



SPRING BODY RESET: MENU

DAY 1

Avocado Tomato Omelet
Peasant Bean Stew
Turkey Taco Salad

DAY 2

Toasted Oatmeal with Blueberries
Shredded Chicken Wraps
Shrimp Primavera

DAY 3

Basic Green Smoothie
Grilled Shrimp & Avocado Salad
Turkey Lettuce Wraps

DAY 4

Avocado Omelet
Turkey Picadillo
Braised Spanish Chicken with Red Peppers

DAY 5

Toasted Oatmeal with Apples
Spring Mezze Plate
Broccoli Frittata with Romaine Salad

DAY 6

Basic Green Smoothie
Chicken Boats
Zesty Lemon Chicken

DAY 7

Avocado Scrambled Eggs
Shredded Kale Salad
Broccoli Soup



SPRING BODY RESET: MENU

PREP GUIDE

DAY #1

LUNCH

- Cut vegetables:
 - 1 small yellow onion, cut into small dice
 - 3 carrots, peeled and cut into small dice
 - 1 bunch of kale, stems removed, cut into bite size pieces or shreds

DINNER

- ½ lemon, juiced (1 Tablespoon/15 mL)
- Cut vegetables:
 - 1 small yellow onion, cut into a small dice
 - 2 carrots, shredded

DAY #2

LUNCH

- Make Dressing
- 1 lime, juiced (2 Tablespoons/30 mL)
- Cut vegetables:
 - ½ small yellow onion, diced
 - 2 medium carrots, shredded

DINNER

- Cut vegetables:
 - 2 cups (475 mL) broccoli florets, cut into small pieces
 - 2 carrots, peeled and diced
 - 1 red bell pepper, chopped

DAY #3

LUNCH

- 1 lime, juiced (2 Tablespoons/30 mL)
- Cut vegetables:
 - 4 cups (950 mL) romaine, chopped
 - 1 red bell pepper, chopped

DINNER

- Cut vegetables:
 - ½ small yellow onion, diced
 - ½ red bell pepper, chopped



SPRING BODY RESET: MENU

PREP GUIDE

DAY #4

LUNCH

- Cut vegetables:
 - 1 small red onion, chopped
 - 1 red bell pepper, chopped
 - ½ carrot, chopped small or grated

DINNER

- 1 lime, juiced (2 Tablespoons/30 mL)
- Cut vegetables:
 - 1 small yellow onion, thinly sliced
 - 3 red bell peppers, thinly sliced

DAY #5

LUNCH

- ½ lemon, juiced (1 Tablespoon/15 mL)
- 1 lime, juiced (2 Tablespoons/30 mL)

DINNER

- Cut vegetables:
 - 1 small yellow onion, thinly sliced
 - 2 cups broccoli florets, chopped

DAY #6

LUNCH

- 1 lemon, zested and juiced (2 Tablespoons (30 mL) juice, 2 teaspoons (10 mL) zest)
- Cut vegetables:
 - 2 carrots, shredded
 - ½ red bell pepper, chopped

DINNER

- 1½ lemons, zested & juiced

DAY #7

LUNCH

- ½ lemon, juiced (1½ Tablespoons/22.5 mL)

DINNER

- Cut vegetables:
 - ½ small yellow onion, roughly chopped
 - 2 heads broccoli, stems & florets chopped



SPRING BODY RESET

WEEK 1

MEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
chicken breast	4 breasts		about 3 pounds
shrimp	2 pounds	900 grams	
lean ground turkey or beef	3 pounds	1.36 kg	
chicken thighs	16 thighs		<i>bone in, skin removed</i>

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
fresh herbs: thyme	1 sm bunch		<i>about 16 sprigs</i>
fresh herbs: cilantro	5 bunches		<i>using 1/2 bunch per day for infused water</i>
fresh herbs: parsley	5 bunches		<i>need 4-1/4 cups</i>
avocado	12		
tomatoes	16 medium		
blueberries	4 pints	1.9 liters	<i>8 cups</i>
kale	5 bunches		<i>(4 reg, 1 bunch curly kale)</i>
green apples	6		
red apples	4		
ripe bananas	4		
carrots	13 medium		
romaine lettuce	5 heads		
red bell pepper	10		
broccoli	4 heads		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
almond milk	4 cups	1.5 liters	
tomato paste	5 Tablespoons	74 mL	<i>6 ounces</i>

