



2018 WINTER MIND BODY RESET

CLASSIC FOR ONE PREP GUIDE Week Two

MENU

■ DAY ONE ■

Blue Morning Smoothie

No Mayo Egg Salad

Spanish Meatloaf with Cauliflower & Green Beans

Snacks: Almonds & Oranges/Toasted Garbanzo Beans

■ DAY TWO ■

Energy Bowl

Sweet Potato Avocado Toast

Cioppino

Snacks: Tea Milk with Apples & Nut Butter/Bell Peppers & Egg Salad

■ DAY THREE ■

Eggs & Avocado

Leftover Cioppino & Pears

Ham Chowder

Snacks: Spicy Hummus & Cucumbers/Chocolate Peanut Butter Dates

■ DAY FOUR ■

Blue Morning Smoothie

Ham Chowder

Warm Taco Salad

Snacks: Carrots with Nut Butter/Cucumber Salad & Hummus

■ DAY FIVE ■

Energy Bars

Leftovers Salad Plate

Cauliflower Fried Rice

Snacks: Oranges/Carrots with Nut Butter

PREP GUIDE

■ FOR THE WEEK ■

3 eggs, hard boiled
½ pound blanched green beans * *see below*
1¾ cups cauliflower rice, warmed * *see below*
1 lime, zested & juiced (2 Tablespoons juice, ¼ teaspoon zest)

■ DAY ONE ■

½ green onions, green & white parts, chopped
¼ head romaine lettuce, chopped (1 cup)
½ cucumber, cut into ½" rounds
¼ large head of cauliflower, leaves removed, cut into florets
¼ yellow onion, small dice (¼ cup)
¼ green bell pepper, small dice (¼ cup)
½ carrot, grated (2½ Tablespoons)

■ DAY TWO ■

½ green onion, thinly sliced
½ green bell pepper, cut in half, seeds removed
2 Tablespoons minced yellow onion

■ DAY THREE ■

½ cucumber, sliced
¼ yellow onion, diced (¼ cup)
4 green bell pepper, diced (¼ cup)
¼ head romaine, chopped (1 cup)
½ carrot, grated (2½ Tablespoons)
¾ cup chopped broccoli florets

■ DAY FOUR ■

2 carrots, cut into sticks
½ medium cucumber, peeled and diced
½ green onion, chopped
1 small tomatillo, diced
½ head romaine lettuce, chopped (2 cups)
¼ green bell pepper, diced (¼ cup)

■ DAY FIVE ■

¼ cucumber, diced (½ cup)
¼ head romaine lettuce, chopped (1 cup)
2 carrots, cut into sticks
¼ yellow onion, chopped (¼ cup)
1" fresh ginger, grated (¾ teaspoon)
¾ cup chopped broccoli



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Blanched Green Beans

$\frac{2}{3}$ pound green beans

Bring a large pot of water to a boil and add green beans, in batches if necessary, and cook 2-3 minutes until bright green. Immediately place green beans in ice water to stop cooking. Refrigerate until needed.

Cauliflower Rice

$\frac{1}{2}$ cauliflower head, florets (2 cups)

$\frac{1}{4}$ yellow onion, chopped ($\frac{1}{4}$ cup)

$\frac{1}{8}$ teaspoon kosher salt

$\frac{1}{8}$ teaspoon black pepper

$\frac{3}{4}$ teaspoon olive oil

Place all ingredients (except oil) in food processor and pulse until cauliflower is rice sized. Heat oil in a skillet and add contents of food processor. Sauté for 5-6 minutes or until golden brown.



