



2017 SPRING MIND BODY RESET SAMPLE DAYS

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- [Classic For One Sample Day](#)
- [Vegetarian For One Sample Day](#)



2017 SPRING BODY RESET: SAMPLE DAY

BREAKFAST: COCONUT YOGURT PARFAIT

4 cups coconut milk yogurt (plain/no sugar added)
½ cup crushed cashews
1 cup blueberries
dash of ground cinnamon

For each parfait:

1. In a bowl or glass add ½ cup coconut milk yogurt.
2. Top with 1 Tablespoon crushed cashews, sprinkle of cinnamon, and ⅓ cup berries.
3. Top with ½ cup coconut milk yogurt, 1 Tablespoon crushed cashews, sprinkle of cinnamon, and remaining berries.

280kcal, 3g Protein, 35g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 17g Fat, 10g Saturated, 21g Sugar, 30% Calcium, 10% Iron

LUNCH: TEN MINUTE LEMON CHICKEN SOUP (Double Batch)

I've always used onion in chicken soup but after a friend made a pot without adding any, I'm a convert.

1 whole roasted chicken or 4 cups cubed or shredded chicken breast (cooked)
4 Tablespoons coconut or olive oil
6 carrots, peeled and cut into small dice (3 cups)
6 celery ribs, diced the same size as carrots (3 cups)
6 cloves of garlic, minced or pressed
½ lemon, cut into round slices
8 cups low sodium chicken or vegetable broth
3 cups water
2 Tablespoons ground cumin
1 teaspoon kosher salt
½ teaspoon black pepper
2 (15 ounce) cans low sodium, organic cannellini beans, drained and rinsed

1. If using a whole chicken, remove the skin and bones from the roasted chicken and roughly chop chicken meat.
2. Heat a large soup pot over medium heat and add oil. Once oil is hot, add in the carrots, celery, and garlic. Layer in the lemon slices. Stir to combine and sweat the vegetables for 4-5 minutes.
3. Add in the broth, water, cumin, salt & pepper, cooked chicken, and beans– stir to combine. Simmer over medium heat for 5 minutes and serve warm.
4. Save half soup for lunch tomorrow.

Serving size: 2-1/2 cups

290 kcal, 13g Protein, 44g Carb, 390mg Sodium, 12g Fiber, 0mg Cholesterol, 8g Fat, .05g Saturated, 7g Sugar, 25% Calcium, 25% Iron



2017 SPRING BODY RESET: SAMPLE DAY

* RESET FAVORITE *

DINNER: CROCKPOT CHICKEN & GREEN BEANS (Double Recipe)

½ teaspoon kosher salt
1 teaspoon black pepper
2 Tablespoons paprika
1 Tablespoon dried herb seasoning (your choice oregano or Italian)
16 chicken thighs, boneless, skinless (for 2 meals)
1 yellow onion, thinly sliced (1 cup)
3 garlic cloves, minced or pressed
3 red bell peppers, thinly sliced (3 cups)
1 Tablespoon red wine vinegar or white wine vinegar (*sherry vinegar if you have it on hand - it tastes the best*)
4 cups low sodium chicken or vegetable broth
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 cup fresh green beans, finely chopped (for garnish)
1 Tablespoon fresh, finely chopped parsley (for garnish)
optional: ¼ pound rice noodles

1. In a small bowl, combine 1 teaspoon each salt & pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season both sides of the chicken.
3. Layer onion, garlic & bell pepper slices on the bottom of the crockpot.
4. Add seasoned chicken.
5. Combine vinegar, broth, and ¼ teaspoon each salt & pepper – stir to combine and pour over chicken.
6. Cover and slow cook on high for 4-6 hours or on low overnight or until chicken reaches an internal temperature of 165°F.
7. Reserve half the chicken only for Lunch 3.
8. When ready to serve, add chopped green beans and fresh parsley as garnish.
9. Optional noodles: Place noodles in boiling hot water or broth for about 3-4 minutes until softened. Add to Crockpot no more than five minutes before serving.

