



## SPRING BODY RESET: Week 2

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### MENU

#### Day 8

COMFORT OATMEAL WITH CHERRIES  
ZUCCHINI GARBANZO SOUP  
ROAST CHICKEN with ZUCCHINI PAPPARDELLE & BASIL PESTO

#### Day 9

NECTARINE CASHEW CREAM PARFAIT  
GARBANZO TABOULI SALAD  
PAN SEARED SALMON & NECTARINE SALSA

#### Day 10

POACHES EGGS with SPINACH  
CUMIN LIME GRILLED CHICKEN & VEGETABLE CEVICHE  
STEAK & VEGGIE KEBABS with HERBED CHOPPED SALAD

#### Day 11

EGG & SPINACH BREAKFAST SALAD  
SALMON SALAD  
BEEF & PEA STIR FRY with GARLIC GREENS

#### Day 12

NECTARINE CASHEW CREAM PARFAIT  
MIXED VEGETABLE SALAD WITH ROASTED GARBANZOS  
GARLIC CHICKEN & VEGGIES

#### Day 13

NUTTY NECTARINE SMOOTHIE  
GARBANZO SOUP & SUGAR SNAP PEAS  
CHICKEN PEPPER CHILI

#### Day 14

POACHED EGGS WITH SPINACH  
THAI BEEF SALAD with CUCUMBER NOODLES  
VEGGIE EGG DROP SOUP with NECTARINE SALAD

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### PREP GUIDE

#### DAY 8

- Cut fruit & vegetables:
  - 1 small yellow onion, chopped
  - 4 carrots, chopped
  - 4 medium zucchini, halved and sliced
  - 4 cups (960 mL) finely chopped Swiss chard (1 head)

#### DAY 9

- Hard boil 12 eggs (use 4 for today, save 8 for day 11)
- Soak cashews 1 hour or overnight
- 2 orange, zested & juiced ( $\frac{1}{4}$  cup zest,  $\frac{1}{4}$  cup juice)
- Make Tabouli Salad up to 48 hours ahead
- Juice 1 lemon
- Cut fruit & vegetables:
  - 2 cucumbers, seeded and diced
  - 4 oranges, sliced
  - 3 nectarines, small dice
  - 1 green bell pepper, small dice
  - 4 radishes, small dice
  - $\frac{1}{2}$  cup finely chopped yellow onion

#### DAY 10

- Marinate chicken (lunch) up to 24 hours ahead
- Make vegetable ceviche up to 24 hours ahead
- Juice 5 limes
- Chop cashews
- Cut vegetables:
  - 2 green bell peppers, thinly sliced
  - 1 green bell pepper, cut into bite sized chunks
  - 1 medium yellow onion, cut into bite sized chunks
  - $\frac{1}{2}$  yellow onion, thinly sliced
  - 4 radishes, thin matchsticks
  - 4 radishes, fine dice
  - 1 zucchini or summer squash, cut into bite sized chunks

#### DAY 11

- Grate 3" piece fresh ginger to yield 1 Tablespoon + 2 teaspoons (25 mL)
- 1 lime, juiced
- Chop cashews
- 2 oranges, peeled & sectioned
- Cut vegetables:
  - 1 medium yellow onion, sliced thin

### PREP GUIDE

#### DAY 12

- Soak cashews, 1 hour or overnight
- Cut vegetables:
  - 1½ pound (677 g) snap peas, halved diagonally
  - 1 green bell pepper, thinly sliced
  - 1 green bell pepper, diced
  - 1 zucchini, halved and cut into half moons
  - 2 summer squash or zucchini, grated

#### DAY 13

- Cut vegetables:
  - 1 medium yellow onion, diced
  - 2 zucchini, diced
  - 4 green bell peppers, diced

#### DAY 14

- 3" piece of ginger, grated to yield 1 Tablespoon + 1½ teaspoons (22.5 mL)
- 2½ limes, juiced
- ½ medium yellow onion, minced
- 1 small yellow onion, diced small
- 2 green bell peppers, thinly sliced
- 2 carrots, thinly sliced
- 4 carrots, diced small
- 2 zucchini, diced small
- 1 small head Swiss chard, chopped
- 2 nectarines, sliced
- 1 cucumber, sliced
- 4 radishes, very finely chopped


  
**SPRING BODY RESET**

WEEK 2

MEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
organic chicken breast	5 pounds	2.27 kg	
salmon	2 pounds	907 g	
top round steak	3 pounds	1.36 kg	

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
fresh herbs: basil	6 bunches		see notes below - add'l qtys required for water & tea
fresh herbs: mint	3 bunches		see notes below - add'l qtys required for water & tea
fresh herbs: parsley	1 bunch		see notes below - add'l qtys required for water & tea
spinach	3-1/2 pounds	1.6 kg	
oranges	8		
nectarines	14		
frozen cherries	3 cups	720 mL	
green bell pepper	13		
radishes	16		
tomatoes	11		
cucumbers	7		
carrots	12		
zucchini	16		
Swiss chard	2 bunches		
fresh ginger	6" piece	15 cm	see notes below - add'l qtys required for water & tea
snap peas	3 pounds	1.36 kg	
mixed greens	1-1/2 pounds	680g	
avocado	2		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
cinnamon	1-1/2 tsp	7.5 mL	optional
oregano	1/2 teaspoon	2.5 mL	
organic tomato paste	1 Tablespoon	15 mL	
almond milk	3-4 cups	720-960 mL	or can use water
diced tomatoes (15 oz/425 g)	4 cans		
skewers	6-8		