SPRING RESET PANTRY ESSENTIALS	QTY US	QTY METRIC
Olive Oil	2 cups + 1 Tblsp	490 mL
Grapeseed Oil	1/2 cup	120 mL
Chicken or Veg Broth (gluten free)	11 cups	2.6 liters
Kosher Salt & Black Pepper	6-1/2 tsp salt	32.5 mL
	6 tsp pepper	30 mL
Garlic Cloves	20 cloves	<i>or 2 heads</i>
Cayenne Pepper	1/2 teaspoon	2.5 mL
Paprika	3 Tablespoons	45 mL
Cumin	4-1/4 teaspoons	21.25 mL
Italian seasoning	4 Tablespoons	
Dijon Mustard	2 teaspoons	10 mL
Canned beans: cannellini	4 (15 oz) cans	4 (425 g) cans
Canned beans: pinto	1 (15 oz) can	1 (425 g) cans
Tea: green	21 tea bags	
Nuts: pine nuts	3-1/4 cups	760 mL
Vinegar: white wine	5 Tablespoons	75 mL
Onion: Yellow	7	
Onion: Red	1	
Citrus: Lemon	4 for recipes / 8 for water	
Citrus: Lime	6	
Eggs, organic	3 dozen eggs	
Oatmeal (gluten free)	6 cups	1.4 liters

WEEKLY NOTES
<p><i>Shopping list includes quantities to make 1 (32 oz/950 mL) pitcher of infused water and 1 (32 oz/950 mL) pitcher of green tea per day</i></p>



SPRING BODY RESET: DAY 1

BREAKFAST: AVOCADO TOMATO OMELET

2 Tablespoons (30 mL) olive oil
8 large organic eggs, slightly beaten
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 ripe avocado, cut into slices
2 medium tomatoes, chopped

Optional: 4 green onion, chopped

1. Heat oil in a large non-stick frying pan and add eggs, salt, and pepper.
2. As the omelet cooks, use a spatula to pull the cooked areas away from the sides so the uncooked egg can flow down to the bottom of the pan.
3. When the top is nearly set, spread the avocado, tomato and onions (if using) over half of the omelet and turn off the heat.
4. Don't worry if some of the egg in the very center isn't quite set, it will continue to cook.
5. Use your spatula to flip one half of the omelet over the other. Cut into four slices and serve immediately.

380 kcal, 15g Protein, 13g Carb, 270mg Sodium, 7g Fiber, 370mg Cholesterol, 31g Fat, 6g Saturated, 3g Sugar, 8% Calcium, 15% Iron

LUNCH: PEASANT BEAN STEW

2 Tablespoons (30 mL) grapeseed oil
1 small yellow onion, cut into small dice
3 carrots, peeled and cut into small dice
4 cloves of garlic, minced or pressed
4 cups (950 mL) low sodium vegetable broth
2 cups (475 mL) water
1 Tablespoon (15 mL) Italian seasoning
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups)
2 (15 ounce/425 g) cans low sodium, organic cannellini beans, drained and rinsed

MAKE AHEAD

- **Cut vegetables: onion, carrots, kale**

1. Heat a large soup pot over medium heat and add oil. Once oil is hot, add in the onion, carrots, and garlic. Stir to combine and sweat the vegetables for 4-5 minutes.
2. Add in the broth, water, Italian seasoning, salt & pepper, kale, beans— stir to combine. Simmer over medium heat for 5 minutes and serve warm.

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



SPRING BODY RESET: DAY 1

DINNER: TURKEY TACO SALAD

INGREDIENTS

1½ Tablespoons (22.5 mL) extra virgin olive oil
1 small yellow onion, chopped
2 pounds (900 g) lean ground turkey (for two meals)
4 garlic cloves, minced
¼ cup tomato paste (60 mL)
2 teaspoons (10 mL) Italian seasoning
1 Tablespoon (15 mL) ground cumin
2 teaspoons (10 mL) paprika
½ teaspoon (2.5 mL) kosher salt
½ teaspoon (2.5 mL) black pepper
4 cups romaine lettuce, finely chopped (950 mL)
2 carrots, grated
2 medium tomatoes, cut into small dice
1 medium avocado, sliced
1 Tablespoon (15 mL) olive oil
1 Tablespoon (15 mL) lemon juice

MAKE AHEAD

- ½ lemon, juiced (1 Tablespoon/15 mL)
- Cut vegetables: onion, carrot

1. Heat a large, non-stick sauté pan over medium-high heat and add oil. Once oil is hot, add onion and sauté until soft and translucent, 2-3 minutes.
2. Add in turkey meat, garlic, tomato paste, Italian seasoning, cumin, paprika, salt, and black pepper - stir to combine. Sauté over medium heat until meat is browned and cooked through (no longer pink), 7-10 minutes. Reserve ½ of the taco meat for Dinner #3. Store cooled meat in an airtight container.
3. Toss lettuce, grated carrot, tomatoes, and avocado with oil and lemon juice. Divide among four serving bowls.
4. Top salad mixture with ¼ of the taco meat.

