



2018 WINTER MIND BODY RESET

CLASSIC 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

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

PREP GUIDE

■ FOR THE WEEK ■

- 12 eggs, hard boiled
- 2½ pounds blanched green beans * *see below*
- 7 cups cauliflower rice, warmed * *see below*
- 4 limes, zested & juiced (7 Tablespoons juice, 1 teaspoon zest)

■ DAY ONE ■

- 2 green onions, green & white parts, chopped (¼ cup)
- 1 head romaine lettuce, chopped (4 cups)
- 2 cucumbers, cut into ½" rounds
- 1 large head of cauliflower, leaves removed, cut into florets
- 1 yellow onion, small dice (1 cup)
- 1 green bell pepper, small dice (1 cup)
- 2 carrots, grated (¾ cup)

■ DAY TWO ■

- 2 green onions, thinly sliced (¼ cup)
- 2 green bell peppers, cut in half, seeds removed
- ½ small yellow onion, chopped (½ cup)

■ DAY THREE ■

- 2 cucumbers, sliced
- 1 yellow onion, diced (1 cup)
- 1 green bell pepper, diced (1 cup)
- 1 head romaine, chopped (4 cups)
- 2 carrots, grated (¾ cup)
- ¾ head chopped broccoli florets (3 cups)

■ DAY FOUR ■

- 8 carrots, cut into sticks
- 3 medium cucumbers, peeled and diced
- 2 green onions, chopped (¼ cup)
- 3 tomatillos, diced (1½ cups)
- 2 heads romaine lettuce, chopped (8 cups)
- 1 green bell pepper, diced (1 cup)

■ DAY FIVE ■

- 1 cucumber, diced (2 cups)
- 1 head romaine lettuce, chopped (4 cups)
- 8 carrots, cut into sticks
- 1 yellow onion, chopped (1 cup)
- 2" fresh ginger, grated (1 Tablespoon)
- ¾ head broccoli, chopped (3 cups)



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CLASSIC PREP GUIDE Week Two

Blanched Green Beans

2½ pounds 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

2 cauliflower heads, florets (8 cups)

1 yellow onion, chopped (1 cup)

¼ teaspoon kosher salt

¼ teaspoon black pepper

1 Tablespoon olive oil

Place all ingredients (except oil) in food processor and pulse until cauliflower is rice sized. Heat oil in a large 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

2 cups almond milk or water
 2 cups frozen blueberries
 1 green apple, cored and quartered
 2 ripe pears, cored and quartered
 ¼ cup cashew or almond butter
 ½ teaspoon cinnamon
 1-2 cups ice

Place ingredients with 1 cup of ice in a blender or food processor and puree on high for 30-60 seconds. Check consistency and if desired add additional cup of 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

40 almonds (about ½ cup)
 4 oranges

Feel free to substitute any piece of fruit with your choice of nut. 1 serving = 10 almonds & 1 orange.

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

12 hard boiled eggs
 2 green onions, green & white parts, chopped (¼ cup)
 1 head romaine lettuce, chopped (4 cups)
 1 avocado, sliced
 2 cucumbers, cut into ½" rounds
 ½ pound blanched green beans, cut in half (2 cups)
 * see prep guide

For dressing

½ teaspoon Dijon mustard
 ¼ cup grapeseed or flaxseed oil
 ½ teaspoon paprika
 2 Tablespoons white wine vinegar
 ½ 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 2 Tablespoons dressing to mashed eggs. Save 1 cup of egg salad for Day 2 snack.
4. Toss romaine with remaining dressing and divide into four serving bowls.
5. Place a ⅓ cup scoop of egg salad, ¼ avocado, 5-6 cucumber rounds, and ½ cup 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

- 2 (15 oz) cans garbanzo beans
- 1 teaspoon kosher salt
- ½ teaspoon cumin
- ⅓ teaspoon 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

- 2 pounds ground beef
- 1 yellow onion, small dice (1 cup)
- 1 green bell pepper, small dice (1 cup)
- 2 carrots, grated (¾ cup)
- 4 cloves garlic, minced
- ½ cup chopped cilantro (½ bunch)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon organic sea salt
- ½ teaspoon black pepper

For garlic mashed cauliflower

- 1 large head of cauliflower, leaves removed, cut into florets
- 4 cloves garlic, roughly chopped
- 3 Tablespoons olive oil
- ¼ teaspoon organic sea salt
- ⅓ teaspoon black pepper

For Spanish meatloaf

1. Heat oven to 425°F.
2. Combine all ingredients (do not over mix) and divide into 2 loaf pans.
3. Cook for about 30 minutes.
4. Save 1 meatloaf for Dinner Day 4.