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	2 cups	480 mL
Grapeseed Oil	1/4 cup	60 mL
Chicken or Veg Broth (gluten free)	16 cups	3.5 l
Kosher Salt & Black Pepper	7 tsp salt	35 mL
	4 tsp pepper	20 mL
Garlic Cloves (about 8 cloves per bulb)	28 cloves	
Cayenne Pepper	dash	
Paprika	2-1/2 tsp	12.5 mL
Cumin	3-3/4 tsp	18.75 mL
Soy sauce	1 Tablespoon	15 mL
Dijon Mustard	2 teaspoons	10 mL
Canned beans: garbanzo	7 (15 oz) cans	7 (425 g) cans
Canned beans		
Tea		
Nuts: raw cashews	5-1/2 cups	1.32 l
Vinegar: white wine	1/3 cup	80 mL
Vinegar: balsamic	1/2 cup	120 mL
Onion: Yellow	8	
Citrus: Lemon	3	
Citrus: Lime	8	
Eggs, organic	34	
Oatmeal (gluten free)	1-1/2 cups	360 mL

WEEKLY NOTES
For <b>Orange Parsley Infused Water</b> : Add 14 oranges + 3-1/2 cups parsley
For <b>Ginger Basil Infused Water</b> : Add 7 (2") pieces ginger + 3-1/2 cups basil leaves
For <b>Ginger Mint Water</b> : Add 7 (2") pieces ginger + 14 sprigs of mint
For <b>Ginger Tea</b> (2 cups per day): Add 7 (2") pieces ginger



## SPRING BODY RESET: Week 2

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### INFUSED WATER

#### ORANGE + PARSLEY

2 oranges, sliced  
½ cup fresh parsley

Use a mortar and pestle to crush parsley leaves. Add to a 32 ounce pitcher with orange slices and fill with water. Refrigerate four hours for maximum flavor.

#### GINGER + BASIL

1 (2-inch piece) ginger, scrubbed, cut into 1/4" pieces  
Handful fresh basil leaves, torn

Use a mortar and pestle to crush the ginger and basil. Add to a pitcher and fill with water. Refrigerate for four hours for maximum flavor.

#### GINGER + MINT

1 (2-inch piece) ginger, scrubbed, cut into 1/4" pieces  
2 sprigs fresh mint

Use a mortar and pestle to crush the ginger and mint. Add to a pitcher and fill with water. Refrigerate four hours for maximum flavor.

### TEA

Ginger is the anytime tea – it's perfect for stomachaches, migraines, and general fatigue. Drinking ginger tea invigorates the body and calms the mind.

Here is our simple, no fuss ginger tea:

#### GINGER TEA

Per cup of tea

1-inch fresh ginger, thinly sliced (no need to peel)  
8 ounces boiling water

1. Place sliced ginger into a tea infuser inside a mug.
2. Pour hot water into mug. Let sit for 5 minutes. Remove infuser and drink!

Don't have a tea infuser? Place ginger in a boiling pot of water and let steep for 5 minutes. Place a strainer over mug, or carefully pour liquid into a mug.

**BREAKFAST: COMFORT OATMEAL w/ CHERRIES**

2 cups (480 mL) old fashioned (rolled) oatmeal (Steel cut will take longer to prepare)  
 4 cups (960 mL) liquid (water/almond milk)  
 ¼ cup (30 mL) raw cashews, chopped  
 2 cups (480 mL) frozen cherries (no sugar added)  
 1 teaspoon (5 mL) pure vanilla extract (optional)  
 ¼ teaspoon (1.25 mL) kosher salt

1. Bring oats and liquid to a boil, reduce and simmer for 3-5 minutes based on desired thickness.
2. Fold in cherries, cashews and vanilla.
3. Remove from heat and allow to sit for 3-4 minutes so cherries can warm up.
4. Serve warm.

290 kcal, 10g Protein, 43g Carb, 120mg Sodium, 7g Fiber, 0mg Cholesterol, 10g Fat, 2g Saturated, 11g Sugar, 2% Calcium, 15% Iron

**LUNCH: ZUCCHINI GARBANZO SOUP**

**Makes 2X times recipe for 2 lunches**

2 Tablespoons (30 mL) olive oil  
 2 small yellow onions, chopped  
 6 carrots, chopped  
 5 medium zucchini, halved and sliced  
 4 garlic cloves, minced  
 7 cups (1440 mL) low sodium vegetable broth  
 4 cups (960 mL) finely chopped Swiss chard (1 large head)  
 2 (15 oz/425 g) can diced tomatoes  
 3 (15 oz/425 g) cans garbanzo beans, drained and rinsed  
 4 Tablespoons (45 mL) fresh basil, minced  
 1 teaspoon (5 mL) kosher salt  
 ½ teaspoon (2.5 mL) black pepper

**MAKE AHEAD**

- **Make soup on weekend OR Cut fruit & vegetables: onion, carrot, zucchini, Swiss chard**

1. In a large stockpot, heat olive oil over medium heat. When oil is hot, add onions, carrots, zucchini, garlic, and red pepper flakes. Cook 5-6 minutes until onions are soft.
2. Add vegetable broth, chard, tomatoes, beans, basil, salt, and pepper; mix well. Simmer for 20 minutes.
3. Remove from heat and divide into four bowls, serve immediately with a generous squeeze of lemon or lime juice. Store leftovers in an airtight container or measure out 1 cup portions for a snack or to add calories to another meal.

290 kcal, 11g Protein, 45g Carb, 640mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 15% Calcium, 20% Iron



## SPRING BODY RESET: DAY 8

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### DINNER: ROAST CHICKEN WITH ZUCCHINI PAPPARDELLE & BASIL PESTO

#### *For roast chicken*

12 half chicken breasts, skin on and bone in  
(4 pounds/1.8 g)  
3 Tablespoons (45 mL) olive oil  
1½ teaspoon (7.5 mL) kosher salt  
1½ teaspoon (7.5 mL) black pepper

#### *For zucchini pappardelle*

3 medium zucchini  
2 Tablespoons (30 mL) water or broth  
Pinch of kosher salt  
Pinch of ground pepper

#### *For basil pesto*

½ cup (120 mL) cashews  
1½ cups (360 mL) fresh basil leaves  
2 garlic cloves  
2½ Tablespoons (37.5 mL) olive oil  
A few tablespoons (15-30 mL) of water  
Pinch of salt

#### *For roast chicken*

1. Heat oven to 400°F (204°C).
2. Place chicken on a rimmed baking sheet, drizzle with olive oil, salt, and pepper.
3. Roast for 25-35 minutes or until internal temperature reaches 165°F.
4. Remove skin from chicken and discard. Reserve 8 pieces of chicken for Lunches #10 & #12.

#### *For zucchini pappardelle*

1. Using a vegetable peeler, shave zucchini lengthwise into thin, wide “noodles”.
2. Set on paper towel to drain, removing center piece if it is very seedy.
3. Meanwhile, heat broth or water in a medium sauté pan over medium heat to a soft simmer. Add zucchini noodles and cook 2 minutes until tender, but slightly al dente. Season with salt and pepper. Toss with basil pesto and serve immediately.

#### *For basil pesto*

1. Combine cashews, basil, and garlic in a food processor and pulse until very finely chopped.
2. Add olive oil, 1 Tablespoon at a time, and continue to pulse until combined. Mixture will likely be thick; thin with water, 1 Tablespoon at a time. Season with a pinch of salt.

\*\* There may be a few spoons of pesto left over. Refrigerate in an airtight container for up to 48 hours or freeze for future use. Try freezing pesto in ice cube trays for a quick addition to sauces or vegetables in the future.

Chicken: 160 kcal, 18g Protein, 0g Carb, 170mg Sodium, 0g Fiber, 55mg Cholesterol, 10g Fat, 2.5g Saturated, 0g Sugar, 0% Calcium, 4% Iron  
Zucchini: 25 kcal, 2g Protein, 5g Carb, 45mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 3g Sugar, 2% Calcium, 4% Iron  
Pesto: 180 kcal, 3g Protein, 6g Carb, 30mg Sodium, 1g Fiber, 0mg Cholesterol, 17g Fat, 2.5g Saturated, 1g Sugar, 2% Calcium, 8% Iron

## SPRING BODY RESET: DAY 9

### BREAKFAST: NECTARINE CASHEW CREAM PARFAIT

#### *For cashew cream*

2 cups (240 mL) raw cashews, soaked  
 1 cup (120 mL) water  
 1 orange, zested & juiced  
 2 Tablespoons (15 mL) orange zest  
 1 teaspoon (5 mL) cinnamon (optional)

#### *For parfait*

3 nectarines, diced (or frozen peaches, no sugar added)  
 Cashew cream  
 ½ cup (120 mL) rolled oats, toasted

#### MAKE AHEAD

- Soak cashews 1 hour or overnight
- 2 oranges, zested & juiced (¼ cup zest, ¼ cup juice)

#### DIRECTIONS

*For cashew cream* - Drain cashews. Add to blender along with ½ cup (120 mL) water. Blend (puree) until smooth. Add orange juice, zest, and cinnamon; blend until combined. Save at least 1 cup for Day 12

*For toasted oats* - Add oats to a nonstick skillet over medium heat and cook, stirring regularly, for about 2-3 minutes until lightly toasted.

*For parfait* - Add ½ cup (30 mL) cashew cream to 4 small bowls or cups. Top with a few spoons of nectarines, repeat with an additional 1/8 cup of cashew cream and nectarines. Top with toasted oats.

310 kcal, 10g Protein, 32g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 3g Saturated, 13g Sugar, 2% Calcium, 20% Iron

### LUNCH: GARBANZO TABOULI SALAD

*Use for two meals*

½ bunch parsley, chopped  
 1 small bunch mint, chopped  
 4 tomatoes, seeded and diced  
 2 cucumber, seeded and diced  
 3 (15 oz/425g) cans organic garbanzo beans,  
 drained and rinsed

3 Tablespoons (45 mL) olive oil  
 3 Tablespoons (45 mL) lemon juice  
 1 teaspoon (2.50mL) kosher salt  
 ½ teaspoon (2.50 mL) black pepper  
 4 oranges, sliced  
 4 hard boiled eggs

#### MAKE AHEAD

- Hard boil 12 eggs (use 4 today, save 8 for Day 11)
- Make Tabouli Salad up to 48 hours ahead
- Juice 1 lemon
- Cut fruit & vegetables: cucumber, oranges

#### DIRECTIONS

1. Combine all ingredients except oranges. Chill until ready to serve. Can be made 24 hours in advance.
2. Serve alongside orange slices

Salad: 190 kcal, 7g Protein, 25g Carb, 420mg Sodium, 1g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 3g Sugar, 6% Calcium, 8% Iron  
 Oranges: 60 kcal, 2g Protein, 16g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 12g Sugar, 4% Calcium, 0% Iron  
 Eggs: 70kcal, 6gm Protein, 0gm Carb, 70mg Sodium, 0gm Fiber, 187mg Cholesterol, 5gm fat, 1.5 gm Saturated, 0gm Sugar, 2% Calcium, 4% Iron

### DINNER: PAN SEARED SALMON & NECTARINE SALSA

*For pan seared salmon (USED FOR TWO MEALS)*

2 teaspoons (7.5 mL) olive oil  
2 pounds (454 g) boneless, skinless salmon fillet, cut into 8 portions (can sub 2 pounds boneless skinless chicken breast)  
½ teaspoon (2.50 mL) cumin  
½ teaspoon (2.50 mL) kosher salt  
½ teaspoon (2.50 mL) black pepper

*For nectarine salsa (USED FOR TWO MEALS)*

3 nectarines, small dice  
1 green bell pepper, small dice  
2 tomato, small dice  
4 radishes, small dice  
1/3 cup finely chopped yellow onion  
½ cup (120 mL) chopped basil  
2 Tablespoon (15 mL) olive oil  
2 Tablespoons (30 mL) balsamic vinegar

#### MAKE AHEAD

- **Cut fruit & vegetables: nectarines, bell pepper, radish, shallot**

#### DIRECTIONS

*For pan seared salmon*

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Season salmon fillets with cumin, salt, and pepper.
3. When oil is hot, add salmon and sear about 3-5 minutes per side.
4. Reserve 4 salmon fillets for Day 11 lunch.
5. Serve topped with nectarine salsa on the side.

*For nectarine salsa*

Combine all the ingredients together and chill. Save 1 cup for Day 11.

Blender method: Skip the shopping prep and pulse ingredients until slightly chunky.

Salmon: 260 kcal, 26g Protein, 4g Carb, 180mg Sodium, 3g Fiber, 50mg Cholesterol, 16g Fat, 2.5g Saturated, 0g Sugar, 4% Calcium, 6% Iron  
Salsa: 70 kcal, 1g Protein, 10g Carb, 5mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 7g Sugar, 2% Calcium, 2% Iron

## SPRING BODY RESET: DAY 10

### BREAKFAST: POACHED EGGS WITH SPINACH

#### *For spinach*

1 Tablespoon (15 mL) olive oil  
1 pound (454 g) spinach  
Pinch of kosher salt

#### *For poached eggs*

8 eggs  
2 teaspoons (10 mL) vinegar (any kind)

#### DIRECTIONS

*For spinach* - Heat oil in a large skillet over medium heat. Add spinach and salt; sauté until wilted, about 2-3 minutes.

#### *For poached eggs*

1. Heat 2" of water to almost boiling in a 12 inch skillet with a lid. Add 1 teaspoon vinegar.
2. Crack 4 eggs, one at a time, into a small bowl and transfer carefully into water.
3. Remove pan from heat, cover, and let sit for 5 minutes.
4. Remove eggs carefully with a slotted spoon and set aside.
5. Repeat steps 1-4 with fresh water and remaining vinegar and eggs; serve over spinach.

220 kcal, 15g Protein, 13g Carb, 350mg Sodium, 5g Fiber, 370mg Cholesterol, 13g Fat, 3.5g Saturated, 0g Sugar, 15% Calcium, 30% Iron

### LUNCH: CUMIN LIME CHICKEN & VEGETABLE CEVICHE

#### *For cumin lime chicken*

1 pound (454 g) of organic chicken breast,  
4 breast halves, *roasted on Day 8*  
2 limes, juiced  
2 Tablespoons (30 mL) olive oil  
2 garlic cloves, minced or pressed  
1 teaspoon (5 mL) paprika  
1½ teaspoons (7.5 mL) cumin  
½ teaspoon (2.5 mL) kosher salt  
¼ teaspoon (1.25 mL) black pepper

#### *For vegetable ceviche (Used in two or more meals)*

3 green bell peppers, thinly sliced  
½ yellow onion, thinly sliced  
4 radishes, thin matchsticks  
2 limes, juiced  
2 Tablespoons (30 mL) olive oil  
½ teaspoon (2.5 mL) salt  
6 basil leaves, julienned  
1 cup (120 mL) cashews, very finely chopped

#### MAKE AHEAD

- Roasted chicken from Day 8
- Make vegetable ceviche up to 48 hours ahead
- Juice 5 limes
- Chop cashews
- Cut vegetables: bell peppers, onion, radishes

#### DIRECTIONS

#### *For cumin lime grilled chicken*

1. Slice 2 chicken breasts in half lengthwise into 4 pieces.
2. Combine the lime juice, olive oil, garlic, paprika, cumin, and salt & pepper.
3. Pour over either cold chicken or re-heated chicken with a ¾ up serving of vegetable ceviche.



## SPRING BODY RESET: DAY 10

*Kitchen Note: Cooking indoors? Heat a large, nonstick sauté pan over medium-high heat and add 1 Tablespoon grapeseed oil. Once oil is hot, add chicken and cook for 2-3 minutes per side. Chicken is done when it is cooked through and no longer pink.*

*For vegetable ceviche*

Combine all ingredients, except cashews, refrigerate for at least 30 minutes or up to 24 hours. Mix in chopped cashews immediately before serving. Serve chilled over chicken.

Blender method: Pulse in blender until chunky but not pureed then refrigerate.

Chicken: 190 kcal, 24g Protein, 1g Carb, 370mg Sodium, 0g Fiber, 75mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 2% Iron  
Ceviche: 80 kcal, 2g Protein, 7g Carb, 125mg Sodium, 1g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 3g Sugar, 0% Calcium, 4% Iron

### DINNER: STEAK & VEGGIE KEBABS with HERBED CHOPPED SALAD

*For steak and veggie kebabs*

6-8 metal or wooden skewers  
1 Tablespoon (15 mL) grapeseed oil  
4 cloves garlic, minced  
½ teaspoon (2.5 mL) cumin  
1 teaspoon (5 mL) paprika  
½ teaspoon (2.5 mL) kosher salt  
¼ teaspoon (1.25 mL) black pepper  
3 pounds (900 g) top round steak, cut into large bite sized pieces  
1 medium yellow onion, cut into bite sized chunks  
1 green bell pepper, cut into bite sized chunks  
1 zucchini or summer squash, cut into bite sized chunks  
¼ cup (60 mL) mint  
½ cup (120 mL) chopped basil

#### DIRECTIONS

*For steak and veggie kebabs*

1. Heat an outdoor grill to medium-high heat (see Kitchen Note).
2. In a large bowl, combine oil, garlic, cumin, paprika, salt and pepper. Add steak pieces and toss to coat.
3. Put meat and veggies on separate skewers. Cook on grill about 10-14 minutes depending on the doneness you desire, vegetables may be done before steak.
4. Remove steak and veggies from skewers. Save ⅓ of the steak for Dinner #11 and ⅓ for Lunch #14.
5. Serve remaining steak with vegetables with salad on the side.

*For herbed chopped salad*

Combine all ingredients and toss immediately before serving.

*Kitchen Note:*

*To cook indoors, broil in the oven on medium-high for about 14-18 minutes; turn occasionally so all sides are evenly browned.*

Kebabs: 270 kcal, 42g Protein, 3g Carb, 170mg Sodium, 1g Fiber, 100mg Cholesterol, 8g Fat, 2.5g Saturated, 1g Sugar, 2% Calcium, 20% Iron  
Salad : 130 kcal, 2g Protein, 9g Carb, 20mg Sodium, 4g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 3g Sugar, 2% Calcium, 4% Iron

*For herbed chopped salad*

3 cups (720 mL) mixed greens, finely chopped  
4 radishes, fine dice  
2 tomatoes, fine dice  
1 avocado, fine dice  
2 Tablespoons (30 mL) basil, julienned  
2 Tablespoons (30 mL) mint, julienned  
1 Tablespoon (15 mL) olive oil  
1 Tablespoon (15 mL) lemon juice

#### MAKE AHEAD

- **Cut vegetables: onion, bell pepper, zucchini, radishes**

## SPRING BODY RESET: DAY 11

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### BREAKFAST: EGG & SPINACH BREAKFAST SALAD

8 boiled eggs, peeled and quartered  
1 pound (454 g) spinach, washed and dried  
½ teaspoon (2.5 mL) olive oil  
Pinch of kosher salt  
2 oranges, peeled and sectioned

#### MAKE AHEAD

- 8 hardboiled eggs
- 2 oranges, peeled & sectioned

#### DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add spinach and salt; sauté until wilted, about 2-3 minutes.
2. Place quartered eggs over spinach
3. Top each serving with a Tablespoon of nectarine salsa (Day 9) or vegetable ceviche (Day 8)
4. Serve with orange wedges

230 kcal, 16g Protein, 20g Carb, 350mg Sodium, 7g Fiber, 370mg Cholesterol, 10g Fat, 3g Saturated, 6g Sugar, 15% Calcium, 30% Iron

### LUNCH: SALMON SALAD

1 pound (454 g) cooked salmon fillet, flaked and served cold  
2 teaspoons (10 mL) fresh grated ginger  
1-2 Tablespoons fresh squeezed lemon or lime juice  
2 cups garbanzo tabouli salad (see Day 9)  
1 cup nectarine salsa (see Day 9)

#### MAKE AHEAD

- Grate 1-2" piece fresh ginger to yield 2 teaspoons
1. Combine flaked salmon and tabouli salad.
  2. Serve with ¼ cup salsa on the side.

Salmon: 170 kcal, 25g Protein, 0g Carb, 80mg Sodium, 0g Fiber, 50mg Cholesterol, 7g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 4% Iron

Tabouli: 133 kcal, 4g Protein, 18g Carb, 294mg Sodium, 0g Fiber, 0mg Cholesterol, 5g Fat, .25g Saturated, 2g Sugar, 4% Calcium, 5% Iron

Salsa: 70 kcal, 1g Protein, 10g Carb, 5mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 7g Sugar, 2% Calcium, 2% Iron

### DINNER: BEEF & PEA STIR FRY WITH GARLIC GREENS

#### *For beef and pea stir fry*

1 Tablespoon (15 mL) grapeseed oil  
 1 medium yellow onion, sliced thin  
 4 cloves garlic, minced  
 1 Tablespoon (15 mL) minced ginger  
 1 pound (450 g) snap peas  
 1 pound (450 g) cooked top round steak, cut into small bite sized pieces *\* from Dinner #8*  
 ¼ cup (60 mL) chopped mint  
 2 Tablespoons (30 mL) white wine vinegar  
 ½ cup (120 mL) cashews, chopped

#### *For garlic greens*

1 Tablespoon (15 mL) olive oil  
 2 cloves garlic, thinly sliced  
 6 cups (1.4 l) baby spinach

#### MADE AHEAD

- 1 pound cooked steak *\* from Dinner #8*
- 2" (5 cm) piece of fresh ginger, grated to yield 1 Tablespoon (15 mL)
- Chop cashews
- Cut vegetables: onion

#### DIRECTIONS

#### *For beef and pea stir fry*

1. Heat a large non-stick skillet to medium-high heat and add oil.
2. When oil is hot, add the onions, garlic, and ginger and sauté for 1 minute. Add snap peas and continue cooking, tossing frequently, for about 2-3 minutes.
3. Add the steak, mint, and vinegar and cook until heated through. Remove from heat and top with chopped cashews
4. Serve alongside garlic greens.

#### *For garlic greens*

1. Heat oil in a large skillet over medium heat. Add garlic and sauté 30 seconds.
2. Add spinach and cook 2-3 minutes until wilted. Serve with stir fry.

### BREAKFAST: NECTARINE CASHEW CREAM PARFAIT

#### *For parfait*

3 nectarines, diced  
 1 cup cashew cream (see day 9)  
 ½ cup (120 mL) rolled oats, toasted

#### DIRECTIONS

*For toasted oats* - Add oats to a nonstick skillet over medium heat and cook, stirring regularly, for about 2-3 minutes until lightly toasted.

*For parfait* - Add ½ cup (30 mL) cashew cream to 4 small bowls or cups. Top with a few spoons of nectarines, repeat with remaining cashew cream and nectarines. Top with toasted oats.

310 kcal, 10g Protein, 32g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 3g Saturated, 13g Sugar, 2% Calcium, 20% Iron

### LUNCH: MIXED VEGETABLE SALAD with ROASTED GARBANZOS

#### *For creamy balsamic dressing*

¼ cup (60 mL) soaked cashews  
 ¼ cup (60 mL) balsamic vinegar  
 2 teaspoons (10 mL) Dijon mustard  
 ¼ teaspoon (1.25 mL) salt

#### *For roasted garbanzo beans*

1 (15 oz/425 g) can garbanzo beans, drained and rinsed  
 1 Tablespoon (15 mL) olive oil  
 ¼ teaspoon (1.25 mL) kosher salt  
 Dash of cumin

#### *For mixed vegetable salad*

9 ounces (252 g) mixed greens (3 cups/700 mL)  
 2 summer squash or zucchini, grated  
 ½ pound (227 g) snap peas, halved  
 3 tomatoes, diced  
 1 green bell pepper, diced  
 ¼ bunch basil leaves, julienned

#### MADE AHEAD

- Soak cashews
- Cut vegetables: squash, snap peas, bell pepper

#### *For creamy balsamic dressing*

1. Puree cashews in a high speed blender or food processor.
2. Add other ingredients and blend to combine. If needed, add water a few tablespoons at a time to thin out dressing.

#### *For roasted garbanzo beans*

1. Preheat oven to 400° F (204°C) degrees.
2. Toss beans with oil, salt, and cumin
3. Place in a single layer on a rimmed baking sheet. Roast for 25 minutes, tossing once during cooking.

#### *For mixed vegetable salad*

1. Toss all ingredients to combine.
2. Add dressing, toss to coat, and top with roasted garbanzo beans.

**MIXED VEGETABLE SALAD with ROASTED GARBANZOS** (cont)

Salad (1 ½ cups):

90 kcal, 5g Protein, 17g Carb, 25mg Sodium, 5g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 9g Sugar, 8% Calcium, 15% Iron

Vinaigrette (3 Tablespoons):

70 kcal, 2g Protein, 6g Carb, 180mg Sodium, 0g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 4g Sugar, 0% Calcium, 4% Iron

Garbanzo Beans (1/3 cup):

140 kcal, 4g Protein, 13g Carb, 240mg Sodium, 0g Fiber, 0mg Cholesterol, 5g Fat, .5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

**DINNER: GARLIC CHICKEN & VEGGIES**

2 Tablespoons (30 mL) olive oil

4 cloves garlic, minced

1 pound (450 g) snap peas, halved diagonally

1 green bell pepper, thinly sliced

1 zucchini, halved and cut into half moons

½ teaspoon (2.5 mL) kosher salt

¼ teaspoon (1.25 mL) ground black pepper

1 pound (454 g) of organic chicken breast, 4 breast halves, *roasted on Day 8*

¼ cup (60 mL) basil, julienned

½ cup (120 mL) whole cashews

**MAKE AHEAD**

- 4 chicken breasts halves, shredded\* *from Dinner #10*
- Cut vegetables: snap peas, bell pepper, zucchini

**DIRECTIONS**

1. Heat oil in a large skillet over medium heat and add garlic; cook for 1 minute.
2. Add vegetables and sauté 2-3 minutes. Season with salt and pepper and then add leftover chicken. Toss until heated through. Remove from heat and add basil and cashews.

350 kcal, 31g Protein, 17g Carb, 380mg Sodium, 4g Fiber, 75mg Cholesterol, 18g Fat, 3g Saturated, 7g Sugar, 8% Calcium, 25% Iron

**BREAKFAST: NUTTY NECTARINE SMOOTHIE**

- ½ cup (120 mL) cashews
- 3 nectarines, pitted and chopped
- 1 cup (240 mL) frozen cherries
- ½ teaspoon (2.5 mL) pure vanilla extract (optional, if on hand)
- 2-3 cups (480-720 mL) almond milk
- 4-5 ice cubes

1. Add cashews to blender and blend to a powder consistency.
2. Add fruit, vanilla, almond milk, and ice cubes and blend until smooth.

260 kcal, 8g Protein, 42g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 20g Sugar, 4% Calcium, 15% Iron

**LUNCH: ZUCCHINI GARBANZO SOUP & SUGAR SNAP PEAS**

2 cups leftover soup w/ ½ cup sugar snap peas on side

Soup: 290 kcal, 11g Protein, 45g Carb, 640mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 15% Calcium, 20% Iron  
 Snap Peas: 20 kcal, 1.5g Protein, 3.5g Carb, 2mg Sodium, 1.5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 5.5% Iron

**DINNER: CHICKEN PEPPER CHILI**

- |                                       |   |
|---------------------------------------|---|
| 1 Tablespoon (15 mL) olive oil        | Dash of cinnamon                        |
| 1 pound (454 g) chicken breast, diced | ½ teaspoon (2.5 mL) kosher salt         |
| 1 yellow onion, diced                 | ¼ teaspoon (1.25 mL) black pepper       |
| 2 cloves garlic, minced               | 1 Tablespoon (15 mL) tomato paste       |
| 4 green bell peppers, diced           | 2 (15 ounce/425 g) cans diced tomatoes  |
| 2 zucchini, diced                     | 1 cup (240 mL) low-sodium chicken broth |
| 1 teaspoon (5 mL) cumin               | ½ bunch basil, chopped                  |
| ¼ teaspoon (1.25 mL) paprika          | 1 avocado, sliced                       |

**MADE AHEAD**

- **Cut vegetables: onion, peppers, zucchini**

**DIRECTIONS**

*For chicken pepper chili*

1. Heat a large pot over medium heat and add oil. When oil is hot, add chicken breast and cook until no longer pink. Add onion, garlic, peppers, and zucchini. Cook for about 2 minutes.
2. Add in cumin, paprika, cinnamon, salt, pepper, and tomato paste; stir to combine.
3. Add tomatoes and chicken broth. Simmer on low for about 10-20 minutes.
4. Add in basil, serve immediately garnished with sliced avocado.

