# 2016 SPRING BODY RESET WEEK 3 – CLASSIC FOR ONE

**MENU**

**Day 1**
Cashew Overnight Quinoa with Kiwi
Egg & Lentil Salad
Turkey Stuffed Peppers

**Day 2**
Ginger Mango Smoothie
Spinach Salad with Stuffed Peppers
Chili Lime Shrimp "Rice" Bowl

**Day 3**
Egg Scramble
Shrimp & Lentil Salad
Pork Tenderloin with Green Beans

**Day 4**
Green Smoothie with an Egg
Mango & Cashew Salad with Pork
Turkey Burger with Zucchini Sauté

**Day 5**
Vanilla Mango Quinoa
Ginger Turkey 'Noodles'
Spring Minestrone

**Day 6**
Southwest Scramble
Spring Minestrone
Quinoa Patties over Spinach Salad

**Day 7**
Cashew Overnight Quinoa with Kiwi
Quinoa Patties
Pork Stir Fry

**Celebration Day**
Frittata with Tropical Fruit Salad
Turkey Stir Fry Lettuce Cups
Lemon Salmon with Vegetables
No-Bake Oatmeal Raisin Cookies

# 2016 SPRING BODY RESET WEEK 3 – CLASSIC FOR ONE

**PREP GUIDE**

**FOR THE WEEK**

- ¾ cup cooked brown rice prepared according to package directions
- 4 cups cooked quinoa prepared according to package directions
- 2¼ cups cooked lentils prepared according to package directions
- 2 eggs, hard boiled
- ⅓ cup chopped cashews, toasted
- 1-2" fresh ginger, grated (2¼ teaspoons)
- 2 limes, zested & juiced (3 Tablespoons lime juice, ½ teaspoon lime zest)
- 1 lemon, zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest)

**DAY 1**

- ½ mango, sliced
- ¼ yellow onion, diced (¼ cup)
- 1½ carrots, shredded (½ cup)
- 2 large red or green bell peppers, cut in half and seeded
- ½ stalk celery, chopped (¼ cup)

**DAY 2**

- ½ mango, chopped (½ cup)
- 2½ ounces spinach, chopped (1¾ cups)
- ¼ small yellow onion, thin strips (3 Tablespoons)
- 1 carrot, thin strips
- ½ red or green bell pepper, thin strips (½ cup)

DAY 3

- ½ mango, sliced
- 2 Tablespoons chopped yellow onion
- ¼ zucchini, chopped (½ cup)
- ¼ zucchini, grated (⅓ cup)
- ¾ red or green bell peppers, chopped (¾ cup)
- 3 ounces green beans, trimmed (⅔ cup)

DAY 4

- ½ mango, diced (½ cup)
- 1¼ carrots, grated (½ cup)
- ½ red or green bell pepper, chopped small (½ cup)
- 1 zucchini, cut into thin rounds

# 2016 SPRING BODY RESET WEEK 3 – CLASSIC FOR ONE

DAY 5

- ½ mango, chopped (½ cup)
- 1 large zucchini, spiraled or shaved
- ½ zucchini, diced (1 cup)
- ½ carrot, grated (2½ Tablespoons)
- 1½ carrots, diced (¾ cup)
- ½ yellow onion, diced (½ cup)
- 1½ stalks celery, diced (¾ cup)
- ⅓ pounds green beans, trimmed, cut into 1-inch pieces (1¼ cups)

DAY 6

- ¼ yellow onion, diced (¼ cup)
- ¼ red or green bell pepper, diced (¼ cup)
- ¼ red or green bell pepper, sliced (¼ cup)
- 1½ ounces spinach, chopped (1 cup)
- ½ carrot, grated (2½ Tablespoons)

DAY 7

- ¼ yellow onion, thinly sliced (¼ cup)
- ½ red or green bell pepper, thinly sliced (½ cup)
- 3 ounces green beans, trimmed (⅔ cup)

CELEBRATION DAY

- ⅓ yellow onion, thinly sliced (⅓ cup)
- ¼ yellow onion, diced (¼ cup)
- ¼ zucchini, diced (½ cup)
- ¾ medium zucchini, spiralized
- ½ medium carrot, spiralized
- ¼ red or green bell pepper, diced (¼ cup)
- 3 ounces green beans, chopped (⅔ cup)

