



2018 WINTER MIND BODY RESET

VEGAN FOR ONE PREP GUIDE Week Two

MENU

■ DAY ONE ■

Blue Morning Smoothie

Lentil Salad

Mushroom Skillet with Cauliflower & Green Beans

Snacks: Almonds & Oranges/Toasted Garbanzo Beans

■ DAY TWO ■

Energy Bowl

Sweet Potato Avocado Toast

Garbanzo Kale Stew

Snacks: Tea Milk with Apples & Nut Butter/Lentil Salad

■ DAY THREE ■

Avocado & Oranges

Leftover Stew & Pears

Lentil Sweet Potato Soup

Snacks: Spicy Hummus & Cucumbers/Chocolate Peanut Butter Dates

■ DAY FOUR ■

Blue Morning Smoothie

Lentil Sweet Potato Soup

Vegan 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 ■

2 cups cooked French lentils prepared according to package directions
¾ pound blanched green beans (see below)
1¾ cups cauliflower rice (see below)
1 lime, zested & juiced (2 Tablespoons juice, ¼ teaspoon zest)

■ DAY ONE ■

1 green onion, green & white parts, chopped (2 Tablespoons)
¼ head romaine lettuce, chopped (1 cup)
½ cucumber, cut into ½" rounds
¼ head of cauliflower, leaves removed, cut into florets (1 cup)
¼ yellow onion, small dice (¼ cup)
¼ pound mixed mushrooms, cleaned and sliced

■ DAY TWO ■

½ green onion, thinly sliced (2 Tablespoons)
¼ yellow onion, chopped (¼ cup)
½ head organic kale, chopped (2 cups)

■ DAY THREE ■

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

■ DAY FIVE ■

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



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Blanched Green Beans

$\frac{3}{4}$ pound green beans (2 $\frac{1}{4}$ cups)

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

$\frac{1}{2}$ small cauliflower head, florets (1 $\frac{1}{4}$ 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 large skillet and add contents of food processor. Sauté for 5-6 minutes or until golden brown.



Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,3	green beans	3 pounds	1-1/2 pounds	3/4 pound	\$6.00	
1,2,5	cauliflower	3 small heads	2 small heads	1 small head	\$6.00	
1,2,3,5	yellow onion	5	3	2	\$5.00	
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	
1,2,3,5	oranges	16	8	4	\$8.00	
1,2,4	green onion	8	4	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	
1,2,3,4	avocado	7	4	2	\$7.00	
1	mixed mushrooms	1 pound	1/2 pound	1/4 pound	\$12.00	
1,2,3,4	parsley or cilantro	2 bunches	1 bunch	1 bunch	\$3.00	
2	bananas	2	1	1	\$1.00	
2,3	sweet potatoes	6 (medium)	3 (medium)	2 (medium)	\$4.00	
2,3,4	lime	4	2	1	\$2.00	
2	kale	2 heads	1 head	1 head	\$4.00	
3,4,5	carrots	20	10	5	\$3.00	
3,4	green bell pepper	2	1	1	\$2.00	
3,5	broccoli	2 heads	1 head	1 head	\$4.00	
4	tomatillos	3	2	1	\$1.50	
5	red or green grapes	4 cups	2 cups	1 cup	\$6.00	

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	nut butter (your choice)	1-3/4 cups	1 cup	1/2 cup	\$10.00	
1,2,3,5	almonds/nuts of choice	2-1/2 cups	1-1/4 cups	2/3 cup	\$12.50	<i>nut of choice</i>
1,3	French lentils	4 cups	2 cups	1 cup	\$6.00	
1,2,3,5	garbanzo beans	8 (15 oz) cans	4 (15 oz) cans	2 (15 oz) cans	\$12.00	
1	white beans	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	\$3.00	
1	pine nuts	1/4 cup	2 Tablespoons	1 Tablespoon	\$1.50	
2,5	raisins/dried fruit	1-1/2 cups	3/4 cup	1/2 cup	\$3.00	
2,5	shredded coconut	1 cup	1/2 cup	1/4 cup	\$2.00	
2	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	
2	diced tomatoes	1 (28 oz) can	1 (15 oz) can	1 (15 oz) can	\$3.00	
3	chia seeds	1/4 cup	2 Tablespoons	1 Tablespoon	\$2.00	
3	hot sauce	1/3 cup	3 Tablespoons	1-1/2 Tablespoons	\$2.00	<i>such as Franks</i>
3,5	dates	20	10	5	\$3.00	
3	cacao powder	4 teaspoons	2 teaspoons	1 teaspoon	2	