360 kcal, 31g Protein, 27g Carb, 430mg Sodium, 9g Fiber, 75mg Cholesterol, 15g Fat, 2.5g Saturated, 13g Sugar, 15% Calcium, 25% Iron

## SPRING BODY RESET: DAY 14

### BREAKFAST: POACHED EGGS WITH SPINACH (OR A SUNDAY MORNING KITCHEN SINK FRITATTA)

#### For spinach

1 Tablespoon (15 mL) olive oil  
1 pound (454 g) spinach  
Pinch of kosher salt

#### For poached eggs

8 eggs  
2 teaspoons (10 mL) vinegar (any kind)

#### DIRECTIONS

*For spinach* - Heat oil in a large skillet over medium heat. Add spinach and salt; sauté until wilted, about 2-3 minutes.

#### *For poached eggs*

1. Heat 2" of water to almost boiling in a 12 inch skillet with a lid. Add 1 teaspoon vinegar.
2. Crack 4 eggs, one at a time, into a small bowl and transfer carefully into water.
3. Remove pan from heat, cover, and let sit for 5 minutes.
4. Remove eggs carefully with a slotted spoon and set aside.
5. Repeat steps 1-4 with fresh water and remaining vinegar and eggs; serve over spinach.

220 kcal, 15g Protein, 13g Carb, 350mg Sodium, 5g Fiber, 370mg Cholesterol, 13g Fat, 3.5g Saturated, 0g Sugar, 15% Calcium, 30% Iron

### LUNCH: THAI BEEF SALAD WITH CUCUMBER NOODLES

1 Tablespoon (15 mL) grapeseed oil  
½ medium yellow onion, minced  
2 cloves garlic, minced  
1½ teaspoons grated ginger, about a 1 inch piece  
2 green bell peppers, thinly sliced  
2 carrots, thinly sliced  
1 pound (454 g) cooked steak, sliced thin *\*from Dinner #8*  
Dash of cayenne, optional

1 Tablespoon (15 mL) low-sodium soy sauce  
3 Tablespoons (45 mL) lime juice, from 2 limes  
½ bunch mint, chopped  
½ bunch basil, chopped  
4 cucumbers, spiralized or peeled into noodles

#### MAKE AHEAD

- 1 pound cooked steak *\* from Dinner #8*
- 1" piece of ginger, grated to yield 1½ teaspoons
- 2 limes, juiced
- Cut vegetables: onion, bell peppers, carrots

#### DIRECTIONS

1. Heat a large non-stick skillet over medium-high heat and add in oil, onion, garlic and ginger; sauté 1-2 minutes.
2. Add bell peppers and carrots and cook for about 2-3 minutes.
3. Add steak and cayenne to warm through then turn off heat.
4. Add in soy sauce, lime juice and herbs.
5. Serve over cucumber noodles.

360 kcal, 46g Protein, 18g Carb, 18mg Sodium, 6g Fiber, 100mg Cholesterol, 12g Fat, 3g Saturated, 8g Sugar, 10% Calcium, 30% Iron

**DINNER: VEGGIE EGG DROP SOUP**

*For veggie egg drop soup*

1 Tablespoon (15 mL) grapeseed oil  
 1 small yellow onion, diced small  
 1 Tablespoon (15 mL) grated ginger, about a 2" (5 cm) piece  
 2 cloves garlic, minced  
 2 zucchini, diced small  
 4 carrots, diced small  
 1 small head Swiss chard, chopped  
 8 cups (1.9 l) low sodium chicken broth  
 1½ Tablespoons (22.5 mL) white wine vinegar  
 ½ teaspoon balsamic vinegar  
 6 eggs, whisked  
 Dash of black pepper

*For nectarine salad*

1½ teaspoons (7.5 mL) olive oil  
 2 nectarines, sliced  
 1 cucumber, sliced  
 1 Tablespoon (15 mL) lime juice  
 4 radishes, very finely chopped  
 ¼ bunch mint, chopped

**MADE AHEAD**

- ½ lime, juiced
- 2"(5 cm) piece ginger, grated to yield 1 Tablespoon (15 mL)
- Cut vegetables: onion, zucchini, carrots, swiss chard, nectarines, cucumber, radishes

**DIRECTIONS**

*For veggie egg drop soup*

1. Heat a soup pot over medium heat and add oil, onion, ginger and garlic; sauté for 1 minute.
2. Add zucchini, carrots, and Swiss chard and sauté for 3-4 minutes.
3. Add in broth and vinegars; bring to a high simmer.
4. Stir the broth with fork, and then slowly pour in eggs to create ribbons.
5. Season with pepper and serve immediately.

*For nectarine salad*

Toss all ingredients together, serve alongside soup.

Soup:

230 kcal, 17g Protein, 17g Carb, 570mg Sodium, 4g Fiber, 280mg Cholesterol, 11g Fat, 3g Saturated, 7g Sugar, 10% Calcium, 20% Iron

Salad:

90 kcal, 2g Protein, 19g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 13g Sugar, 2% Calcium, 4% Iron