MENU

DAY ONE

Breakfast Sausage & Kale
Sweet Potato Tuna Salad
Balsamic Pork Tenderloin & Veggie Medley
Snacks: Nuts & Oranges/Avocado

DAY TWO

Cinnamon Chia Pudding
Egg Salad Cups
Salmon Tapenade with Brussels Sprouts
Snacks: Carrots with Nut Butter/Oranges

DAY THREE

Egg Muffins
Salmon Salad
Stuffed Pepper Soup
Snacks: Paleo Olive Hummus with Veggies/Avocado

DAY FOUR

Cinnamon Chia Pudding
Stuffed Pepper Soup
Pork with Warm Nutty Slaw
Snacks: Egg Muffin & Fruit/Ants on a Log

DAY FIVE

Ham Scramble
Egg Salad
Turkey Burgers & Sweet Potatoes
Snacks: Paleo Olive Hummus with Veggies/Apples

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

PREP GUIDE

■ FOR THE WEEK ■

12 eggs, hardboiled
5 cups roasted sweet potatoes * *see below*
3 limes, juiced (6 Tablespoons juice)
3 lemons, zested & juiced (7 Tablespoons juice, 1½ Tablespoons lemon zest)

■ DAY ONE ■

2 bell peppers, diced (2 cups)
1 cucumber, chopped (2 cups)
2 yellow onion, diced (2 cup)
½ zucchini, finely diced (1 cup)
4 ounces brown mushrooms, sliced (1½ cups)
2 bunches of kale, chopped (8 cups)

■ DAY TWO ■

8 carrots, cut into sticks
2 carrots, grated (⅔ cup)
2 stalks celery, chopped (1 cup)
2 large bell peppers, cut in half lengthwise and seeded
2 Tablespoons grated yellow onion
½ yellow onion, diced small (½ cup)
2¼ pounds brussels sprouts, halved (10 cups)

■ DAY THREE ■

2½ yellow onions, small dice (2½ cups)
4 bell peppers, diced small (4 cups)
2 bell peppers, sliced
1 zucchini, grated (2 cups)
2 ounces spinach, chopped (1½ cups)
1 cucumber, sliced
4 carrots, sliced
4 carrots, grated (1⅓ cups)
1 orange, peeled, in segments
2 oranges, peeled & diced
¼ head cabbage, shredded (2 cups)
1 yellow squash, peeled and diced

■ DAY FOUR ■

4 celery ribs, cut in half
2 bell peppers, sliced thin (2 cups)
2 carrots, grated (⅔ cup)
¾ head cabbage, slide thin (6 cups)

PREP GUIDE - continued

DAY FIVE

2 bell peppers, diced (2 cups)
2 ribs celery, chopped (1 cup)
¼ yellow onion, grated (¼ cup)
½ yellow onion, chopped (½ cup)
1 carrot, grated (⅓ cup)
2 zucchini, diced small (4 cups)

Roasted Sweet Potatoes
5 medium (8 oz) potatoes, peeled & diced (5 cups)

Heat oven to 400°F
Place sweet potatoes on a baking sheet in a single layer and cook 20-25 minutes (depending on size of dice) until fork tender. Cool and refrigerate until needed.