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

BREAKFAST: TOASTED OATMEAL WITH BLUEBERRIES

3 cups (700 mL) gluten free oatmeal
 1 pint (475 mL) blueberries
 2 cups (475 mL) almond milk

1. Preheat the oven to 350°F (177°C).
2. Spread oatmeal on a rimmed baking sheet. Bake for 6 to 8 minutes, or until the oatmeal starts to brown. Transfer to a large bowl and let cool to room temperature.
3. Fill four cereal bowls each with ¾ cup (180 mL) toasted oatmeal.
4. Top with ½ cup (120 mL) blueberries and ½ cup (120 mL) almond milk.

SERVING SIZE: ¾ Cup oats, ½ cup blueberries, ½ cup milk

360 kcal, 12g Protein, 64g Carb, 90mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 10g Sugar, 15% Calcium, 20% Iron

LUNCH: SHREDDED CHICKEN WRAPS

For shredded chicken wraps

2 Tablespoons (30 mL) olive oil
 ½ small yellow onion, minced
 4 boneless chicken breasts, cut into small pieces
 ½ teaspoon (2.5 mL) kosher salt
 ½ teaspoon (2.5 mL) black pepper
 1 large head romaine lettuce (to yield 12 whole leaves)
 2 medium carrots, shredded
 2 avocados, cored and sliced
 ¼ cup (60 mL) basic vinaigrette

For basic vinaigrette

2 Tablespoons (30 mL) lime juice
 2 Tablespoons (30 mL) grapeseed oil
 ½ teaspoon (2.5 mL) black pepper
 ¼ teaspoon (1.25 mL) minced garlic

MAKE AHEAD

- Make dressing
- 1-2 limes juiced (2 Tablespoons/30 mL)
- Cut vegetables: onion, carrots

1. Heat olive oil in a large sauté pan over medium heat. Add onions; sauté for 3 minutes.
2. Add chicken, salt, and black pepper and stir to combine. Cook until chicken is no longer pink in the center, about 5-7 minutes. Save half the chicken for Lunch #6.
3. Place a lettuce leaf on a plate and add a heaping scoop of chicken mix.
4. Top with shredded carrots and sliced avocado and drizzle with dressing.
5. Wrap it up! Repeat process to form 8-12 lettuce wraps. You can eat with your hands, or you can chop up the lettuce and eat with a fork.
6. For vinaigrette dressing, whisk to combine, refrigerate until needed.

SERVING SIZE: 3 Filled leaves, 1 Tablespoon dressing

370 kcal, 15g Protein, 13g Carb, 340mg Sodium, 8g Fiber, 40mg Cholesterol, 30g Fat, 4g Saturated, 3g Sugar, 4% Calcium, 6% Iron

DINNER: SHRIMP PRIMAVERA

- 2 garlic cloves, minced
- 1 Tablespoon (15 mL) fresh thyme leaves removed from stem and roughly chopped
- ¼ cup (60 mL) low sodium chicken or vegetable broth
- ¼ teaspoon (1.25 mL) black pepper
- 2 Tablespoons (30 mL) olive oil
- 2 cups (475 mL) broccoli florets, cut into small pieces
- 2 carrots, peeled and diced
- 1 red bell pepper, large dice
- 1 pound (450 g) medium shrimp, peeled and deveined
(sub equal amount of chicken tenders)
- ¾ cup (180 mL) toasted pine nuts

MAKE AHEAD:

- **Cut vegetables: broccoli, carrots, bell pepper**
1. Heat a large, nonstick sauté pan over low-medium heat. Whisk together the garlic, thyme, broth, and pepper. Simmer gently for about 5 minutes. Taste and adjust seasoning. Remove from heat and set aside.
 2. In the same pan, heat olive oil; add vegetables and cook 3-4 minutes. Add shrimp and cook an additional 3-4 minutes until shrimp is cooked through and vegetables are tender.
 3. Return sauce to pan and gently toss to combine. Top with toasted pine nuts and serve warm.

Kitchen Notes:

To substitute chicken, season chicken with salt & pepper. Heat a large, nonstick sauté pan over medium-high heat. Add in 2 Tablespoons (30 mL) of olive oil and sauté until golden and cooked through, about 2-3 minutes. Remove from pan and set aside. Continue on with sauce and add chicken back into the pan at the end and cook until no longer pink in the center.

SERVING SIZE: 1-1/2 Generous Cups

360 kcal, 20g Protein, 14g Carb, 690mg Sodium, 6g Fiber, 145mg Cholesterol, 25g Fat, 5g Saturated, 3g Sugar, 10% Calcium, 15% Iron

SPRING BODY RESET: DAY 3

BREAKFAST: BASIC GREEN SMOOTHIE

4 cups (950 mL) kale
 2 cups (475 mL) parsley
 4 green apples
 2 frozen bananas (ripe)
 ½ cup (80 mL) pine nuts
 Water/liquid/ice

**Need a little protein? Add some high quality protein powder to the mix (we love Vega and Jarrow Plant Protein).*

Add ice and blend to desired consistency, makes four servings.