**CLASSIC & CLASSIC FOR ONE**

**2016 SPRING BODY RESET**
**Week 3**
**7 days + Celebration Day**

| **Meat** | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|---|---|---|---|---|---|
| | Qty | | | | |
| ground turkey | 6-1/2 lbs | 3-1/4 lbs | 1-3/4 lbs | 39 | |
| medium shrimp | 3 pounds | 1-1/2 lbs | 3/4 lb | 30 | *peeled & deveined* |
| pork tenderloins | 3 pounds | 1-1/2 lbs | 3/4 lb | 18 | |
| salmon | 4 (5 oz) fillets | 2 (5 oz) fillets | 1 (5 oz) fillet | 12 | |

| **Fruits & Vegetables** | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|---|---|---|---|---|---|
| | Qty | | | | |
| kiwi | 20 | 10 | 5 | 10 | |
| carrots | 27 | 14 | 7 | 3 | |
| celery | 8 | 4 | 2 | 2 | |
| spinach | 3-3/4 lbs | 2 pounds | 1 pound | 4 | |
| tarragon | 2 bunches | 1 bunch | 1 bunch | 3 | |
| mangoes | 11 | 6 | 3 | 11 | |
| yellow onion | 9 | 5 | 3 | 9 | |
| fresh basil | 2 bunches | 1 bunch | 1 bunch | 3 | |
| red or green bell peppers | 20 | 10 | 5 | 20 | |
| bananas | 6 | 3 | 2 | 6 | |
| fresh ginger | 3-4" | 2-3" | 1-2" | 2 | |
| limes | 8 | 4 | 2 | 4 | |
| cilantro | 3 bunches | 2 bunches | 1 bunch | 4.5 | |
| zucchini | 16 | 8 | 4 | 16 | |
| green beans | 3-3/4 lbs | 2 lbs | 1 lb | 4 | |
| lemon | 1 | 1 | 1 | 0.5 | |
| butter lettuce | 8 leaves | 4 leaves | 2 leaves | 2 | |
| dates | 1/2 cup | 1/4 cup | 2 Tblspns | 3 | |

| **Misc.** | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|---|---|---|---|---|---|
| | Qty | | | | |
| quinoa | 9-1/2 cups | 5 cups | 2-1/2 cups | 6 | |
| vanilla | 1-1/2 tsp | 3/4 tsp | 1/2 tsp | 1 | |
| lentils | 4-1/2 cups | 2-1/4 cups | 1-1/4 cups | 6 | |
| raisins | 3/4 cup | 6 Tblspns | 3 Tblspns | 2 | |
| white wine vinegar | 5 Tablespoons | 2-1/2 Tblspns | 4 teaspoons | 2 | |
| petite diced tomatoes | 3 (15 oz) cans | 2 (15 oz) cans | 1 (15 oz) can | 6 | |
| cinnamon | 2 teaspoons | 1 teaspoon | 1/2 teaspoon | 1 | |
| white beans | 8 (15 oz) cans | 4 (15 oz) cans | 2 (15 oz) cans | 16 | |
| chili powder | 1-1/2 tsp | 3/4 tsp | 1/2 tsp | 1 | |
| soy sauce | 5 Tblspns | 2-1/2 Tblspns | 4 teaspoon | 2 | *optional* |
| raw coconut flakes | 2 Tablespoons | 1 Tablespoon | 1/2 Tblspn | 2 | *(unsweetened) optional* |

| **PANTRY INGREDIENTS** | | | | | |
|---|---|---|---|---|---|
| Olive Oil | 2 cups | 1 cup | 1/2 cup | | |
| balsamic vinegar | | | | | |
| low fat coconut milk | 64 fl oz | 32 fl oz | 16 fl oz | | |
| Dijon mustard | 2 teaspoons | 1 teaspoon | 1/2 teaspoon | | |
| Garlic cloves | 15 cloves | 8 cloves | 4 cloves | | |
| Herbes de Provence | 4 teaspoons | 2 teaspoons | 1 teaspoon | | |
| eggs | 33 | 17 | 9 | | |
| cumin | 1 teaspoon | 1/2 teaspoon | 1/4 tsp | | |
| cayenne | dash | pinch | pinch | | |
| paprika | 2 teaspoons | 1 teaspoon | 1/2 teaspoon | | |
| chicken or veg broth | 84 fl oz | 42 fl oz | 21 fl oz | | |
| brown rice | 1-1/4 cups | 3/4 cup | 6 Tblspns | | |
| tomato paste | | | | | |
| oregano | | | | | |
| kosher salt | 7 teaspoons | 3-1/2 tsp | 2 tsp | | |
| black pepper | 5 teaspoons | 2-1/2 tsp | 1-1/4 tsp | | |
| nuts: cashews | 4 cups | 2 cups | 1 cup | | |
| raw old fashioned oats | 1/2 cup | 1/4 cup | 2 Tblspns | | |