2018 WINTER MIND BODY RESET

PALEO & PALEO FOR ONE
WEEK 4

Meal #	Meat/Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4	pork tenderloin	4 pounds	2 pounds	1 pound	$32.00	
2,3	salmon	3 pounds	1-1/2 pounds	3/4 pound	$25.00	
3,5	ground turkey	4-1/4 pounds	2-1/4 pounds	1-1/4 pounds	$25.00	
1	breakfast sausage	1 pound	1/2 pound	1/4 pound	$6.00	
1	solid white albacore tuna	2 (6 oz) cans	1 (6 oz)	1 (6 oz) can	$5.00	*in oil*
3,5	low sodium ham	1-1/4 pounds	2/3 pound	1/3 pound	$10.00	
Meal #	**Fruits & Vegetables**	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
3	yellow squash	1	1	1	$2.00	
1,2,3,5	spinach	2 pounds	1 pound	1/2 pound	$5.00	
1,2,3	oranges	11	6	3	$5.50	
1,5	sweet potatoes	5 (6-8 oz)	3 (6-8 oz)	2 (6 oz)	$5.00	
1,2,3,4,5	bell pepper (any color)	14	7	4	$14.00	
1,3	cucumber	2	1	1	$2.00	
1,4,5	cilantro	1 bunch	1 bunch	1 bunch	$1.50	
1,4	limes	3	2	1	$1.50	
1,2,3,5	avocado	7	4	2	$7.00	
1,2,3,5	yellow onion	6	3	2	$6.00	
1	kale	2 bunches	1 bunch	1 bunch	$4.00	
1	brown mushrooms	1/4 pound	2 ounces	1 ounce	$2.00	
1,2,3	basil	2 bunches	1 bunch	1 bunch	$3.00	
4,5	apples	8	4	2	$4.00	
2,3,4,5	carrots	21	11	6	$5.00	
2,4,5	celery	8 stalks	4 stalks	2 stalks	$2.00	
2,3,5	lemon	3	2	1	$1.50	
2,3	brussels sprouts	2-1/4 pounds	1-1/4 pounds	2/3 pound	$5.00	
1,3,5	zucchini	4	2	1	$4.00	
3,4	green cabbage	1 head	1 small head	1 small head	$2.00	
Meal #	**Misc.**	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,2,4	almonds	3 cups	1-1/2 cups	3/4 cup	$15.00	
1,2,3,5	fire roasted tomatoes	5 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	$7.50	
2,4	chia seeds	1-1/2 cups	3/4 cup	6 Tablespoons	$5.00	
2,4	almond milk	8 cups (64 fl oz)	4 cups (32 fl oz)	2 cups (16 fl oz)	$5.00	
2,4	almond butter	2/3 cup	1/3 cup	3 Tablespoons	$3.50	
2,3	kalamata olives	1-1/4 cups	2/3 cup	1/3 cup	$3.00	
3	raw cashews	1/2 cup	1/4 cup	2 Tablespoons	$2.50	
3	cashew butter	1/4 cup	2 Tablespoons	1 Tablespoon	$1.50	
3	tahini	1/4 cup	2 Tablespoons	1 Tablespoon	$1.50	
4	raisins	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	$1.00	
	PANTRY INGREDIENTS					
	olive oil	2 cups	1 cup	1/2 cup		
	grapeseed oil					
	balsamic vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
	white wine vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
	low sodium broth	6 cups (48 fl oz)	3 cups (24 fl oz)	1.5 cups (12 fl oz)		
	garlic cloves	14 cloves	7 cloves	4 cloves		
	kosher salt	3 teaspoons	1.5 teaspoons	3/4 teaspoon		
	black pepper	3 teaspoons	1.5 teaspoons	3/4 teaspoon		
	cayenne pepper					
	paprika					
	dried oregano					
	herbes de provence	3-1/2 teaspoons	2 teaspoons	1 teaspoon		
	ground cumin	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
	raw honey/maple syrup					
	organic tomato paste	1 Tablespoon	1/2 Tablespoon	1 teaspoon		
	Dijon mustard	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
	raw coconut aminos	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
	eggs	32	16	8		
	almond flour					
	OPTIONAL ITEMS					
2,4	cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
2,4	vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon		

■ DAY ONE ■

BREAKFAST: Breakfast Sausage & Kale

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
4 ounces brown mushrooms, sliced (1½ cups)
1 pound of breakfast sausage, diced
2 bunches of kale, chopped (8 cups)

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and cook for 1 minute.
3. Add mushrooms and sausage and cook for about 2-4 minutes until sausage is cooked through.
4. Add the kale by handfuls until wilted down completely.

Sausage/Kale: 380kcal, 15g Protein, 9g Carb, 440mg Sodium, 3g Fiber, 30mg Cholesterol, 32g Fat, 7g Saturated, 3g Sugar, 10% Calcium, 6% Iron

MORNING SNACK: Nuts & Oranges

½ cup nuts (almonds or cashews)
4 oranges

1 serving = 2 Tablespoons nuts & 1 orange.