CROCKPOT CHICKEN - SERVING SIZE: 2 chicken thighs w/ ¼ cup sauce and ¼ cup of rice noodles
270kcal, 32g Protein, 22g Carb, 540mg Sodium, 3g Fiber, 115mg Cholesterol, 6g Fat, 1g Saturated, 6g Sugar, 2% Calcium, 10% Iron



VEGETARIAN 2017 SPRING BODY RESET: SAMPLE DAY

BREAKFAST: COCONUT YOGURT PARFAIT

4 cups coconut milk yogurt (plain/no sugar added)
½ cup crushed cashews
1 cup blueberries
dash of ground cinnamon

For each parfait:

1. In a bowl or glass add ½ cup coconut milk yogurt.
2. Top with 1 Tablespoon crushed cashews, sprinkle of cinnamon, and ⅓ cup berries.
3. Top with ½ cup coconut milk yogurt, 1 Tablespoon crushed cashews, sprinkle of cinnamon, and remaining berries.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron

MID-MORNING SNACK

Carrots & Cashew Butter

2 carrots, cut into sticks, 1 Tablespoon cashew butter for dipping.

160kcal, 4g Protein, 21g Carb, 80mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 15% Calcium, 6% Iron

LUNCH: WHITE BEAN RAGU w/ BROCCOLI (Double Batch)

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
3 garlic cloves, minced
1 teaspoon dried oregano
1 head broccoli, chopped (4 cups)
2 pints cherry tomatoes, halved
3 (15 oz) cans organic cannellini beans, drained and rinsed
2 teaspoons balsamic or red wine vinegar
½ teaspoon kosher salt
¼ teaspoon ground black pepper
10 basil leaves, julienned

1. Heat olive oil over medium-high heat. When oil is hot, add onion and sauté for 5 minutes. Add garlic, broccoli and oregano and sauté for an additional minute.
2. Add cherry tomatoes and cook for 5-7 minutes until tomatoes are somewhat broken down, add beans and warm through. Add vinegar, salt, pepper, and basil. Remove from heat and toss gently to combine.
3. Save 4 cups of mixture for Lunch Day 2.

Serving size: 2-1/2 cups

250 kcal, 12g Protein, 37g Carb, 300mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 20% Iron



VEGETARIAN 2017 SPRING BODY RESET: SAMPLE DAY

DINNER: MUSHROOM & GREEN BEANS POT (Double Recipe)

½ teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon paprika
1 teaspoon dried herb seasoning (your choice oregano or Italian)
16 ounces button mushrooms
2 teaspoons olive oil
1 yellow onion, thinly sliced (1 cup)
3 garlic cloves, minced or pressed
3 red bell peppers, thinly sliced (3 cups)
1 Tablespoon red wine vinegar or white wine vinegar (*sherry vinegar if you have it on hand - it tastes the best*)
4 cups low sodium vegetable broth
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ pound rice noodles (8 ounces)
1 Tablespoon fresh, finely chopped parsley (for garnish)
1 cup fresh green beans, finely chopped (for garnish)

1. In a small bowl, combine ½ teaspoon salt, 1 teaspoon pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season mushrooms.
3. Heat oil in a medium stock pot over medium high heat. Add onion, garlic & bell pepper slices and cook 4-5 minutes until softened.
4. Add seasoned mushrooms.
5. Combine vinegar, broth, and ¼ teaspoon each salt & pepper – stir to combine and pour over mushrooms.
6. Cover and simmer for 5 minutes.
7. Reserve half of vegetables for Lunch Day 3.
8. Place rice noodles in boiling hot water or broth for about 3-4 minutes until softened. Drain and add to a serving bowl. Ladle 2 cups of vegetables over noodles.
9. Garnish with raw chopped green beans (for crunch) and parsley.