SERVING SIZE: 10 – 12 ounces (depending on amount of liquid used)

300 kcal, 6g Protein, 58g Carb, 55mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 33g Sugar, 20% Calcium, 25% Iron

LUNCH: GRILLED SHRIMP & AVOCADO SALAD

For grilled shrimp & avocado salad

1 Tablespoon (15 mL) grapeseed oil
 ¼ teaspoon (1.25 mL) cumin
 ⅛ teaspoon (.63 mL) kosher salt
 ⅛ teaspoon (.63 mL) black pepper
 1 pound (450 g) shrimp, peeled (*can sub equal amount chicken tenders, cut into bite size pieces*)
 4 cups (950 mL) romaine, chopped
 1 (15 oz/425 g) can organic cannellini beans, drained and rinsed
 1 avocado, peeled and diced
 1 red bell pepper, chopped

For basic vinaigrette

2 Tablespoons (30 mL) lime juice
 2 Tablespoons (30 mL) grapeseed oil
 ½ teaspoon (2.5 mL) black pepper
 1½ Tablespoons (22.5 mL) honey (optional)
 ¼ teaspoon (1.25 mL) minced garlic

MAKE AHEAD

- 1-2 limes juiced (2 Tablespoons/30 mL)
- Cut vegetables: romaine, red pepper

1. Heat an outdoor grill to medium-high heat (see Kitchen Note if cooking inside).
2. In a medium bowl, combine grapeseed oil, cumin, salt and pepper. Add shrimp and toss to coat.
3. Cook shrimp on the grill for 1-2 minutes per side until pink and firm to the touch. Set aside to cool.
4. In a large bowl, combine romaine, beans, avocado, and red bell pepper.
5. Toss with dressing and serve salad topped with grilled shrimp.

Kitchen Note: Cooking indoors? Cook shrimp in a lightly oiled grill pan over medium-high heat until pink and firm to the touch.

SERVING SIZE: 2-1/2 Cups prepared salad (including dressing) and 4 ounces of shrimp

370 kcal, 22g Protein, 28g Carb, 800mg Sodium, 9g Fiber, 145mg Cholesterol, 20g Fat, 2g Saturated, 9g Sugar, 10% Calcium, 15% Iron



SPRING BODY RESET: DAY 3

DINNER: TURKEY LETTUCE WRAPS

For avocado tomato salsa

1 avocado, finely diced
2 tomatoes, finely diced
1 teaspoon (5 mL) lemon juice
1 Tablespoon (15 mL) olive oil
2 Tablespoons (30 mL) fresh cilantro
Pinch (.32 mL) of kosher salt

For turkey lettuce wraps

1 Tablespoon (15 mL) olive oil
½ small yellow onion, diced
½ red bell pepper, diced
Turkey taco meat * *from Dinner #1*
½ (15 oz/425 g) can pinto beans, drained and rinsed
8 whole romaine leaves, cleaned and dried

MAKE AHEAD

- Turkey taco meat * *from Dinner #1*
- Cut vegetables: onion, bell pepper

For avocado tomato salsa

Combine all ingredients in a small bowl. Refrigerate until ready to use (up to 2 hours).

For turkey lettuce wraps

1. Heat oil in a medium skillet over medium heat. Add onion and pepper and cook 2-3 minutes.
2. Add turkey taco meat and beans and cook a few minutes until warmed through.
3. Fill romaine lettuce leaves with taco meat and top with avocado salsa.

TURKEY LETTUCE WRAPS

SERVING SIZE: 2 Filled leaves (about ¼ - 1/3 cup filling per leaf)

310 kcal, 25g Protein, 16g Carb, 280mg Sodium, 3g Fiber, 85mg Cholesterol, 16g Fat, 3.5g Saturated, 5g Sugar, 8% Calcium, 20% Iron

TOMATO AVOCADO SALSA

SERVING SIZE: ¼ cup

130 kcal, 2g Protein, 8g Carb, 35mg Sodium, 4g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 2g Sugar, 2% Calcium, 2% Iron



SPRING BODY RESET: DAY 4

BREAKFAST: AVOCADO OMELET

2 Tablespoons (30 mL) olive oil
8 large organic eggs, slightly beaten
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
2 ripe avocados, cut into slices

1. Heat oil in a large non-stick frying pan and add eggs, salt, and pepper.
2. As the omelet cooks, use a spatula to pull the cooked areas away from the sides so the uncooked egg can flow down to the bottom of the pan.
3. When the top is nearly set, spread the avocado over half of the omelet and turn off the heat.
4. Don't worry if some of the egg in the very center isn't quite set - it will continue to cook.
5. Use your spatula to flip one half of the omelet over the other. Cut into four slices and serve immediately.