Almonds & Oranges:170kcal, 5g Protein, 17g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 10g Fat, 0.5g Saturated, 12g Sugar, 6% Calcium, 6% Iron

LUNCH: Sweet Potato Tuna Salad

For salad
2 (6 ounce) cans of solid white albacore tuna in oil
2 cups roasted sweet potatoes * *see prep guide*
1 bell pepper, diced (1 cup)
1 cucumber, chopped (2 cups)
5 ounces spinach leaves (3 cups)
2 Tablespoons chopped cilantro
½ cup chopped almonds or cashews

For dressing
2 Tablespoons lime juice
2 Tablespoons olive oil
1 Tablespoon white wine vinegar
½ teaspoon cumin
¼ teaspoon of organic sea salt
black pepper to taste

Whisk dressing ingredients together until smooth. Toss salad ingredients together and toss with dressing.

Salad: 410kcal, 25g Protein, 25g Carb, 650mg Sodium, 7g Fiber, 45mg Cholesterol, 25g Fat, 3.5g Saturated, 7g Sugar, 10% Calcium, 20% Iron

DAY ONE

AFTERNOON SNACK: Avocado

2 avocados
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.
1 serving = ½ avocado.

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

DINNER: Balsamic Pork Tenderloin & Veggie Medley

½ teaspoon organic sea salt
½ teaspoon black pepper
1 teaspoon Herbes de Provence
4 cloves garlic, minced
2 Tablespoons olive oil
4 pounds pork tenderloin, trimmed
¼ cup balsamic vinegar

1. Heat oven to 475°F.
2. Combine salt, pepper, Herbes, garlic, and oil. Put pork tenderloins on a baking sheet and spread oil mixture all over.
3. Roast in oven for about 10-12 minutes then turn over and cook another 10-12 minutes.
4. **Save half for pork for Dinner Day #4**.
5. Combine juices from pork with balsamic vinegar in a small saucepan and bring to a simmer. Reduce by half until thickened and drizzle over sliced pork.

For veggie medley

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
1 clove garlic, minced
1 bell pepper, diced (1 cup)
½ zucchini, finely diced (1 cup)
5 ounces spinach leaves (3 cups)
½ (15 oz) can diced roasted tomatoes
¼ teaspoon organic sea salt
¼ teaspoon black pepper
2 Tablespoons chopped basil

Heat a large non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute. Add bell peppers, zucchini, and spinach and cook for 1-2 minutes. Add tomatoes, salt, pepper, and basil and cook for about 3-4 minutes. Serve with sliced pork.

Tenderloin: 310kcal, 47g Protein, 2g Carb, 190mg Sodium, 0g Fiber, 145mg Cholesterol, 12g Fat, 3g Saturated, 1g Sugar, 2% Calcium, 15% Iron
Veggie Medley: 110kcal, 3g Protein, 11g Carb, 310mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 6g Sugar, 6% Calcium, 10% Iron

Prepare Cinnamon Chia Breakfast Pudding for tomorrows breakfast.

DAY TWO

BREAKFAST: Cinnamon Chia Pudding

¾ cup chia seeds
4 cups almond or coconut milk
1 teaspoon vanilla, optional
½ teaspoon cinnamon
1 cup almonds, chopped

1. Prepare the chia pudding the night before. Combine chia seeds, milk, vanilla, and cinnamon; stir well and store in the refrigerator overnight.
2. Serve topped with almonds.

Pudding: 460kcal, 11g Protein, 32g Carb, 80mg Sodium, 16g Fiber, 0mg Cholesterol, 35g Fat, 11g Saturated, 7g Sugar, 25% Calcium, 20% Iron

MORNING SNACK: Carrots with Nut Butter

8 carrots, cut into sticks
¼ cup almond butter

1 serving = 2 carrots & 1 Tablespoon almond butter.

Carrots nut butter:170kcal, 5g Protein, 19g Carb, 80mg Sodium, 6g Fiber, 0mg Cholesterol, 8g Fat, 0g Saturated, 11g Sugar, 6% Calcium, 6% Iron

LUNCH: Egg Salad Cups

For salad
6 hardboiled eggs, chopped
1 avocado, diced small
2 carrots, grated (⅔ cup)
2 stalks celery, chopped (1 cup)
6 ounces spinach (4 cups)
2 large bell peppers, cut in half lengthwise and seeded

For dressing
1 teaspoon Dijon mustard
2 Tablespoons grated yellow onion
2 Tablespoons white wine vinegar
2 Tablespoons olive oil
¼ teaspoon organic sea salt & black pepper

1. Whisk together dressing ingredients.
2. Mix together the eggs, avocado, carrots, and celery. Mix with dressing.
3. Serve in bell peppers over a bed of spinach.

