fresh20 SPRING BODY RESET: Week 3

MENU

Day 15

MAKE AHEAD EGG MUFFINS CRUDITÉ & HUMMUS WITH MANGO & ALMONDS MEDITERRANEAN CHICKEN

Day 16

OVERNIGHT STRAWBERRIES & CREAM OATMEAL CHOPPED CHICKEN & VEGGIE SALAD SPICY COCONUT COD with CAULIFLOWER RICE

Day 17

MANGO COCONUT SMOOTHIE FISH & CHIPS TURKEY BURGERS with ROASTED VEGETABLES

Day 18

STRAWBERRY ALMOND SMOOTHIE ROAST CARROT SOUP with STRAWBERRY SALAD DIJON CHICKEN SAUTÉ with VEGETABLE PUMPKIN SEED SLAW

Day 19

MANGO OATMEAL CHICKEN CURRY SALAD TURKEY FRIED RICE

Day 20

GREEN SCRAMBLED EGGS BAKED FALAFEL CHICK PEA COCONUT CURRY

CELEBRATION DAY TO FOLLOW!



VIEAT & SEAFOOD	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
cod	2-3/4 pounds	1.25 kg	8 fillets, about 5 ounces each
chicken breast	4-1/2 to 5 pounds	2.2 kg	12-16 chicken breasts depending on size
ground turkey	2-1/2 pounds	1.2 kg	
VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
fresh herbs: cilantro	3 bunches		
fresh herbs: parsley	1 bunch		
scallions or green onion	3 bunches		Need 20 scallions total
mango	10		
strawberries	4 pints	2.4	To yield 10 cups
Citrus: Lime	6		
Citrus: Lemon	2		
spinach	3 pounds	1.4 kg	Try baby spinach for easy prep
broccoli	3 heads		
cauliflower	2 small heads		about 2 pounds
snap peas	2 pounds	910 g	
carrots	5 pounds		need about 40 medium
red bell pepper	11		
cucumbers	5	2.4	
avocado	2		
asparagus	20 spears		about 2 bunches
ginger	6-8"	15-20 cm	
yellow onions	4 small		
yellow onions	4 small		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
Canned beans: garbanzo	6 (15 oz) cans	6 (450 mL)	Minus two cans if buying store bought hummus
Light coconut milk	7 (15 oz) cans	7 (450 mL)	Need 12 cups / Can sub almond milk foe breakfasts
coconut cream, unsweetened	5 oz can	147 mL	
Curry powder	2-1/2 teaspoons	12.5 mL	
Pumpkin seeds, shelled/unsalted	2 cups	480 mL	
Nuts: Almonds, raw/unsalted	2 cups	480 mL	
Eggs: Large, organic	19		

SPRING RESET PANTRY ESSENTIALS	QTY US	QTY METRIC
Olive Oil	2 cups	480 mL
Grapeseed Oil	1/2 cup + 2 Tblsp	150 mL
Vinegar: white wine		
Vinegar: balsamic	1-1/2 Tblspns	45 mL
Chicken or Veg Broth (gluten free)	7-1/2 cups	1.8
Kosher Salt	7-1/4 tsp salt	36.25 mL
Black Pepper	4-1/4 tsp pepper	21.25 mL
Garlic Cloves (about 8 cloves per bulb)	29 cloves	
Cayenne Pepper	1/2 teaspoon	2.5 mL
Paprika		
Cumin	3 teaspoons	15 mL
Cinnamon	1/2 teaspoon	2.5 mL
Herbes de Provence	2-1/2 Tblspns	37.5 mL
Soy sauce (or just use vinegar)	3 Tablespoons	45 mL
Dijon Mustard	4-1/2 Tblspns	67.5 mL
Pure vanilla extract (optional)	3 teaspoons	15 nL
Oatmeal, rolled oats (gluten free)	4-1/2 cups	1.1 kg

WEEKLY NOTES

For **Cucumber Lime Infused Water**: Add 3 cucumbers + 6 limes to the shopping list

For **Mango Lime Infused Water**: Add 6 mangoes & 6 limes to the shoppina List

This week's tea is **Rooibos** - be sure to add a box of 18 baas or more to vour list!

fresh SPRING BODY RESET: Week 3

PREP GUIDE

DAY 15

- Make ahead egg muffins
- Prepare hummus * *see recipe below*
- Cut fruits & vegetables:
 - 2 scallions, chopped
 - o 2 red bell peppers, sliced
 - \circ 2 red bell peppers, diced
 - 4 spears cooked asparagus, chopped
 - o 2 cucumbers, sliced
 - \circ 17 medium carrots, peeled, root end trimmed, cut into 1 inch pieces
 - o 2 carrots, sliced
 - o 1/2 head broccoli, into florets