SERVING SIZE: ¼ prepared omelet

380 kcal, 15g Protein, 13g Carb, 270mg Sodium, 7g Fiber, 370mg Cholesterol, 31g Fat, 6 Saturated, 3g Sugar, 8% Calcium, 15% Iron

LUNCH: TURKEY PICADILLO

2 Tablespoons (30 mL) olive oil
1 small red onion, chopped
1 red bell pepper, chopped
½ carrot, chopped small or grated
4 cloves garlic, minced
1 pound (450 g) lean ground turkey or beef
1 teaspoon (5 mL) cumin
1 Tablespoon (15 mL) Italian seasoning
Dash (.63 mL) of cayenne
3 medium tomatoes, chopped
1 Tablespoon (15 mL) tomato paste
2 Tablespoons (30 mL) white wine vinegar
1 cup (240 mL) low sodium chicken broth
Pinch (.32 mL) of kosher salt & a Pinch (.32 mL) of black pepper
¼ cup (60 mL) pine nuts

Garnish: ¼ cup (60 mL) chopped parsley

MADE AHEAD

- **Cut vegetables: onion, bell pepper, carrots**

1. Heat a large skillet over medium heat and add oil. Once oil is hot, add onion, peppers, and carrots. Cook 3-4 minutes until soft.
2. Add the garlic, ground meat, cumin, Italian seasoning, and cayenne. When meat is cooked through, add tomatoes, tomato paste, vinegar, broth, salt, and pepper.
3. Add pine nuts and cook about 10 minutes until most of the liquid is gone.
4. Divide into four serving bowls, garnish with chopped parsley.

SERVING SIZE: 2 cups

350 kcal, 24g Protein, 14g Carb, 140mg Sodium, 4g Fiber, 85mg Cholesterol, 22g Fat, 4.5g Saturated, 6g Sugar, 6% Calcium, 15% Iron

SPRING BODY RESET: DAY 4

DINNER: BRAISED SPANISH CHICKEN WITH RED PEPPERS

½ teaspoon each (2.5 mL) kosher salt and black pepper
 1½ Tablespoons each (22.5 mL) paprika and Italian seasoning
 16 chicken thighs, bone in and skin removed (for 2 meals)
 2 Tablespoons (30 mL) extra-virgin olive oil, divided
 1 small yellow onion, thinly sliced
 3 red bell peppers, thinly sliced
 3 garlic cloves, minced or pressed
 1 Tablespoon (15 mL) red wine vinegar or white wine vinegar (sherry vinegar if you have it on hand - it tastes the best)
 1½ cups (360 mL) low sodium chicken broth
 1 Tablespoon (15 mL) fresh thyme, leaves removed from stems and roughly chopped
 ¼ teaspoon each (1.25 mL) kosher salt and black pepper
 1 Tablespoon (15 mL) fresh, finely chopped cilantro

MAKE AHEAD

- 1 lime, juiced (2 Tablespoons/30 mL)
- Cut vegetables: onion, bell pepper

For braised Spanish chicken with red peppers

1. In a small bowl, combine salt & pepper, paprika, and Italian seasoning.
2. Season both sides of the chicken.
3. Heat a large, nonstick sauté pan over medium heat and add 1 Tablespoon oil. Once oil is hot, add half the chicken. Lightly brown on both sides, about 3 minutes per side – remove the chicken from the pan and set aside. Repeat with remaining oil and chicken.
4. Add sliced onions and bell peppers to the pan, sauté for 2-3 minutes or until the peppers become soft. Add in garlic, vinegar, broth, thyme, and salt & pepper – stir to combine.
5. Transfer all the cooked vegetables to a large stock pot. Place all the browned chicken thighs on top and cover. Cook over low heat for 20-30 minutes or until chicken reaches an internal temperature of 165°F.
6. Reserve half the chicken only for Dinner #6. Serve remaining chicken with peppers garnished with chopped cilantro.

For tomato and onion salad

½ small avocado, chopped
 ½ cup (120 mL) cilantro, roughly chopped
 2 Tablespoons (30 mL) lime juice
 2 Tablespoons (30 mL) olive oil
 Pinch (.32 mL) of kosher salt
 4 tomatoes, quartered
 1 yellow onion, sliced

For tomato and onion salad

1. Combine avocado, cilantro, lime juice, olive oil and salt in a food processor and blend until smooth. Add water 1 teaspoon at a time, if needed to thin to desired consistency.
2. Gently toss tomatoes and onions with dressing to coat. Serve immediately.