Egg Cups:300kcal, 14g Protein, 14g Carb, 240mg Sodium, 5g Fiber, 360mg Cholesterol, 21g Fat, 4.5g Saturated, 5g Sugar, 8% Calcium, 15% Iron

AFTERNOON SNACK: Oranges
4 oranges

1 serving = 1 orange.

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

DAY TWO

DINNER: Salmon Tapenade with Brussels Sprouts

For salmon
3 Tablespoons olive oil
½ yellow onion, diced small (½ cup)
2 cloves garlic, minced
½ cup Kalamata olives, chopped
1 (15 oz) can fire roasted tomatoes, drained
3 Tablespoons chopped basil
1 Tablespoons lemon zest
dash of organic sea salt
¼ teaspoon black pepper
3 pounds salmon, cut into (6 ounce) fillets

For brussels sprouts
2 Tablespoons olive oil
2 cloves garlic, minced
2¼ pounds brussels sprouts, halved (10 cups)
¼ teaspoon organic sea salt
dash of black pepper

1. Heat oven to 375°F
2. Toss all ingredients for brussels sprouts together and put on a rimmed baking sheet. Cook for about 20 minutes until tender, **save half for Lunch Day #3**.
3. Meanwhile, toss together oil, onion, garlic, olives, tomatoes, basil, and lemon zest. **Save half for Dinner day #5**.
4. Put salmon on a baking sheet and sprinkle with salt and pepper. Cook for 15 minutes. **Save half the salmon for Lunch Day #3**. Put olive mixture on remaining salmon and cook another few minutes.
5. Serve salmon with brussels sprouts.

Brussels: 180kcal, 6g Protein, 19g Carb, 220mg Sodium, 9g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 6g Sugar, 6% Calcium, 0% Iron
Salmon: 350kcal, 35g Protein, 5g Carb, 500mg Sodium, 1g Fiber, 95mg Cholesterol, 20g Fat, 3g Saturated, 2g Sugar, 4% Calcium, 10% Iron

■ DAY THREE ■

BREAKFAST: Egg Muffins (can be made ahead)

½ yellow onion, small dice (½ cup)
1 bell pepper, diced small (1 cup)
1 zucchini, grated (2 cups)
2 ounces spinach, chopped (1½ cups)
½ (15 oz) can fire roasted tomatoes, drained
12 ounces cooked, diced low sodium ham
12 eggs, beaten
Organic sea salt and pepper
½ cup chopped basil

1. Heat oven to 350°F.
2. Combine all ingredients and put in greased muffins tins (12 large).
3. Bake for about 15-20 minutes until set. **Save 4 muffins for Snack Day #4**.

Egg Muffins:220kcal, 21g Protein, 5g Carb, 660mg Sodium, 2g Fiber, 320mg Cholesterol, 10g Fat, 3g Saturated, 3g Sugar, 4% Calcium, 8% Iron

MORNING SNACK: Paleo Olive Hummus & Veggies

For olive hummus
1 yellow squash, peeled and diced
½ cup raw cashews (boiled for 3 minutes, drained and cooled)
¼ cup cashew butter
¼ cup tahini or tahini butter
3 Tablespoons olive oil
1-2 Tablespoons lemon juice
½ Tablespoon lemon zest
2 cloves garlic
½ teaspoon cumin
¾ cup Kalamata olives
1 Tablespoon tomato paste
½ cup basil
Pinch of black pepper

For veggie dippers
1 cucumber, sliced
4 carrots, sliced
2 bell peppers, sliced

Puree all hummus together and add water to adjust consistency. Makes 3 cups total. **Save half for Snack Day #5**. Serve remaining hummus with veggies.