# 2016 SPRING BODY RESET - CLASSIC FOR ONE - WEEK 3 - Day 1

**BREAKFAST:** Cashew Overnight Quinoa with Kiwi

¼ cup low-fat coconut milk
¼ cup water
1 cup cooked quinoa * *see prep guide*
⅛ teaspoon vanilla, optional
2 Tablespoons chopped toasted cashews (can save out of mixture for crunchy garnish)
*Chia seeds would be a nice addition*

1 kiwi, peeled

Combine all ingredients (except kiwi), put in bowl, and cover; refrigerate overnight.
Serve with kiwi.

400 kcal, 11g Protein, 58g Carb, 35mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 6% Calcium, 30% Iron

**LUNCH:** Egg & Lentil Salad

*For salad*
1 hardboiled egg, chopped
½ cup cooked lentils **** see prep guide***
½ carrot, shredded (2½ Tablespoons)
½ stalk celery, chopped (¼ cup)
1 ounce spinach leaves (¾ cup)
1 Tablespoon raisins
1 Tablespoon tarragon, chopped

*For dressing*
¼ teaspoon Dijon mustard
½ Tablespoon white wine vinegar
½ Tablespoon olive oil
Pinch of kosher salt and black pepper

½ mango, sliced

Combine salad ingredients and toss gently. Whisk together dressing ingredients and toss with salad.
Serve with mangoes.

Dressed Salad:
310 kcal, 17g Protein, 34g Carb, 220mg Sodium, 10g Fiber, 225mg Cholesterol, 12g Fat, 2.5g Saturated, 12g Sugar, 8% Calcium, 30% Iron
Mango:
70 kcal, 0g Protein,17 g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

# 2016 SPRING BODY RESET - CLASSIC FOR ONE - WEEK 3 - Day 1

**DINNER:** Turkey Stuffed Peppers

¾ pound ground turkey
¼ yellow onion, diced (¼ cup)
1 carrot, shredded (1½ Tablespoons)
2 Tablespoons chopped basil
1 egg white, beaten
2 Tablespoons cooked brown rice ***** ***see prep guide***
¼ teaspoon Herbes de Provence
⅛ teaspoon black pepper
¼ (15 ounce) can petite diced tomatoes

2 large red or green bell peppers, cut in half and seeded

1. Heat oven to 400°F.
2. Combine filling ingredients (turkey through diced tomatoes) and stuff pepper halves. Place stuffed peppers on a baking tray and cook, covered, for about 35-40 minutes.
   **Save 2 halves for Lunch Day 2.**
3. For dinner, serve 2 stuffed pepper halves as is or over a bed of greens of your choice.

Peppers:
320 kcal, 36g Protein, 19g Carb, 150mg Sodium, 5g Fiber, 110mg Cholesterol, 11g Fat, 2.5g Saturated, 8g Sugar, 10% Calcium, 10% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 2

**BREAKFAST:** Ginger Mango Smoothie

2 Tablespoons cashews
½ mango, chopped (½ cup)
½ banana, sliced
½ teaspoon grated ginger
½ cup low-fat coconut milk
½ cup water
dash of cinnamon, *optional*
½ cup ice

Process cashews first then add remaining ingredients and blend.

300 kcal, 3g Protein, 40\2g Carb, 40mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 6g Saturated, 26g Sugar, 2% Calcium, 6% Iron

**LUNCH:** Spinach Salad with Stuffed Peppers

2½ ounces spinach, chopped (1¾ cups)
¼ (15 oz) can organic white beans, drained and rinsed
½ Tablespoon olive oil
½ Tablespoon lime juice
2 stuffed bell pepper halves, warmed ***from Dinner Day #1***

Toss spinach with beans, olive oil, and lime juice. Serve with warm bell peppers.