Meal #	Meat/Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4	ground beef	2 pounds	1 pound	1/2 pound	\$12.00	
2	halibut or cod	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$20.00	
3,5	lean ham, low sodium	1-3/4 pounds	1 pound	1/2 pound	\$14.00	

Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4	frozen blueberries	4 cups	2 cups	1 cup	\$2.00	
1,2,4	green apples	10	5	3	\$5.00	
1,3,4	pears	8	4	2	\$4.00	
1,2,5	oranges	10	5	3	\$5.00	
3,5	broccoli	2 heads	1 head	1 small head	\$4.00	
2,3,4	lime	4	2	1	\$2.00	
4	tomatillos	3	2	1	\$1.50	
5	grapes	4 cups	2 cups	1 cup	\$6.00	
1,2,4	green onion	6	3	2	\$1.00	
1,3,4,5	romaine lettuce	5 heads	3 heads	2 heads	\$10.00	
1,3,4,5	cucumbers	8	4	2	\$8.00	
1,2,3,5	yellow onion	5	3	2	\$5.00	
1,2,3,4	green bell pepper	5	3	2	\$5.00	
1,3,4,5	carrots	20	10	5	\$3.00	
1,2,3,4	cilantro	2 bunches	1 bunch	1 small bunch	\$3.00	
1,3	green beans	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$5.00	
2	banana	2	1	1	\$1.00	
1,2,5	cauliflower	3 heads	2 heads	1 head	\$6.00	
1,2,3,4	avocado	7	4	2	\$7.00	
2,3	sweet potatoes	6 medium	3 medium	2 medium	\$3.00	

Meal #	Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,2,4	almond milk	8 cups (64 fl oz)	4 cups (32 fl oz)	2 cups (16 fl oz)	\$6.00	
1,2,3,4,5	almond or cashew butter	1-1/2 cups	3/4 cup	1/2 cup	\$7.00	
3	cacao powder	4 teaspoons	2 teaspoons	1 teaspoon	\$2.00	
1,2,5	almonds	2 cups	1 cup	1/2 cup	\$10.00	
1,3,5	garbanzo beans	5 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	\$7.50	
1,4	chili powder	1-1/4 teaspoons	3/4 teaspoon	1/2 teaspoon	\$1.00	
2,5	raisins/dried fruit	1-1/2 cups	3/4 cup	1/2 cup	\$3.00	
2,5	unsweetened coconut	1 cup	1/2 cup	1/4 cup	\$2.00	shredded
2	organic herbal tea	4 tea bags	2 tea bags	1 tea bag	\$2.00	
2,3	sesame seeds	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	
3	hot sauce	1/3 cup	3 Tablespoons	1-1/2 Tablespoons	\$2.00	such as Franks
3,5	dates	20	10	5	3	

PANTRY INGREDIENTS

olive oil	1-1/2 cups	3/4 cup	1/2 cup	
grapeseed oil	2/3 cup	1/3 cup	3 Tablespoons	
balsamic vinegar				
white wine vinegar	1/2 cup	1/4 cup	2 Tablespoons	
low sodium broth	10 cups (80 fl oz)	5 cups (40 fl oz)	2.5 cups (20 fl oz)	
garlic cloves	16 cloves	8 cloves	4 cloves	
kosher salt	5 teaspoons	2-1/2 teaspoons	1-1/2 teaspoons	
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon	
cayenne pepper	pinch			
paprika	3/4 teaspoon	1/2 teaspoon	1/4 teaspoon	
dried oregano	2 teaspoons	1 teaspoon	1/2 teaspoon	
herbes de provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon	
ground cumin	2-1/4 teaspoons	1-1/4 teaspoons	3/4 teaspoon	
raw honey/maple syrup				
organic tomato paste	3/4 cup	6 Tablespoons	3 Tablespoons	
Dijon mustard	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	
low sodium soy sauce				
raw old fashioned oats				
eggs	22	11	6	
almond flour	1-1/2 Tablespoons	1-1/2 teaspoons	3/4 teaspoon	

OPTIONAL ITEMS

2	vanilla	1 teaspoon	1/2 teaspoon	1/4 teaspoon	
5	fresh ginger	1 Tablespoon	1/2 Tablespoon	3/4 teaspoon	
1,4,5	cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	

■ DAY ONE ■

BREAKFAST: Blue Morning Smoothie

- ½ cup almond milk or water
- ½ cup frozen blueberries
- ¼ green apple, cored and quartered
- ½ ripe pear, cored and quartered
- 1 Tablespoon cashew or almond butter
- ⅛ teaspoon cinnamon
- ¼-½ cup ice

Place ingredients with ¼ cup of ice in a blender or food processor and puree on high for 30-60 seconds. Check consistency and if desired add additional ice.