1 serving = ¼ cup hummus, ¼ cucumber, 1 carrot, ½ bell pepper

Hummus/veg: 250kcal, 5g Protein, 10g Carb, 360mg Sodium, 1g Fiber, 0mg Cholesterol, 22g Fat, 3.5g Saturated, 1g Sugar, 4% Calcium, 6% Iron

■ DAY THREE ■

LUNCH: Salmon Salad

1½ pounds cooked salmon fillets, flaked ***from Dinner Day 2***
1 pound cooked brussels sprouts ***from Dinner Day 2***
2 Tablespoons chopped basil
1 Tablespoon olive oil
1 orange, peeled, in segments
Dash of organic sea salt and black pepper

Toss ingredients together.

580kcal, 41g Protein, 30g Carb, 720mg Sodium, 12g Fiber, 95mg Cholesterol, 32g Fat, 4.5g Saturated, 12g Sugar, 15% Calcium, 10% Iron

AFTERNOON SNACK: Avocado

2 avocados, peeled & diced
2 oranges, peeled & diced
1 lemon, juiced (3 Tablespoons)
Pinch of organic sea salt

Dice avocados and oranges and toss with lemon juice, sprinkle with salt and serve.

1 serving = ½ avocado & ½ orange with lemon and salt.

170kcal, 2g Protein, 20g Carb, 5mg Sodium, 8g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 11g Sugar, 4% Calcium, 0% Iron

DINNER: Stuffed Pepper Soup

3 Tablespoons olive oil
2 yellow onions, small dice (2 cups)
3 cloves garlic, minced
4 carrots, grated (1⅓ cups)
3 pounds ground turkey
3 bell peppers, diced small (3 cups)
¼ head cabbage, shredded (2 cups)
2 teaspoons Herbes de Provence
2 (15 oz) cans fire roasted tomatoes
½ teaspoon organic sea salt
¼ teaspoon black pepper
6 cups low-sodium chicken broth
¼ cup chopped basil

1. Heat a large pot over medium heat. Add oil, onions, garlic, and carrots and cook for 2-3 minutes. Add turkey and cook for about 3-4 minutes, crumbling meat as you stir.
2. Add bell peppers, cabbage, Herbes, tomatoes, salt, pepper, and broth. Bring to a simmer for about 10-15 minutes. Add basil.
3. **Save half for Lunch Day #4.**

Soup: 440kcal, 33g Protein, 18g Carb, 560mg Sodium, 5g Fiber, 135mg Cholesterol, 27g Fat, 7g Saturated, 7g Sugar, 15% Calcium, 20% Iron

Prepare Cinnamon Chia Breakfast Pudding for tomorrows breakfast.

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

DAY FOUR

BREAKFAST: Cinnamon Chia Pudding

¾ cup chia seeds
4 cups almond or coconut milk
1 teaspoon vanilla, optional
½ teaspoon cinnamon
1 cup almonds, chopped

1. Prepare the chia pudding the night before. Combine chia seeds, milk, vanilla, and cinnamon; stir well and store in the refrigerator overnight.
2. Serve topped with almonds.

Pudding: 460kcal, 11g Protein, 32g Carb, 80mg Sodium, 16g Fiber, 0mg Cholesterol, 35g Fat, 11g Saturated, 7g Sugar, 25% Calcium, 20% Iron

MORNING SNACK: Egg Muffin & Apples

4 egg muffins ***** ***from Breakfast Day #3***
4 apples or 4 servings fruit

1 serving = 1 egg muffin & 1 apple

Egg Muffins:260kcal, 21g Protein, 16g Carb, 660mg Sodium, 3g Fiber, 320mg Cholesterol, 11g Fat, 3g Saturated, 10g Sugar, 4% Calcium, 8% Iron

LUNCH: Stuffed Pepper Soup

Stuffed Pepper Soup, warmed ****from Dinner Day 3***

Soup: 440kcal, 33g Protein, 18g Carb, 560mg Sodium, 5g Fiber, 135mg Cholesterol, 27g Fat, 7g Saturated, 7g Sugar, 15% Calcium, 20% Iron

AFTERNOON SNACK: Ants on a Log

4 celery ribs, cut in half
2 Tablespoons almond butter
2 Tablespoons raisins

Fill celery ribs with almond butter and top with raisins. 1 serving = 1 celery rib, ½Tablespoon almond butter, ½ Tablespoon raisins.

