provence	4-1/2 teaspoons	2-1/4 teaspoons	1-1/4 teaspoons	
ground cumin	4 teaspoons	2 teaspoons	1 teaspoon	
raw honey/maple syrup				
organic tomato paste				
Dijon mustard	1 teaspoon	1/2 teaspoon	1/4 teaspoon	
low sodium soy sauce				
raw old fashioned oats	1 cup	1/2 cup	1/4 cup	
eggs	18	9	5	
whole wheat flour				

OPTIONAL ITEMS

4	fresh ginger	1-2"	1"	1"		need 2 teaspoons grated
2	vanilla	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
1,4,5	cinnamon	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		

■ DAY ONE ■

BREAKFAST: Chocolate Banana Smoothie

- 2 Tablespoons raw old fashioned oats
- 2 Tablespoons raw almonds (or nut of choice)
- 2¼ teaspoons cocoa powder
- ½ banana (frozen if you like a thicker smoothie)
- ¼ (14 oz) can full fat coconut milk
- ⅓ cups cold water
- ½-¾ cup ice

1 hard boiled egg, sliced

Place oats in a blender or food processor and blend into powder. Add remaining ingredients (except egg) and blend to desired consistency. Serve with a side of hardboiled egg.

Smoothie: 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

MORNING SNACK: Cashews & Kiwi

- 2 Tablespoons cashews
- 1 kiwi

The classic fruit and nut combo is easy to vary based on the meals you are cooking that week. Kiwi is such a healthy fruit and easy to carry along for a quick snack. Varying your weekly fruit choices helps alleviate the boredom of having the same snack week after week, so something simple to prepare stays fresh and new!

140kcal, 3g protein, 16g carbs, 0mg sodium, 3g fiber, 0mg cholesterol, 8g fat, 1.5g saturated, 2% calcium, 15% iron

LUNCH: Mason Jar Black Bean Salad

For salad

- ½ rib celery, chopped (¼ cup)
- ½ (15 oz) can low sodium black beans, drained & rinsed
- 2 Tablespoons chopped red onion
- ¼ cucumber, chopped (½ cup)
- 2 Tablespoons chopped basil leaves

For dressing

- ½ Tablespoon lime juice
- ½ teaspoon lime zest
- ½ Tablespoon olive oil
- ¾ teaspoon white wine vinegar
- ¼ teaspoon of kosher salt
- black pepper to taste

Each recipe makes one serving - nutrition information is for one serving

continued

■ DAY ONE ■

Mason Jar Black Bean Salad – continued

Whisk dressing ingredients together until smooth and pour into a mason jar. Layer salad ingredients on top of dressing starting with the celery, then black beans, onions, cucumber, and basil. Seal tightly and refrigerate until ready to eat. Dump into a bowl and toss slightly. Enjoy!

240 kcal, 11g Protein, 29g Carb, 180mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

AFTERNOON SNACK: Spiced Almonds

¼ cup raw almonds
½ teaspoon olive oil
⅛ teaspoon cumin
Pinch each of cinnamon, paprika, salt, pepper

Toss all together and place on a baking sheet in a 300° oven for 20 minutes, tossing occasionally.

190 kcal, 7g Protein, 7g Carb, 120mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 6% Iron

DINNER: Artichoke Chicken

¾ pound new potatoes, diced
¼ teaspoon kosher salt
⅛ teaspoon black pepper
½ teaspoon Herbes de Provence
½ Tablespoon olive oil
½ (15 oz) can artichoke hearts, rinsed and drained
1 tomato, chopped (¾ cup)
½ bunch kale, chopped (2 cups)
½ yellow onion, diced (½ cup)
1 clove garlic, chopped

¾ pound chicken breasts (skin-on, bone-in)

1. Heat oven to 400°F.
2. In a mixing bowl, toss potatoes with half the salt, pepper, Herbes, and oil. Arrange on one side of a baking dish. Toss artichokes, tomatoes, kale, onions, and garlic with remaining salt, pepper, Herbes, and oil and place in other half of baking dish. Lay chicken on top of vegetables and bake for about 35-40 minutes. Save ¼ cup potatoes for Lunch Day 2. Save half the remaining potatoes, vegetables, and chicken for Lunch Day 3.

Chicken: 410 kcal, 34g Protein, 30g Carb, 690mg Sodium, 6g Fiber, 85mg Cholesterol, 16g Fat, 4g Saturated, 6g Sugar, 8% Calcium, 15% Iron

Prepare 'Make Ahead Quinoa with Pears' for tomorrow morning.