PANTRY INGREDIENTS

olive oil	1-2/3 cups	1 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	8.5 cups (68 fl oz)	4.5 cups (36 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	2-1/2 teaspoons	1-1/4 teaspoons	3/4 teaspoon	
cayenne pepper	pinch	pinch	pinch	
paprika	3/4 teaspoon	1/2 teaspoon	1/4 teaspoon	
dried oregano	2 teaspoons	1 teaspoon	1/2 teaspoon	
herbes de provence				
ground cumin	2 teaspoons	1 teaspoon	1/2 teaspoon	
pure maple syrup				
organic tomato paste				
Dijon mustard	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	
low sodium soy sauce				
raw old fashioned oats				
whole wheat flour				

OPTIONAL ITEMS

1,4,5	cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	
1,2,3	chili flakes	1 teaspoon	1/2 teaspoon	1/4 teaspoon	
2	vanilla	1/4 teaspoon	1/8 teaspoon	pinch	
4	chili powder	1/4 teaspoon	1/8 teaspoon	pinch	
5	fresh ginger	1-2"	1"	1/2"	

■ DAY ONE ■

BREAKFAST: Blue Morning Smoothie

- ½ cup almond milk or water
- ½ cups 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: Lentil Salad

For salad

- 1 cup cooked French lentils * *see prep guide*
- ¼ pound blanched green beans, cut in half (¾ cup)
- 1 green onion, green & white parts, chopped
- ¼ head romaine lettuce, chopped (1 cup)
- ½ cucumber, cut into ½" rounds
- ¼ avocado, sliced

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. Combine lentils, green beans, and onions in a bowl. Mix in half of dressing. Reserve ¼ cup for Day 2 Snack.
3. Toss romaine with remaining dressing. Top with cucumbers, avocado and remaining dressing.

410 kcal, 16g Protein, 40g Carb, 250mg Sodium, 17g Fiber, 0mg Cholesterol, 23g Fat, 2.5g Saturated, 8g Sugar, 10% Calcium, 35% 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.

*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: Mushroom Skillet with Cauliflower & Green Beans

For mushroom skillet

2¼ teaspoons olive oil
 ¼ yellow onion, small dice (¼ cup)
 ¼ pound mixed mushrooms, cleaned and sliced
 1 clove garlic, minced
 ½ (15 oz) can white beans, rinsed and drained
 1 Tablespoon low sodium vegetable broth
 2 Tablespoons chopped parsley or cilantro
 Pinch chili flakes
 ¼ teaspoon organic sea salt
 ⅛ teaspoon black pepper
 1 Tablespoon pine nuts

For garlic mashed cauliflower

¼ head of cauliflower, leaves removed, cut into florets (1 cup)
 1 clove garlic, roughly chopped
 2¼ teaspoons olive oil
 ⅛ teaspoon organic sea salt
 Pinch of black pepper

For mushroom skillet

1. Heat oil in a skillet over medium heat.
2. Add onions and cook 3-4 minutes. Add mushrooms and cook another 3-4 minutes.
3. Add garlic and sauté for 30 seconds and then add beans, broth, parsley, chili, salt and pepper. Cook for 4-5 minutes.
4. **Reserve ½ for Dinner Day 4.** Serve remaining mushrooms over cauliflower topped with pine nuts.

For garlic mashed cauliflower

1. Heat a small sauce pan and add ¼ 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 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.



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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 minutes until beans begin to brown.

Mushroom Skillet: 210 kcal, 9g Protein, 17g Carb, 320mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1g Saturated, 3g Sugar, 4% Calcium, 10% 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

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

■ 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. Place in a bowl and 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. Sip and enjoy with apples and 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

- 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 in toaster or broiler for about 5 minutes per side. Meanwhile, mash avocado lightly with lime juice. Spoon over sweet potato and top with scallions, sesame and a pinch each of salt and cayenne. Serve with a slice 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



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VEGAN FOR ONE Week Two

■ DAY TWO ■

AFTERNOON SNACK: Lentil Salad

¼ cup Lentil Salad * *from Lunch Day 1*
1 orange, sliced

180 kcal, 8g Protein, 30g Carb, 50mg Sodium, 9g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 14g Sugar, 6% Calcium, 10% Iron

DINNER: Garbanzo Kale Stew

2¼ teaspoons olive oil
¼ yellow onion, chopped (¼ cup)
½ garlic clove, minced
½ (14 oz) can organic diced tomatoes, no salt added
2 Tablespoons fresh parsley or cilantro, chopped
½ cup low sodium vegetable broth
¾ (15 oz) can organic garbanzo beans rinsed and drained
½ head organic kale, chopped (2 cups)
¼ teaspoon dried oregano
¼ teaspoon kosher salt
¼ teaspoon red chili flakes
1 cup cauliflower rice, warmed * *see prep guide*

1. In a stockpot, heat olive oil over medium heat. When oil is hot add onions and cook 4-5 minutes.
2. Add garlic, tomatoes, and parsley and cook 3-4 minutes.
3. Add broth, beans, kale, oregano, salt, and red chili flakes; mix well. Cover and simmer for 8-10 minutes.
4. Remove from heat and **reserve half for Lunch Day 3.** Place cauliflower rice in a deep bowl and top with remaining stew. Serve immediately.