DAY 16

- Make dressing * see recipe day 16
- 2 inches (5 cm) fresh ginger, peeled and grated to yield 1 Tablespoon (15 mL)
- Cut fruits & vegetables:
 - 1-2 limes juiced (2 Tablespoons/30 mL)
 - \circ 1/2 bunch scallions, chopped
 - o 2 scallions, white and green parts, thinly sliced
 - \circ 2 cucumbers, chopped
 - 1 red bell pepper, chopped
 - \circ $\,$ 1 red bell pepper, cut into thin slices
 - o 3 medium carrots, shredded
 - o 13 ounces (364 g) spinach leaves, chopped

DAY 17

- Make pumpkin seed topping for fish
- ½ teaspoon (2.5 ml) grated ginger
- Cut fruits & vegetables:
 - Juice 2 limes to yield 2 Tablespoons lime juice
 - 4 mangos, chopped
 - \circ 1 pound (454 g) carrots, peeled, thinly sliced (or shredded for raw version)

DAY 18

- 2 inches (5 cm) fresh ginger grated to yield 1 Tablespoon (15 mL) of ginger
- Cut fruits & vegetables:
 - 1 yellow onion, chopped small
 - o 2 scallions cut into thin slices (white and green or your preference)
 - 2 red bell peppers, thin matchsticks
 - 1 red bell pepper, chopped small
 - o 1 carrot, chopped small or grated
 - 2 medium carrots, thin matchsticks

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DAY 19

- 1 Tablespoon + 1 teaspoon (20 mL) grated ginger
- ¼ cup (60 mL) chopped almonds
- Cut fruits & vegetables:
 - o 2 cups (480 mL) sliced mangos
 - o 2 yellow onions, diced
 - 4 scallions, chopped
 - ¾ (340 g) pound snap peas, chopped
 - o 3 carrots, peeled and diced

DAY 20

- ¼ cup (60 mL) toasted sliced almonds
- Cut fruits & vegetables:
 - o 2 Tablespoons (30 mL) lime juice
 - 2 scallions, chopped
 - o 4 scallions, root end trimmed, green and white parts cut into thin slices
 - o 1 cup (240 mL) spinach, chopped
 - o 1 cup (240 mL) cooked broccoli, chopped
 - o 1 bunch broccoli, florets
 - o 1 red bell pepper, sliced thin
 - ¹/₂ red bell pepper, cut into small dice
 - 2 medium carrots, cut into small dice
 - o 1 mango, chopped

MELISSA's WEEKEND PREP PLAN

Make egg muffins (Day 15) Bake chicken (Day 15, 16, 18, 20) Make hummus (Day 15, 18) Make pesto (Day 18, 20) Cut onions, bell peppers, carrots and scallions Pulverize cauliflower Roast carrots Bake and freeze falafel for Day 20

fresh20 SPRING BODY RESET: Week 3

Hummus (Lunch & Dinner #15 & Lunch 19) YIELDS 3 cups

2 (15 oz/425g) cans chick peas organic/no salt added (drained, not rinsed, saving 2 Tablespoons of the liquid to add in)
4 cloves garlic
¼ teaspoon kosher salt
¼ teaspoon black pepper
2 Tablespoons olive oil
2 lemons, juiced to yield 6 Tablespoons lemon juice
½ teaspoon cumin
¼ bunch parsley, chopped (optional)

Place all ingredients in blender or food processor and pulse or blend until smooth. Additional water can be added if hummus is too thick. Store in an airtight container in the fridge.

<u>Pesto</u> (Lunch #18 & Dinner #20) YIELDS 1 cup

3 cups spinach 1/2 bunch cilantro 1/2 cup pumpkin seeds 4 cloves garlic, minced 1/3 cup olive oil dash of kosher salt dash of black pepper

Place all ingredients in blender or food processor and pulse or blend until smooth. Store in an airtight container in the fridge.



INFUSED WATER

CUCUMBER + LIME ½ cucumber, washed and sliced 1 lime, washed and sliced

Add cucumber and lime to pitcher, add water to fill. Refrigerate four hours for maximum flavor.

MANGO + LIME

1 mango, skin removed, cut into strips 1 lime, washed and sliced

Add mango and lime to pitcher, add water to fill. Refrigerate four hours for maximum flavor.

TEA

ROOIBOS TEA

Rooibos (pronounced ROY-boss) is full-bodied, earthy and naturally sweet in flavor. The health benefits of Rooibos are bound to make it a favorite: rich in antioxidants loaded with minerals, caffeine-free, and low in tannins, the residue in teas that can sometimes cause digestive problems.

Want clearer skin? You can even use the tea leaves to address skin issues such as acne, rashes and sunburns by making your own toner. Simply add some loose rooibos tea leaves to a cup of hot water, steep and cool. Then, mix the tea with 1 teaspoon apple cider vinegar and apply this homemade toner on your skin.

BREAKFAST: MAKE AHEAD EGG MUFFINS

1½ Tablespoons (22.5 mL) olive oil for greasing pan
2 scallions, chopped (can sub green onions)
1 red bell pepper, diced
4 spears asparagus, ends trimmed and chopped
½ teaspoon (2.5 mL) curry powder (can sub Italian seasoning or Herbes de Provence)
8 large organic eggs, slightly beaten
½ teaspoon (2.5 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper

For topping after baking: 1 avocado, peeled, pitted and sliced

- 1. Heat oven to 375°F. and grease regular sized muffin tins with oil.
- 2. Whisk together muffin ingredients in a medium bowl.
- 3. Evenly pour in egg mixture to make 8 muffins, and cook for 15-20 minutes. Serve with sliced avocado.

Note: To reheat, place in oven for 3-4 minutes at 325°F or microwave for 45 seconds.

2 egg muffins:

280 kcal, 15g Protein, 8g Carb, 270mg Sodium, 5g Fiber, 370mg Cholesterol, 22g Fat, 5g Saturated, 2g Sugar, 8% Calcium, 15% Iron

LUNCH: CRUDITÉ AND HUMMUS WITH MANGO AND ALMONDS

For crudité and hummus

2 cucumbers, peeled and sliced
2 red bell peppers, sliced
2 carrots, peeled and cut into sticks
½ head broccoli, cut into florets
1 cup (240 mL) snap peas
2 cups (480 mL) hummus *see prep / Can be store bought to save time but read label!

For mango and almonds

2 mangos, sliced ½ cup (120 mL) toasted almonds

MAKE AHEAD

- Hummus
- Cut vegetables: cucumbers, bell peppers, carrots, broccoli

For crudité and hummus

Arrange vegetables on serving plate with side of hummus Serve with sliced mango, sprinkled with almonds.

Serving Size: 1/3 cup hummus with ¼ chopped vegetables, ½ mango, 1/8 cup nuts Crudité &Hummus:

250kcal, 12g Protein, 40g Carbs, 140mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 9g Sugar, 15% Calcium, 20% Iron Mango& Almond: 190 kcal, 5g Protein, 28g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, .5g Saturated, 23g Sugar, 6% Calcium, 4% Iron



DINNER: MEDITERRANEAN CHICKEN BREASTS with ROASTED ASPARAGUS

½ cup (118 mL) hummus *see prep guide for recipe
2 cloves garlic, minced or pressed
1 teaspoon (5 mL) Herbes de Provence
2-1/2 pounds chicken (about 6-8 small bone-in, organic chicken breasts) (If using boneless/skinless, cover when roasting to lock in moisture)
1 teaspoon (5 mL) kosher salt
½ teaspoon (2.5 mL) ground black pepper

2 Tablespoons (30 mL) olive oil

For roasted asparagus with balsamic dressing

16 medium asparagus spears, root end trimmed - about 1 pound (460 g) 1 Tablespoon plus 1 teaspoon (20 mL) extra virgin olive oil, divided ¼ teaspoon (1.25 mL) kosher salt Pinch of black pepper 1 teaspoon (5 mL) balsamic vinegar

DIRECTIONS For chicken breasts

- 1. In a small bowl, combine the hummus, garlic and Herbes. Set aside.
- 2. Preheat the oven to 425°F (218°C) and adjust the rack to the upper third.
- 3. Place all the chicken breasts on a baking sheet lined with foil and season generously with the salt & pepper.
- 4. Bake all 8 pieces for 15-20 minutes, or until cooked through. The chicken should be at an internal temperature of 165 degrees and the juices should run clear. Let the chicken rest for 5 minutes before serving. **Refrigerate the 4 chicken breasts in an airtight container for lunch #16**.

While chicken is resting:

For roasted asparagus with balsamic dressing

- 1. Preheat oven to 450°F (232°C).
- 2. Lay asparagus on a baking sheet lined with parchment or foil. Drizzle with 1 teaspoon of olive oil, salt, and pepper.
- 3. Roast in the oven for 8 minutes or until the asparagus is tender and slightly browned.
- 4. Toss remaining asparagus with balsamic vinegar and 1 Tablespoon of olive oil.

Chicken: 240 kcal, 30g Protein, 13g Carb, 370mg Sodium, 3g Fiber, 65mg Cholesterol, 8g Fat, .5g Saturated, 1g Sugar, 4% Calcium, 8% Iron Asparagus: 80 kcal, 3g Protein, 6g Carb, 120mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 3g Sugar, 4% Calcium, 4% Iron



BREAKFAST: OVERNIGHT STRAWBERRIES & CREAM OATMEAL

2 cups (480 mL) oatmeal (rolled oats)
14 oz can (415 mL) light coconut milk, unsweetened/no preservatives (can sub almond milk)
1-1/4 cup (300 mL) water
½ teaspoon (2.5 mL) vanilla, optional
1 pint (480 mL) strawberries, sliced
1/4 cup (60mL) pumpkin seeds, unsalted & shelled

DIRECTIONS

- 1. Combine oatmeal, coconut milk, water, and vanilla then divide among 4 sealable containers.
- 2. Add strawberries on top of each portion. Seal and refrigerate overnight.
- 3. In the morning, sprinkle seeds on top and enjoy.

320 kcal, 9g Protein, 49g Carb, 40mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 5g Saturated, 9g Sugar, 4% Calcium, 15% Iron

LUNCH: CHOPPED CHICKEN & VEGGIE SALAD

For chicken and veggie salad

4 scallions, chopped

4 cooked chicken breasts, diced * from Dinner #15 2 cucumbers, chopped 1 red bell pepper, chopped 2 medium carrots, shredded 8 ounces (224 g) spinach leaves, chopped 1/2 cup (120mL) pumpkin seeds, unsalted & shelled ¼ cup (60 mL) vinaigrette

For vinaigrette

lime to yield 1 Tablespoon (15 mL) lime juice
 Tablespoons (30 mL) olive oil
 teaspoon Dijon mustard
 teaspoon (2.5 mL) black pepper
 dash of kosher salt
 clove garlic, minced or pressed

For chopped chicken and veggie salad

Toss all ingredients together; toss with vinaigrette before serving.

For vinaigrette

Whisk to combine, refrigerate until needed.

MAKE AHEAD

- 4 cooked chicken breasts, diced * from Dinner 15
- Make dressing * see recipe below
- 1 lime juiced (1 Tablespoon/15 mL)
- Cut vegetables: scallions, cucumbers, bell pepper, carrots, spinach

DINNER: SPICY COCONUT COD with CAULIFLOWER RICE

For spicy coconut cod

8 cod fillets for two meals (about 2-1/2 pounds) (SUB: *2 pounds of chicken - 2 breasts sliced in half lengthwise) Cayenne pepper to taste 1/2 teaspoon (2.50 mL) black pepper ½ teaspoon (2.50 mL) kosher salt 2 Tablespoons (30 mL) grapeseed oil 2 scallions, white and green parts, thinly sliced 1 red bell pepper, cut into thin slices 1 medium carrot, shredded 4 packed cups spinach (140 g) spinach, chopped 2 inches (5 cm) fresh ginger, peeled and grated to yield 1 Tablespoon (15 mL) 2 garlic cloves, minced or pressed ¼ cup (60 mL) or ¼ of a small bunch of cilantro, roughly chopped 14 oz can (415 mL) light coconut milk, unsweetened/no preservatives ¼ teaspoon (1.25 mL) kosher salt

For cauliflower rice

SPRING BODY RESET: DAY 16

2 small heads of cauliflower, leaves removed, roughly chopped 2 Tablespoons (30 mL) grapeseed oil 1 small yellow onion, diced 5oz (120 mL) canned coconut cream, unsweetened ¼ teaspoon (1.25 mL) kosher salt

Garnish

2 Tablespoons (30 mL) roughly chopped fresh cilantro 1 lime, cut into wedges

MADE AHEAD

- Peel and grate ginger •
- Cut vegetables: scallion, bell pepper, carrot, cauliflower

For spicy coconut cod

- 1. Season the cod with cayenne pepper, pepper, and salt on both sides.
- 2. Heat a large nonstick sauté pan over medium-high heat; add in oil and once hot add the cod.
- 3. Cook about 4-5 minutes per side. Using a spatula, carefully remove from the cod fillets from the pan and set aside on plate. Set aside 4 fillets for lunch #17
- 4. Add the scallion, peppers, carrots, spinach, ginger, garlic, cilantro, coconut milk, and salt to the pan. Stir to combine, reduce heat, and simmer for 3 -4 minutes or until it begins to reduce and thicken slightly.
- 5. Add the cod back to the pan and simmer for 2 minutes. (* for chicken, cook 3 4 minutes per side, remove from the pan and continue with the sauce - chicken is done when it is no longer pink in the middle)
- 6. Spoon the cod, sauce, and vegetables over cauliflower rice. Garnish with chopped cilantro and fresh limes.

For cauliflower rice

- 1. Using a food processor, pulse chopped cauliflower (in batches) until it is the size of rice grains. Reserve half for Dinner #19.
- 2. In a large soup pot over medium-high heat, add oil and onions; sauté until soft. Add remaining cauliflower, lower heat to medium, and gently toss cauliflower for 3-5 minutes.
- 3. Add coconut cream and salt; continue to stir until thoroughly heated.

Cod: 230 kcal, 26g Protein, 10g Carb, 400mg Sodium, 2g Fiber, 60mg Cholesterol, 10g Fat, 4.5g Saturated, 5g Sugar, 4% Calcium, 6% Iron Rice: 163 kcal, 3g Protein, 9g Carb, 83mg Sodium, 3g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 6g Sugar, 10% Calcium, 6% Iron

BREAKFAST: MANGO COCONUT SMOOTHIE

¼ cup (60 mL) old-fashioned oatmeal (rolled oats)
4 mangos, chopped (can use 3 cups frozen mango)
2 packed cups (480 mL) spinach
½ teaspoon (2.5 ml) grated ginger
2 cups (480 mL) coconut milk (sub almond milk)
1 cup (240 mL) water
1-2 cups (240-480 mL) ice cubes
Optional: ½ -1 teaspoon (2.5 - 5 mL) pure vanilla extract

Add all ingredients and blend until smooth.

250 kcal, 1g Protein, 46g Carb, 55mg Sodium, 4g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 33g Sugar, 2% Calcium, 4% Iron

LUNCH: FISH & CHIPS

For fish

3/4 cup (180mL) pumpkin seeds, unsalted & shelled
1-2 cloves garlic, minced
¼ teaspoon (1.25 mL) kosher salt
Dash black pepper
1½ Tablespoons (22.5 mL) olive oil
4 fillets (1½ pounds/680 g) cod, cooked Day #16
2 limes to yield 2 Tablespoons (30 mL) lime juice

MAKE AHEAD

- Pumpkin seed topping (step 2 below)
- Juice 2-3 limes
- Make carrot chips

DIRECTIONS

For fish

- 1. In a food processor, combine seeds, garlic, salt, pepper, and olive oil.
- 2. Arrange leftover fish from Day #16 on serving plate or container.
- 3. Cover with garlic/seed mixture and reheat.
- 4. Drizzle with lime juice before serving.
- 5. Serve with 1/2 cup raw, dressed carrots or premade carrot chips

For chips

- 1. Toss all ingredients together and put on 2 baking sheets.
- 2. Cook about 12-16 minutes at 400°F until crispy, careful not to burn.

Raw version

Toss shredded carrots with olive oil, salt and pepper and serve as side with fish.

Fish:240 kcal, 33g Protein, 8g Carb, 210mg Sodium, 2g Fiber, 75mg Cholesterol, 9g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 6% Iron Chips/Carrots: 110 kcal, 1g Protein, 11g Carb, 320mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 4% Calcium, 2% Iron

MAKE AHEAD

- Chop mango
- Grate ginger

For chips

8 medium carrots, about 1 pound (454 g), peeled, thinly sliced **OR shred carrots for raw version**

2 Tablespoons (30 mL) olive oil ¼ teaspoon (1.25 mL) kosher salt ¼ teaspoon (1.25 mL) black pepper



DINNER: TURKEY BURGERS with ROASTED SPRING VEGETABLES

For turkey burgers

2 Tablespoons (30 mL) Dijon mustard
1 Tablespoon (15 mL) Herbes de Provence or Italian seasoning
1 teaspoon (5 mL) kosher salt
½ teaspoon (2.5 mL) black pepper
2-1/2 pounds (1 kg) lean ground turkey
1 red bell pepper, diced
½ bunch cilantro, chopped to yield ½ cup
2 Tablespoons (30 mL) grapeseed oil

For roasted spring vegetables

16 medium carrots, peeled and cut in half 1 pound (450 g) snap peas 2 Tablespoons (30 mL) olive oil, divided 1 Tablespoon (15 mL) Herbes de Provence ¼ teaspoon (1.25 mL) kosher salt ¼ teaspoon (1.25 mL) black pepper

MAKE AHEAD

- Cut vegetables: bell pepper, carrots
- Roast carrots

For roasted spring vegetables

- 1. Preheat oven to 425°F and adjust rack to the upper third.
- 2. Line a baking sheet with parchment or foil. Toss, separately, vegetables separately, with olive oil and seasonings then spread out evenly onto 2 different baking sheets. Place carrots into preheated oven and roast for 20-25 minutes then add in snap peas for another 5-10 minutes. **Save 12 carrots for Lunch 19**.

For turkey burgers

- 1. In a bowl, combine all ingredients except oil.
- 2. Form into 8 patties.
- 3. Heat a large non-stick sauté pan over medium heat and add in 1 Tablespoon of grapeseed oil. Once oil is hot add in 4 burgers and cook for 4-7 minutes on each side until done. Cooking time will depend on the thickness of your burger. Repeat with next 4 burgers.
- 4. Save 4 burgers for Dinner #19.

Cooking outdoors? Grill over medium heat for 4-6 minutes per side.

Burger: 220 kcal, 27g Protein, g Carb, 430mg Sodium, 0g Fiber, 65mg Cholesterol, 11g Fat, 1.5g Saturated, 1g Sugar, 0% Calcium, 8% Iron Veg: 100 kcal, 1g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 6g Sugar, 4% Calcium, 4% Iron

BREAKFAST: STRAWBERRY ALMOND SMOOTHIE

¼ cup (60 mL) old fashioned oatmeal
½ cup (120 mL) almonds, chopped
1.5 pints (600 mL) strawberries
14 oz can (415 mL) light coconut milk, unsweetened/no preservatives
1-1/4 cup (300 mL) water
1-2 cups (240-480 mL) ice cubes
Optional: ½ -1 teaspoon (2.5 – 5 mL) pure vanilla extract DIRECTIONS:

- 1. Add oats and almonds to blender and blend to a powder consistency. Set aside in a small bowl.
- Add fruit, milk, water, and ice cubes to blender and blend until smooth. Add oatmeal powder and blend until smooth and well combined.

LUNCH: ROAST CARROT SOUP with STRAWBERRY SALAD

For roast carrot soup

2 Tablespoons (30 mL) olive oil
1 small yellow onion, diced
3 gloves garlic, minced
1 Tablespoon (15 mL) grated ginger
12 carrots, roasted *from Dinner # 17
6-7 cups (1.4 – 1.7 l) low-sodium chicken broth
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
½ recipe pesto (make ahead, see prep)

For strawberry salad

1 pint (480 mL) strawberries, sliced 4 ounces (110 g) spinach 1 Tablespoon (15 mL) balsamic vinegar 1 Tablespoon (15 mL) olive oil

MAKE AHEAD

- Grate ginger
- Roast carrots from Dinner #17
- 1/3 cup pesto
- Cut vegetables: onion

DIRECTIONS

For roast carrot soup

- 1. In a large pot, heat oil and add onions, garlic, and ginger. Cook for about 3 minutes.
- 2. Add carrots and then 6 cups of broth; bring to a low boil for about 10 minutes.
- 3. Place ingredients in blender (in batches) and puree until smooth adding more broth if desired. Be sure to hold down lid with a towel and stop every 10-15 seconds to let steam escape. Season with salt and pepper and serve topped with pesto.

For strawberry salad

Layer strawberries on bed of spinach and drizzle with vinegar and oil.

Soup: 300 kcal, 5g Protein, 24g Carb, 200mg Sodium, 6g Fiber, 0mg Cholesterol, 22g Fat, 3g Saturated, 10g Sugar, 8% Calcium, 10% Iron Salad: 90 kcal, 2g Protein, 16g Carb, 45mg Sodium, 5g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 8g Sugar, 4% Calcium, 8% Iron



DINNER: DIJON CHICKEN SAUTÉ with VEGETABLE & PUMPKIN SEED SLAW

For Dijon Chicken Sauté

2 Tablespoons (30 mL) grapeseed oil
2 pounds boneless, skinless chicken, cut into cubes (about 6-8 organic chicken breasts depending on size)
1 Tablespoon (15 mL) olive oil
4 cups (960 mL) broccoli florets
½ cup (120 mL) low sodium chicken broth
2 inches (5 cm) fresh ginger grated to yield 1 Tablespoon (15 mL) of ginger
2 Tablespoons (30 mL) Dijon mustard
1 Tablespoon (15 mL) low sodium soy sauce
Pinch of cayenne pepper *optional

For Vegetable & Pumpkin Seed Slaw

2 medium carrots, thin matchsticks
2 red bell peppers, thin matchsticks
2 scallions cut into thin slices (white and green or your preference)
¼ cup (60 mL) or ¼ bunch of cilantro, roughly chopped
1 Tablespoon (15 mL) olive oil
1 lime to yield 1 Tablespoon (15 mL) lime juice
Pinch of kosher salt
1/2 cup (120mL) pumpkin seeds, unsalted & shelled

MADE AHEAD

- Grate ginger
- Cut vegetables: carrots, peppers, scallions

DIRECTIONS

For Dijon Chicken Sauté

- 1. Heat a large non-stick skillet over medium-high heat and add 1 Tablespoon oil. Then, in 2 batches, cook chicken until done, about 5-6 minutes.
- 2. Set chicken aside. Reserve half the chicken for lunch #18.
- Add olive oil to large skillet over medium heat. Add broccoli and cook 2-3 minutes. Save 1 cup broccoli for Breakfast #20. Add broth, ginger, mustard, soy and cayenne, reduce heat to medium low.
- 4. Add chicken back to pan and cook to warm through.

Meanwhile

For Vegetable & Pumpkin Seed Slaw

Combine all ingredients except seeds. Let sit, refrigerated, for at least 30 minutes before serving. Mix in seeds immediately before serving.

Chicken: 210 kcal, 28g Protein, 8g Carb, 490mg Sodium, 2g Fiber, 75mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 4% Calcium, 6% Iron Slaw: 190 kcal, 6g Protein, 10g Carb, 55mg Sodium, 3g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 4g Sugar, 2% Calcium, 15% Iron

BREAKFAST: MANGO OATMEAL

2 cups (480 mL) oatmeal 14 oz can (415 mL) light coconut milk, unsweetened/no preservatives 1 cup (240 mL) water 1 teaspoon (5 mL) grated ginger ½ teaspoon (2.5 mL) cinnamon, optional 2 cups (480 mL) sliced mangos ¼ cup (60 mL) chopped almonds Optional: ½ teaspoon (2.5 mL) vanilla extract

MAKE AHEAD

- Grate ginger
- Slice mangoes
- Chop almonds
- 1. Combine oatmeal, coconut milk, water, ginger, and vanilla then divide among 4 sealing containers.
- 2. Add mango on top of each portion. Seal and refrigerate overnight. Sprinkle nuts on top.

370 kcal, 10g Protein, 55g Carb, 40mg Sodium, 9g Fiber, 0mg Cholesterol, 13g Fat, 6g Saturated, 16g Sugar, 6% Calcium, 15% Iron

LUNCH: CHICKEN CURRY SALAD

For chicken curry salad

4 cooked cubed chicken breasts * **from Dinner #18** 1 bunch broccoli, florets 1 red bell pepper, sliced thin 1 mango, chopped ¼ cup (60 mL) toasted sliced almonds 6 ounces (168 g) spinach leaves

For dressing

¼ cup (60 mL) hummus * see prep guide
¼ cup (60 mL) light coconut milk
1 teaspoon (5 mL) curry powder
1 clove garlic, minced
1 Tablespoon (15 mL) olive oil
½ lime, juiced to yield 1 teaspoon (7.5 mL) lime juice

MAKE AHEAD

- Cut vegetables: broccoli, bell pepper, mangos
- Toast almonds
- 1 lime, juiced (2 Tablespoons/30 mL)
- Hummus * see prep guide

For chicken curry salad

Combine all ingredients (except spinach) with dressing; serve on bed of spinach.

Salad: 290 kcal, 31g Protein, 26g Carb, 250mg Sodium, 8g Fiber, 75mg Cholesterol, 8g Fat, 1g Saturated, 12g Sugar, 15% Calcium, 20% Iron



DINNER: TURKEY FRIED RICE

1½ Tablespoons (22.5 mL) grapeseed oil (sesame oil would be great here too)
1 small yellow onion, diced
2 cloves garlic, minced
½ Tablespoon (7.5 mL) grated ginger
¾ (340 g) pound snap peas, chopped
3 carrots, peeled and diced
2 eggs, slightly beaten
1 head cauliflower, riced to make 4 cups * from Dinner 16
4 turkey burger patties, crumbled * from Dinner #17
2 Tablespoons (30 mL) soy sauce or balsamic vinegar
4 scallions, chopped

MADE AHEAD

• Cut vegetables: onions, snap peas, carrots, scallions

DIRECTIONS

For turkey fried rice

- 1. Preheat a large non-stick skillet to medium heat and add oil. Add onion, garlic, ginger, peas, and carrots and cook until tender, about 3-5 minutes.
- 2. Slide the onion, peas, and carrots to one side of the pan, pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetables.
- 3. Add the cauliflower and crumbled burgers to the veggie and egg mixture and heat through. Drizzle with soy sauce. Stir until heated through and cauliflower is tender. Top with chopped scallions.

390 kcal, 31g Protein, 19g Carb, 610mg Sodium, 5g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 9g Sugar, 10% Calcium, 25% Iron

BREAKFAST: GREEN SCRAMBLED EGGS

2 Tablespoons (30 mL) olive oil
2 scallions, chopped
1 cup (240 mL) spinach, chopped
1 cup (240 mL) chopped cooked broccoli **from Dinner #18*¼ bunch cilantro, chopped
8 large organic eggs, slightly beaten
¼ teaspoon (1.25 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 avocado, sliced

MAKE AHEAD

• Cut vegetables: scallions, spinach, broccoli

DIRECTIONS

- 1. Heat oil in a large non-stick frying pan and add scallions, spinach, broccoli and cilantro. Cook for 2 minutes.
- 2. Add in eggs, salt, and pepper, stir until combined and almost set.
- 3. Serve with sliced avocado.

