



VEGETARIAN SPRING BODY RESET Week 3

MENU

DAY 14

Comfort Oatmeal with Cherries
Zucchini Garbanzo Soup
Roasted Portobello Mushrooms with Zucchini Pappardelle & Pesto

DAY 15

Nectarine Cashew Cream Parfait
Garbanzo Tabouli Salad
Avocado Soup & Nectarine Salsa

DAY 16

Poached Eggs with Spinach
Roasted Portobello & Vegetable Ceviche
Veggie Kebabs with Herbed Chopped Salad

DAY 17

Nutty Nectarine Smoothie
Cold Plate Lunch
Stir Fry with Garlic Greens

DAY 18

Nectarine Cashew Cream Parfait
Mixed Vegetable Salad with Roasted Garbanzos
Garlic Veggie Sauté

DAY 19

Egg & Spinach Breakfast Salad
Zucchini Garbanzo Soup & Sugar Snap Peas
Vegetable Chili

DAY 20

Poached Eggs with Swiss Chard
Thai Salad with Cucumber Salad
Veggie Egg Drop Soup

VEGETARIAN SPRING BODY RESET Week 3

PREP GUIDE

DAY 14

2 small yellow onions, chopped
6 carrots, chopped
5 medium zucchini, halved and sliced
4 cups finely chopped Swiss chard

DAY 15

Hardboil 12 eggs (save 8 for later in the week)
Make Tabouli Salad up to 48 hours ahead
Soak cashews for 1 hour or overnight
7 cups quinoa, prepared according to package directions (for days 15 & 16, 18)
4 oranges, sliced
1 orange, zested & juiced (¼ cup juice, 2 Tablespoons zest)
3 lemons, juiced (7 Tablespoons) – for the week
4 limes, juiced (7 Tablespoon) – for the week
3 nectarines, small dice
2 cucumber, seeded and diced
1 green bell pepper, small dice
4 radishes, small dice
½ cup finely chopped yellow onion

DAY 16

Make vegetable ceviche up to 24 hours ahead
Chop 1½ cup cashews – for the week
Chop ¼ cup walnuts
3 green bell peppers, thinly sliced
2 green bell peppers, cut into bite sized chunks
1 medium yellow onion, cut into bite sized chunks
½ yellow onion, thinly sliced
4 radishes, thin matchsticks
4 radishes, fine dice
2 zucchini or summer squash, cut into bite sized chunks

DAY 17

6" fresh ginger, grated (2½ Tablespoons) for the week
1 medium yellow onion, sliced thin
4 zucchini, chopped

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DAY 18

Soak cashews
2 summer squash or zucchini, grated
1 zucchini, halved and cut into half moons
1½ pound snap peas, halved
1 green bell pepper, diced
1 green bell pepper, thinly sliced

DAY 19

2 oranges, peeled & sectioned
1 yellow onion, diced
4 green bell peppers, diced
2 zucchini, diced

DAY 20

½ medium yellow onion, minced
1 small yellow onion, diced small
2 green bell peppers, thinly sliced
4 carrots, thinly sliced
4 carrots, diced small
2 zucchini, diced small
1 small head Swiss chard, chopped
4 radishes, very finely chopped



SPRING BODY RESET

VEGETARIAN WEEK 3

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
frozen cherries	3 cups	720 mL	
carrots	14		
zucchini	22		
Swiss chard	4 pounds	1.8 kg	<i>about 20 cups</i>
basil	5 bunches		
Portobello mushroom caps	12 large		
oranges	9		
nectarines	14		
parsley	1 small bunch		
mint	3 bunches		
tomatoes	13		
cucumber	7		
avocados	7		
green bell pepper	14		
radishes	16		
spinach	2-3/4 pounds	1.25 kg	
mixed greens	8 ounces	224 g	<i>about 6 cups</i>
fresh ginger	6"	15 cm	<i>need 2-1/2 Tablespoons grated ginger</i>
snap peas	2-1/2 pounds	1.1 kg	
sweet potato	1		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
raw cashews	5-1/2 cups	1.3 l	
vanilla	1-1/2 teaspoons	7.5 mL	<i>optional</i>
diced tomatoes	4 (15 oz) cans	4 (425 g)	
garbanzo beans	12 (15 oz) cans	12 (425 g)	
walnuts	3/4 cup	175 mL	
quinoa	3-1/2 cups dry	840 mL	
cannellini beans	4 (15 oz) cans	4 (425 g)	
cinnamon	1 teaspoon	5 mL	<i>optional</i>
almond milk	2-3 cups	480-720 mL	
tomato paste	2 Tablespoons	30 mL	