MUSHROOM & GREEN BEAN POT - SERVING SIZE: ¼ prepared dish
250kcal, 6g Protein, 55g Carb, 320mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 6%Iron

EVENING SNACK

- 1 Piece or Serving Fresh Fruit
- 4 ounces plain coconut milk yogurt



FOR ONE 2017 SPRING BODY RESET: SAMPLE DAY

BREAKFAST: COCONUT YOGURT PARFAIT

1 cup coconut milk yogurt (plain/no sugar added)
2 Tablespoons crushed cashews
¼ cup blueberries
dash of ground cinnamon

1. In a bowl or glass add ½ cup coconut milk yogurt.
2. Top with 1 Tablespoon crushed cashews, sprinkle of cinnamon, and ⅛ cup berries.
3. Top with ½ cup coconut milk yogurt, 1 Tablespoon crushed cashews, sprinkle of cinnamon, and remaining berries.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron

LUNCH: TEN MINUTE LEMON CHICKEN SOUP (Double Batch)

I've always used onion in chicken soup but after a friend made a pot without adding any, I'm a convert.

¼ whole roasted chicken or 1 cup cubed or shredded chicken breast (cooked)
1 Tablespoon coconut or olive oil
1½ carrots, peeled and cut into small dice (¾ cup)
1½ celery ribs, diced the same size as carrots (¾ cup)
1½ cloves of garlic, minced or pressed
2-3 thin slices of lemon
2 cups low sodium chicken or vegetable broth
¾ cup water
½ Tablespoon ground cumin
¼ teaspoon kosher salt
⅛ teaspoon black pepper
½ (15 ounce) can low sodium, organic cannellini beans, drained and rinsed

1. If using whole chicken, remove the skin and bones from the roasted chicken and roughly chop chicken meat.
2. Heat a soup pot over medium heat and add oil. Once oil is hot, add in the carrots, celery, and garlic. Layer in the lemon slices. Stir to combine and sweat the vegetables for 3-4 minutes.
3. Add in the broth, water, cumin, salt & pepper, cooked chicken, and beans— stir to combine. Simmer over medium heat for 4-5 minutes and serve warm.
4. Save half soup for lunch tomorrow.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron



FOR ONE 2017 SPRING BODY RESET: SAMPLE DAY

* RESET FAVORITE *

DINNER: CROCKPOT CHICKEN & GREEN BEANS (Double Recipe)

½ teaspoon kosher salt
¼ teaspoon black pepper
½ Tablespoon paprika
¾ teaspoon dried herb seasoning (your choice oregano or Italian)
4 chicken thighs, boneless, skinless (for 2 meals)
¼ yellow onion, thinly sliced (¼ cup)
½-1 garlic clove, minced or pressed
¾ red bell pepper, thinly sliced (¾ cup)
¾ teaspoon red wine vinegar or white wine vinegar (*sherry vinegar if you have it on hand - it tastes the best*)
1 cup low sodium chicken or vegetable broth
Pinch of kosher salt
Pinch of black pepper
¼ cup fresh green beans, finely chopped (for garnish)
¾ teaspoon fresh, finely chopped parsley (for garnish)
optional: 1 ounce rice noodles

1. In a small bowl, combine ½ teaspoon salt, ¼ teaspoon pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season both sides of the chicken.
3. Layer onion, garlic & bell pepper slices on the bottom of the crockpot.
4. Add seasoned chicken.
5. Combine vinegar, broth, and a pinch each of salt & pepper – stir to combine and pour over chicken.
6. Cover and slow cook on high for 4-6 hours or on low overnight or until chicken reaches an internal temperature of 165°F.
7. Reserve half the chicken only for Lunch 3.
8. When ready to serve, add chopped green beans and fresh parsley as garnish.
9. Optional noodles: Place noodles in boiling hot water or broth for about 3-4 minutes until softened. Add to Crockpot no more than five minutes before serving.

CROCKPOT CHICKEN

270kcal, 32g Protein, 22g Carb, 540mg Sodium, 3g Fiber, 115mg Cholesterol, 6g Fat, 1g Saturated, 6g Sugar, 2% Calcium, 10% Iron



VEG FOR ONE 2017 SPRING BODY RESET: SAMPLE DAY

BREAKFAST: COCONUT YOGURT PARFAIT

1 cup coconut milk yogurt (plain/no sugar added)
2 Tablespoons crushed cashews
¼ cup blueberries
dash of ground cinnamon

1. In a bowl or glass add ½ cup coconut milk yogurt.
2. Top with half the crushed cashews, sprinkle of cinnamon, and half the berries.
3. Top with remaining yogurt, cashews, berries, and cinnamon.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron

MID-MORNING SNACK

Carrots & Cashew Butter

2 carrots, cut into sticks, 1 Tablespoon cashew butter for dipping.

160kcal, 4g Protein, 21g Carb, 80mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 15% Calcium, 6% Iron

LUNCH: WHITE BEAN RAGU w/ BROCCOLI (Double Batch)

½ Tablespoon olive oil
¼ yellow onion, chopped (¼ cup)
¾ garlic clove, minced
¼ head broccoli, chopped (1 cup)
¼ teaspoon dried oregano
½ pint cherry tomatoes, halved
¾ (15 oz) can organic cannellini beans, drained and rinsed
½ teaspoon balsamic or red wine vinegar
Dash of kosher salt
Pinch of ground black pepper
2-3 basil leaves, julienned

1. Heat olive oil over medium-high heat. When oil is hot, add onion and sauté for 3-4 minutes. Add garlic, broccoli, and oregano and sauté for an additional minute.
2. Add cherry tomatoes and cook for 4-5 minutes until tomatoes are somewhat broken down, add beans and warm through. Add vinegar, salt, pepper, and basil. Remove from heat and toss gently to combine.
3. Save 1 cup of mixture for Lunch Day 2.

250 kcal, 12g Protein, 37g Carb, 300mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 20% Iron



VEG FOR ONE 2017 SPRING BODY RESET: SAMPLE DAY

DINNER: MUSHROOM & GREEN BEANS POT (Double Recipe)

Dash of kosher salt
Dash of black pepper
¼ teaspoon paprika
¼ teaspoon dried herb seasoning (your choice oregano or Italian)
4 ounces button mushrooms
½ teaspoon olive oil
¼ yellow onion, thinly sliced (¼ cup)
½-1 garlic clove, minced or pressed
¾ red bell pepper, thinly sliced (¾ cup)
¾ teaspoon red wine vinegar or white wine vinegar (*sherry vinegar if you have it on hand - it tastes the best*)
1 cup low sodium vegetable broth
Pinch of kosher salt
Pinch of black pepper
2 ounces rice noodles
¾ teaspoon fresh, finely chopped parsley (for garnish)
¼ cup fresh green beans, finely chopped (for garnish)

1. In a small bowl, combine a dash of salt and pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season mushrooms.
3. Heat oil in a medium stock pot over medium high heat. Add onion, garlic & bell pepper slices and cook 3-4 minutes until softened.
4. Add seasoned mushrooms.
5. Combine vinegar, broth, and a pinch of salt & pepper – stir to combine and pour over mushrooms.
6. Cover and simmer for 4-5 minutes.
7. Reserve half of vegetables for Lunch Day 3.
8. Place rice noodles in boiling hot water or broth for about 2-3 minutes until softened. Drain and add to a serving bowl. Ladle vegetables over noodles.
9. Garnish with raw chopped green beans (for crunch) and parsley.

MUSHROOM & GREEN BEAN POT

250kcal, 6g Protein, 55g Carb, 320mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 6%Iron

EVENING SNACK

- 1 Piece or Serving Fresh Fruit
- 4 ounces plain coconut milk yogurt