Each recipe makes one serving - nutrition information is for one serving

■ DAY TWO ■

BREAKFAST: Make Ahead Quinoa with Pears

- ¼ (14 oz) can full fat coconut milk
- ¼ cup water
- 1 cup cooked quinoa prepared according to package directions
- ⅛ teaspoon vanilla, optional
- 1 Tablespoon chopped toasted cashews (can save out of mixture for crunchy garnish)
- ¼ pear, chopped
- Chia seeds would be a nice addition*

Combine all ingredients. Put in a small bowl and cover; refrigerate overnight. Can be heated or eaten cold.

350 kcal, 10g Protein, 53g Carb, 45mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 5g Saturated, 9g Sugar, 4% Calcium, 15% Iron

MORNING SNACK: Carrots with Cashew Butter

- 2 carrots
- 1 Tablespoon cashew butter

Make your own cashew butter in a high-speed blender or substitute with a jar of store-bought natural cashew (or alternate nut) butter. This snack is full of crunch and the combination of vegetable-based carbohydrates, healthy fats, and fiber will help keep you full and satisfied.

160kcal, 4g protein, 21g carbs, 80mg sodium, 5g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 15% calcium, 6% iron

LUNCH: Nicoise Salad

For salad

- 1½ ounces arugula (1½ cups)
- ½ hardboiled egg, chopped
- ¼ cup roasted new potatoes * **from Dinner Day 1**
- ½ cup raw or steamed green beans, chopped
- 1½ ounces tuna fish packed in water (broken apart with a fork)
- 1 Tablespoon chopped basil
- 1 cup red grapes, washed

For dressing

- ¼ teaspoon Dijon mustard
- ½ Tablespoon white wine vinegar
- ½ Tablespoon olive oil
- ¼ teaspoon Herbes de Provence
- 1-2 teaspoons grated red onion
- Pinch of kosher salt & black pepper

■ DAY TWO ■

Nicoise Salad – continued

1. Whisk together dressing ingredients.
2. Arrange arugula on a serving plate. Arrange eggs, potatoes, green beans, and tuna on top. Drizzle with dressing and top with chopped basil. Serve with a side of grapes.

Dressed Salad:

310 kcal, 16g Protein, 40g Carb, 280mg Sodium, 5g Fiber, 110mg Cholesterol, 11g Fat, 1.5g Saturated, 27g Sugar, 6% Calcium, 10% Iron

AFTERNOON SNACK: Sweet Potato Fries

½ sweet potato
¼-½ teaspoon olive oil
Pinch of salt and pepper

Cut potato into ¼ inch fries. Brush fries with olive oil and sprinkle with a pinch each of salt and black pepper. Cook in 400° oven for 20-25 minutes until crispy.

100 kcal, 2g Protein, 20g Carb, 110mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 7g Sugar, 4% Calcium, 6% Iron

DINNER: Shrimp Polenta Bake

For shrimp

¾ teaspoon olive oil
¼ yellow onion, chopped (¼ cup)
½ clove garlic, minced
¼ pound medium shrimp, peeled and deveined
1 tomato, chopped (¾ cup)
Pinch of kosher salt
Pinch of black pepper
⅛ teaspoon Herbes de Provence
1 Tablespoon chopped basil
¼ (15 ounce) can white beans, rinsed and drained

For polenta

¾ teaspoon olive oil
½ clove garlic, minced
¾ cup low-sodium chicken broth
¼ cup medium cornmeal (polenta)

1. Heat oven to 375°F
2. For polenta, heat a small pot over medium heat and add olive oil and garlic; sauté for 30 seconds. Add broth and bring to a simmer. Whisk in polenta and reduce heat to low. Cook about 7-8 minutes, stirring frequently, until smooth.
3. Pour soft polenta into a small baking dish (or a loaf pan) and smooth until even. Let stand.
4. For shrimp, rinse polenta pot and put back on medium heat.
5. Add oil, onions, and garlic and cook for 1-2 minutes.
6. Stir in shrimp and sauté for 2-3 minutes until it turns pink.
7. Add tomatoes, salt, pepper, Herbes, basil, and beans and bring to a simmer for 4-5 minutes. Pour mixture over polenta. Cover and bake for 15-20 minutes.
8. Remove from oven and serve.

Shrimp: 220 kcal, 22g Protein, 21g Carb, 690mg Sodium, 6g Fiber, 145mg Cholesterol, 6g Fat, 1g Saturated, 6g Sugar, 8% Calcium, 10% Iron
Polenta: 130 kcal, 4g Protein, 21g Carb, 55mg Sodium, 2g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

■ DAY THREE ■

BREAKFAST: Polenta Muffins with Eggs

2 eggs, beaten
2 Tablespoons chopped basil
¼ cup medium cornmeal (polenta)
¼ cup water
1 pear

1. Heat oven to 400°F.
2. Combine eggs, basil, cornmeal, and water. Put into 3-4 greased muffin tins.
3. Cook for 10-12 minutes depending on muffin size.
4. Serve with pear or save for a morning snack.