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1-3/4 cups	420 mL
Grapeseed Oil	1/4 cup	60 mL
Vegetable broth (gluten free)	20 cups	4.7 l
Kosher Salt & Black Pepper	7-1/2 tsp salt	37 mL
	3 tsp pepper	15 mL
Garlic Cloves (about 8 cloves per bulb)	28 cloves	
Cayenne Pepper	1/4 teaspoon	1.25 mL
Paprika	1-3/4 teaspoons	8.75 mL
Cumin	2-3/4 teaspoons	13.75 mL
Soy sauce (or just use vinegar)		
Dijon Mustard	2 teaspoons	10 mL
Vinegar: white wine	6 Tablespoons	90 mL
Vinegar: balsamic	7 Tablespoons	105 mL
Onion: Yellow	8	
Citrus: Lemon	4	
Citrus: Lime	5	
Eggs, organic	42	
Oatmeal (gluten free)	3 cups	720 mL

WEEKLY NOTES
For Orange Parsley Water : Add 14 oranges and 3 bunches of parsley
For Ginger Basil Water : Add 7 (2") pieces of ginger and 3 bunches of basil
For Ginger Mint Water : Add 7 (2") pieces of ginger and 14 mint sprigs
For Ginger Tea : Add 7 (1") pieces of ginger



VEGETARIAN SPRING BODY RESET: Week 3

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 infusion 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.

VEGETARIAN SPRING BODY RESET: DAY 14

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)
 2 cups (480 mL) frozen cherries (no sugar added)
 ¼ cup (60 mL) raw cashews, chopped
 1 teaspoon (5 mL) pure vanilla extract (optional)
 ¼ teaspoon (1.25 mL) kosher salt

1. Bring oats and liquid to a boil, reduce heat, and simmer for 3-5 minutes based on desired thickness.
2. Fold in cherries, cashews, vanilla, and salt.
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, 20% Calcium, 15% Iron

LUNCH: ZUCCHINI GARBANZO SOUP

Makes 8 servings (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 (1.6 l) 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
 ¼ cup (60 mL) fresh basil, minced
 1 teaspoon (5 mL) kosher salt
 ½ teaspoon (2.5 mL) black pepper
 1 lemon or lime, quartered

MAKE AHEAD

- **Make soup on weekend OR**
- **Cut 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, and garlic. 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; **reserve half the soup for Lunch 19**. Divide remaining soup 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



VEGETARIAN SPRING BODY RESET: DAY 14

DINNER: ROASTED PORTOBELLO MUSHROOMS with ZUCCHINI PAPPARDELLE & BASIL PESTO

For Portobello mushrooms

12 large Portobello mushroom caps
2 Tablespoons (30 mL) olive oil
¾ teaspoon (3.75 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper

For zucchini pappardelle

4 medium zucchini
3 Tablespoons (45 mL) water or broth
Pinch of kosher salt
Pinch of ground pepper
2 (15oz/425 g) cans garbanzo beans, rinsed and drained

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 Portobello mushrooms

1. Heat oven to 400°F (204°C).
2. Wipe mushrooms with a damp cloth. If desired, remove gills with a spoon.
3. Place mushrooms on a rimmed baking sheet, drizzle with olive oil, salt, and pepper.
4. Roast for 25-35 minutes, flipping once during roasting.
5. **Reserve 8 whole mushroom caps for Lunch 16 & Dinner 18.**

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 garbanzo beans.
4. Fill each mushroom cap with 1-1/2 cups of zucchini mixture 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.

Portobellos: 50 kcal, 2g Protein, 4g Carb, 125mg Sodium, 1g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 2% Iron
Zucchini & Garbanzo:

230kcal, 13g Protein, 41g Carb, 90mg Sodium, 9g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 6g Sugar, 10% Calcium, 15% 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



VEGETARIAN SPRING BODY RESET: DAY 15

BREAKFAST: NECTARINE CASHEW CREAM PARFAIT

For cashew cream

2 cups (480 mL) raw cashews, soaked
1 cup (240 mL) water
¼ cup (60 mL) orange juice
2 Tablespoons (30 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 (in water to cover, discard water after soaking)
- 1 orange, zested & juiced (¼ cup juice, 2 Tablespoons zest)

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. Add additional water if needed. **Save at least 1 cup for Breakfast 18.**

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 2 Tablespoons cashew cream to 4 small bowls or cups. Top with a few spoons of nectarines, repeat with an additional 2 Tablespoons 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 (Lunch #17)

½ bunch parsley, chopped	3 Tablespoons (45 mL) olive oil
1 small bunch mint, chopped	3 Tablespoons (45 mL) lemon juice
4 tomatoes, seeded and diced	1 teaspoon (5 mL) kosher salt
2 cucumber, seeded and diced	½ teaspoon (2.5 mL) black pepper
3 (15 oz/425g) cans organic garbanzo beans, drained and rinsed	4 oranges, sliced
	4 hardboiled eggs, quartered

MAKE AHEAD

- Hard boil 12 eggs (use 4 today, **save 8 for later in the week**)
- Make Tabouli Salad up to 48 hours ahead
- 1 lemon, juiced (3 Tablespoons)
- Cut fruit & vegetables: cucumber, oranges

DIRECTIONS

1. Combine all ingredients except oranges and eggs. Chill until ready to serve; can be made 48 hours in advance.
2. Serve half the salad with sliced eggs and orange slices; **reserve half the salad for Lunch 17.**

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: AVOCADO SOUP & NECTARINE SALSA

For soup

2 teaspoons (10 mL) olive oil
3 avocados, peeled and pitted
3 cups (720 mL) low sodium vegetable broth
3 Tablespoons lemon juice
½ teaspoon (2.5 mL) cumin
½ teaspoon (2.5 mL) kosher salt
½ teaspoon (2.5 mL) black pepper
¼ teaspoon (1.25) ground cayenne or chili powder
½ cup (120 mL) chopped walnuts (for garnish)

For nectarine salsa

Used for two meals (Lunch 17)

3 nectarines, small dice
1 green bell pepper, small dice
2 tomatoes, small dice
4 radishes, small dice
⅓ cup (80 mL) finely chopped yellow onion
½ cup (120 mL) chopped basil
2 Tablespoons (30 mL) olive oil
2 Tablespoons (30 mL) balsamic vinegar

2 cups (480 mL) cooked quinoa, warmed

MAKE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- 2 cups cooked quinoa, prepared according to package directions
- Cut fruit & vegetables: nectarines, bell pepper, radish, onion

DIRECTIONS

For soup

1. Combine all ingredients except nuts in a blender and puree until smooth.
2. Divide evenly into bowls and sprinkle with chopped walnuts.

For nectarine salsa

Combine all the ingredients and chill. **Save 1 cup for Lunch 17.** Serve remaining salsa over quinoa.

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

Avocado Soup: 250kcal, 4g protein, 350mg Sodium, 6 Fiber, 0mg Cholesterol, 22g Fat, 2.5g Saturated, 2g Sugar, 2% Calcium, 6% Iron
Quinoa: 110 kcal, 4g Protein, 20g Carbs, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 8% 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

VEGETARIAN SPRING BODY RESET: DAY 16

BREAKFAST: POACHED EGGS WITH SPINACH

For spinach

1 Tablespoon (15 mL) olive oil
1 pound (455 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: ROASTED PORTOBELLO & VEGETABLE CEVICHE

For roasted portobello

4 portobello mushroom caps * *from Dinner 14*
2 Tablespoons (30 mL) lime juice
1 Tablespoon (15 mL) olive oil
2 garlic cloves, minced or pressed
½ teaspoon (2.5 mL) paprika
½ teaspoon (2.5 mL) cumin
½ teaspoon (2.5 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
1 (15 oz/425 g) can garbanzo beans, drained and rinsed

For vegetable ceviche

3 green bell peppers, thinly sliced
½ yellow onion, thinly sliced
4 radishes, thin matchsticks
¼ cup (60 mL) lime juice
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

- 4 roasted Portobello mushroom caps* *from Dinner 14*
- Make vegetable ceviche up to 24 hours ahead
- 3 limes, juiced (6 Tablespoons)
- Chop cashews
- Cut vegetables: bell peppers, onion, radishes

DIRECTIONS

For Portobello mushrooms

1. Cut the mushroom caps into long slices.
2. Combine the lime juice, olive oil, garlic, paprika, cumin, and salt & pepper.
3. Toss with mushrooms and beans and serve with a 1 cup serving of vegetable ceviche.

VEGETARIAN SPRING BODY RESET: DAY 16

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. Use any leftovers with Breakfast 19.

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

Portobellos & Beans: 180 kcal, 7g Protein, 22g Carb, 270mg Sodium, 5g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 2g Sugar, 4% Calcium, 8% 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: VEGGIE KEBABS with HERBED CHOPPED SALAD

For 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
 ¼ cup (60 mL) mint
 ½ cup (120 mL) chopped basil
 1 medium yellow onion, cut into bite sized chunks
 2 green bell peppers, cut into bite sized chunks
 2 zucchini or summer squash, cut into bite sized chunks
 3 cups (720 mL) cooked quinoa, warmed

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
 ¼ cup chopped walnuts
 1 (15oz/420 g) can cannellini beans

MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Chop walnuts
- ½ lemon, juiced (1 Tablespoon)
- Cut vegetables: onion, bell pepper, zucchini, radishes

DIRECTIONS

For 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, pepper, mint, and basil. Add vegetables and toss to coat.
3. Add veggies to skewers. Cook on grill about 8-10 minutes depending on the crunch you desire.
4. Serve veggie kebabs over quinoa with large portion of chopped salad

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: 80 kcal, 2g Protein, 10g Carb, 250mg Sodium, 3g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron

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



VEGETARIAN SPRING BODY RESET: DAY 17

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)
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, 10% Calcium, 15% Iron

LUNCH: COLD LUNCH PLATE

8 hardboiled eggs
2 cups (480 mL) garbanzo tabouli salad (from Lunch 15)
1 cup (240 mL) nectarine salsa (from Dinner 15)

Eggs: 140 kcal, 14g Protein, 2g Carb, 170mg Sodium, 0g Fiber, 450mg Cholesterol, 10g Fat, 3g Saturated, 0g Sugar, 4% Calcium, 8% 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

VEGETARIAN SPRING BODY RESET: DAY 17

DINNER: STIR FRY WITH GARLIC GREENS

For stir fry

1 Tablespoon (15 mL) grapeseed oil
1 medium yellow onion, sliced thin
4 cloves garlic, minced
1 Tablespoon (15 mL) grated ginger
1 pound (455 g) snap peas
4 zucchini, chopped
¼ cup (60 mL) chopped mint
2 Tablespoons (30 mL) white wine vinegar
¼ teaspoon (2.5 mL) kosher salt
½ cup (120 mL) cashews, chopped
2 medium oranges, peeled and sectioned

For garlic greens

1½ Tablespoon (7.5 mL) olive oil
2 cloves garlic, thinly sliced
6 cups (1.4 l) Swiss chard
Pinch of kosher salt
1 (15 oz/425 g) can cannellini beans

2 medium tomatoes, sliced

MADE AHEAD

- 2" (5 cm) piece of fresh ginger, grated (1 Tablespoon)
- Chop cashews (½ cup)
- Cut vegetables: onion, zucchini

DIRECTIONS

For stir fry

1. Heat a large non-stick skillet to medium-high heat and add oil.
2. When oil is hot, add the onion, garlic, and ginger and sauté for 1 minute. Add snap peas and continue cooking, tossing frequently, for about 2-3 minutes.
3. Add the zucchini, mint, vinegar, and salt and cook until heated through. Remove from heat and top with chopped cashews and orange sections
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 swiss chard and salt and cook 2-3 minutes until wilted; add beans and heat through. Serve with stir fry and sliced tomatoes

VEGETARIAN SPRING BODY RESET: DAY 18

BREAKFAST: NECTARINE CASHEW CREAM PARFAIT

For parfait

3 nectarines, diced
 1 cup (240 mL) cashew cream (from Breakfast 15)
 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 2 Tablespoons (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

3 cups (720 mL) mixed greens
 2 summer squash or zucchini, grated
 ½ pound (224 g) snap peas, halved
 3 tomatoes, diced
 1 green bell pepper, diced
 ¼ bunch basil leaves, julienned

MADE AHEAD

- Soak cashews (in water to cover, for 1 hour or overnight)
- 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.

VEGETARIAN SPRING BODY RESET: DAY 18

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 VEGGIE SAUTE

2 Tablespoons (30 mL) olive oil

4 cloves garlic, minced

1 pound (455 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

4 large Portobello mushroom caps, sliced * *from Dinner 14*

¼ cup (60 mL) basil, julienned

½ cup (120 mL) whole cashews

2 cups (480 mL) cooked quinoa, warmed

MAKE AHEAD

- 4 portobello mushroom caps, sliced* *from Dinner #14*
- 2 cups cooked quinoa, prepared according to package directions
- 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 peas, peppers, and zucchini and sauté 2-3 minutes. Season with salt and pepper and then add mushroom caps. Toss until heated through. Remove from heat and add basil and cashews; serve over warmed quinoa.

Sauté: 250 kcal, 9g Protein, 21g Carb, 250mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 2.5g Saturated, 8g Sugar, 8% Calcium, 25% Iron

Quinoa: 110 kcal, 4g Protein, 20g Carbs, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 8% Iron

VEGETARIAN SPRING BODY RESET: DAY 19

BREAKFAST: EGG & SPINACH BREAKFAST SALAD

2 teaspoons (10 mL) olive oil
 1 pound (454 g) spinach, washed and dried
 Pinch of kosher salt
 8 boiled eggs, peeled and quartered
 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 15) or vegetable ceviche (Day 16)
4. Serve with oranges.

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

LUNCH: LEFTOVER ZUCCHINI GARBANZO SOUP & SUGAR SNAP PEAS

Zucchini Garbanzo Soup * *from Lunch 14*
 2 cups (480 mL) sugar snap peas

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: VEGETABLE CHILI

1 Tablespoon (15 mL) olive oil	½ teaspoon (2.5 mL) kosher salt
1 yellow onion, diced	¼ teaspoon (1.25 mL) black pepper
2 cloves garlic, minced	2 Tablespoons (30 mL) tomato paste
1 medium sweet potato, peeled, small dice	2 (15 ounce/425 g) cans diced tomatoes
4 green bell peppers, diced	2 (15oz/425 g) cans of cannellini beans, drained and rinsed
2 zucchini, diced	2 cups (480 mL) low-sodium vegetable 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 vegetable chili

1. Heat a large pot over medium heat and add oil. Add onion, garlic, and sweet potato. Cook for 5 minutes.
2. Add peppers and zucchini. Cook for about 2-3 minutes.
3. Add in cumin, paprika, salt, pepper, and tomato paste; stir to combine.
4. Add tomatoes, beans, and broth. Simmer on low for about 10-15 minutes.
5. Add in basil, serve immediately garnished with sliced avocado.

Chili: 390 kcal, 15g Protein, 60g Carb, 370mg Sodium, 17g Fiber, 0mg Cholesterol, 11g Fat, 1g Saturated, 18g Sugar, 15% Calcium, 30% Iron



VEGETARIAN SPRING BODY RESET: DAY 20

BREAKFAST: POACHED EGGS WITH SWISS CHARD (or a weekend morning kitchen sink frittata)

For chard

1 Tablespoon (15 mL) olive oil
4 cups (960 mL) Swiss chard
Pinch of kosher salt

For poached eggs

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

DIRECTIONS

For chard - Heat oil in a large skillet over medium heat. Add chard 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 chard.

190 kcal, 16g Protein, 6g Carb, 440mg Sodium, 2g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 1g Sugar, 10% Calcium, 20% Iron

LUNCH: THAI SALAD WITH CUCUMBER NOODLES

1 Tablespoon (15 mL) grapeseed oil
½ medium yellow onion, minced
2 cloves garlic, minced
1½ teaspoons (7.5 mL) grated ginger
2 green bell peppers, thinly sliced
4 carrots, thinly sliced
2 (15 oz/425 g) cans garbanzo beans, drained and rinsed
¼ teaspoon (1.25 mL) kosher salt
¾ pound (340 g) baby spinach

1 Tablespoon (15 mL) rice or wine vinegar
½ bunch mint, chopped
½ bunch basil, chopped
4 cucumbers, spiralized or peeled into noodles
2 avocados, sliced
1 lime, cut into wedges

MAKE AHEAD

- 1" piece of ginger, grated (1½ teaspoons)
- 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, carrots, and garbanzo beans and cook for about 2-3 minutes. Season with salt.
3. Remove from heat and set aside.
4. Toss spinach with vinegar and herbs.
5. Arrange spinach on plates. Place cucumber noodles over spinach and top with sautéed vegetables. Serve with sliced avocado and lime wedges.

Thai Salad: 330 kcal, 18g Protein, 56g Carb, 290mg Sodium, 16g Fiber, 0mg Cholesterol, 5g Fat, 0g Saturated, 11g Sugar, 30% Calcium, 40% Iron
Avocado: 110kcal, 1g Protein, 6g Carb, 5gm Sodium, 5gm Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 2% 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
 2 cloves garlic, minced
 2 zucchini, diced small
 4 carrots, diced small
 6 cups (1.4 l) Swiss chard, chopped
 8 cups (1.9 l) low sodium vegetable 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 (1 Tablespoon)
- 3" (7.6 cm) piece ginger, grated (1 Tablespoon)
- Cut fruits & vegetables: onion, zucchini, carrots, swiss chard, 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; 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