300 kcal, 15g Protein, 9g Carb, 290mg Sodium, 5g Fiber, 370mg Cholesterol, 24g Fat, 5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

LUNCH: BAKED FALAFEL

For baked falafel

1 small yellow onion, diced 1 red bell pepper, chopped small 1 carrot, chopped small or grated 6 cloves garlic, minced ½ bunch cilantro, chopped ½ bunch parsley chopped 2 (15 oz) cans chickpeas (3 cups/720 mL) 1 egg, beaten 2 teaspoon (10 mL) cumin Dash (.63 mL) of cayenne Pinch (.32 mL) of kosher salt Pinch (.32 mL) of black pepper ½ cup (120 mL) ground almonds 1 Tablespoon (15 mL) olive oil 1/3 cup pesto (make ahead, see prep)

MADE AHEAD

- Falafel
- Cut vegetables: onions, bell peppers, carrots

*EASY LUNCH VERSION

Mix bell pepper, carrot, garlic, cilantro, parsley, chickpeas, almonds and only ¼ onion in a large bowl. Toss with pesto and serve with 1 hard-boiled egg per person.

For baked falafel

- 1. Heat oven to 375°F.
- 2. Combine onion, bell pepper, carrot, garlic, cilantro, and parsley in food processor and puree until finely minced.
- 3. Add chickpeas, egg, cumin, cayenne, salt, pepper, and almonds and puree until it comes together.
- 4. Scoop into 8 patties and place on parchment lined baking sheet and flatten slightly. Drizzle with olive oil and bake for about 15 minutes.
- 5. Serve with pesto.

Falafel: 310 kcal, 13g Protein, 36g Carb, 300mg Sodium, 3g Fiber, 45mg Cholesterol, 14g Fat, 1.5g Saturated, 4g Sugar, 10% Calcium, 10% Iron Pesto: 130 kcal, 3g Protein, 3g Carb, 45mg Sodium, 1g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6% Iron

DINNER: CHICK PEA COCONUT CURRY

If you are a fan of curries you will love this simply prepared chick pea curry. If curry makes you a little uneasy, remember you can always add as you go. Start with just 1 teaspoon of curry and adjust to suit the taste of your family. When trying new dishes with your family, try introducing dinner conversation around the country where the food is from. Curries are served all around the world from India to Thailand.

For chick pea coconut curry 1 Tablespoon (15 mL) grapeseed oil 4 scallions, root end trimmed, green and white parts cut into thin slices 6 ounces (168 g) spinach 2 medium carrots, cut into small dice 1/2 red bell pepper, cut into small dice 2 garlic cloves, minced or pressed Kosher salt 2 (15 oz/425 g) cans organic, no salt added chick peas, drained and rinsed 1 teaspoon (5 mL) curry powder (or 2 teaspoons/10 mL if you love curry) 1/2 teaspoon (2.5 mL) dried cumin Pinch (.32 mL) of cayenne pepper *to taste 1 teaspoon (5 mL) salt Pinch (.32 mL) of black pepper 1 (14 ounce/420 mL) can light coconut milk ½ lime, juiced to yield 1 teaspoon (5 mL) of juice

For garnish 2 Tablespoons (30 mL) fresh cilantro, roughly chopped 1 cucumber, peeled and sliced

For fruit 2 Mangoes, sliced 1 cup fresh strawberries, halved or quartered

MADE AHEAD

- Cut vegetables: scallions, carrots, red bell pepper
- Cut fruit: slice mango and strawberries

For chick pea coconut curry

DIRECTIONS

- 1. Heat a large nonstick sauté pan over medium heat and add oil. Once the oil, is hot add in the scallions, spinach, carrots, red pepper, garlic, and a sprinkle of kosher salt. Sweat the vegetables for 2 minutes.
- 2. Add in the drained chick peas and seasonings, stir to combine and cook for an additional 1 2 minutes.
- 3. Add in the coconut milk and lime juice and stir to combine. Reduce the heat and gently simmer for 5 8 minutes. Taste and adjust the seasoning (salt or cayenne for spice) and garnish with fresh cilantro and a side of sliced cucumber. Serve fruit alongside or as dessert.

Curry: 300 kcal, 14g Protein, 43g Carb, 940mg Sodium, 11g Fiber, 0mg Cholesterol, 13g Fat, 5g Saturated, 5g Sugar, 12% Calcium, 25% Iron Fruit: 110kcal, 2gm Protein, 28gm Carb, 0mg Sodium, 3gm Fiber, 0mg Cholesterol, 1gm fat, 0gm Saturated, 24gm Sugar, 2% Calcium, 2% Iron