Ants on a log:70kcal, 2g Protein, 7g Carb, 35mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 5g Sugar, 2% Calcium, 0% Iron

DAY FOUR

DINNER: Pork with Warm Nutty Slaw

2 Tablespoons olive oil or sesame oil
2 bell peppers, sliced thin (2 cups)
2 carrots, grated (⅔ cup)
¾ head cabbage, slide thin (6 cups)
2 Tablespoons raw coconut aminos
3 Tablespoons almond butter
¼ cup lime juice
¼ cup cilantro

2 pounds cooked pork tenderloin, sliced and warmed * ***from Dinner Day #1***

1. Heat a large non-stick skillet over medium heat. Add oil, bell peppers, carrots, and cabbage and cook for 2-4 minutes.
2. Whisk together coconut aminos, almond butter, and lime juice. Pour into the veggies.
3. Serve pork slices over slaw and garnish with cilantro.

Pork Nutty Slaw: 540kcal, 54g Protein, 26g Carb, 450mg Sodium, 9g Fiber, 145mg Cholesterol, 25g Fat, 5g Saturated, 13g Sugar, 15% Calcium, 25% Iron

DAY FIVE

BREAKFAST: Ham Scramble

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
2 zucchini, diced small (4 cups)
1 (15 oz) can fire roasted tomatoes, drained
8 ounces ham, diced small
8 eggs, whisked
½ teaspoon Herbes de Provence
dash of salt and pepper

Heat a large non-stick skillet over medium heat and add oil and onion and sauté for 1 minute. Add zucchini and tomato and cook for 2-3 minutes. Add ham, egg, Herbes, salt, and pepper. Stir often until cooked through.

Scramble: 330kcal, 28g Protein, 9g Carb, 980mg Sodium, 2g Fiber, 425mg Cholesterol, 18g Fat, 4.5g Saturated, 5g Sugar, 4% Calcium, 8% Iron

MORNING SNACK: Paleo Olive Hummus & Veggies

Paleo Olive Hummus * ***from Snack Day #3***
Leftover veggies

1 serving = ¼ of hummus with 1 serving veggies

Hummus/veg: 250kcal, 5g Protein, 10g Carb, 360mg Sodium, 1g Fiber, 0mg Cholesterol, 22g Fat, 3.5g Saturated, 1g Sugar, 4% Calcium, 6% Iron

LUNCH: Egg Salad

6 hardboiled eggs, chopped
1 bell pepper, diced (1 cup)
2 ribs celery, chopped (1 cup)
2 avocados, diced
2 Tablespoons lemon juice
2 Tablespoons olive oil
Dash of organic sea salt and black pepper

6 ounces spinach (4 cups)

Toss all ingredients except spinach together, serve over a bed of spinach.

Egg Salad:300kcal, 14g Protein, 13g Carb, 300mg Sodium, 9g Fiber, 295mg Cholesterol, 22g Fat, 4g Saturated, 2g Sugar, 6% Calcium, 8% Iron

DAY FIVE

AFTERNOON SNACK: Apple
4 apples

1 serving = 1 apple.

Apple:90kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 19g Sugar, 0% Calcium, 0% Iron

DINNER: Turkey Burgers & Sweet Potatoes

1¼ pounds ground turkey
¼ yellow onion, grated (¼ cup)
1 bell pepper, diced (1 cup)
1 carrot, grated (⅓ cup)
¼ teaspoon organic sea salt
¼ teaspoon black pepper
½ teaspoon cumin
¼ cup chopped cilantro

2 ounces spinach (1½ cups)
Tapenade **from Dinner Day #2*

3 cups roasted sweet potato cubes, warmed * *see prep guide*

1. Heat outdoor grill or indoor grill pan to medium heat.
2. Combine turkey burger ingredients (turkey through cilantro) and form into 4 patties.
3. Cook about 5 minutes on each side.
4. Serve over spinach with tapenade and warmed sweet potatoes.

Burgers:210kcal, 35g Protein, 7g Carb, 540mg Sodium, 2g Fiber, 70mg Cholesterol, 4.5g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 10% Iron
Sweet Potatoes: 190kcal, 3g Protein, 35g Carb, 60mg Sodium, 6g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 11g Sugar, 6% Calcium, 6% Iron