For mashed cauliflower

1. Heat a large stock pot (4-6 quart) and add 1 cup water. Using a steamer, add cauliflower stems and florets and steam until tender, about 8-10 minutes. Without a steamer, boil cauliflower until tender increasing water to 5 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



2018 WINTER MIND BODY RESET

CLASSIC Week Two

■ DAY ONE ■

For green beans

2 Tablespoons olive oil

1 pound blanched green beans * *see prep guide*

¼ teaspoon organic sea salt

Dash of black pepper

1. Heat a large 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

■ DAY TWO ■

BREAKFAST: Energy Bowl

- 2 ripe bananas
- 2 cups ice
- ¼ teaspoon vanilla extract
- ½ cup nut of choice (almond, cashew, walnut, macadamia)
- ½ cup raisins
- ½ cup shredded coconut

Blend ice, bananas and vanilla until smooth. Divide between four bowls. 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

- 32 ounces almond milk
- 4 bags organic herbal tea of choice
- 4 green apples, sliced
- ¼ cup nut butter

Soak tea bag in warm almond milk for 3 minutes. 1 serving = 8 ounces almond milk with 1 tea bag and 1 apple sliced with 1 Tablespoon nut butter.

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

- 2 sweet potatoes, each sliced lengthwise into 4 even slices
- 2 avocados
- 1½ Tablespoons lime juice
- 2 green onions, thinly sliced (¼ cup)
- 3 Tablespoons sesame seeds
- Pinch of kosher salt
- Pinch of cayenne pepper

- 2 oranges, 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

■ DAY TWO ■

AFTERNOON SNACK: Bell Peppers & Egg Salad

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

1 serving = ¼ cup egg salad in ½ bell 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

3 Tablespoons olive oil
½ small yellow onion, chopped (½ cup)
2 garlic cloves, minced
½ cup fresh cilantro leaves
¾ cup organic tomato paste
4 cups low sodium chicken broth (or 3 cups broth + 1 cup white wine)
1 teaspoon dried oregano
½ teaspoon kosher salt
2½ pounds halibut or cod, cut into 2-3" pieces (can sub 2½ pounds chicken tenders, cut in half)
4 cups cauliflower rice, warmed * *see prep guide*

1. In a large stockpot, heat olive oil over medium heat. When oil is hot, add onions, garlic, and cilantro. Cook 5-6 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 30 minutes.
4. Stir in fish, bring to a boil, and lower heat to a simmer. Cook for 5-7 minutes until fish is cooked through and firm.
5. Remove from heat, reserve half for Lunch Day 3. Divide cauliflower rice into four deep bowls 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

■ DAY THREE ■

BREAKFAST: Eggs and Avocado

8 eggs, any style (scrambled, poached, over easy, hard boiled)
2 ripe avocado, cut in half
1/8 teaspoon 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

2 (15 oz) cans garbanzo beans (chickpeas), rinsed and drained
1/4 cup olive oil
1/4 cup sesame seeds or 2 Tablespoons sesame seed oil
2 cloves garlic, peeled
1/3 cup hot sauce (I use Frank's)
1/4 cup water
2 cucumbers, sliced

1. Combine all ingredients except cucumbers 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 1/3 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. 1 serving = 1/4 of remaining hummus with 1/2 cucumber.

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

4 (12 ounce) servings of cioppino, warmed * **from Dinner Day 2**
4 pears, 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

■ DAY THREE ■

AFTERNOON SNACK: Chocolate Peanut Butter Dates

8 dates
 4 Tablespoons peanut or almond butter
 4 teaspoons cacao powder

Remove pits from dates and fill each with ½ Tablespoon nut butter. Sprinkle with cacao powder. Boom!
1 serving = 2 dates, 1 teaspoon cacao, 1 Tablespoon nut butter.