Smoothie: 270 kcal, 5g Protein, 35g Carb, 95mg Sodium, 7g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 21g Sugar, 30% Calcium, 10% Iron

MORNING SNACK: Almonds & Oranges

- 10 almonds
- 1 orange

Feel free to substitute any piece of fruit with your choice of nut.

Per serving: 140kcal, 5g protein, 16g carbs, 0mg sodium, 4g fiber, 0mg cholesterol, 7g fat, 0.5g saturated, 6% calcium, 0% iron

LUNCH: No Mayo Egg Salad

For salad

- 3 hard boiled eggs
- ½ green onion, green & white parts, chopped
- ¼ head romaine lettuce, chopped (1 cup)
- ¼ avocado, sliced
- ½ cucumber, cut into ½" rounds
- ⅓ cup blanched green beans, cut in half

* see prep guide

For dressing

- ⅛ teaspoon Dijon mustard
- 1 Tablespoon grapeseed or flaxseed oil
- ⅛ teaspoon paprika
- ½ Tablespoon white wine vinegar
- ⅛ teaspoon kosher salt

1. Whisk dressing ingredients together until smooth.
2. With a fork, roughly mash eggs in a bowl.
3. Add green onions and ½ Tablespoon dressing to mashed eggs. Save ¼ cup of egg salad for Day 2 snack.
4. Toss romaine with remaining dressing and place in a serving bowl.
5. Place 1-2 Tablespoons egg salad, few slices avocado, cucumber rounds, and green beans over romaine.

280 kcal, 14g Protein, 11g Carb, 290mg Sodium, 5g Fiber, 300mg Cholesterol, 20g Fat, 3g Saturated, 3g Sugar, 8% Calcium, 10% Iron

■ DAY ONE ■

AFTERNOON SNACK (Made ahead): Toasted Garbanzo Beans

½ (15 oz) can garbanzo beans
 ¼ teaspoon kosher salt
 ⅛ teaspoon cumin
 Pinch each of cinnamon, paprika, salt, pepper

This is a simple snack that satisfies the desire for crunch and provides protein and fiber. Add any of your favorite seasonings: salt and pepper, cumin, chili powder, cinnamon, or a pinch of cayenne for heat lovers. Cook in a 450° oven for about 35 minutes until toasted. Stir midway through cooking. 1 serving = 1 cup seasoned garbanzo beans.

*For 1 cup with 1/8 teaspoon each salt and pepper and ¼ teaspoon ground cumin:
70kcal, 4g protein, 12g carbs, 75mg sodium, 3g fiber, 0mg cholesterol, 0.5g fat, 0g saturated, 2% calcium, 4% iron.*

DINNER: Spanish Meatloaf with Cauliflower & Green Beans

For meatloaf

½ pound ground beef
 ¼ yellow onion, small dice (¼ cup)
 ¼ green bell pepper, small dice (¼ cup)
 ½ carrot, grated (2½ Tablespoons)
 1 clove garlic, minced
 2 Tablespoons chopped cilantro
 ¼ teaspoon cumin
 ¼ teaspoon chili powder
 ¼ teaspoon organic sea salt
 Pinch black pepper

For garlic mashed cauliflower

¼ large head of cauliflower, leaves removed, cut into florets
 1 clove garlic, roughly chopped
 2¼ teaspoons olive oil
 Pinch of organic sea salt
 Pinch of black pepper

For Spanish meatloaf

1. Heat oven to 425°F.
2. Combine all ingredients (do not over mix) and place in a small loaf pan.
3. Cook for about 25-30 minutes.
4. Save ½ the meatloaf for Dinner Day 4.