470 kcal, 43g Protein, 35g Carb, 220mg Sodium, 11g Fiber, 110mg Cholesterol, 18g Fat, 3.5g Saturated, 9g Sugar, 20% Calcium, 30% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 2

**DINNER:** Chili Lime Shrimp "Rice" Bowl

*For shrimp*
1 Tablespoon lime juice
¼ teaspoon lime zest
½ Tablespoon olive oil
1 Tablespoon chopped cilantro
⅛ teaspoon kosher salt
Pinch of black pepper
⅛ teaspoon chili powder
¾ pound medium peeled and deveined shrimp

*For rice bowl*
¾ teaspoon olive oil
¼ small yellow onion, thin strips (3 Tablespoons)
1 carrot, thin strips
½ red or green bell pepper, thin strips (½ cup)
Pinch of kosher salt and black pepper
½ cup cooked brown rice * ***see prep guide***
1 Tablespoon chopped cilantro
1 lime, wedge (¼ lime)

1. Combine all ingredients for shrimp and marinate for 10 minutes.
2. For rice bowl, heat a non-stick skillet over medium-high heat and add oil. When oil is hot add onions and carrots; cook for 2 minutes. Add bell peppers, salt, and pepper and cook for 2-3 minutes. Add rice and cilantro and stir just until warmed. Set aside and keep warm, wipe out skillet.
3. Put skillet back on medium-high heat and add drained shrimp and cook until just done, about 2-3 minutes. **Save half of shrimp for Lunch Day #3**.
4. Serve remaining shrimp over rice bowl with a wedge of lime.

Shrimp:
180 kcal, 34g Protein, 0g Carb, 320mg Sodium, 0g Fiber, 275mg Cholesterol, 4.5g Fat, .5g Saturated, 0g Sugar, 10% Calcium, 4% Iron
Rice Bowl:
190kcal, 4g Protein, 34g Carb, 115mg Sodium, 5g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 6g Sugar, 4% Calcium, 4% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 3

**BREAKFAST:** Egg Scramble

¾ teaspoon olive oil
2 Tablespoons chopped yellow onion
¼ red or green bell pepper, chopped (¼ cup)
¼ zucchini, chopped (½ cup)
2 eggs, beaten
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon tarragon, chopped

1 kiwi, peeled and sliced

Heat a small non-stick skillet over medium heat and add oil. When oil is hot add onion, bell pepper, and zucchini; cook for about 4-5 minutes. Add eggs, salt, and pepper and scramble in pan for 2-3 minutes. Sprinkle with tarragon.

Serve with kiwi.

Scramble:
190 kcal, 15g Protein, 7g Carb, 300mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron
Kiwi:45kcal, 1g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 10% Iron

**LUNCH:** Shrimp & Lentil Salad

*For salad*
¾ cup cooked lentils **** see prep guide***
½ red or green bell pepper, chopped (½ cup)
¼ zucchini, grated (⅓ cup)
2 ounces spinach (1 cup)
½ Tablespoon lime juice
¾ teaspoon olive oil
½ Tablespoon low-fat coconut milk
1 Tablespoon chopped cilantro
Pinch of kosher salt and black pepper

⅓ pound cooked chili lime shrimp * ***from Dinner Day 2***

½ mango, sliced

Toss salad ingredients together and serve shrimp on top. Have mango with salad or save for a snack.

Salad:
460 kcal, 50g Protein, 38g Carb, 380mg Sodium, 15 Fiber, 275mg Cholesterol, 12g Fat, 2g Saturated, 6g Sugar, 20% Calcium, 45% Iron
Mango:
70 kcal, 0g Protein,17 g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 3

**DINNER:** Pork Tenderloin with Green Beans

*For pork tenderloin*
½ (1 pound) pork tenderloins
¼ teaspoon kosher salt
⅛ teaspoon black pepper
¼ teaspoon paprika
¼ teaspoon Herbes de Provence
¾ teaspoon olive oil

*For green beans*
¾ teaspoon olive oil
3 ounces green beans, trimmed (⅔ cup)
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon cashews, chopped

1. Heat oven to 425°F.
2. Season tenderloin with salt, pepper, paprika, and Herbes.
3. Heat an oven proof skillet over medium-high heat and add oil. Sear pork on each side then put into oven for about 20 minutes, turning once, or until internal temperature reaches 145°F. Let rest and slice. **Save half for Lunch Day #4**.