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

3 Tablespoons olive oil
 1 yellow onion, diced (1 cup)
 1 green bell pepper, diced (1 cup)
 2 cloves garlic, minced
 16 ounces lean, low sodium ham, diced
 1½ Tablespoons almond flour
 1 teaspoon Herbes de Provence
 4 medium sweet potatoes, peeled and diced (4 cups)
 6 cups low-sodium chicken broth
 1 pound blanched green beans, diced * *see prep guide*
 ¼ teaspoon black pepper

1. Heat a large pot over medium heat and add oil.
2. When oil is hot, add onion, bell pepper, garlic, and ham. Cook for about 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 10 minutes.
5. Add green beans and pepper, simmer for another 2-5 minutes. Save about 6 cups for Lunch Day 4.

For side salad

1 head romaine, chopped (4 cups)
 2 carrots, grated (¾ cup)
 ¾ head chopped broccoli florets (3 cups)
 2 Tablespoons chopped cilantro
 2 Tablespoons olive oil
 1½ Tablespoons 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

2 cups almond milk or water
 2 cups frozen blueberries
 1 green apple, cored and quartered
 2 ripe pears, cored and quartered
 ¼ cup cashew or almond butter
 ½ teaspoon cinnamon
 1-2 cups ice

Place ingredients with 1 cup of ice in a blender or food processor puree on high for 30-60 seconds. Check consistency and if desired add additional cup of 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

8 carrots, cut into sticks
 ¼ cup 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. 1 serving = 2 carrots & 1 Tablespoon nut butter.

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

LUNCH: Ham Chowder

4 (12 ounce) servings Ham Chowder, warmed **from Dinner Day 3*
 4 green apples, 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

3 medium cucumbers, peeled and diced
 2 green onions, chopped (¼ cup)
 ¼ cup fresh cilantro, chopped
 1 lime, zested (1 teaspoon) and juiced (1 Tablespoon)
 2 teaspoons grapeseed or flax oil
 ¼ teaspoon kosher salt
 ½ teaspoon 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

■ DAY FOUR ■

DINNER: Warm Taco Salad

- 1 Tablespoon grapeseed oil
- 1 Spanish meatloaf, diced * *from Dinner Day 1*
- 3 tomatillos, diced (1½ cups)
- 1 teaspoon oregano
- ½ teaspoon cumin
- 2 heads romaine lettuce, chopped (8 cups)
- 1 green bell pepper, diced (1 cup)
- 2 avocados, diced

1. Heat a large 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 large serving bowl, toss together lettuce, bell pepper, and avocado; add in warmed meatloaf mixture.
4. Toss gently with dressing.

For dressing

- 3 Tablespoons lime juice
- 1 Tablespoon olive oil
- ¼ cup chopped cilantro (¼ bunch)
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- Dash of organic sea salt
- Dash 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

- 1 cup almonds or cashews
- 1 cup dried fruit (cherries or apples)
- 12 whole dates, pitted, optional
- ½ cup shredded unsweetened coconut flakes
- ½ teaspoon 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 30 seconds.
3. Scrape the bowl then process for 1-2 minutes 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 12 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

- 4 medium oranges

1 serving = 1 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

- 1 (15 oz) can organic garbanzo beans, rinsed and drained
- 4 cups red or green grapes
- 1 cucumber, diced (2 cups)
- 3 Tablespoons white wine vinegar
- ¼ cup olive oil
- Dash of kosher salt and black pepper
- 1 head romaine lettuce, chopped (4 cups)

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 8 carrots, cut into sticks

¼ cup 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. 1 serving = 2 carrots & 1 Tablespoon nut butter.

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

DINNER: Cauliflower Fried Rice

3 Tablespoons grapeseed or sesame oil

1 yellow onion, chopped (1 cup)

2 cloves garlic, minced

1 Tablespoon grated ginger, optional

12 ounces low-sodium ham, small dice

¾ head broccoli, chopped (3 cups)

¼ teaspoon black pepper

3 cups cooked cauliflower rice * *see prep guide*

2 Tablespoons white wine vinegar OR raw coconut aminos

2 eggs, beaten

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 2-3 minutes.
3. Add ham, broccoli, and pepper and cook for 3-4 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