Stew: 240 kcal, 11g Protein, 30g Carb, 290mg Sodium, 7g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 10% 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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VEGAN FOR ONE Week Two

■ DAY THREE ■

BREAKFAST: Avocado and Oranges

- ½ ripe avocado, sliced
- ½ orange, segments
- 1 Tablespoon chia seeds
- 1 Tablespoon nuts of choice
- Pinch of salt and crushed red pepper

Layer avocado and orange slices and sprinkle with chia seeds, nuts, salt, and pepper.

Avocado and Oranges: 260 kcal, 8g Protein, 20g Carb, 125mg Sodium, 13g Fiber, 0mg Cholesterol, 19g Fat, 2g Saturated, 6g Sugar, 10% Calcium, 6% 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 Tablespoon hot sauce, to taste (I use Frank's)
- 1 Tablespoon water
- ½ cucumber, 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 for desired consistency. Reserve ⅓ for Lunch Day 4. Transfer the remainder to bowl and serve with cucumber slices or any vegetable you may have on hand.
3. 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 Stew & Pear

- 1 (12 ounce) serving Garbanzo Kale Stew, warmed * **from Dinner Day 2**
- 1 pear

Stew: 240 kcal, 11g Protein, 30g Carb, 290mg Sodium, 7g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 10% 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 date. 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: Lentil Sweet Potato Soup

For lentil sweet potato soup

- 2¼ teaspoons olive oil
- ¼ yellow onion, diced (¼ cup)
- ¼ green bell pepper, diced (¼ cup)
- ½ carrot, diced (¼ cup)
- ½ clove garlic, minced
- 1 medium sweet potato, peeled and diced (1 cup)
- 1½ cups low-sodium vegetable broth
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ⅛ teaspoon ground cumin
- 1 cup cooked French lentils
- ¼ pound blanched green beans, diced * *see prep guide*

1. Heat a pot over medium heat and add oil.
2. When oil is hot add onion, bell pepper, carrots, and garlic. Cook for about 2 minutes.
3. Add sweet potatoes and broth; bring to a simmer and cook until potatoes are almost tender, about 8-10 minutes. Season with salt, pepper, and cumin.
4. Add lentils and green beans and simmer for another 2-3 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 small bowl. Serve immediately or store in refrigerator until ready to use. Add oil and lime juice immediately before serving.

Soup 290 kcal, 13g Protein, 49g Carb, 200mg Sodium, 14g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 12g Sugar, 8% Calcium, 30% 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
- 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: 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: Lentil Sweet Potato Soup

- 1 (12 ounce) serving Lentil Sweet Potato Soup, warmed **from Dinner Day 3*
- 1 green apple, sliced

Soup 290 kcal, 13g Protein, 49g Carb, 200mg Sodium, 14g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 12g Sugar, 8% Calcium, 30% 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
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper
- Spicy Hummus ** from 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: Vegan Warm Taco Bowl

¾ teaspoon grapeseed oil
Mushroom mixture * **from Dinner Day 1**
1 small tomatillo, diced
¼ teaspoon oregano
¼ 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 mushrooms, tomatillos, oregano, and cumin. Cook until warmed, about 3-4 minutes.
3. In a serving bowl, combine lettuce, bell pepper, and avocado. Toss gently with dressing.
4. Serve warm mushroom mixture over salad.

For dressing

2¼ teaspoons lime juice
¾ teaspoon olive oil
1 Tablespoon chopped cilantro
¼ teaspoon cumin
¼ teaspoon chili powder
Pinch of organic sea salt
Pinch of black pepper

Whisk together all ingredients.

Taco Salad: 370kcal, 11g protein, 31g Carb, 420mg Sodium, 12g Fiber, 0mg Cholesterol, 24g Fat, 3g Saturated, 9g Sugar, 8% Calcium, 20% 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
⅛ 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 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 (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
¾ teaspoon grated ginger, optional
¾ cup broccoli, chopped
⅛ teaspoon black pepper
¾ cup cooked cauliflower rice * *see prep guide*
½ Tablespoon white wine vinegar OR raw coconut aminos
1 Tablespoon chopped cashews or nuts of choice

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 2 minutes.
3. Add broccoli and pepper and cook for 2-3 minutes.
4. Add cauliflower rice and vinegar or aminos and stir until heated through.
5. Top with chopped nuts.

420 kcal, 21g Protein, 38g Carb, 160mg Sodium, 15g Fiber, 0mg Cholesterol, 22g Fat, 2.5g Saturated, 10g Sugar, 15% Calcium, 30% Iron