Muffin: 240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron
Pear: 100kcal, 1g Protein, 26g carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% calcium, 0% Iron

MORNING SNACK: Kiwi Salsa & Crackers

1 kiwi, peeled and diced
¼ avocado, peeled and diced
1 Tablespoon diced red onion
1 teaspoon lime juice
½ teaspoon olive oil
Pinch of cumin
Pinch of kosher salt
½ Tablespoon chopped herbs (basil, parsley, or cilantro), optional
6 good quality crackers, such as Mary's Gone Crackers

Pair a better quality cracker with a flavorful fruit salsa. This simple salsa makes 1 serving and provides an easy filling snack, just mix the ingredients and refrigerate. It's also great on top of salads, chicken, or fish. Add jalapenos, crushed red pepper, or a dash of hot sauce for a kick.

170kcal, 3g protein, 23g carbs, 6g fiber, 0mg cholesterol, 8g fat, 1g saturated, 6mg fiber, 0mg cholesterol, 4% calcium, 15% iron

LUNCH: Artichoke Chicken & Salad

Artichoke Chicken with Vegetables & Potatoes, warmed * *from Dinner Day 1*

1 ounce arugula (1 cup)
1 Tablespoon chopped basil
¼ teaspoon olive oil
Dash of kosher salt and black pepper

Toss arugula and basil with oil, season with salt and pepper. Serve with warmed Artichoke Chicken.

Serving Size: 1 cup dressed lettuce, 4 ounces chicken

Salad: 270 kcal, 36g Protein, 5g Carb, 180mg Sodium, 1g Fiber, 80mg Cholesterol, 11g Fat, 1.5g Saturated, 2g Sugar, 4% Calcium, 10% Iron



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■ DAY THREE ■

AFTERNOON SNACK: Avocado

½ avocado

Optional: lime or lemon, salt, pepper

Cut avocados in half and remove pits. Drizzle with lemon or lime juice and salt and pepper if desired.

110kcal, 1g Protein, 6g Carb, 5mg Sodium, 5g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 0% Iron

DINNER: Sausage Potato Soup

¼ teaspoon olive oil

½ yellow onion, diced (½ cup)

1 carrot, diced (½ cup)

½ pound Italian turkey sausage (bulk or links removed from casings)

¼ teaspoon Herbes de Provence

1 tomato, diced (¾ cup)

Pinch of black pepper

2 cups low-sodium chicken broth

½ pound new potatoes, diced

½ (15 oz) can organic white beans, drained and rinsed

½ bunch kale, chopped (2 cups)

1. Heat a soup pot over medium heat. Add oil, onions, and carrots and cook for 2-3 minutes. Add sausage and Herbes and cook for about 3-4 minutes, crumbling meat as you stir.
2. Add tomatoes, pepper, broth, potatoes, beans, and kale. Bring to a simmer for about 10-15 minutes until potatoes are tender.
3. **Save half for Lunch Day #4.**

410 kcal, 27g Protein, 42g Carb, 670mg Sodium, 8g Fiber, 55mg Cholesterol, 14g Fat, 4g Saturated, 9g Sugar, 8% Calcium, 20% Iron

■ DAY FOUR ■

BREAKFAST: Coconut Pear Smoothie

2 Tablespoons cashews
½ pear, cut into quarters
½ banana, sliced
½ teaspoon grated ginger, optional
¼ (14 oz) can full fat coconut milk
½ cup water
pinch of cinnamon, *optional*
½ cup ice

Place cashews in a blender or food processor and blend until finely ground. Add remaining ingredients and blend to desired consistency.

300 kcal, 3g Protein, 40.2g Carb, 40mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 6g Saturated, 26g Sugar, 2% Calcium, 6% Iron

MORNING SNACK: Carrots with Cashew Butter

2 carrots
1 Tablespoon cashew butter

Make your own cashew butter in a high-speed blender or substitute with a jar of store-bought natural cashew (or alternate nut) butter. This snack is full of crunch and the combination of vegetable-based carbohydrates, healthy fats, and fiber will help keep you full and satisfied.

160kcal, 4g protein, 21g carbs, 80mg sodium, 5g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 15% calcium, 6% iron

LUNCH: Sausage Potato Soup

Sausage Potato Soup, warmed **from Dinner Day 3*
½ ounce arugula (½ cup)

Heat soup and top with arugula.