Meanwhile

1. Heat a small skillet over medium heat and add olive oil. When oil is hot add green beans, salt, and pepper. Cook for about 3-5 minutes. Top with chopped cashews.

Tenderloin:
140 kcal, 24g Protein, 0g Carb, 300mg Sodium, 0g Fiber, 75mg Cholesterol, 4g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron
Beans:
110 kcal, 3g Protein, 9g Carb, 125mg Sodium, 3g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 3g Sugar, 4% Calcium, 8% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 4

**BREAKFAST:** Green Smoothie with an Egg

¾ banana
1 kiwi, peeled
¾ ounce spinach (½ cup)
½ cup low-fat coconut milk
¼ cup water
½ cup ice

Blend to desired consistency; serve with hardboiled egg.

1 egg, hard boiled

Smoothie:
200 kcal, 2g Protein, 37g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 20g Sugar, 4% Calcium, 15% Iron
Egg:
70 kcal, 7g Protein, 1g Carb, 85mg Sodium, 0g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

**LUNCH:** Mango & Cashew Salad with Pork

*For salad*
½ cup cooked quinoa * ***see prep guide***
¼ (15 oz) can organic white beans, drained and rinsed
2 ounces spinach (1½ cups)
½ carrot, grated (2½ Tablespoons)
1 Tablespoon tarragon, chopped
½ mango, diced (½ cup)
1 Tablespoon toasted cashews

*For dressing*
½ Tablespoon white wine vinegar
½ Tablespoon olive oil
¼ teaspoon Dijon mustard
Pinch of kosher salt
Pinch of black pepper

¼ pound pork tenderloin, sliced and warmed if desired * ***from Dinner Day 3***

Whisk together dressing ingredients. Toss salad ingredients with dressing and top with sliced pork.

Salad:
430 kcal, 30g Protein, 58g Carb, 150mg Sodium, 10g Fiber, 75mg Cholesterol, 9g Fat, 1.5g Saturated, 19g Sugar, 10% Calcium, 30% Iron
Dressing:
60 kcal, 0g Protein, 0g Carb, 135mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 4

**DINNER:** Turkey Burger with Zucchini Sauté

*For turkey burgers*
¾ pound ground turkey
½ red or green bell pepper, chopped small (½ cup)
¾ carrot, grated (¼ cup)
¼ cup chopped cilantro
¼ teaspoon kosher salt
⅛ teaspoon black pepper
⅛ teaspoon cumin
⅛ teaspoon chili powder

*For zucchini*
¾ teaspoon olive oil
½ clove garlic, minced
1 zucchini, cut into thin rounds
Pinch each kosher salt and black pepper

1. Heat oven 425°F.
2. Combine turkey burger ingredients and form into 2 patties. Put on foil lined sheet tray and put in oven for 20-25 minutes. **Save 1 burger for Lunch Day #5**.
3. For zucchini, heat oil in a medium skillet. Add garlic, zucchini, salt, and pepper. Cook for 3-4 minutes.

Burgers:
220 kcal, 31g Protein, 6g Carb, 360mg Sodium, 1g Fiber, 75mg Cholesterol, 9g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 8% Iron
Zucchini:
70 kcal, 2g Protein, 6g Carb, 75mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 4g Sugar, 4% Calcium, 4% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 5

**BREAKFAST:** Vanilla Mango Quinoa

⅓ cup uncooked quinoa
¼ cup low-fat coconut milk
½ cup water
½ mango, chopped (½ cup)
¼ teaspoon cinnamon, optional
⅛ teaspoon vanilla, optional

Put quinoa, coconut milk, and water in small saucepan and bring to simmer. Reduce to low and cover for about 15-20 minutes. Stir in mango, cinnamon, and vanilla.

320 kcal, 10g Protein, 61g Carb, 20mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 3g Saturated, 15g Sugar, 4% Calcium, 20% Iron

**LUNCH:** Ginger Turkey 'Noodles'

*For noodles*
½ Tablespoon olive oil
1 large zucchini, spiraled or shaved

*For ginger turkey*
1 cooked turkey burger, crumbled * ***from Dinner Day #4***
½ carrots, grated (2½ Tablespoons)
½ Tablespoon lime juice
½ teaspoon grated ginger
¾ teaspoon soy sauce, optional
¾ teaspoon olive oil
1 Tablespoon chopped toasted cashews

1. For noodles, heat olive oil in a small non-stick skillet over high heat and sear zucchini noodles for 1 minute (or can be left raw).
2. Combine ginger turkey ingredients and serve over "noodles".