BAKED SPANISH CHICKEN - SERVING SIZE: 2 chicken thighs w/ ¼ cup sauce

270 kcal, 29g Protein, 9g Carb, 390mg Sodium, 3g Fiber, 130mg Cholesterol, 13g Fat, 2.5g Saturated, 5g Sugar, 4% Calcium, 10% Iron

TOMATO ONION SALAD - SERVING SIZE: 1 Tomato, ¼ onion dressed

150 kcal, 2g Protein, 12g Carb, 40mg Sodium, 3g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 5g Sugar, 4% Calcium, 4% Iron

BREAKFAST: TOASTED OATMEAL WITH APPLES

3 cups (700 mL) oatmeal
 2 medium apples, peeled and diced
 2 cups (475 mL) almond milk

1. Preheat the oven to 350°F (177°F).
2. Spread oatmeal on baking sheet. Bake for 6 to 8 minutes, or until the oatmeal starts to brown. Transfer to a large bowl and let cool to room temperature.
3. Fill four cereal bowls each with ¾ cup (180 mL) toasted oatmeal. Top with ½ a diced apple and ½ cup (120 mL) almond milk.

SERVING SIZE: ¾ cup oats, ½ cup apples, ½ cup almond milk
 360 kcal, 12g Protein, 64g Carb, 90mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1 Saturated, 10g Sugar, 15% Calcium, 20% Iron

LUNCH: SPRING MEZZE PLATE

For roasted red pepper hummus (for 2 meals)

1 (15 oz/425 g) can organic cannellini beans, drained and rinsed
 3 red bell peppers, roasted and peeled with seeds removed
 1 garlic clove
 1 Tablespoon (15 mL) lemon juice
 Pinch (.32 mL) of cayenne pepper
 1 teaspoon (5 mL) kosher salt
 ¼ cup (60 mL) olive oil

MAKE AHEAD

- ½ lemon, juiced (1 Tablespoon/15 mL)
- 1 lime, juiced (2 Tablespoons/30 mL)

For guacamole

2 avocados, mashed
 2 garlic cloves, minced
 2 Tablespoons (30 mL) lime juice
 ¼ teaspoon (1.25 mL) cayenne
 ½ teaspoon (2.5 mL) kosher salt
 ½ teaspoon (2.5 mL) black pepper

Serve with dippers;

4 medium carrots, cut into sticks
 4 hard-boiled eggs, peeled and cut in half

For roasted red pepper hummus

1. In the bowl of a food processor, combine beans, 2 roasted red peppers (save one roasted bell pepper for Lunch #7), garlic, lemon juice, cayenne, and salt. Pulse to combine into a paste.
2. With the processor running, slowly drizzle in the olive oil until smooth. More olive oil or water can be added to achieve the desired consistency. Reserve half for Dinner #7.

For guacamole

1. Mash all ingredients together in a bowl until smooth, but still a little chunky. Squeeze a little additional lime juice on top to prevent discoloring.

Lunch Kitchen note:

Peppers can be roasted over an open flame on the stovetop or grill. Char them on all sides until they look black and burnt. Place in a bowl and cover with plastic wrap, let steam for 10 minutes. Remove peel, stem, and seeds over the sink – it's a messy job.

RD PEPPER HUMMUS - SERVING SIZE: ¼ cup

110 kcal, 3g Protein, 8g Carb, 15mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1 Saturated, 2g Sugar, 2% Calcium, 4% Iron

GUACAMOLE - SERVING SIZE: ¼ cup

160 kcal, 2g Protein, 10g Carb, 250mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 2 Saturated, 1g Sugar, 2% Calcium, 4% Iron

DIPPERS - SERVING SIZE: ¼ prepared omelet

100 kcal, 7g Protein, 6g Carb, 115mg Sodium, 2g Fiber, 185mg Cholesterol, 5g Fat, 1.5 Saturated, 3g Sugar, 4% Calcium, 6% Iron

DINNER: BROCCOLI FRITTATA with ROMAINE SALAD

For broccoli frittata

- 1 Tablespoon (15 mL) extra-virgin olive oil
- 1 red bell pepper, thinly sliced
- 1 small yellow onion, thinly sliced
- 2 cups (475 mL) broccoli florets, chopped
- 8 large eggs
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- ¼ cup (60 mL) cilantro, finely chopped

For romaine salad

- 4 cups (950 mL) romaine, chopped
- 1 Tablespoon (15 mL) olive oil
- 2 teaspoons (10 mL) vinegar of choice
- Dash (.63 mL) of kosher salt
- Dash (.63 mL) of freshly ground black pepper
- 2 tomatoes, cut into wedges
- ½ cup (120 mL) toasted pine nuts

MAKE AHEAD

- Cut vegetables: bell pepper, onion, broccoli

DIRECTIONS

For broccoli frittata

1. Preheat oven to 400°F (204°C).
2. Heat oil in an oven safe skillet over medium heat. Add onion and pepper and sauté 3 minutes. Add broccoli and cook for an additional minute.
3. Beat eggs gently with salt, pepper, and 1½ Tablespoons (22.5 mL) of water.
4. Pour eggs over vegetable mixture and cook for 5-6 minutes until sides are set, but eggs are still runny in the center.
5. Place in oven and cook for 10-12 minutes until cooked through.
6. Invert onto plate and slice into 4 even portions. Top with chopped cilantro.

For romaine salad

Combine romaine with oil, vinegar, salt and pepper and toss to coat. Divide onto 4 plates and top with tomatoes and pine nuts.

BROCCOLI FRITTATA - SERVING SIZE: ¼ prepared frittata

220 kcal, 15g Protein, 11g Carb, 300mg Sodium, 4g Fiber, 370mg Cholesterol, 13g Fat, 3.5 Saturated, 4g Sugar, 10% Calcium, 15% Iron

ROMAINE SALAD - SERVING SIZE: 1 cup greens, ½ tomato, 1/8 cup nuts

180 kcal, 3g Protein, 8g Carb, 75mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 3 Saturated, 3g Sugar, 2% Calcium, 10% Iron



SPRING BODY RESET: DAY 6

BREAKFAST: BASIC GREEN SMOOTHIE

4 cups (950 mL) kale
2 cups (475 mL) parsley
4 green apples
2 frozen bananas (ripe)
½ cup (80 mL) pine nuts
Water/liquid/ice

**Need a little protein? Add some high quality protein powder to the mix (we love Vega and Jarrow Plant Protein).*

Add ice and blend to desired consistency, makes four servings.

SERVING SIZE: 10 – 12 ounces (depending on amount of liquid used)

300 kcal, 6g Protein, 58g Carb, 55mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 33g Sugar, 20% Calcium, 25% Iron

LUNCH: CHICKEN BOATS

For chicken boats

1 head romaine lettuce (12 leaves)
2 cooked chicken breast, shredded or cubed
* *from Lunch #2*
2 apples, cubed
2 carrots, shredded
1 red bell pepper, diced
½ cup (120 mL) pine nuts

For light mustard dressing

2 teaspoons (10 mL) Dijon mustard
2 Tablespoons (30 mL) olive oil
2 Tablespoons (30 mL) lemon juice
2 teaspoons (10 mL) lemon zest
2 teaspoons (10 mL) honey (optional)
2 teaspoons (10 mL) finely chopped thyme leaves

MAKE AHEAD

- 2 cooked chicken breasts, shredded or cubed **from Lunch #2*
- 1 lemon, zested & juiced (2 Tablespoons (30 mL) juice and 2 teaspoons (10 mL) zest)
- Cut vegetables: carrots, red bell pepper

1. Whisk together dressing and refrigerate until needed.
2. On a large serving platter, arrange romaine lettuce leaves.
3. Chop any remaining inner romaine lettuce leaves and combine with chicken, apples, carrots, and bell peppers.
4. Fill each romaine leaf with chicken filling, drizzle with light mustard dressing, and top with pine nuts.

CHICKEN BOATS - SERVING SIZE: 3 filled leaves, 2 Tablespoons nuts

260 kcal, 15g Protein, 21g Carb, 100mg Sodium, 7g Fiber, 40mg Cholesterol, 13g Fat, 3 Saturated, 12g Sugar, 2% Calcium, 10% Iron

MUSTARD DRESSING: SERVING SIZE: ¼ Tablespoon

35 kcal, 0g Protein, 2g Carb, 30mg Sodium, 0g Fiber, 0mg Cholesterol, 3.5g Fat, .5 Saturated, 1g Sugar, 0% Calcium, 0% Iron

DINNER: ZESTY LEMON CHICKEN

For zesty lemon chicken

- 1 teaspoon (5 mL) olive oil
- 8 braised chicken thighs * *from Dinner #4*
- 1 lemon, zested and juiced

For kale

- 1 large bunch curly kale, de- stemmed and torn or chopped into pieces
- 1 Tablespoon (15 mL) olive oil
- ¼ teaspoon (1.25 mL) kosher salt
- 1 Tablespoon (15 mL) fresh lemon juice
- 1 ripe avocado, peeled, pitted & mashed
- ¼ teaspoon (1.25 mL) black pepper
- 1 medium tomato, sliced

MAKE AHEAD

- 8 braised chicken thighs * *from Dinner #4*
- 1 lemon, zested & juiced
- ½ lemon, juiced (1 Tablespoon/15 mL)

For zesty chicken

1. Heat a large sauté pan over medium heat. Add oil and chicken thighs. Heat for 5-6 minutes until heated through, turning once.
2. Before serving, drizzle with fresh lemon juice and a pinch of zest.
3. Serve two thighs per person with a side of kale and tomatoes.

For kale

1. Place kale in a large serving bowl.
2. Combine olive oil, salt, and lemon juice and add to kale.
3. With clean hands, massage kale for a few minutes, or until leaves are soft and tender.
This is a great job for kids!
4. Add the mashed avocado and give one more quick “massage.”
5. Sprinkle with black pepper and serve immediately with sliced tomato.

Check out this cool blog for a step by step kale tutorial:

<http://www.fortheloveoffoodblog.com/how-to-make-massaged-kale-salad/>

ZESTY LEMON CHICKEN - SERVING SIZE: 2 thighs (no skin)

280 kcal, 29g Protein, 10g Carb, 390mg Sodium, 3g Fiber, 130mg Cholesterol, 14g Fat, 2.5 Saturated, 5g Sugar, 4% Calcium, 10% Iron

MASSAGED KALE - SERVING SIZE: 1-1/4 cups

150 kcal, 3g Protein, 13g Carb, 150mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1.5 Saturated, 1g Sugar, 10% Calcium, 8% Iron

SPRING BODY RESET: DAY 7

BREAKFAST: AVOCADO SCRAMBLED EGGS

2 Tablespoons (30 mL) olive oil	¼ teaspoon (1.25 mL) black pepper
8 large organic eggs, slightly beaten	2 ripe avocados, cut into small dice
¼ teaspoon (1.25 mL) kosher salt	2 medium tomatoes, sliced

1. Heat oil in a large non-stick frying pan and add eggs, salt, and pepper.
2. Cook over medium heat until just barely set, gently stir in avocado. Continue to cook until desired consistency (eggs will continue to cook when removed from heat). Divide into four portions and top with sliced tomatoes.

SERVING SIZE: ¼ prepared eggs

380 kcal, 15g Protein, 13g Carb, 270mg Sodium, 7g Fiber, 370mg Cholesterol, 31g Fat, 6g Saturated, 3g Sugar, 8% Calcium, 15% Iron

LUNCH: SHREDDED KALE SALAD

For shredded kale salad

2 Tablespoons (30 mL) olive oil
 1½ Tablespoons (22.5 mL) lemon juice
 ¼ teaspoon (1.25 mL) kosher salt
 Dash (.63 mL) of black pepper
 1 large bunch kale, shredded
 1 medium avocado, diced
 1 medium tomato, diced
 1 roasted bell pepper, thinly sliced
 ½ cup (120 mL) pine nuts

For blueberries

1 pint (475 mL) fresh blueberries
 ½ cup (120 mL) almond milk

MAKE AHEAD

- 1 roasted bell pepper * from Lunch #5
- ½ lemon, juiced (1½ Tablespoons/22.5 mL)

For shredded kale salad & blueberries

1. Whisk together olive oil, lemon juice, salt, and pepper in a large bowl.
2. Add kale and toss to coat leaves with dressing.
3. Massage kale with fork and/or spoon for 2-3 minutes to soften leaves.
4. Divide kale into four bowls and top with avocado, tomato, bell pepper and pine nuts.
5. Serve with a side of blueberries topped with a bit of almond milk.

SHREDDED KALE SALAD - SERVING SIZE: 3 cups

320 kcal, 6g Protein, 19g Carb, 170mg Sodium, 9g Fiber, 0mg Cholesterol, 26g Fat, 4.5g Saturated, 3g Sugar, 15% Calcium, 15% Iron

BLUEBERRIES & ALMOND MILK - SERVING SIZE: ½ cup blueberries, 1/8 cup almond milk

50 kcal, 1g Protein, 12g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 2% Iron

DINNER: BROCCOLI SOUP

1 Tablespoon (15 mL) olive oil
½ small yellow onion, roughly chopped
2 heads broccoli, stems and florets chopped
1 garlic clove, cut in half
½ teaspoon (2.5 mL) kosher salt
½ teaspoon (2.5 mL) black pepper
4 cups (950 mL) low-sodium chicken or vegetable broth

MAKE AHEAD

- Red pepper hummus * from Lunch #5
- Cut vegetables: onion, broccoli

For broccoli soup

1. Heat the oil in a 5-quart (4.75 l) stockpot or Dutch oven over medium heat.
2. Add the onion and sauté until tender, about 4 minutes.
3. Add broccoli, garlic, salt and pepper. Cook for 3-4 minutes. Add broth and bring to simmer.
4. Transfer the soup to a blender or food processor in batches and puree until smooth.
5. Transfer back to pot and bring to simmer.
6. Serve warm with a side of Red Pepper Hummus and leftover veggies for dipping.

BROCCOLI SOUP - SERVING SIZE: about 2 cups

150 kcal, 11g Protein, 23g Carb, 410mg Sodium, 8g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 6g Sugar, 15% Calcium, 15% Iron

RED PEPPER HUMMUS - SERVING SIZE: ¼ cup

110 kcal, 3g Protein, 8g Carb, 15mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 2% Calcium, 4% Iron