410 kcal, 27g Protein, 42g Carb, 670mg Sodium, 8g Fiber, 55mg Cholesterol, 14g Fat, 4g Saturated, 9g Sugar, 8% Calcium, 20% Iron

AFTERNOON SNACK: Sweet Potato

1 small sweet potato (5-6 ounce) - baked 45 minutes @400°F

No extra ingredients needed, the sweet potato is a perfect stand-alone snack. Rich in fiber, vitamins, and minerals, and very portable, a sweet potato is a perfect between-meals snack or a great meal-booster for those who need a few extra calories. Pre-bake and pack or make into fries or rounds, if desired. Once you get into the habit, no chip compares to thinly sliced, lightly salted baked sweet potato rounds.

110kcal, 2g protein, 26g carbs, 70mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g saturated, 4g fiber, 0mg cholesterol, 4% calcium, 4% iron



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CLASSIC FOR ONE Week One

■ DAY FOUR ■

DINNER: Med Chicken with Green Beans

For chicken

¾ pound skin-on, bone-in chicken breasts

¼ pound fresh green beans (¾ cup)

½-¾ pear, cored and quartered

½ Tablespoon olive oil

½ teaspoon cumin

¼ teaspoon paprika

Pinch of cayenne pepper or chili powder

¼ teaspoon kosher salt

¼ teaspoon black pepper

1. For chicken, heat oven to 400°F.
2. Place chicken, green beans, and pears on a baking sheet and drizzle with olive oil; sprinkle with spices, salt, and pepper.
3. Cook for about 35-40 minutes until chicken juices run clear (internal temperature 165°F).
4. **Save half the chicken for Lunch Day #5.**

Chicken: 280kcal, 29g protein, 27g Carb, 220mg Sodium, 7g Fiber, 65mg Cholesterol, 7g Fat, 0.5g Saturated, 15g Sugar, 4% Calcium, 10% Iron

Each recipe makes one serving - nutrition information is for one serving

■ DAY FIVE ■

BREAKFAST: Chocolate Banana Smoothie

2 Tablespoons raw old fashioned oats
2 Tablespoons raw almonds (or nut of choice)
2¼ teaspoons cocoa powder
½ banana (frozen if you like a thicker smoothie)
¼ (14 oz) can full fat coconut milk
⅓ cup cold water
2-3 cups ices

1 egg, hard boiled, sliced

Place oats in a blender or food processor and blend into powder. Add remaining ingredients (except egg) and blend to desired consistency. Serve with a side of hardboiled egg.

Smoothie: 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

MORNING SNACK: Kiwi

1 medium kiwi

Kiwi: 45kcal, 1g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 0% Iron

LUNCH: Chicken & Fruit Salad

¼ pound cooked chicken, diced * *from Dinner Day #4*
1 cup red or green grapes
¼ cucumber, diced (½ cup)
½ rib celery, chopped (¼ cup)
¼ teaspoons white wine vinegar
1 Tablespoon olive oil
Dash of kosher salt and black pepper
1½ ounces arugula (1½ cups)

Toss all ingredients together.

350 kcal, 28g Protein, 41g Carb, 160mg Sodium, 4g Fiber, 65mg Cholesterol, 8g Fat, 0.5g Saturated, 35g Sugar, 10% Calcium, 10% Iron



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■ DAY FIVE ■

AFTERNOON SNACK: Spiced Almonds

¼ cup raw almonds
½ teaspoon olive oil
⅛ teaspoon cumin
Pinch each of cinnamon, paprika, salt, pepper

Toss all together and place on a baking sheet in a 300° oven for 20 minutes, tossing occasionally.

190 kcal, 7g Protein, 7g Carb, 120mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 6% Iron

DINNER: Sausage Sauté & Polenta

For sausage sauté

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
3 ounces Italian turkey sausage (bulk or links removed from casings)
¼ (15 ounce) can artichoke hearts, rinsed and drained and chopped
Pinch of black pepper

For polenta

¾ teaspoon olive oil
½ clove garlic, minced
¾ cup low-sodium chicken broth
¼ cup medium cornmeal (polenta)

1. For sauté, heat a skillet over medium heat and add oil and onion; cook for 1-2 minutes. Add sausage and crumble as it cooks. Add artichokes and pepper and cook for about 4 minutes.
2. For polenta, heat a medium pot over medium heat and add olive oil and garlic; sauté for 30 seconds. Add broth and bring to simmer. Whisk in cornmeal and reduce heat to low. Cook about 8-10 minutes, stirring frequently.
3. Serve sausage sauté over warm polenta; garnish with fresh basil if desired.

Sausage Sauté:

290 kcal, 23g Protein, 15g Carb, 750mg Sodium, 4g Fiber, 70mg Cholesterol, 15g Fat, 5g Saturated, 6g Sugar, 15% Calcium, 15% Iron

Polenta: 130 kcal, 4g Protein, 21g Carb, 55mg Sodium, 2g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron