

PREP AHEAD

DAY 1

- Cook butternut squash * *see directions below*
- Butternut cakes can be made 1 day ahead
- Hard-boil 7 eggs (for the week)
- Blanch green beans * *see directions below*
- 2 lemons, zested & juiced (for the week) 4½ Tablespoons juice, 1¼ teaspoons zest
- 1¼ cups cooked lentils prepared according to package directions (for the week)
- Cut vegetables: cucumber, tomato, onion, carrot, zucchini

DAY 2

- 2¼ cups cooked quinoa prepared according to package directions (for the week)
- Make bean salad & marinate up to 24 hours
- Make carrot puree
- Cut fruit & vegetables: onion, bell pepper, zucchini, tomato, celery, carrot, cantaloupe

DAY 3

- Grate ginger; 2 teaspoons (for the week)
- Cut fruit & vegetables: onion, carrots, cucumber, romaine, cantaloupe

DAY 4

- Make Texan Salad dressing up to 3 days ahead
- Defrost 1½ cups corn, or remove kernels from 2 cooked ears if using fresh (for the week)
- Freeze ½ peeled banana for tomorrow's breakfast
- Cut vegetables: onion, carrots, cucumbers, peppers, romaine

DAY 5

- Prepare pantry dressing (www.thefresh20.com/pantrydressings) up to 3 days ahead
- Make quiche for tomorrow's breakfast
- Cut vegetables: cucumber

DAY 6

- Cut vegetables: cucumber, romaine, onion,

To Cook Butternut Squash:

½ butternut squash

Remove seeds and peel squash. Cut into cubes and place on a foil lined baking sheet. Bake 20-25 minutes at 400°F until tender. Mash half the squash for use in Breakfast #1 & #5; refrigerate remaining cubes for Dinner #5.

To Blanch Green Beans

Place ¼ pound fresh trimmed green beans in a pot of boiling water. Cook 2-3 minutes until just barely tender, drain and place in an ice bath. Refrigerate. For Dinner #1 and Lunch #2.

MENU

DAY 1

Butternut Cakes with Blueberries & Coconut Milk
Deviled Eggs & Fruit
Herbed Lentil Salad with Three Vegetable Medley

DAY 2

Veggie Scramble
Marinated Bean Salad over Quinoa
Quinoa Skillet with Carrot Puree & Sautéed Spinach

Day 3

Breakfast Coconut Quinoa
Egg Salad Lettuce Boats & Melon
Quick Ginger Lentil Soup

Day 4

Apple Quinoa
Guacamole & Vegetables
Texan Salad

Day 5

Squash Smoothie
Carrot Soup with Spinach Salad
White Beans with Butternut Squash

Day 6

Butternut Quiche
Corn & Bean Salad
Zucchini Noodles & Quinoa Salad



VEGETARIAN FOR ONE WINTER RESET • Week 1

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
butternut squash	1		
bananas	1		
blueberries	2 cups	480 mL	
parsley	1 bunch		
apples	2		
cucumber	3		
tomatoes	4		
spinach	3/4 pound	340 g	
carrots	6		
green beans	1/4 pound	114 g	
zucchini	3 small		
bell peppers (red or green)	2		
cantaloupe	1		
celery	1 stalk		
avocado	2		
romaine lettuce	1 head		
fresh ginger	2"	5 cm	
fresh or frozen corn	1-1/2 cups	360 mL	<i>or 2 ears if using fresh</i>

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
light coconut milk	1 cup + 1 Tbsp	255 mL	
white beans	1 (15 oz) can	1 (420 g)	
kidney beans	2 (15 oz) cans	2 (420 g)	
almond flour	1/4 cup	60 mL	
lentils (brown or green)	1 cup	240 mL	
quinoa	1-3/4 cups	420 mL	
pumpkin seeds	1/4 cup	60 mL	<i>optional</i>
pure vanilla extract	3/4 teaspoon	3.75 mL	<i>optional</i>
cinnamon	3/4 teaspoon	3.75 mL	<i>optional</i>

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1/2 cup	120 mL
Grapeseed Oil	1 teaspoon	5 mL
Veg Broth (gluten free)	1-1/4 cups	300 mL
Kosher Salt & Black Pepper	1-3/4 teaspoons	8.75 mL
	1 teaspoon	5 mL
Garlic Cloves	3 cloves	
Cayenne Pepper		
Paprika		
Cumin	1 teaspoon	5 mL
Italian seasoning		
Dijon Mustard	2-1/2 teaspoons	12.5 mL
Canned beans:	see above	
Tea:		
Nuts: almonds	1 cup	240 mL
Vinegar: white	2-1/4 teaspoons	11.25 mL
Onion: red or yellow	2	
Citrus: Lemon	2	
Citrus: Lime		
Eggs, organic	14	
Oatmeal (gluten free)		

WEEKLY NOTES

If you plan on making infused waters and teas, please check the handout and add those items to this shopping list.

BREAKFAST: BUTTERNUT CAKES

¾ cup (180 mL) butternut squash, cooked and mashed
 ¼ banana, mashed
 ¼ cup (60 mL) almond flour
 1 egg + 1 egg white
 ¼ teaspoon (1.25 mL) vanilla, optional
 1 Tablespoon (15 mL) light coconut milk
 ½ teaspoon (2.5 mL) grapeseed oil (for the pan)

1. Combine squash, banana, flour, eggs, and vanilla and mix well. Add milk as needed for consistency.
2. Heat a non-stick skillet over medium heat and add oil.
3. Pour batter into pan in ¼ cup portions.
4. Cook about 2-3 minutes per side.

BLUEBERRIES AND COCONUT MILK

1 cup (240 mL) fresh blueberries
 2 Tablespoons (30 mL) light coconut milk

Pour blueberries into a small bowl and top with milk.

Cakes: 390 kcal, 19g Protein, 32g Carb, 300mg Sodium, 9g Fiber, 340mg Cholesterol, 25g Fat, 3.5g Saturated, 5g Sugar, 15% Calcium, 20% Iron
 Fruit & Milk: 60 kcal, 1g Protein, 14g Carb, 10mg Sodium, 5g Fiber, 0mg Cholesterol, 2.5g Fat, 1g Saturated, 9g Sugar, 4% Calcium, 4% Iron

DAY #1 MAKE AHEAD:

Cook butternut squash * *see prep guide*

Butternut cakes can be made the day before and re-heated for 15 seconds in the microwave.

2 hardboiled eggs

¾ cup cooked lentils

2 ¼ teaspoons lemon juice, ¾ teaspoon zest

2 ounces blanched green beans * *see prep guide*

Cut vegetables: cucumber, tomato, onion, carrot, zucchini

LUNCH: DEVILED EGGS AND FRUIT

2 hardboiled eggs, peeled
 ¾ teaspoon (3.75 mL) Dijon mustard
 ¼ teaspoon (1.25 mL) white vinegar
 ¾ teaspoon (3.75 mL) lemon zest
 1 Tablespoon (15 mL) chopped parsley
 Dash of kosher salt
 Dash of black pepper

1 large apple, sliced

1. Cut eggs in half and scoop yolks into a small bowl with mustard, vinegar, zest, parsley, salt & pepper.
2. Mash with a fork, blend until smooth, and scoop back into whites.
3. Serve with apple slices.

Eggs: 180 kcal, 14g Protein, 3g Carb, 260mg Sodium, 0g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 0g Sugar, 4% Calcium, 8% Iron
 Apple: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 19g Sugar, 2% Calcium, 2% Iron

DINNER: HERBED LENTIL SALAD WITH THREE VEGETABLE MEDLEY

For herbed lentil salad

¾ cup (180 mL) cooked lentils
 ¼ cucumber, diced (½ cup/120 mL)
 ½ tomato, diced (½ cup/120 mL)
 1 Tablespoon (15 mL) finely diced red or yellow onion
 1½ ounces baby spinach (1 cup/240 mL)
 2 Tablespoons (30 mL) chopped parsley
 2¼ teaspoons (11.25 mL) lemon juice
 ½ teaspoon (2.5 mL) Dijon mustard
 1½ teaspoons (7.5 mL) olive oil

1. In a serving bowl, combine all ingredients except lemon juice, mustard, and oil.
2. In a small bowl, whisk lemon juice with mustard and slowly whisk in oil.
3. Pour over lentil mixture. Toss well to combine.

For three vegetable medley

¾ teaspoon (3.75 mL) olive oil
 1 small carrot, peeled and sliced into thin strips
 2 ounces (57 g) blanched green beans, trimmed * *see prep guide*
 1 small zucchini, sliced into thin strips
 Pinch of kosher salt
 Pinch of black pepper

1. Heat olive oil in a sauté pan over medium heat.
2. Sauté carrots for 2 minutes and then add green beans and sauté for 2-3 minutes. Add zucchini and sauté for 1-2 minutes.
3. Season with salt and pepper; serve with lentil salad.

Lentil Salad: 280 kcal, 16g Protein, 38g Carb, 115mg Sodium, 15g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 6g Sugar, 10% Calcium, 45% Iron
 Medley: 100 kcal, 4g Protein, 15g Carb, 170mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 9g Sugar, 6% Calcium, 6% Iron

BREAKFAST: VEGGIE SCRAMBLE

¾ teaspoon (3.75 mL) olive oil
 2 Tablespoons (30 mL) diced red or yellow onion
 ¼ red or green bell pepper, chopped (¼ cup/60 mL)
 ¼ zucchini, chopped (½ cup/120 mL)
 ¼ tomato, chopped (¼ cup/60 mL)
 2 eggs, beaten
 Dash of black pepper

¼ medium cantaloupe, sliced

1. Heat a non-stick skillet over medium heat and add oil. When oil is hot add vegetables and cook for 3-4 minutes.
2. Add in beaten eggs and pepper, stir until cooked through. Serve with sliced melon.

DAY #2 MAKE AHEAD:

2 ounces blanched green beans *
see prep guide

¾ cup cooked quinoa

Marinate Bean Salad up to 24 hours

Make carrot puree

2¼ teaspoons lemon juice, ¾ teaspoon lemon zest

Cut fruit & vegetables: onion, bell pepper, zucchini, tomato, celery, carrots, cantaloupe

Scramble: 200 kcal, 15g Protein, 7g Carb, 180mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron
 Melon: 70 kcal, 2g Protein, 17g Carb, 35mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 2% Calcium, 2% Iron

LUNCH: MARINATED BEAN SALAD over QUINOA

½ (15 ounce/420 g) can red kidney beans, rinsed and drained
 2 ounces (57 g) blanched green beans, trimmed * *see prep guide*
 ½ green bell pepper, sliced thin (½ cup/120 mL)
 2 Tablespoons (30 mL) thinly sliced red or yellow onion
 ¾ stalk celery, sliced thin
 2¼ teaspoons (11.25 mL) lemon juice
 1½ teaspoons (7.5 mL) white vinegar
 Pinch of black pepper
 1½ teaspoons (7.5 mL) olive oil
 1 Tablespoon (15 mL) chopped parsley
 ½ cup (120 mL) cooked quinoa

1. Combine all salad ingredients together (not quinoa) and let marinate in the refrigerator until ready to eat, up to 24 hours.
2. Serve over quinoa.

Salad: 220 kcal, 9g Protein, 29g Carb, 200mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 6g Sugar, 8% Calcium, 15% Iron
 Quinoa: 110 kcal, 4g Protein, 20g Carb, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 8% Iron

DINNER: QUINOA SKILLET with CARROT PUREE & SAUTÉED SPINACH

For quinoa skillet

2 teaspoons (10 mL) olive oil, divided
 2 Tablespoons (30 mL) red or yellow onion, diced
 ¼ carrot, grated (1½ Tablespoons/22.5 mL)
 ⅓ (15 oz/420 g) can white beans, drained and rinsed
 ¼ cup (60 mL) cooked quinoa
 1 Tablespoon (15 mL) chopped almonds
 Pinch of ground cumin
 1 Tablespoon (15 mL) chopped parsley
 ¾ teaspoon (3.75 mL) lemon zest
 Dash of kosher salt
 Dash of black pepper
 1 egg white, beaten

For carrot puree (make ahead)

¾ cup (180 mL) low sodium vegetable broth
 2 medium carrots, peeled & chopped (1 cup/240 mL)
 ¼ red or yellow onion, chopped (¼ cup/60 mL)
 Dash of kosher salt
 Pinch of black pepper

For sautéed spinach

¾ teaspoon (3.75 mL) olive oil
 ½ clove garlic, sliced
 1½ ounces spinach (1 cup/240 mL)
 Pinch of kosher salt
 1 Tablespoon (15 mL) toasted almonds

For quinoa skillet

1. Heat 1 teaspoon olive oil in a skillet over medium heat. Add onion and lightly sauté for 2 minutes; transfer to a bowl. Add carrot and white beans to bowl and mash with a fork or potato masher. Add remaining ingredients.
2. Using the same skillet, add the remaining 1 teaspoon of oil. Press mixture down and allow to brown on one side, about 3-4 minutes. Carefully turn in large pieces and brown on the other side.

For sautéed spinach

In a second sauté pan, heat olive oil over medium heat. Sauté garlic for a few seconds before adding spinach to the pan. Sauté spinach for 1-2 minutes or just until wilted; season with salt. Top with toasted almonds.

For carrot puree (make ahead)

Combine vegetable broth, carrots, and onions in a sauce pot. Bring mixture to a boil and cook until carrots are tender. Reduce heat to low and simmer until most of the liquid has evaporated. Transfer to a blender or food processor and carefully blend until smooth. Season with salt and pepper. **Save half for Lunch #5.**

Skillet: 300 kcal, 12g Protein, 34g Carb, 80mg Sodium, 8g Fiber, 55mg Cholesterol, 13g Fat, 1.5g Saturated, 3g Sugar, 8% Calcium, 20% Iron
 Spinach: 90 kcal, 4g Protein, 6g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 0g Sugar, 10% Calcium, 20% Iron
 Carrots: 45 kcal, 2g Protein, 19g Carb, 190mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 6g Sugar, 2% Calcium, 0% Iron

BREAKFAST: BREAKFAST COCONUT QUINOA

¼ cup (60 mL) uncooked quinoa, rinsed and drained
 2½ Tablespoons (37.5 mL) light coconut milk
 ½ cup+ 1 Tablespoon (90 mL) water
 ¼ teaspoon (1.25 mL) vanilla, optional
 1 Tablespoon (15 mL) almonds
 ¼ banana, sliced
 ¼ cup (60 mL) blueberries

1. Place quinoa, coconut milk, water, and vanilla in a saucepan and bring to a boil.
2. Reduce to low and cook covered for 10-15 minutes. Turn heat off and let sit 5 minutes, covered.
3. Top with nuts and fruit.

DAY #3 MAKE AHEAD:

2 hard-boiled eggs

1 cup cooked lentils

Grate ginger: ½ teaspoon

2½ teaspoons lemon juice

Cut fruit & vegetables: onion, carrots, cucumber, romaine, cantaloupe

Quinoa: 310 kcal, 9g Protein, 45g Carb, 25mg Sodium, 14g Fiber, 0mg Cholesterol, 9g Fat, 2g Saturated, 11g Sugar, 4% Calcium, 15% Iron

LUNCH: EGG SALAD LETTUCE BOATS & MELON

2 hardboiled eggs, peeled and diced
 ½ avocado, peeled and diced
 ¾ teaspoon (3.75 mL) Dijon mustard
 Pinch of black pepper
 ¾ teaspoon (3.75 mL) finely diced red or yellow onion
 ⅛ teaspoon (1.25 mL) lemon juice
 Pinch of kosher salt
 ¼ head romaine, separated into leaves
 ¼ cucumber, sliced (½ cup/120 mL)
 ½ tomato, diced (½ cup/120 mL)
 ½ carrot, grated (2½ Tablespoons/37.5 mL)
 ¼ cantaloupe, sliced

1. Mash together eggs, avocado, Dijon, pepper, onion, lemon juice, and salt.
2. Fill romaine leaves with avocado mixture and top with cucumber, tomatoes, and carrots.
3. Serve with a side of sliced melon.

Boats: 320 kcal, 18g Protein, 22g Carb, 290mg Sodium, 10g Fiber, 450mg Cholesterol, 21g Fat, 4.5g Saturated, 7g Sugar, 10% Calcium, 15% Iron
 Melon: 45 kcal, 1g Protein, 11g Carb, 20mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 10g Sugar, 2% Calcium, 2% Iron

DINNER: QUICK GINGER LENTIL SOUP

1½ teaspoons (7.5 mL) olive oil
¼ red or yellow onion, diced (¼ cup/60 mL)
1 carrot, diced (½ cup/120 mL)
½ clove garlic, minced
½ teaspoon (2.5 mL) minced ginger
¼ tomato, chopped (¼ cup/60 mL)
1 cup (240 mL) cooked lentils
¼ teaspoon (1.25 mL) ground cumin
Pinch of black pepper
Dash of kosher salt
½ cup (120 mL) vegetable broth
½ cup (120 mL) water
1½ ounces baby spinach (1 cup/240 mL)
2¼ teaspoons (11.25 mL) lemon juice
1 Tablespoon (15 mL) chopped parsley

1. Heat olive oil in a soup pot and add onion and carrot. Cook for 3-4 minutes until softened. Add garlic and ginger and cook for an additional minute.
2. Add tomatoes and cook for 5 minutes. Add lentils, cumin, salt and pepper and stir to combine.
3. Add vegetable broth and water and simmer for 5-7 minutes to combine flavors. Stir in spinach during the last 2 minutes of cooking to wilt. Remove from heat and stir in lemon juice and parsley.

380 kcal, 22g Protein, 57g Carb, 410mg Sodium, 20g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 13g Sugar, 15% Calcium, 50% Iron

BREAKFAST: APPLE QUINOA

½ apple, chopped
 ¾ cup (180 mL) cooked quinoa
 1 Tablespoon (15 mL) light coconut milk
 1 Tablespoon (15 mL) water
 ¼ teaspoon (1.25 mL) cinnamon, optional
 Small pinch of salt
 1½ teaspoons (7.5 mL) almonds, chopped

1. In a small saucepan over medium heat, sauté apples for about 3 minutes until slightly softened.
2. Add quinoa, coconut milk, water, cinnamon, and salt.
3. Cook until most of the liquid has been absorbed, garnish with almonds.

Quinoa: 240 kcal, 7g Protein, 43g Carb, 45mg Sodium, 7g Fiber, 0mg Cholesterol, g Fat, 1g Saturated, 11g Sugar, 4% Calcium, 15% Iron

DAY #4 MAKE AHEAD:

¾ cup cooked quinoa

Make Texan dressing – up to 3 days ahead

1 hard-boiled egg

Defrost 1 cup corn/remove kernels

Freeze ½ peeled banana for tomorrow's breakfast

1½ Tablespoons lemon juice

Cut vegetables: onion, carrots, cucumbers, peppers, romaine

LUNCH: GUACAMOLE & VEGETABLES

¾ avocado, peeled and diced
 ¾ tomato, diced small (¾ cup/180 mL)
 2 Tablespoons (30 mL) minced red or yellow onion
 ¼ clove garlic, minced
 2 Tablespoons (30 mL) chopped parsley
 2¼ teaspoons (11.25 mL) lemon juice
 Pinch of kosher salt
 Pinch of black pepper

1 carrot, peeled and cut into sticks
 ½ cucumber, into sticks
 1 green bell pepper, cut into sticks

1 hard-boiled egg
 ¾ cup (180 mL) blueberries
 2 Tablespoons (30 mL) almonds

1. Mash avocado then stir in tomato, onion, garlic, parsley, lemon, salt, and pepper.
2. Serve with vegetables dippers.
3. Serve egg, almonds, and blueberries with lunch or later as a snack

Guac/Veg: 280 kcal, 7g Protein, 32g Carb, 180mg Sodium, 14g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 13g Sugar, 10% Calcium, 10% Iron
 Alm & Berry: 110 kcal, 3g Protein, 15g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 6g Fat, 0g Saturated, 9g Sugar, 6% Calcium, 6% Iron

DINNER: TEXAN SALAD

For dressing (can be made ahead)

¼ clove garlic, minced or pressed
¾ teaspoon (3.75 mL) finely minced red or yellow onion
1½ teaspoons (7.5 mL) olive oil
2¼ teaspoons (11.25 mL) lemon juice
1 Tablespoon (15 mL) finely chopped parsley
Kosher salt to taste

For salad

¼ head romaine lettuce, washed and cut into bite-size pieces
2 Tablespoons (30 mL) minced red or yellow onion
½ tomato, diced (½ cup/120 mL)
¼ cucumber, chopped (½ cup/120 mL)
¼ avocado, peeled and diced
¼ (15 oz/420 g) can kidney beans, rinsed and drained
1 cup (240 mL) frozen corn, defrosted (if using fresh corn - use 1 ear of corn; cooked, kernels removed)
2 Tablespoons (30 mL) sliced almonds (could also use dry roasted pumpkin seeds)

For dressing (can be made ahead)

Combine ingredients for dressing in a small bowl; whisk until well blended. Chill until ready to use. Can be made up to 3 days ahead.

For salad

In a serving bowl, toss the romaine, onions, tomatoes, cucumbers, avocado, kidney beans, and corn with enough dressing to coat. Top with almonds and drizzle any remaining dressing over the top.

Dressing: 70 kcal, 0g Protein, 1g Carb, 35mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron
Salad: 460 kcal, 22g Protein, 70g Carb, 75mg Sodium, 15g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 12g Sugar, 15% Calcium, 35% Iron

BREAKFAST: SQUASH SMOOTHIE

¼ cup (60 mL) butternut squash, cooked and mashed
 ¼ cup (60 mL) cooked quinoa
 ½ frozen peeled banana
 ¼ cup (60 mL) light coconut milk
 2 Tablespoons (30 mL) water
 ¼ teaspoon (1.25 mL) cinnamon, optional
 ¼ teaspoon (1.25 mL) vanilla, optional
 2 Tablespoons (30 mL) almonds

Blend all ingredients except almonds until smooth. Serve with almonds on the side.

240 kcal, 6g Protein, 35g Carb, 25mg Sodium, 6g Fiber, 0mg Cholesterol, 10g Fat, 3g Saturated, 10g Sugar, 6% Calcium, 10% Iron

Day 5 Make Ahead:

Cooked butternut squash * see prep guide

Carrot puree * from Dinner #2

¼ cup cooked quinoa

1 hardboiled egg

Defrost ¼ cup corn/remove kernels

Prepare pantry dressing up to 3 days ahead

Make quiche for tomorrow's breakfast

Grate ginger; 1½ teaspoons

Cut vegetables: cucumber

LUNCH: CARROT SOUP WITH SPINACH SALAD

½ cup (120 mL) carrot puree * from Dinner #2
 ¼ cup (60 mL) light coconut milk
 ¾ teaspoon (3.75 mL) grated ginger
 1 Tablespoon (15 mL) chopped parsley
 1½ ounces spinach leaves (1 cup/240 mL)
 ½ tomato, chopped (½ cup/120 mL)
 ¼ cucumber, diced (½ cup/120 mL)
 ¼ cup (60 mL) frozen corn or kernels from ½ cooked ear
 ¼ (15 oz/420 g) can red kidney beans, drained and rinsed
 1-2 Tablespoons (30 mL) pantry dressing (www.thefresh20.com/pantrydressings)
 1 Tablespoon (15 mL) sliced almonds
 1 hardboiled egg

1. In a small saucepan, combine carrot puree, milk, ginger, and parsley. Heat over medium heat until warmed through.
2. In a serving bowl, combine spinach, tomatoes, cucumber, corn, and kidney beans. Toss well then add dressing and toss again. Top with almonds and sliced egg before serving.

Soup: 90 kcal, 2g Protein, 13g Carb, 210mg Sodium, 3g Fiber, 0mg Cholesterol, 3g Fat, 2.5g Saturated, 7g Sugar, 2% Calcium, 0% Iron
 Salad: 320 kcal, 6g Protein, 25g Carb, 170mg Sodium, 5g Fiber, 0mg Cholesterol, 14g Fat, 1.5g Saturated, 6g Sugar, 8% Calcium, 15% Iron
 Egg: 70 kcal, 7g Protein, 1g Carb, 85mg Sodium, 0g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

DINNER: WHITE BEANS with BUTTERNUT SQUASH

1½ teaspoons (7.5 mL) olive oil
½ clove garlic, minced
¾ teaspoon (3.75 mL) grated ginger
¼ butternut squash, peeled, cubed, cooked
½ apple, peeled and cubed
½ (15 oz/420 g) can white beans, drained and rinsed
1 ounce spinach (¾ cup/180 mL)
Pinch of ground cumin
Small pinch of cinnamon, optional
Dash of kosher salt
Dash of black pepper

2 Tablespoons (30 mL) sliced almonds (could also use dry roasted pumpkin seeds)
1½ teaspoons (7.5 mL) chopped parsley

1. Heat a non-stick skillet over medium heat and add oil. Add garlic and ginger and cook for 3-4 minutes.
2. Add remaining ingredients except almonds and parsley, toss gently, and cook about 3-4 more minutes until warmed through. Garnish with almonds and parsley before serving.

BREAKFAST: BUTTERNUT QUICHE

2 eggs
 2 Tablespoons (30 mL) light coconut milk
 Pinch of kosher salt
 Pinch of black pepper
 ¼ small (uncooked) butternut squash, seeded, peeled, cut into thin rounds (about ¼")
 1½ ounces spinach, chopped (1 cup/240 mL)

1. Preheat oven to 350°F.
2. Prepare a small baking dish or tart pan by coating with oil *.
3. In a medium bowl, whisk together the eggs, coconut milk, salt, and pepper; set aside.
4. Line the bottom of the prepared dish with half the butternut squash and half the spinach, repeat layers.
5. Pour egg mixture over top and bake for 30 -35 minutes.

* Quiche could also be made in muffin or jumbo muffin tins. Chop squash and combine with remaining ingredients. Pour into oiled muffin tins.

320 kcal, 14g Protein, 57g Carb, 200mg Sodium, 10g Fiber, 280mg Cholesterol, 8g Fat, 3g Saturated, 11g Sugar, 30% Calcium, 30% Iron

Day 6 Make Ahead:

Defrost ¼ cup corn/remove kernels

2¼ teaspoons lemon juice, ¼ teaspoon zest

½ cup cooked quinoa

1 hardboiled egg

Cut vegetables: cucumber, romaine, onion

LUNCH: CORN & BEAN SALAD

For the salad

¼ (15 ounce/420 g) can kidney beans, rinsed and drained
 ¼ cup (60 mL) frozen corn or ½ ear, kernels removed
 ¼ cucumber, diced (½ cup/120 mL)
 ¼ avocado, peeled and diced
 2 Tablespoons (30 mL) chopped parsley
 ¼ head romaine lettuce, chopped

For the dressing

2¼ teaspoons (11.25 mL) lemon juice
 1½ teaspoons (7.5 mL) olive oil
 ¼ teaspoon (1.25 mL) Dijon mustard
 ¼ garlic clove, minced
 ¼ teaspoon (1.25 mL) of ground cumin
 Small pinch of salt and pepper to taste

In a small bowl, whisk together the dressing ingredients. In a serving bowl, combine salad ingredients; add dressing and toss well.

Salad: 240 kcal, 10g Protein, 40g Carb, 130mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 8g Sugar, 6% Calcium, 15% Iron
 Dressing: 70 kcal, 0g Protein, 0g Carb, 60mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

DINNER: ZUCCHINI NOODLES & QUINOA SALAD

For zucchini noodles

¾ teaspoon (3.75 mL) olive oil
1 large zucchini, sliced into long ribbons (use vegetable peeler or julienne slicer)
Dash of kosher salt
Pinch of black pepper
¼ teaspoon (1.25 mL) lemon zest

For quinoa salad

1½ teaspoons (7.5 mL) olive oil
½ teaspoon (2.5 mL) vinegar (balsamic or wine vinegar will work well)
¼ teaspoon (1.25 mL) Dijon mustard
Dash of kosher salt
Pinch of black pepper
1½ ounces spinach (1 cup/240 mL)
2 Tablespoons (30 mL) sliced red or yellow onion
½ tomato, quartered
½ cup (120 mL) cooked quinoa
1 hardboiled egg, halved
2 Tablespoons (30 mL) sliced almonds

1. For zucchini noodles, heat olive oil over high heat. Sauté zucchini ribbons for 1-2 minutes. Season with salt and black pepper. Remove zucchini to a serving bowl and sprinkle lemon zest on top.
2. For the salad, whisk oil, vinegar, mustard, salt, and pepper together in a small bowl. In a serving bowl, toss spinach, onion, tomatoes, and quinoa with dressing. Top salad with halved eggs and almonds. Serve zucchini noodles alongside salad.

Zucchini: 90 kcal, 4g Protein, 10g Carb, 270mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 7g Sugar, 6% Calcium, 6% Iron
Salad: 350 kcal, 15g Protein, 30g Carb, 410mg Sodium, 6g Fiber, 0mg Cholesterol, 20 g Fat, 3g Saturated, 4g Sugar, 15% Calcium, 25% Iron

PREP GUIDE

DAY 7

- 4 cups cooked lentils prepared according to package directions * *for the week*
- Lentil bruschetta can be made ahead
- 1 cup cooked quinoa * *for the week*
- Cut vegetables: onion, mushroom, zucchini, tomato, green pepper, carrot

DAY 8

- Oatmeal can be made 1 day ahead
- 2 hardboiled eggs * *for the week*
- 2-3 lemons zested & juiced (3 Tablespoons juice, 1 Tablespoon zest) * *for the week*
- 1" fresh ginger, grated (1½ teaspoons)
- Cut vegetables: carrots, bell pepper, kale, cucumber (sliced)

DAY 9

- Cut vegetables: scallions, bell pepper, mushrooms, cucumbers, green beans

Day 10

- ½ (15 oz) cans diced tomatoes, pureed
- Cut vegetables: carrot, romaine, scallions, mushrooms, zucchini

DAY 11

- Roast ½ head of garlic * *see Day 11 for directions*
- Cut vegetables: carrots, bell peppers, cucumbers, onion

DAY 12

- Satay Vegetables can be made 1-2 days ahead
- Bake potato
- Cut vegetables: green beans, mushrooms, bell pepper, carrots, onion, zucchini (diced)

DAY 13

- Cut vegetables: scallions, bell pepper, onion, carrot

MENU

DAY 7

Veggie Scramble
Lentil Bruschetta
Stuffed Peppers & Grilled Corn

DAY 8

Soft Baked Oatmeal
Thai 'Noodle' Salad
Coconut Kale & White Beans with
Rosemary Potatoes & Tomato Salad

Day 9

Fried Egg Hash
Lentil Salad
Two Bean Sauté over Quinoa

Day 10

Peanut Butter Banana Smoothie
Chopped Vegetable Bowl
Lentil Bolognese over Zucchini

Day 11

Peanut Butter Oatmeal
Roast Garlic Bean & Corn Dip with
Veggie Dippers
Potato Vegetable Stew

Day 12

Zucchini & Corn Griddle Cakes
Satay Vegetables
Vegetable Stuffed Potatoes

Day 13

Apple Peanut Butter Smoothie
Lentil Apple Salad
Open Faced Bean Burgers with
Tomato Salad



VEGETARIAN FOR ONE WINTER RESET • Week 2

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
mushrooms (portobello/brown)	3 caps + 2 oz small brown		
zucchini	3		
tomatoes	8		
basil	1 bunch		
arugula	1/4 pound	113 g	
apples	3		
green bell peppers	4		
carrots	6		
fresh corn	3 ears		
bananas	1		
avocados	1		
cucumbers	2		
fresh ginger	1-2"	5-7 cm	<i>optional</i>
yukon gold potatoes	2 pounds	907 g	<i>about 3 medium potatoes</i>
rosemary	1/4 bunch		<i>need 2 teaspoons</i>
scallions	4		
kale	1/4 large head		
french green beans	1/2 pound	227 g	
romaine lettuce	1/4 head		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
lentils	2 cups	480 mL	<i>chk pkg directions - need 4 cups cooked</i>
coconut milk	1-1/4 cups	300 mL	
diced tomatoes	1 (15 oz) can	1 (420 g)	
natural, unsalted peanut butter	1/2 cup	120 mL	
black beans	1 (15 oz) cans	1 (420 g)	
quinoa	1/2 cup	120 mL	
vanilla	1/2 teaspoon	2.5 mL	<i>optional</i>
cinnamon	1/4 teaspoon	1.25 mL	<i>optional</i>
baking soda	1/8 teaspoon	.63 mL	<i>optional</i>
white beans	3 (15 oz) cans	3 (420 g)	
kidney beans	1 (15 oz) cans	1 (420 g)	
almond flour	6 Tablespoons	90 mL	

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1/2 cup	120 mL
Grapeseed Oil	1 Tablespoon	15 mL
Veg broth gluten free	1/2 cup	120 mL
Kosher Salt & Black Pepper	1-1/4 tsp salt	6.25 mL
	1 tsp pepper	5 mL
Garlic Cloves	2 heads	
Cayenne Pepper	1/4 teaspoon	1.25 mL
Paprika		
Cumin	1 teaspoon	5 mL
Italian seasoning or oregano	1-1/4 teaspoon	6.25 mL
Dijon Mustard	1/4 teaspoon	1.25 mL
Canned beans:	see above	
Tea:		
Nuts:	see above	
Vinegar: balsamic	3 Tablespoons	45 mL
Onion: yellow	1	
Citrus: Lemon	2-3	
Citrus: Lime		
Eggs, organic	10	
Oatmeal (gluten free)	1-1/2 cups	360 mL

WEEKLY NOTES

If you are making infused waters or tea please refer to handout and add those ingredients to this shopping list.

BREAKFAST: VEGGIE SCRAMBLE

Serving size: ¼ prepared dish

- ¾ teaspoon (3.75 mL) olive oil
- 1 Tablespoon (15 mL) finely diced onion
- ¼ portobello mushroom cap, wiped clean & chopped
- ¼ zucchini, chopped (½ cup/120 mL)
- ¼ tomato, chopped (¼ cup/60 mL)
- 2 eggs, beaten
- Dash of kosher salt and black pepper

1. Heat a non-stick skillet over medium heat and add olive oil. When oil is hot, add onion, mushroom, and zucchini. Cook for 3-4 minutes until softened.
2. Add tomato and eggs. Cook until eggs are cooked to your liking stirring frequently; season with salt and pepper.

MAKE AHEAD:

¾ cup cooked green or brown lentils

¼ cup cooked quinoa

Lentil Bruschetta can be made 1-2 days ahead

Cut vegetables: onion, mushroom, zucchini, tomato, green pepper, carrot

Scramble: 210 kcal, 16g Protein, 9g Carb, 240mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 4g Sugar, 6% Calcium, 10%

LUNCH: LENTIL BRUSCHETTA

Serving size: 2 cups

- ¾ cup (180 mL) cooked green or brown lentils
- 1 tomato, chopped (1 cup/240 mL)
- ½ clove garlic, minced
- ½ Tablespoon (7.5 mL) olive oil
- 2 Tablespoons (30 mL) chopped basil
- 1 ounce arugula (¼ cup/60 mL)
- 2¼ teaspoon (11.25 mL) balsamic vinegar
- Pinch of salt and pepper

1 apple, whole or sliced

Combine all ingredients except apple; can be made 1-2 days ahead. Serve with apple slices or save apple for a snack.

Bruschetta: 290 kcal, 15g Protein, 40g Carb, 20mg Sodium, 13g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 7g Sugar, 10% Calcium, 35% Iron
 Apples: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4gm Fiber, 0mg Cholesterol, 0g Fat, 1g Saturated, 19g Sugar, 2% Iron, 2% Calcium

DINNER: STUFFED PEPPERS & GRILLED CORN

Serving Size: 2 pepper halves, 1 ear corn

For stuffed peppers

½ Tablespoon (7.5 mL) olive oil
 ¼ yellow onion, chopped (¼ cup/60 mL)
 ¼ green bell pepper, small dice (¼ cup/60 mL)
 ½ clove garlic, minced
 ½ can (15 oz/420 g) black beans, drained and rinsed
 ¼ cup (60 mL) cooked quinoa
 ¾ carrot, grated (¼ cup/60 mL)
 ¾ tomato, diced (¾ cup/180 mL)
 Dash of cumin
 ½ teaspoon (2.5 mL) Italian seasoning or dried oregano
 Dash of kosher salt
 Pinch of black pepper

1 bell pepper, halved lengthwise and seeded (any color)
 2 Tablespoons (30 mL) water or low sodium vegetable broth

For corn

2 ears of corn
 ¾ teaspoon (3.75 mL) olive oil
 Pinch of cayenne
 Pinch of kosher salt

For stuffed peppers

1. Heat oil over medium heat. Add onion and peppers and sauté for 3-4 minutes. Add garlic and black beans and sauté for an additional 1-2 minutes. Add next 7 ingredients (through black pepper) and stir to combine. Fill pepper halves with a heaping scoop of filling.
2. Preheat oven to 350°F. Place filled peppers in small baking dish and add water or broth around peppers. Cover with foil and cook for 45 minutes until tender.

For corn

1. Meanwhile, put shucked corn on grill and cook, turning frequently, about 8-10 minutes.
2. Remove from grill, drizzle with oil, and season with salt and cayenne. **Save 1 ear (cut in half) for Lunch #10 and Lunch #11.**

Kitchen Note: Cooking indoors? Corn can be boiled in a stockpot for 5-7 minutes.

Peppers: 330 kcal, 13g Protein, 52g Carb, 470mg Sodium, 16g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 12g Sugar, 10% Calcium, 25% Iron
 Corn: 160 kcal, 5g Protein, 33g Carb, 65mg Sodium, 4g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 5g Sugar, 0% Calcium, 4% Iron

BREAKFAST: SOFT BAKED OATMEAL (can be made ahead)

Serving Size: ¼ prepared dish

- 1 egg white
- ¼ teaspoon (1.25 mL) vanilla, optional
- ¼ teaspoon (1.25 mL) cinnamon, optional
- ¼ banana, mashed
- ¼ apple, chopped small
- ¼ cup (60 mL) light coconut milk
- 2 Tablespoons (30 mL) water
- ¾ cup (180 mL) rolled oats

1. Heat oven to 350°F.
2. In a small bowl, combine all ingredients except oatmeal. Mix well then stir in oatmeal. Pour into 2-3 cups of a greased muffin pan and cook 30 minutes or until set.

Oatmeal: 350 kcal, 11g Protein, 58g Carb, 60mg Sodium, 9g Fiber, 115mg Cholesterol, 10g Fat, 4g Saturated, 11g Sugar, 2% Calcium, 20%

LUNCH: THAI 'NOODLES' SALAD

Serving Size: 2 generous cups, 1 egg

- ¼ (15 oz/420 g) can black beans, drained and rinsed
- ½ carrot, grated (2½ Tablespoons/37.5 mL)
- ¼ avocado, fine dice
- ¼ green bell pepper, sliced thin (¼ cup/60 mL)
- ¼ cucumber spiraled or peeled into ribbons (1½ cups/360 mL)

For peanut sauce

- 1½ Tablespoons (22.5 mL) natural, unsalted peanut butter
- 2¼ teaspoons (11.25 mL) light coconut milk
- ¼ clove garlic, minced
- ¾ teaspoon (3.75 mL) lemon juice
- 2¼ teaspoons (11.25 mL) balsamic vinegar (rice wine vinegar would be great)
- ¾ teaspoon (3.75 mL) grated ginger, optional
- Small pinch of cayenne, optional

- 1 egg, hardboiled

Combine the beans, carrots, avocado and bell peppers with peanut sauce then serve over cucumber “noodles.” Dice eggs over top or serve alongside noodle salad.

For peanut sauce

Whisk all ingredients together and **save half for Lunch #12.**

MAKE AHEAD:

Oatmeal can be made and baked the day before

1 hardboiled egg

¾ teaspoon lemon juice, ¾ teaspoon lemon zest

1¼ teaspoons grated ginger, optional

Cut vegetables: carrots, bell pepper, kale, cucumber (sliced)

DINNER: COCONUT KALE AND WHITE BEANS WITH ROSEMARY POTATOES & TOMATO SALAD

Serving Size: 5 ounces potatoes, 1 ½ cups kale, 1 tomato, ¼ cucumber + dressing

For potatoes

1 Yukon gold potato, diced large (10 ounces/283 g)
 2¼ teaspoons (11.25 mL) olive oil
 Dash of kosher salt
 Pinch of black pepper
 ½ Tablespoon (7.5 mL) chopped fresh rosemary
 1 clove garlic, minced

For kale

½ Tablespoon (7.5 mL) grapeseed oil
 ½ clove garlic, minced
 ½ teaspoon (2.5 mL) grated ginger, optional
 ¾ scallion, thinly sliced
 Small pinch red pepper flakes, optional
 ¼ large head kale, ribs removed and chopped (1½ cups/360 mL)
 ½ can (15 oz/420 g) white beans, drained and rinsed
 ¾ teaspoon (3.75 mL) lemon zest
 2 Tablespoons (30 mL) light coconut milk
 Dash of kosher salt
 Pinch of black pepper
 1 Tablespoon (15 mL) chopped basil

For tomato salad

1 tomato, cut in wedges
 ¼ cucumber, sliced
 1 Tablespoon (15 mL) chopped basil
 ¾ teaspoon (3.75 mL) balsamic vinegar
 ¾ teaspoon (3.75 mL) olive oil

1. Heat oven to 425°F. Toss potatoes with oil, salt, pepper, rosemary and garlic. Place in a single layer on a baking sheet and cook for 25-30 minutes. **Save half for day Breakfast #9.**
2. Heat oil in skillet over medium heat. Add garlic, ginger, scallions and red pepper and heat for 30 seconds. Add kale in batches, stirring well to avoid burning. Add beans, lemon zest, coconut milk, salt, and pepper and simmer for about 4 minutes until kale is wilted, stirring often. Remove from heat and stir in basil.
3. Meanwhile, toss together all ingredients for tomato salad.
4. To serve, place potatoes into a shallow bowl. Ladle kale and bean mixture over top of potatoes and serve with tomato salad on the side.

Potatoes: 150 kcal, 3g Protein, 23g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 5g Fat, .5g Saturated, 2g Sugar, 2% Calcium, 6% Iron
 Kale: 250 kcal, 10g Protein, 30g Carb, 320mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 2g Saturated, 3g Sugar, 10% Calcium, 15% Iron
 Salad: 800 kcal, 2g Protein, 9g Carb, 5mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron

BREAKFAST: FRIED EGG HASH

Serving Size: ¼ prepared dish

- ¼ teaspoon (3.75 mL) olive oil, divided
- 1 scallion, chopped
- ¼ green bell pepper, chopped (¼ cup/60 mL)
- ¼ portobello mushroom cap, chopped
- 5 ounces (142 g) roasted potatoes * **from Dinner #8**
- 2 eggs
- 1 tomato, sliced

1. Heat a medium non-stick skillet over medium heat and add half the olive oil. Add scallions, bell pepper, and mushrooms and cook for about 2-3 minutes. Add potatoes and heat through. Place hash on a serving plate.
2. Return skillet to medium-high heat and add in remaining oil. Add eggs and fry sunny side up for about 3-4 minutes. Serve over potato hash with a side of sliced tomatoes.

Hash: 380kcal, 19g Protein, 36g Carb, 320mg Sodium, 5g Fiber, 450mg Cholesterol, 20g Fat, 4 g Saturated, 7g Sugar, 8% Calcium, 20% Iron

LUNCH: LENTIL SALAD

Serving Size: 2 ½ cups + 2 Tablespoons dressing

For salad

- ¾ cup (180 mL) cooked green or brown lentils
- ½ tomato, diced (½ cup/120 mL)
- ¼ cucumber, diced (½ cup/120 mL)
- ¼ green bell pepper, diced (¼ cup/60 mL)
- 1 ounce arugula (¼ cup/60 mL)
- ¼ avocado, diced

For dressing

- ½ Tablespoon (7.5 mL) olive oil
- 2¼ teaspoons (11.25 mL) lemon juice
- ¾ teaspoon (3.75 mL) balsamic vinegar
- ¾ teaspoon (3.75 mL) lemon zest
- ¾ teaspoon (3.75 mL) water
- ¼ teaspoon (1.25 mL) Dijon mustard
- Dash of kosher salt and black pepper

Whisk together dressing ingredients. Place all salad ingredients in a serving bowl and toss with dressing. Chill until ready to serve. If not using immediately, keep avocado and dressing on the side until ready to eat.

Salad: 300 kcal, 19g Protein, 46g Carb, 20mg Sodium, 18g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 8g Sugar, 10% Calcium, 40% Iron
 Dressing: 70 kcal, 0g Protein, 0g Carb, 150mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

MAKE AHEAD:

5 ounces roasted potatoes * **from Dinner #8**

¾ cup cooked green or brown lentils

¾ cup cooked quinoa

3¼ teaspoons lemon juice, ¾ teaspoon zest

Cut vegetables: scallions, bell pepper, mushroom, cucumber green beans

DINNER: TWO BEAN SAUTÉ OVER QUINOA

Serving Size: ¾ cup quinoa, 1½ cups sauté

For two bean sauté

½ Tablespoon (7.5 mL) olive oil

½ clove garlic, minced

¼ pound (113 g) French green beans, trimmed and cut into 2 inch pieces

½ (15 ounce/420 g) can white beans, rinsed and drained

Pinch of kosher salt

Pinch of black pepper

½ Tablespoon (7.5 mL) lemon juice

¾ cup (180 mL) cooked quinoa, warmed

1. Heat a non-stick skillet over medium high heat and add oil and then garlic; cook for 30 seconds.
2. Add green beans and sauté until tender, about 2-3 minutes. Then add white beans, salt, and pepper and warm through. Remove from heat and add lemon juice. Serve over warm quinoa.

Quinoa: 170 kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 10% Iron
Sauté: 250 kcal, 11g Protein, 34g Carb, 190mg Sodium, 11g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 5g Sugar, 10% Calcium, 10% Iron



VEGETARIAN FOR ONE WINTER RESET • Week 2 • Day 10

BREAKFAST: PEANUT BUTTER BANANA SMOOTHIE

Serving Size: ¼ prepared smoothie

2 Tablespoons (30 mL) oatmeal
4 teaspoons (20 mL) natural, unsalted peanut butter
½ banana
¼ cup (60 mL) light coconut milk
2-4 Tablespoons (30-60 mL) water
½ cup (120 mL) ice

Add all ingredients and blend together, adding water as need to reach desired consistency.

MAKE AHEAD:

½ ear grilled corn * from Dinner #7

2¼ teaspoons lemon juice

1 hardboiled egg

1 cup cooked green or brown lentils

½ (15 oz) can diced tomatoes, pureed

Cut vegetables: carrot, romaine, scallions, portobellos, zucchini

Smoothie: 260 kcal, 7g Protein, 28g Carb, 20mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 4g Saturated, 10g Sugar, 0% Calcium, 6% Iron

LUNCH: CHOPPED VEGETABLE BOWL

Serving Size: 2 cups veggie mix, ¼ avocado, 1 egg

¼ (15 ounce/420 g) can white beans, rinsed and drained
½ tomato, diced (½ cup/120 mL)
½ ear grilled corn, kernels removed (6 Tablespoons/90 mL) *from Dinner #7
¼ carrot, grated (4 teaspoons/20 mL)
2¼ teaspoons (11.25 mL) lemon juice
1/2 Tablespoon (7.5 mL) olive oil
¼ teaspoon (1.25 mL) cumin
Pinch of kosher salt and black pepper
¼ head romaine lettuce, chopped
1 hardboiled egg, quartered
¼ avocado, thinly sliced

In a bowl, combine all ingredients except lettuce, eggs and avocado. Place chopped lettuce into an individual serving bowl, top with vegetable mixture, sliced avocado, and egg.

Bowl: 380 kcal, 17g Protein, 43g Carb, 260mg Sodium, 10g Fiber, 225mg Cholesterol, 19g Fat, 3g Saturated, 9g Sugar, 10% Calcium, 20% Iron

DINNER: LENTIL BOLOGNESE OVER ZUCCHINI

Serving Size: 1¼ cups bolognese, 1 zucchini

For lentil bolognese

¾ teaspoon (3.75 mL) olive oil
 ½ carrot, grated (2½ Tablespoons/37.5 mL)
 ¾ clove garlic, minced
 1 scallion, chopped
 1 cup (240 mL) cooked green or brown lentils
 ½ portobello mushroom, chopped
 Pinch of kosher salt
 Pinch of black pepper
 ½ teaspoon (2.5 mL) Italian seasoning or dried oregano
 ½ (15 oz/420 g) can diced tomatoes, pureed
 1-3 Tablespoons (15-45 mL) water or vegetable broth, optional
 2 Tablespoons (30 mL) chopped basil

For zucchini

1½ medium zucchini, sliced in half lengthwise
 ¾ teaspoon (3.75 mL) olive oil
 Pinch of kosher salt
 Pinch of black pepper

For bolognese

1. Heat a pot over medium heat and add oil. When oil is hot add carrots, garlic, scallion, lentils, mushrooms, salt, pepper, and oregano. Cook for 6-7 minutes; add tomatoes. If sauce is too thick, add water or broth to reach desired consistency.
2. Simmer on low for at least 10 minutes, add basil and serve over roasted zucchini.

Meanwhile

For zucchini

1. Heat oven to 425°F.
2. Brush zucchini with oil and sprinkle with salt and pepper. Place cut side up on a baking sheet and roast for about 6-8 minutes. **Save 1 zucchini half for Lunch #11.**

BREAKFAST: PEANUT BUTTER OATMEAL

Serving size: 1 ¼ cups

- ½ apple, chopped
- ¾ cup (180 mL) water
- ¼ cup (60 mL) light coconut milk
- ¼ teaspoon (1.25 mL) vanilla, optional
- ½ cup (120 mL) oatmeal
- 1 Tablespoon (15 mL) natural, unsalted peanut butter

1. Heat a medium saucepan over medium heat and add apples; sauté for 2-3 minutes. Add water, coconut milk, and vanilla; bring to a simmer. Add oatmeal and reduce heat to low.
2. Cook until tender, about 5 minutes. Stir in peanut butter and serve immediately.

MAKE AHEAD:

½ ear grilled corn * **from Dinner #7**

1 roasted zucchini half * **from Dinner #10**

Roast garlic * *see directions below*

½ teaspoon lemon zest

Cut vegetables: carrot, bell pepper, cucumber, onion

Oatmeal: 340 kcal, 9g Protein, 46g Carb, 20mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 4 g Saturated, 13g Sugar, 0% Calcium, 15% Iron

LUNCH: ROAST GARLIC BEAN & CORN DIP with VEGGIES

Serving Size: ½ cup dip + ½ zucchini, ½ carrot, ½ pepper, ¼ cucumber

For dip

- ¼ head roasted garlic * *see directions below*
- ½ (15 ounce/420 g) can white beans, drain liquid from beans & reserve, rinse beans
- Pinch of kosher salt
- Pinch of black pepper
- ½ Tablespoon (7.5mL) olive oil
- ½ teaspoon (2.5 mL) lemon zest
- ¼ teaspoon (1.25 mL) minced rosemary
- 1 Tablespoon (15 mL) (more or less) reserved bean liquid
- ½ ear grilled corn, kernels removed (6 Tablespoons/90 mL) ***from Dinner #7**

For veggie dippers

- 1 roasted zucchini half, sliced in spears * **from Dinner #10**
- ½ carrot, sliced into sticks
- ½ green bell pepper, sliced
- ¼ cucumber, sliced into spears

In a blender or food processor, puree first seven ingredients. Add liquid from beans to adjust consistency, and then fold in corn. Serve with veggie dippers.

To roast garlic:

Remove most of the papery outer layer of ½ head of garlic (leave cloves intact). Cut top ¼" off of garlic heads exposing cloves inside. Wrap in foil (can drizzle with a ¼ teaspoon oil if desired) and bake in 400°F oven for 30-35 minutes checking occasionally. When cloves are fork tender remove from oven. Remove cloves from head by squeezing from bottom. Use half for Lunch #11 and half for Dinner #13.

Dip with Veggies:

310 kcal, 24g Protein, 17g Carb, 240mg Sodium, 7g Fiber, 85mg Cholesterol, 24g Fat, 4.5g Saturated, 7g Sugar, 8% Calcium, 20% Iron

DINNER: POTATO VEGETABLE STEW

Serving Size: 2½ cups

¼ teaspoon (3.75 mL) olive oil
 ¼ yellow onion, diced (¼ cup/60 mL)
 1 clove garlic, minced
 ½ green bell pepper, diced (½ cup/120 mL)
 ½ medium carrot, grated (2½ Tablespoons/37.5 mL)
 ½ Yukon gold potato, into 1 inch cubes
 ½ teaspoon (2.5 mL) cumin
 Pinch of kosher salt
 Pinch of black pepper
 Small pinch of cayenne, optional
 ½ can (15 oz/420 g) red kidney beans, drained and rinsed
 ¼ cup (60 mL) low-sodium vegetable broth
 1 tomato, diced (1 cup/240 mL)
 4 teaspoons (20 mL) peanut butter

1. Heat a skillet over medium heat and add oil. Add onion, garlic, peppers, carrots, and potatoes. Cook for 3-5 minutes until onions are almost clear.
2. Add cumin, salt, pepper, and cayenne.
3. Add beans, broth, and tomatoes, cover and simmer for 10 minutes.
4. Add peanut butter, cover, and simmer for another 10 minutes until potatoes are tender.

Stew: 460 kcal, 19g Protein, 64g Carb, 470mg Sodium, 17g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 7g Sugar, 10% Calcium, 25% Iron

BREAKFAST: ZUCCHINI & CORN GRIDDLE CAKES

Serving Size: ¼ prepared recipe

¼ medium zucchini, grated (2½ Tablespoons/37.5 mL)
 ½ ear corn, kernels only (6 Tablespoons/90 mL)
 2 eggs, beaten
 Dash of Italian seasoning or dried oregano
 Pinch of kosher salt
 Pinch of black pepper
 Dash of baking soda, optional
 ¼ cup (60 mL) almond flour
 ¼ teaspoon (3.75 mL) grapeseed oil (for the pan)

1. Grate zucchini and press out any excess water.
2. Combine zucchini with remaining ingredients except oil.
3. Heat a non-stick skillet over medium heat and add oil. Drop batter ¼ cup at a time into hot pan. Cook cakes for about 2 minutes on each side until golden.

MAKE AHEAD:

Satay Vegetables can be made 1-2 days ahead

2 Tablespoons peanut sauce * **from Lunch #8**

Bake potato

6 Tablespoons cooked green or brown lentils

Cut vegetables: corn, green beans, mushrooms, bell peppers, carrots, onion, zucchini

Cakes: 390 kcal, 21g Protein, 26g Carb, 290mg Sodium, 5g Fiber, 395mg Cholesterol, 27g Fat, 4g Saturated, 4g Sugar, 10% Calcium, 15% Iron

LUNCH: SATAY VEGETABLES (can be made ahead and eaten cold or warmed)

Serving Size: 2 cups

¼ teaspoon (3.75 mL) grapeseed oil
 3 ounces (85 g) green beans, trimmed and cut into 2 inch pieces
 2 ounces (57 g) brown mushrooms, cleaned and sliced
 ½ green or red bell pepper, sliced (½ cup/120 mL)
 1 carrot, sliced thin (½ cup/120 mL)
 ½ clove garlic, minced
 ¼ can (15 oz/420 g) kidney beans, drained and rinsed
 2 Tablespoons (30 mL) peanut sauce ***from Lunch #8**

1. Heat a non-stick skillet over medium-high heat and add oil. When oil is hot add green beans, mushrooms, bell peppers, carrots and garlic. Cook for about 3-4 minutes.
2. Add in beans and peanut sauce; cook until warmed through.

Satay: 280 kcal, 13g Protein, 28g Carb, 260mg Sodium, 12g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 14g Sugar, 10% Calcium, 15% Iron

DINNER: VEGETABLE STUFFED POTATOES

Serving Size: 1 prepared potato

1 (10 oz/283 g) Yukon gold potato (can be baked ahead of time)
½ Tablespoon (7.5 mL) olive oil
¼ yellow onion, diced (¼ cup/60 mL)
1 clove garlic, minced
½ zucchini, diced (1 cup/240 mL)
½ carrot, diced (¼ cup/60 mL)
½ medium tomato, chopped (½ cup/120 mL)
¼ cup (60 mL) chopped basil
Pinch of kosher salt
Pinch of black pepper
3 Tablespoons (45 mL) low-sodium vegetable broth
6 Tablespoons (90 mL) cooked green or brown lentils
¾ teaspoon (3.75 mL) balsamic vinegar

1. Heat oven to 400°F. Place potato on a baking sheet and cook until soft, about 45 minutes (can be cooked ahead). If cooking ahead, to reheat wrap potatoes in foil and bake at 400°F for 10-15 minutes until warm.
2. Heat a skillet over medium heat and add oil. When oil is hot, add onions and garlic and cook for 3 minutes. Add zucchini and carrots and cook for another 3-4 minutes. Add tomatoes, basil, salt, pepper, broth, lentils, and vinegar; cook for another 3-4 minutes. Serve in sliced open potato.

Potatoes: 490 kcal, 18g Protein, 89g Carb, 240mg Sodium, 16g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 15g Sugar, 15% Calcium, 35% Iron

BREAKFAST: APPLE PEANUT BUTTER SMOOTHIE

Serving Size: ¼ prepared smoothie recipe

- 2 Tablespoons (30 mL) oatmeal
- ½ apple, sliced
- ¼ banana
- ½ carrot, grated (2½ Tablespoons/37.5 mL)
- ¼ cup (60 mL) light coconut milk
- 2 Tablespoons (30 mL) natural, unsalted peanut butter
- ¼ cup (60 mL) water
- ½ cup (120 mL) ice

Add ingredients to a food processor or blender and blend until smooth.

MAKE AHEAD:

- 1 cup cooked green or brown lentils
- ¼ head roasted garlic * **from Lunch #11**
- 2¼ teaspoons lemon juice, 1 teaspoon lemon zest
- Cut vegetables: scallion, bell pepper, onion, carrot

Smoothie: 350 kcal, 9g Protein, 36g Carb, 20mg Sodium, 6g Fiber, 0mg Cholesterol, 20g Fat, 4.5g Saturated, 17g Sugar, 0% Calcium, 8% Iron

LUNCH: LENTIL APPLE SALAD

Serving Size: ¼ prepared recipe

- 1 cup (240 mL) cooked green or brown lentils
- ½ scallion, chopped
- ½ apple, chopped
- ¼ green bell pepper, diced small (¼ cup/60 mL)
- 2 Tablespoons (30 mL) chopped basil
- 1½ ounces arugula (⅓ cup/80 mL)
- 2¼ teaspoons (11.25 mL) lemon juice
- ½ teaspoon (2.5 mL) lemon zest
- ½ Tablespoon (7.5 mL) olive oil
- Pinch of kosher salt
- Pinch of black pepper

Toss all ingredients together and serve chilled.

Salad: 360 kcal, 20g Protein, 56g Carb, 140mg Sodium, 19g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 15g Sugar, 15% Calcium, 40% Iron

DINNER: OPEN FACED BEAN BURGERS with TOMATO SALAD

Serving Size: 2 prepared burgers + ¼ prepared salad

2 portobello mushroom caps, wiped clean
 ½ Tablespoon (7.5 mL) olive oil
 3 Tablespoons (45 mL) yellow onion, finely chopped
 ¼ carrot, grated (4 teaspoons/20 mL)
 ¼ zucchini, grated and squeezed of excess water (2½ Tablespoons/37.5 mL)
 ¼ green bell pepper, finely chopped (¼ cup/60 mL)
 ¼ head roasted garlic * **from Lunch #11**
 ½ teaspoon (2.5 mL) lemon zest
 Pinch of kosher salt
 Pinch of black pepper
 ¼ teaspoon (1.25 mL) chopped rosemary
 1 Tablespoon (15 mL) chopped basil
 ½ (15 ounce/420 g) can white beans, rinsed and drained
 1 egg white
 2 Tablespoon (30 mL) almond flour

1 tomato, sliced
 ¼ cucumber, sliced
 ½ Tablespoon (7.5 mL) balsamic vinegar

1. Heat oven to 400°F. Place mushroom caps on baking sheet and roast until just tender, about 10 minutes. Set aside.
2. Heat olive oil in skillet and add onion, carrot, zucchini, and bell pepper. Cook until softened and no liquid remains, about 3-5 minutes. Remove from heat.
3. In a medium bowl, mash roasted garlic cloves, zest, salt, pepper, rosemary, basil, and beans. Add sautéed vegetables, egg, and flour. Mix gently and form into 2 patties; put on a lightly oiled, foil lined baking sheet and cook about 15 minutes turning once.
4. While patties are cooking, arrange tomatoes and cucumbers on an individual serving plate, drizzle with vinegar. Serve burgers on top of mushrooms alongside tomato and cucumber salad.

Burger: 410 kcal, 20g Protein, 46g Carb, 115mg Sodium, 13g Fiber, 55mg Cholesterol, g Fat, 2g Saturated, 9g Sugar, 15% Calcium, 25% Iron
 Salad: 45 kcal, 2g Protein, 10g Carb, 10mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron

PREP GUIDE

DAY #14:

- Cook spaghetti squash * *see prep guide page 2*
- Make marinara sauce * *see prep guide page 2*
- Roasted sweet potatoes * *see prep guide page 2*
- 1¾ cups cooked quinoa prepared according to package directions **for the week*
- Smoky dressing can be made ahead
- 4 limes, juiced (7 Tablespoons) **for the week*
- Cut vegetables: kale, onion, bell pepper, cauliflower, tomatillos

DAY #15

- 5 hardboiled eggs * *for the week*
- Freeze 1½ peeled bananas for breakfast * *for the week*
- Cut vegetables: kale, carrots, onion

DAY #16

- Cut vegetables: tomatillos, bell pepper, carrot, onion, eggplant, cabbage

DAY #17

- Brussels Sprouts & Sweet Potato salad can be made ahead
- Cut vegetables: onion, green bell pepper, tomatillo, Brussels sprouts, cauliflower

DAY #18

- Cumin roasted cauliflower * *see prep guide page 2*
- Carrot cake muffins can be made ahead
- Cut vegetables: carrot, cabbage onion, bell pepper, tomatillo

DAY #19

- Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

DAY #20

- 6 Tablespoons oatmeal, blended until medium fine
- Cut vegetables: onion, bell pepper, kale

MENU

DAY 14

Spaghetti Fritters with Sliced Apples
Roasted Sweet Potato Salad
Cauliflower & Black Bean Fajitas
over Quinoa

DAY 15

Chocolate Banana Cakes
Curry Egg Salad
Smokey Beans over Spaghetti Squash
with Carrot Apple Slaw

DAY 16

Chocolate smoothie
Bean Salad
Unstuffed Cabbage

DAY 17

Naked Breakfast Burrito Scramble
Brussels Sprouts & Sweet Potato Salad
Chili Verde

DAY 18

Carrot Cake Muffins
Cumin Cauliflower Slaw
Latin Shepherd's Pie

DAY 19

Oatmeal Raisin Cookie Smoothie
Chopped Sprout Salad
Black Bean Mole Burgers
with Lime Slaw

DAY 20

Sweet Potato Frittata
Quinoa & Kale Salad with Mole
Vinaigrette
Eggplant Marinara

WEEK 3 COOK AHEAD RECIPES

MARINARA

1½ teaspoons (7.5 mL) olive oil
¼ yellow onion, diced (¼ cup/60 mL)
1 clove garlic, minced
½ carrot, minced (2½ Tablespoons/37.5 mL)
Dash of kosher salt
Pinch of black pepper
Pinch of dried oregano
¾ (15 ounce/420 g) can crushed tomatoes
2 Tablespoons (30 ml) water
¼ cup (60 mL) chopped basil

1. In a sauce pot, heat olive oil over medium heat and add onions, garlic, and carrots, and cook for about 3-4 minutes.
2. Add salt, pepper, oregano, and tomatoes.
3. Simmer uncovered for 15 minutes to 30 minutes. Stir in basil.

SPAGHETTI SQUASH

½ large spaghetti squash

Place squash cut side down in a baking pan with ½" -1" water. Bake at 400° for 30-35 minutes until tender. Cool slightly; rake a fork over the cut side to remove strands. Refrigerate until needed; you will need 3¾ cups of squash strands for the week.

ROASTED SWEET POTATOES

1 pound (454 g) sweet potatoes, washed and peeled

Cube potatoes and place on a foil or parchment lined baking sheet. Bake at 375° for 25-30 minutes until tender. Cool. Mash ½ cup of potatoes for Day #18; leave remaining squash in cubes for the rest of the week.

ROASTED CUMIN CAULIFLOWER

¼ head cauliflower, chopped into small florets
¾ teaspoon (3.75 mL) olive oil
Dash of cumin
Pinch each salt and pepper

Toss cauliflower with oil and spices. Bake at 400°F for 12-15 minutes until slightly crisp.



VEGETARIAN FOR ONE WINTER RESET • Week 3

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
spaghetti squash	1/2 large		
basil	1 bunch		
kale	1 bunch		
sweet potatoes	1 pound	454 g	
avocado	2		
cilantro	1-1/2 bunches		
bell peppers	3		
tomatillos	7		
banana	3		
apples	3		
carrots	4		
eggplant	1 small		
cabbage	1 sm head		
brussels sprouts	3/4 pound	340 g	
corn	1 cup	240 ml	
cauliflower	1 sm head		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
pepitas	3/4 cup	180 mL	<i>pumpkin seeds</i>
chipolte peppers	1 sm can		
quinoa	1 cup	240 mL	
almond milk	2 cups	480 mL	
cocoa powder	2 Tbsp	30 mL	
raisins	5 Tbspns	75 mL	
baking powder	1/4 teaspoon	1.25 mL	
canned (crushed) tomatoes	2 (15 oz) cans	2 (420 g)	
nutmeg	pinch		<i>optional</i>
vanilla	1-3/4 tsp	8.75 mL	<i>optional</i>
cinnamon	1-1/4 tsp	6.25 mL	<i>optional</i>
white beans	1 (15 oz) can	1 (420 g)	
kidney beans	1 (15 oz) can	1 (420 g)	
black beans	3 (15 oz) cans	3 (420 g)	
curry powder	1/4 teaspoon	1.25 mL	

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1/2 cup	120 mL
Grapeseed Oil	1-1/2 Tbspns	22.5 mL
Veg broth (gluten free)	1/2 cup	120 mL
Kosher Salt & Black Pepper	1-3/4 tsp salt	8.75 mL
	1 tsp pepper	5 mL
Garlic Cloves	5 cloves	
Cayenne Pepper	Pinch	
Paprika		
Cumin	1-1/2 teaspoons	7.5 mL
Italian seasoning or oregano	1-1/4 tsp	6.25 mL
Dijon Mustard	3/4 teaspoon	3.75 mL
canned beans	see above	
Tea:		
Nuts:		
Vinegar: white	1-1/4 Tbspns	18.75 mL
Onion: yellow	3	
Citrus: Lemon		
Citrus: Lime	5	
Eggs, organic	14	
Oatmeal (gluten free)	2 cups	480mL

WEEKLY NOTES
<i>If you are going to make infused waters or tea please refer to the User Guide and add those items to this shopping list.</i>

BREAKFAST: SPAGHETTI FRITTERS with SLICED APPLES

¾ cup (180 mL) cooked spaghetti squash *see prep guide
 1 egg + 1 egg white
 1 Tablespoon (15 mL) chopped basil
 Pinch of kosher salt
 Pinch of black pepper
 ¾ - 1½ teaspoons (3.75-7.5 mL) grapeseed oil (for the pan)
 ¼ cup (60 mL) marinara *see prep guide

1 apple, sliced

1. Combine squash, eggs, basil, salt, and pepper.
2. Heat a non-stick skillet over medium heat and add a small amount of oil.
3. Scoop about ¼ cup of batter for each fritter into the pan; cook for about 2-3 minutes per side.
4. Serve topped with marinara with a side of apples.

Fritter: 180 kcal, 11g Protein, 9g Carb, 270mg Sodium, 2g Fiber, 340mg Cholesterol, 13g Fat, 3g Saturated, 3g Sugar, 6% Calcium, 8% Iron
 Sauce: 40kcal, 1g Protein, 6g Carb, 70mg Sodium, 2g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron
 Apple: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 40g Saturated, 19g Sugar, 2% Calcium, 2% Iron

MAKE AHEAD:

¾ cup spaghetti squash * see prep guide

¼ cup marinara sauce * see prep guide

½ cup roasted sweet potatoes cubes, diced * see prep guide

½ cup cooked quinoa

1½ limes, juiced (3 Tablespoons)

Smoky dressing can be made ahead

Cut vegetables: kale, onion, bell pepper, cauliflower, tomatillo

LUNCH: ROASTED SWEET POTATO SALAD

For Smoky Dressing (can be made ahead)

¾ teaspoon (3.75 mL) chopped chipotles in adobo
 1½ teaspoons (7.5mL) olive oil
 1½ Tablespoons (22.5 mL) lime juice
 Dash of cumin
 Pinch of kosher salt
 2 Tablespoons (30 mL) chopped cilantro

For Salad

¼ bunch kale, chopped (1½ cups/360 mL)
 ¾ teaspoon (3.75 mL) olive oil
 Pinch of kosher salt
 1½ teaspoons (7.5 mL) lime juice
 ½ cup (120 mL) roasted sweet potato cubes, diced *see prep guide
 ¼ avocado, diced
 ¼ (15 oz/420 g) can white beans, drained and rinsed
 1 Tablespoon (15 mL) pepitas

Combine dressing ingredients and **save half for Dinner #15**. In a serving bowl, massage kale with oil, salt and lime juice. Add sweet potatoes, avocado, beans, and pepitas and toss with dressing.

Salad: 330 kcal, 11g Protein, 40g Carb, 250mg Sodium, 12g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 5g Sugar, 8% Calcium, 20% Iron
 Dressing: 35 kcal, 0g Protein, 0g Carb, 60mg Sodium, 0g Fiber, 0mg Cholesterol, 35g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 0% Iron

VEGETARIAN FOR ONE WINTER RESET • Week 3 • Day 14

DINNER: CAULIFLOWER & BLACK BEAN FAJITAS over QUINOA

1½ teaspoons (7.5 mL) olive oil
 ¼ yellow onion, thinly sliced (¼ cup/60 mL)
 ½ green bell pepper, thinly sliced (½ cup/120 mL)
 ¼ head of cauliflower, chopped very small
 ½ can (15 oz/420 g) black beans, drained and rinsed
 ½ teaspoon (2.5 mL) cumin
 Pinch of cayenne, optional
 Dash of kosher salt
 Pinch of black pepper
 ½ tomatillo, thinly sliced
 3 Tablespoons (45 mL) chopped cilantro
 1 Tablespoon (15 mL) lime juice
 ½ cup (120 mL) cooked quinoa, warmed **see prep guide*

1. Heat oil in a skillet over medium-high heat. Add onion, peppers, and cauliflower and cook for 4-5 minutes.
2. Add beans, cumin, cayenne, salt, and pepper and cook for 1 minute. Add tomatillos and cook for 1 additional minute.
3. Turn off heat and add cilantro and lime juice.
4. Serve over warmed quinoa.

Fajitas: 280 kcal, 15g Protein, 40g Carb, 3800mg Sodium, 15g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 5g Sugar, 10% Calcium, 20% Iron
 Quinoa: 170 kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 10% Iron

BREAKFAST: CHOCOLATE BANANA CAKES

- 6 Tablespoons (90 mL) rolled oats
- 1 egg
- ½ banana
- 2¼ teaspoons-1 Tablespoon (11.25-15 mL) Tablespoons almond milk
- ½ teaspoon (2.5 mL) vanilla, optional
- ½ teaspoon (2.5 mL) cocoa powder

1. Combine all ingredients in a blender or small food processor.
2. Lightly oil a non-stick skillet, heat to medium heat, and pour ¼ cup batter for each cake. Cook about 2 minutes per side.

MAKE AHEAD:

Smokey dressing * from Lunch #14

1½ cups cooked spaghetti squash * see prep guide

2 hardboiled eggs

¼ lime, juiced (1½ teaspoons)

Freeze ¾ peeled banana for tomorrow's breakfast

Cut vegetables: kale, carrots, onion

240 kcal, 12g Protein, 35g Carb, 90mg Sodium, 5g Fiber, 225mg Cholesterol, 8g Fat, 2g Saturated, 8g Sugar, 4% Calcium, 15% Iron

LUNCH: CURRY EGG SALAD

- ¾ teaspoon (3.75 mL) olive oil
- ¼ teaspoon (1.25 mL) curry powder
- ½ teaspoon (2.5mL) Dijon mustard
- ¼ teaspoon (1.25 mL) white or cider vinegar
- Pinch of kosher salt
- Pinch of black pepper

- 1¼ hardboiled eggs, chopped (save remaining egg for a snack)
- ¼ can (15 oz/420 g) organic white beans, drained and rinsed
- 1 Tablespoon (15 mL) raisins
- 1½ teaspoons (7.5 mL) pepitas
- ¼ avocado, small dice
- ½ green bell pepper cut in half lengthwise and seeded

Whisk together first 6 ingredients. Add in eggs, white beans, raisins, pepitas, and avocado and toss well to combine. Serve in bell pepper half.

330 kcal, 16g Protein, 29g Carb, 320mg Sodium, 8g Fiber, 280mg Cholesterol, 19g Fat, 3.5g Saturated, 10g Sugar, 6% Calcium, 20% Iron

DINNER: SMOKEY BEANS OVER SPAGHETTI SQUASH with CARROT APPLE SLAW

For Smokey Beans over Spaghetti Squash

1½ teaspoons (7.5 mL) olive oil, divided
 ¾ can (15 oz/425 g) red kidney beans, drained and rinsed
 Smokey dressing * **from Lunch 14**
 ¾ clove garlic, minced
 ¼ bunch kale, chopped (1½ cups/360 mL)
 1½ cups (360 mL) cooked spaghetti squash, warmed *see prep guide

For Carrot Apple Slaw

½ carrot, grated (2½ Tablespoons/37.5 mL)
 ¼ apple, cut into matchsticks
 Few thin slices of yellow onion
 1 Tablespoon (15 mL) pepitas
 1½ teaspoons (7.5 mL) raisins
 1½ teaspoons (7.5 mL) olive oil
 1½ teaspoons (7.5 mL) lime juice (orange will work well too)
 Pinch of kosher salt
 1½ teaspoons (7.5 mL) chopped cilantro
 1½ teaspoons (7.5 mL) chopped basil

For Smokey Beans over Spaghetti Squash

1. Heat a non-stick skillet over medium heat and add ¾ teaspoon olive oil. Add beans and ½ the reserved smokey dressing. Cook 2-3 minutes until heated through. Remove beans from skillet, **reserve 6 Tablespoons for Lunch #16**, and set remaining beans aside.
2. Return skillet to heat and add ¾ teaspoon olive oil, garlic, and kale, cook until wilted about 2-3 minutes. Add beans back to pan with remaining smokey dressing and stir to combine. Serve over warmed spaghetti squash.

For Carrot Apple Slaw

Combine all ingredients. Let chill for at least 10 minutes before serving.

Beans: 290 kcal, 12g Protein, 46g Carb, 270mg Sodium, 14g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 10g Sugar, 15% Calcium, 20% Iron
 Slaw: 190 kcal, 3g Protein, 15g Carb, 140mg Sodium, 3g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11g Sugar, 2% Calcium, 6% Iron

VEGETARIAN FOR ONE WINTER RESET • Week 3 • Day 16

BREAKFAST: CHOCOLATE SMOOTHIE

- ¼ (15 ounce/420 g) can low sodium black beans drained and rinsed
- ¾ banana, frozen
- 1 Tablespoon (15 mL) unsweetened cocoa
- ¼ teaspoon (1.25 mL) cinnamon, optional
- ½ teaspoon (2.5 mL) vanilla, optional
- ½ cup (120 mL) almond milk

Blend all ingredients together.

MAKE AHEAD:

¾ cup marinara * *see prep guide*

6 Tablespoons smokey beans **from Dinner #15*

½ lime, juiced (1½ teaspoons)

1 hardboiled egg, optional

¾ cup cooked quinoa

Cut vegetables: tomatillos, bell pepper, carrot, onion, eggplant, cabbage

Smoothie: 230 kcal, 9g Protein, 42g Carb, 230mg Sodium, 12g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 12g Sugar, 20% Calcium, 25%

LUNCH: BEAN SALAD

- 6 Tablespoons smokey beans * **from Dinner #15**
- ½ tomatillo, diced (6 Tablespoons/90 mL)
- ¼ green bell pepper, diced (¼ cup/60 mL)
- ½ carrot, grated (2½ Tablespoon/37.5 mL)
- 2 Tablespoons (30 mL) diced yellow onion
- 2 Tablespoons (30 mL) chopped cilantro
- 1½ teaspoons (7.5 mL) lime juice
- Pinch of kosher salt
- ½ avocado

- ¾ cup (180 mL) cooked quinoa
- 1 hardboiled egg, sliced, optional

Combine first 8 ingredients; serve in avocado halves with a side of quinoa and an egg.

Salad: 240 kcal, 7g Protein, 27g Carb, 290mg Sodium, 12g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 6g Sugar, 6% Calcium, 10% Iron

Quinoa: 170 kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Egg: 70kcal, 7g Protein, 1g Carb, 85mg Sodium, 0g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

DINNER: UNSTUFFED CABBAGE

¾ teaspoon (3.75 mL) olive oil
 ¼ yellow onion, chopped (¼ cup/60 mL)
 ½ clove garlic, chopped
 ¼ small eggplant, chopped
 ¼ green bell pepper, chopped (¼ cup/60 mL)
 ½ carrot, grated (2½ Tablespoons/37.5 mL)
 ½ can (15 oz/420 g) white beans, drained and rinsed
 ¼ teaspoon (1.25 mL) dried oregano
 1 Tablespoon (15 mL) chopped basil
 Dash of kosher salt
 Pinch of black pepper
 ¾ cup (180 mL) marinara **see prep guide*

¾ teaspoon (3.75 mL) olive oil
 ¼ clove garlic, minced
 1 cup (240 mL) shredded cabbage
 Pinch of kosher salt and pepper
 ¾ teaspoon (3.75 mL) white wine vinegar

1. Heat a pot over medium heat and add oil, onion, and garlic.
2. Add eggplant, bell pepper, carrots, white beans, oregano, basil, salt, and pepper.
3. Sauté 3-5 minutes and then add marinara and let simmer 10 minutes.

Meanwhile

4. Heat a sauté pan over medium heat and add oil and garlic. Then add cabbage, salt, and pepper. Cook for about 2 minutes then add vinegar.
5. Serve cooked vegetables over cabbage.

BREAKFAST: NAKED BREAKFAST BURRITO SCRAMBLE

¼ teaspoon (3.75 mL) olive oil
 2 Tablespoons (30 mL) chopped yellow onion
 Pinch of cumin
 Pinch of cayenne, optional
 ¼ green bell pepper, chopped (¼ cup/60 mL)
 1 tomatillo, chopped (¾ cup/180 mL)
 1 egg + 1 egg white beaten
 Pinch of kosher salt
 Pinch of black pepper
 1 Tablespoon (15 mL) chopped cilantro
 ¼ avocado, sliced

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot, add onion, cumin, cayenne, bell pepper, and tomatillos and cook for about 3 minutes.
3. Add eggs, salt, and pepper and stir until cooked through.
4. Garnish with cilantro and sliced avocado.

250 kcal, 17g Protein, 9g Carb, 270mg Sodium, 4g Fiber, 350mg Cholesterol, 18g Fat, 4g Saturated, 3g Sugar, 4% Calcium, 10% Iron

MAKE AHEAD:

Brussels Sprouts & Sweet Potato salad can be made ahead

¼ cup roasted sweet potato cubes * see *prep guide*

Cut vegetables: onion, green bell pepper, tomatillo, Brussels sprouts, cauliflower

LUNCH: BRUSSELS SPROUTS & SWEET POTATO SALAD (can be made ahead)

¼ pound (113 g) Brussels sprouts, trimmed and shaved
 Pinch of kosher salt
 1½ teaspoons (7.5 mL) olive oil
 ¼ cup (60 mL) roasted sweet potato cubes * see *prep guide*
 ½ apple, sliced
 2 Tablespoons (30 mL) pepitas
 1½ teaspoons (7.5 mL) white or balsamic vinegar
 Pinch of black pepper

Toss Brussels sprouts with salt and oil then combine with remaining ingredients.

380kcal, 11g Protein, 44g Carb, 190mg Sodium, 10g Fiber, 0mg Cholesterol, 18g Fat, 2.5g Saturated, 16g Sugar, 6% Calcium, 20% Iron

DINNER: CHILE VERDE

1½ teaspoons (7.5 mL) grapeseed oil
¼ yellow onion, chopped (¼ cup/60 mL)
½ clove garlic, minced
¼ pound (113 g) tomatillos, chopped (about 3-4 medium)
¾ teaspoon (3.75 mL) chipotles in adobo, minced, optional
¼ cup (60 mL) chopped cilantro
½ cup grated cauliflower
½ cup corn (frozen or from ¾ fresh ear)
½ (15 oz/420 g) can black beans, drained and rinsed
½ teaspoon (2.5 mL) dried oregano
¼ teaspoon (1.25 mL) dried cumin
Pinch of kosher salt
½ cup (120 mL) low-sodium vegetable broth
¼ lime
¼ avocado, sliced

1. Heat oil in saucepan over medium heat and add onion and garlic. Cook for 2 minutes then add tomatillos, chipotles, cilantro, cauliflower, corn, beans, oregano, cumin, salt, and broth.
2. Bring to a boil and then lower to a simmer. Simmer for 10-15 minutes.
3. Garnish with lime wedge and sliced avocado.

400 kcal, 16g Protein, 55g Carb, 480mg Sodium, 19g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 8g Sugar, 8% Calcium, 25% Iron

BREAKFAST: CARROT CAKE MUFFINS (can be made ahead)

½ cup (120 mL) rolled oats
 ¼ teaspoon (1.25 mL) baking powder
 ½ teaspoon (2.5 mL) cinnamon, optional
 Pinch of nutmeg, optional
 Pinch of kosher salt
 ¼ banana, mashed
 2 Tablespoons (30 mL) mashed roasted sweet potato *see prep guide
 1 egg, beaten (use about 1 Tablespoon of egg)
 ½ carrot, grated (2½ Tablespoons/37.5 mL)
 ½ teaspoon (2.5 mL) vanilla, optional
 ¼ cup (60mL) almond milk
 1 Tablespoon (15 mL) pepitas, chopped
 1 Tablespoon (15 mL) raisins

1. Preheat oven to 350°F. Grease 3 cups in a muffin pan.
2. Mix all ingredients together, allow to sit for a few minutes to thicken before scooping into pan.
3. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.

330 kcal, 11g Protein, 50g Carb, 320mg Sodium, 8g Fiber, 55mg Cholesterol, 10g Fat, 1.5g Saturated, 17g Sugar, 20% Calcium, 20% Iron

MAKE AHEAD:

Freeze ¼ banana for tomorrow's breakfast

1/2 cup mashed roasted sweet potato * see prep guide

Carrot cake muffins can be made ahead

Cumin roasted cauliflower * see prep guide

½ lime, juice (1 Tablespoon)

Cut vegetables: carrot, cabbage, onion, bell pepper, tomatillo

LUNCH: CUMIN CAULIFLOWER SLAW

Cumin roasted cauliflower * see prep guide
 1 cup (240 mL) shredded cabbage
 ¼ green bell pepper, sliced thin (¼ cup/60 mL)
 ½ carrot, shredded (2½ Tablespoons/37.5 mL)
 ¼ avocado, diced
 1 Tablespoon (15 mL) lime juice
 1½ teaspoons (7.5 mL) olive oil
 1 Tablespoon (15 mL) chopped cilantro
 1 Tablespoon (15 mL) chopped basil
 Pinch of kosher salt and black pepper

1 Tablespoon (15 mL) pepitas

Toss slaw ingredients together and garnish with pepitas.

280 kcal, 7g Protein, 19g Carb, 190mg Sodium, 0g Fiber, 0mg Cholesterol, 22g Fat, 3g Saturated, 5g Sugar, 8% Calcium, 10% Iron

DINNER: LATIN SHEPHERDS PIE

¾ teaspoon (3.75 mL) olive oil
 ¼ yellow onion, chopped (¼ cup/60 mL)
 ½ clove garlic, minced
 ¼ green bell pepper, chopped (¼ cup/60 mL)
 ½ tomatillo, chopped (6 Tablespoon/90 mL)
 ¼ cup (60 mL) corn kernels
 6 Tablespoons (90 mL) low sodium black beans, drained and rinsed
 ¼ can (15 oz/420 g) kidney beans, drained and rinsed
 Pinch of cumin
 Pinch of kosher salt
 Pinch of black pepper
 2 Tablespoons (30 mL) canned crushed tomatoes
 ¾ teaspoon (3.75 mL) white vinegar
 2 Tablespoon (30 mL) chopped cilantro
 6 Tablespoons (90 mL) mashed roasted sweet potato **see prep guide*

1. Heat oven to 400°F.
2. Heat oil in a skillet over medium heat. Add onion and cook for about 5 minutes, add garlic and cook for another minute.
3. Add bell pepper, tomatillos, corn, beans, cumin, salt, pepper, tomatoes, vinegar, and cilantro; cook about 5 minutes.
4. Put bean mixture in a lightly oiled mini loaf pan or 3 muffin cups and top with mashed sweet potato.
5. Bake for 10-15 minutes.

390 kcal, 17g Protein, 72g Carb, 380mg Sodium, 20 Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 15g Sugar, 15% Calcium, 30% Iron

BREAKFAST: OATMEAL RAISIN COOKIE SMOOTHIE

¾ frozen banana
 2½ Tablespoons (37.5 mL) oats
 2 Tablespoons (30 mL) raisins
 ¾ cup + 2 Tablespoons (210 mL) almond milk
 ¼ teaspoon (1.25 mL) vanilla, optional
 ¼ teaspoon (1.25 mL) cinnamon, optional

Blend all ingredients together until smooth.

240 kcal, 4g Protein, 48g Carb, 125mg Sodium, 6g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 27g Sugar, 30% Calcium, 0% Iron

MAKE AHEAD:

¾ frozen banana
 ½ lime juiced (3¾ teaspoons)
 2 hardboiled eggs
 Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

LUNCH: CHOPPED SPROUT SALAD

6 ounces (170 g) Brussels sprouts, trimmed and shaved
 1¼ hardboiled eggs, chopped (save rest of egg for a snack)
 ¾ apple, chopped small
 2¼ teaspoons (11.25 mL) lime juice
 2¼ teaspoons (11.25 mL) olive oil
 ¼ clove garlic, minced
 ¼ teaspoon (1.25 mL) Dijon mustard
 Pinch of kosher salt
 Pinch of black pepper
 1 Tablespoon (15 mL) pepitas

1. Combine sprouts, eggs, and apple in a serving bowl.
2. In small bowl, whisk together lime juice, oil, garlic, Dijon, salt and pepper; toss with salad.
3. Top with pepitas.

410 kcal, 18g Protein, 38g Carb, 290mg Sodium, 10g Fiber, 280mg Cholesterol, 22g Fat, 4g Saturated, 18g Sugar, 8% Calcium, 20% Iron

DINNER: BLACK BEAN MOLE BURGERS with LIME SLAW

For lime slaw:

Heaping ¼ cup (60 mL) chopped kale
 ½ cup (120 mL) shredded cabbage
 ¼ green bell pepper (¼ cup/60 mL)
 ¼ carrot, shredded (1½ Tablespoons/22.5 mL)
 1½ teaspoons (7.5 mL) pepitas
 1½ teaspoons (7.5 mL) lime juice
 1 Tablespoon (15 mL) chopped cilantro
 1½ teaspoons (7.5 mL) olive oil
 Pinch of kosher salt

Toss all ingredients together.

For mole sauce:

¾ teaspoon (3.75 mL) olive oil
 ¼ yellow onion, chopped (¼ cup/60 mL)
 ½ clove garlic, minced
 ¾ -1½ teaspoons (3.75-7.5 mL) chipotles in adobo, depending on how spicy you want it
 Pinch of cinnamon
 Pinch of cumin
 1 teaspoon (5 mL) raisins
 2 Tablespoons (30 mL) canned crushed tomatoes
 1 teaspoon (5 mL) cocoa powder
 1½ teaspoons (7.5 mL) pepitas
 Pinch of kosher salt
 1 Tablespoon (15 mL) water

1. Heat a medium saucepan over medium heat and add olive oil and onions and cook for 5 minutes.
2. Add garlic, chipotles, cinnamon, and cumin; cook for 2 minutes. Add the remaining ingredients and bring to a low simmer for 5 minutes, then puree and set aside. **Save 1 Tablespoon sauce for Lunch #20.**

For black bean burgers:

½ (15 ounce/420 g) can black beans, rinsed and drained
 1 Tablespoon (15 mL) mole sauce
 2 Tablespoons (30 mL) chopped yellow onion
 2 Tablespoons (30 mL) chopped cilantro
 Dash of cumin
 2 Tablespoons (30 mL) rolled oats
 ¼ carrot, chopped (2 Tablespoons/30 mL)
 Pinch of kosher salt
 ¼ green bell pepper, chopped (¼ cup/60 mL)
 ¼ avocado, sliced

1. Heat oven to 425°F. Line a baking sheet with parchment paper.
2. Puree first eight ingredients then fold in bell pepper. Scoop onto tray into 2 patties (an ice cream scooper works great; flatten slightly with a lightly oiled spatula). Cook 20 minutes, turning half way through. Serve with dollop of mole and sliced avocado.

Burger: 240 kcal, 14g Protein, 45g Carb, 410mg Sodium, 17g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 4g Sugar, 8% Calcium, 25% Iron
 Slaw: 130 kcal, 4g Protein, 8g Carb, 85mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 2g Sugar, 4% Calcium, 6% Iron

BREAKFAST: SWEET POTATO FRITTATA

2 eggs
 1½ teaspoons (7.5 mL) almond milk
 ¾ teaspoon (3.75 mL) olive oil
 2 Tablespoons (30 mL) chopped yellow onion
 ¼ green bell pepper, chopped (¼ cup/60 mL)
 2 Tablespoons (30 mL) chopped basil
 ¼ cup (60 mL) roasted sweet potatoes cubes, diced

1. Heat oven to 375°F. Beat eggs with almond milk and set aside.
2. Heat olive oil in a small non-stick, oven proof skillet and add onions and bell pepper. Let cook until softened, about 3-4 minutes. Add basil and sweet potatoes and cook until warmed through; pour egg mixture over the top and let the bottom cook 2 minutes.
3. Place skillet in oven to finish cooking the top for about 6-8 minutes.
4. Cut into wedges.

MAKE AHEAD:

¼ cup roasted sweet potato cubes, diced *
see prep guide

½ cup marinara sauce **see prep guide*

1 cup cooked spaghetti squash * *see prep guide*

1 Tablespoon mole sauce * *from Dinner #19*

¼ lime, juiced (1½ teaspoons)

½ cup cooked quinoa

6 Tablespoons oatmeal, blended until medium fine

Cut vegetables: onion, bell pepper, kale

210 kcal, 15g Protein, 11g Carb, 190mg Sodium, 2g Fiber, 450mg Cholesterol, 14g Fat, 35g Saturated, 2g Sugar, 8% Calcium, 10% Iron

LUNCH: QUINOA & KALE SALAD with MOLE VINAIGRETTE

¼ bunch kale, chopped (1½ cups/360 mL)
 ¾ teaspoon (3.75 mL) olive oil
 Pinch of kosher salt
 ½ cup (120 mL) cooked quinoa
 ¼ (15 ounce/420 g) can black beans, rinsed and drained
 ¼ cup (60 mL) corn kernels (frozen or from ½ fresh ear)
 1 Tablespoon (15 mL) chopped cilantro
 1 Tablespoon (15 mL) pepitas

For mole vinaigrette:

1 Tablespoon mole sauce * **from Dinner #19**
 1½ teaspoons (7.5 mL) lime juice
 ¾ teaspoon (3.75 mL) olive oil

1. In a small bowl, whisk together mole vinaigrette ingredients.
2. In serving bowl, massage kale with oil and salt until leaves are slightly softened. Add remaining ingredients and toss with vinaigrette.

380 kcal, 14g Protein, 45g Carb, 220mg Sodium, 11g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 3g Sugar, 6% Calcium, 25% Iron

DINNER: EGGPLANT MARINARA

½ small eggplant
 1 egg, beaten
 ½ clove garlic, minced
 6 Tablespoons (90 mL) oatmeal, blended medium fine
 Dash of kosher salt
 Pinch of black pepper
 ¼ teaspoon (1.25 mL) dried oregano
 1½ teaspoons (7.5 mL) grapeseed oil
 ¾ teaspoon (3.75 mL) olive oil
 ½ cup (120 mL) marinara sauce, warmed * *see prep guide*
 1 cup (240 mL) cooked spaghetti squash, warmed * *see prep guide*

1½ teaspoons (7.5 mL) pepitas, lightly toasted and finely chopped
 1½ teaspoons (7.5 mL) finely chopped basil
 Pinch of kosher salt

1. Slice eggplant into ½" slices. In a shallow bowl, combine eggs and garlic. In a second shallow bowl, combine oatmeal, salt, pepper, and oregano.
2. Dip eggplant slices into egg and then into seasoned oatmeal.
3. Heat a non-stick skillet over medium heat and add oils; cook eggplant for about 2 minutes per side. Eggplant can also be cooked in a 425°F oven; drizzle oil over eggplant and bake 15 minutes.
4. Top with warmed marinara sauce and serve over spaghetti squash.
5. Combine toasted chopped pepitas with basil and salt and sprinkle over top to garnish.

480 kcal, 18g Protein, 55g Carb, 460mg Sodium, 15g Fiber, 225mg Cholesterol, 23g Fat, 4g Saturated, 17g Sugar, 8% Calcium, 20% Iron