For mashed cauliflower

1. Heat a stock pot and add ¼ cup water. Using a steamer, add cauliflower stems and florets and steam until tender, about 6-8 minutes. Without a steamer, boil cauliflower until tender increasing water to 1½ cups.
2. Remove from heat, drain, and cool slightly. Place in food processor with garlic, oil, salt, and pepper. Blend until smooth.
3. Serve warm, reheating in stock pot if necessary.

continued



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■ DAY ONE ■

For green beans

½ Tablespoon olive oil

¼ pound blanched green beans * *see prep guide*

Pinch of organic sea salt

Pinch of black pepper

1. Heat a non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add green beans, salt, and pepper and cook for 2-3 minutes until beans begin to brown.

Meatloaf: 190 kcal, 32g Protein, 3g Carb, 220mg Sodium, 1g Fiber, 100mg Cholesterol, 4.5g Fat, 2.5g Saturated, 2g Sugar, 2% Calcium, 20% Iron

Cauliflower: 160 kcal, 4g Protein, 10g Carb, 210mg Sodium, 4g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 6% Iron

Green Beans: 80 kcal, 2g Protein, 5g Carb, 150mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 4% Calcium, 2% Iron



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■ DAY TWO ■

BREAKFAST: Energy Bowl

- ½ ripe banana
- ½ cup ice
- ⅛ teaspoon vanilla extract
- 2 Tablespoons nut of choice (almond, cashew, walnut, macadamia)
- 2 Tablespoons raisins
- 2 Tablespoons shredded coconut

Blend ice, bananas, and vanilla until smooth. Top with nuts, raisins, and shredded coconut. It looks like a treat but it's breakfast!!

Serving size: 1½ cups

210 kcal, 5g Protein, 33g Carb, 5mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 22g Sugar, 6% Calcium, 6% Iron

MORNING SNACK: Tea Milk with Apples & Nut Butter

- 8 ounces almond milk
- 1 bag organic herbal tea of choice
- 1 green apple, sliced
- 1 Tablespoon nut butter

Soak tea bag in warm almond milk for 3 minutes.

Tea Milk: 35kcal, 1g protein, 1g carbs, 160mg sodium, 0g fiber, 0mg cholesterol, 2.5g fat, 0mg saturated, 35% calcium, 6% iron

Apples with nut butter: 190kcal, 5g Protein, 24g Carb, 40mg Sodium, 5g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 4% Calcium, 6% Iron

LUNCH: Sweet Potato Avocado Toast

- ½ sweet potato, sliced lengthwise into 2 even slices
- ½ avocado
- 1 teaspoon lime juice
- ½ green onion, thinly sliced
- 2¼ teaspoons sesame seeds
- Pinch of kosher salt
- Pinch of cayenne pepper

½ orange, sliced

Toast sweet potatoes slices in toaster or broiler about 5 minutes per side. Meanwhile, mash avocado lightly with lime juice. Spoon avocado over sweet potato slices and top with green onions, sesame seeds, and a pinch each of salt and cayenne. Serve with a side of oranges.

Avocado toast: 250kcal, 5g protein, 28g carbs, 80mg sodium, 9g fiber, 0mg cholesterol, 14g fat, 2mg saturated, 4% calcium, 10% iron

Orange: 30kcal, 1g Protein, 7g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2% Calcium, 0% Iron

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



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■ DAY TWO ■

AFTERNOON SNACK: Bell Peppers & Egg Salad

¼ cup egg salad * **from Lunch Day 1**
½ green bell pepper, cut in half, seeds removed
Pinch of salt and pepper

180 kcal, 10g Protein, 9g Carb, 250mg Sodium, 3g Fiber, 240mg Cholesterol, 12g Fat, 2.5g Saturated, 4g Sugar, 6% Calcium, 10% Iron

DINNER: Cioppino

2¼ teaspoons olive oil
2 Tablespoons minced yellow onion
½ garlic clove, minced
2 Tablespoons fresh cilantro leaves
3 Tablespoons organic tomato paste
1 cup low sodium chicken broth (or ¾ cup broth + ¼ cup white wine)
¼ teaspoon dried oregano
⅛ teaspoon kosher salt
⅔ pound halibut or cod, cut into 2-3" pieces (can sub ⅔ pound chicken tenders, cut in half)
1 cup cauliflower rice, warmed * **see prep guide**

1. In a stockpot, heat olive oil over medium heat. When oil is hot, add onions, garlic, and cilantro. Cook 4-5 minutes until onions are soft.
2. Add tomato paste and mix well.
3. Add chicken broth, oregano, and salt; mix well. Cover and simmer for 20-25 minutes.
4. Stir in fish, bring to a boil, and lower heat to a simmer. Cook for 4-5 minutes until fish is cooked through and firm.
5. Remove from heat, reserve half for Lunch Day 3. Place cauliflower rice in a deep bowl and top with Cioppino.

Cioppino: 210 kcal, 29g Protein, 7g Carb, 290mg Sodium, 1g Fiber, 70mg Cholesterol, 7g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 6% Iron
Cauliflower Rice: 90 kcal, 4g Protein, 10g Carb, 65mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 6% Iron



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■ DAY THREE ■

BREAKFAST: Eggs and Avocado

2 eggs, any style (scrambled, poached, over easy, hard boiled)
½ ripe avocado, cut in half
Pinch of paprika

1. Prepare eggs.
2. Sprinkle avocado with a dash of paprika and serve sliced or mashed with eggs.

Eggs and Avocado: 250 kcal, 13g Protein, 8g Carb, 135mg Sodium, 5g Fiber, 360mg Cholesterol, 19g Fat, 4g Saturated, 0g Sugar, 4% Calcium, 10% Iron

MORNING SNACK: Spicy Hummus & Cucumbers

½ (15 oz) can garbanzo beans (chickpeas), rinsed and drained
1 Tablespoon olive oil
1 Tablespoon sesame seeds or ½ Tablespoon sesame seed oil
½ clove garlic, peeled
1-1½ Tablespoons hot sauce – to taste (I use Frank's)
1 Tablespoon water
½ cucumber, sliced

1. Combine all ingredients except cucumber in a food processor or high speed blender until smooth.
2. If necessary, add more water a little at a time until desired consistency. Reserve ⅓ for Snack Day 4.
3. Transfer the remainder to bowl and serve with cucumber slices or any vegetable you may have on hand.
4. You can shortcut this snack by buying a fresh hummus and adding hot sauce.

Hummus & Cucumber: 210kcal, 8g protein, 20g carbs, 6g fiber, 0mg cholesterol, 10g fat, 1.5g saturated, 6mg fiber, 0mg cholesterol, 6% calcium, 10% iron

LUNCH: Leftover Cioppino & Pears

1 (12 ounce) serving cioppino, warmed * *from Dinner Day 2*
1 pear, sliced

Cioppino: 210 kcal, 29g Protein, 7g Carb, 290mg Sodium, 1g Fiber, 70mg Cholesterol, 7g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 6% Iron
Pear: 100 kcal, 1g Protein, 526 Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

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

■ DAY THREE ■

AFTERNOON SNACK: Chocolate Peanut Butter Dates

- 2 dates
- 1 Tablespoon peanut or almond butter
- 1 teaspoon cacao powder

Remove pits from dates and fill each with ½ Tablespoon nut butter. Sprinkle with cacao powder. Boom!

150kcal, 4g Protein, 15g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 10g Sugar, 4% Calcium, 6% Iron

DINNER: Ham Chowder

For ham chowder

- 2¼ teaspoons olive oil
- ¼ yellow onion, diced (¼ cup)
- ¼ green bell pepper, diced (¼ cup)
- ½ clove garlic, minced
- 4 ounces lean, low sodium ham, diced
- 1 teaspoon almond flour
- ¼ teaspoon Herbes de Provence
- 1 medium sweet potato, peeled and diced (1 cup)
- 1½ cups low-sodium chicken broth
- ¼ pound blanched green beans, diced * *see prep guide*
- Pinch of black pepper

1. Heat a soup pot over medium heat and add oil.
2. When oil is hot, add onion, bell pepper, garlic, and ham. Cook for about 2-3 minutes.
3. Add flour and Herbes, stirring until well combined.
4. Add sweet potatoes and broth; bring to a simmer and cook until potatoes are almost tender, about 8-10 minutes.
5. Add green beans and pepper, simmer for another 2-5 minutes. Save about 1½ cups for Lunch Day 4.

For side salad

- ¼ head romaine, chopped (1 cup)
- ½ carrot, grated (2½ Tablespoons)
- ¾ cup chopped broccoli florets
- ½ Tablespoon chopped cilantro
- ½ Tablespoon olive oil
- 1 teaspoon lime juice

Combine lettuce, carrots, broccoli, and cilantro in a medium bowl. Serve immediately or store in refrigerator until ready to use. Add oil and lime juice immediately before serving.

Chowder 250 kcal, 16g Protein, 36g Carb, 670mg Sodium, 6g Fiber, 30mg Cholesterol, 5g Fat, 1.5g Saturated, 16g Sugar, 6% Calcium, 10% Iron
Salad: 130kcal, 4g Protein, 14g Carb, 70mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 6% Calcium, 10% Iron

■ DAY FOUR ■

BREAKFAST: Blue Morning Smoothie

- ½ cup almond milk or water
- ½ cup frozen blueberries
- ¼ green apple, cored and quartered
- ½ ripe pear, cored and quartered
- 1 Tablespoon cashew or almond butter
- Pinch of cinnamon
- ¼-½ cup ice

Place ingredients with ¼ cup of ice in a blender or food processor puree on high for 30-60 seconds. Check consistency and if desired add additional ice.

Smoothie: 270 kcal, 5g Protein, 35g Carb, 95mg Sodium, 7g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 21g Sugar, 30% Calcium, 10% Iron

MORNING SNACK: Carrots with Nut Butter

- 2 carrots, cut into sticks
- 1 Tablespoon almond or cashew butter

Make your own nut butter in a high-speed blender or substitute with a jar of store-bought natural 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.

170kcal, 5g protein, 19g carbs, 80mg sodium, 6g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 6% calcium, 6% iron

LUNCH: Ham Chowder

- 1 (12 ounce) serving Ham Chowder, warmed **from Dinner Day 3*
- 1 green apple, sliced

Chowder 250 kcal, 16g Protein, 36g Carb, 670mg Sodium, 6g Fiber, 30mg Cholesterol, 5g Fat, 1.5g Saturated, 16g Sugar, 6% Calcium, 10% Iron
Apple: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 19g Sugar, 0% Calcium, 0% Iron

AFTERNOON SNACK: Cucumber Salad & Hummus

- ½ medium cucumber, peeled and diced
- ½ green onion, chopped
- 1 Tablespoon fresh cilantro, chopped
- ¼ lime, zested (¼ teaspoon) and juiced (¾ teaspoon)
- ½ teaspoon grapeseed or flax oil
- Pinch of kosher salt
- Pinch of black pepper
- Spicy hummus ** from Snack Day 3*

Combine all ingredients except hummus in a medium bowl. Serve topped with a scoop of hummus.

Cucumber Salad:150kcal, 5g protein, 14g carbs, 160mg sodium, 4g fiber, 0mg cholesterol, 10g fat, 1g saturated, 4g fiber, 0mg cholesterol, 4% calcium, 10% iron



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■ DAY FOUR ■

DINNER: Warm Taco Salad

¾ teaspoon grapeseed oil
Spanish meatloaf, diced * **from Dinner Day 1**
1 small tomatillo, diced
¼ teaspoon oregano
⅛ teaspoon cumin
½ head romaine lettuce, chopped (2 cups)
¼ green bell pepper, diced (¼ cup)
½ avocado, diced

1. Heat a non-stick skillet over medium heat and add oil.
2. Add diced meatloaf, tomatillos, oregano, and cumin. Cook until warmed, about 5 minutes.
3. In a serving bowl, toss together lettuce, bell pepper, and avocado; add in warmed meatloaf mixture.
4. Toss gently with dressing.

For dressing

2¼ teaspoons lime juice
¾ teaspoon olive oil
1 Tablespoon chopped cilantro
⅛ teaspoon cumin
⅛ teaspoon chili powder
Pinch of organic sea salt
Pinch of black pepper

Whisk together all ingredients.

Taco Salad: 400kcal, 35g protein, 17g Carb, 320mg Sodium, 8g Fiber, 100mg Cholesterol, 22g Fat, 4g Saturated, 8g Sugar, 6% Calcium, 35% Iron

■ DAY FIVE ■

BREAKFAST: Energy Bars

¼ cup almonds or cashews
¼ cup dried fruit (cherries or apples)
3 whole dates, pitted, optional
2 Tablespoons shredded unsweetened coconut flakes
Pinch of cinnamon

1. Combine all ingredients in a food processor. Pulse a few times just to break them up. Separate the dates if they start to clump together.
2. Process continuously for 15-20 seconds.
3. Scrape the bowl then process for 1 minute more, until the mixture forms into a ball.
4. Form into a 1" thick square or rectangle. Wrap and chill.
5. Remove from refrigerator and cut into 3 bars. Wrap each bar in plastic wrap or wax paper.
6. Store up to a week in fridge or freeze for up to 3 months.
7. Serve cold.

Energy Bars (2 Bars): 260kcal, 5g Protein, 36g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 4g Saturated, 25g Sugar, 3% Calcium, 10% Iron

MORNING SNACK: Oranges

1 medium orange

Orange: 60kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

LUNCH: Leftovers Salad Plate

¼ (15 oz) can organic garbanzo beans, rinsed and drained
1 cup red or green grapes
¼ cucumber, diced (½ cup)
2¼ teaspoons white wine vinegar
1 Tablespoon olive oil
Pinch of kosher salt and black pepper
¼ head romaine lettuce, chopped (1 cup)

Toss all ingredients together.

260 kcal, 8g Protein, 20g Carb, 100mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 4g Sugar, 6% Calcium, 10% Iron

■ DAY FIVE ■

AFTERNOON SNACK: Carrots with Nut Butter
2 carrots, cut into sticks
1 Tablespoon almond or cashew butter

Make your own nut butter in a high-speed blender or substitute with a jar of store-bought natural 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.

170kcal, 5g protein, 19g carbs, 80mg sodium, 6g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 6% calcium, 6% iron

DINNER: Cauliflower Fried Rice

2¼ teaspoons grapeseed or sesame oil
¼ yellow onion, chopped (¼ cup)
½ clove garlic, minced
¼ teaspoon grated ginger, optional
3 ounces low-sodium ham, small dice
¾ cup chopped broccoli
Pinch of black pepper
¾ cup cooked cauliflower rice * *see prep guide*
½ Tablespoon white wine vinegar OR raw coconut aminos
1 egg white, beaten

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 1-2 minutes.
3. Add ham, broccoli, and pepper and cook for 2-3 minutes.
4. Add cauliflower rice and stir until heated through.
5. Whisk together vinegar or coconut aminos and eggs. Make a well in center of cauliflower rice and pour the mixture in.
6. Stir around until egg is cooked through then stir to distribute.

400 kcal, 27g Protein, 32g Carb, 750mg Sodium, 9g Fiber, 135mg Cholesterol, 19g Fat, 4g Saturated, 17g Sugar, 10% Calcium, 15% Iron