450 kcal, 36g Protein, 18g Carb, 520mg Sodium, 3g Fiber, 75mg Cholesterol, 28g Fat, 4g Saturated, 8g Sugar, 6% Calcium, 20% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 5

**DINNER:** Spring Minestrone

½ Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
1½ carrots, diced (¾ cup)
1½ stalks celery, diced (¾ cup)
½ zucchini, diced (1 cup)
½ teaspoon Herbes de Provence
¼ teaspoon kosher salt
⅛ teaspoon black pepper
½ (15 ounce) can petite diced tomatoes
⅓ pound green beans, trimmed, cut into 1-inch pieces (1¼ cups)
2½ cups low-sodium chicken broth
1 ounce spinach (¾ cup)
1 cup cooked lentils **** see prep guide***
½ (15 oz) can organic white beans, drained and rinsed
1 Tablespoon chopped basil

1. Heat a soup pot over medium heat and add olive oil.
2. When oil is hot, add onions, garlic, carrots, celery, and zucchini. Cook for 4-5 minutes. Add Herbes, salt, pepper, tomatoes, green beans, broth, spinach, lentils, and white beans. Bring to boil then lower to simmer for 10 minutes. **Save half for Lunch Day #6.**
3. Garnish with basil.

330 kcal, 18g Protein, 56g Carb, 330mg Sodium, 18g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 16g Sugar, 15% Calcium, 35% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 6

## **BREAKFAST:** Southwest Scramble

¾ teaspoon olive oil
2 ounces ground turkey
¼ yellow onion, diced (¼ cup)
¼ red or green bell pepper, diced (¼ cup)
Pinch of kosher salt
Pinch of black pepper
⅛ teaspoon cumin
⅛ teaspoon chili powder
1½ ounces spinach, chopped (1 cup)
1 egg + 1 egg white, beaten

Heat a non-stick skillet over medium heat. Add oil and turkey, cooking 2-3 minutes crumbling as you go. Add onion, bell pepper, salt, pepper, cumin, and chili powder. Cook 2-3 minutes. Add spinach and eggs. Cook 3-4 minutes.

Scramble:
250 kcal, 24g Protein, 8g Carb, 330mg Sodium, 2g Fiber, 365mg Cholesterol, 15g Fat, 3g Saturated, 2g Sugar, 8% Calcium, 20% Iron

## **LUNCH: Spring** Minestrone

Spring Minestrone Soup ****from Dinner Day #5***
1 Tablespoon chopped basil

Heat soup and garnish with basil.

330 kcal, 18g Protein, 56g Carb, 330mg Sodium, 18g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 16g Sugar, 15% Calcium, 35% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 6

**DINNER:** Quinoa Patties over Spinach Salad

*For quinoa patties*
¾ (15 oz) can white beans, drained rinsed and mashed
1½ cups cooked quinoa * ***see prep guide***
¼ cup ground cashews
¼ teaspoon paprika
2 Tablespoons chopped cilantro
¼ teaspoon kosher salt
⅛ teaspoon black pepper
1 egg white
2¼ teaspoons olive oil (for the pan)

*For spinach salad*
2 ounces spinach (1½ cups)
¼ red or green bell pepper, sliced (¼ cup)
½ carrot, grated (2½ Tablespoons)

*For dressing*
1 teaspoon olive oil
½ clove garlic, minced
½ Tablespoon coconut milk
¼ teaspoon lime zest
¾ teaspoon white wine vinegar
1 Tablespoon tarragon, chopped
Pinch of kosher salt and black pepper

1. Combine all quinoa patty ingredients except oil.
2. Heat oil in a small non-stick skillet over medium heat. Scoop about ⅓ cup at a time into skillet and press down lightly to flatten. Cook about 3-4 minutes on each side. Repeat with remaining mixture to cook all the patties. **Reserve 1 patty for Lunch Day #7.**

   Meanwhile

3. For spinach salad, whisk dressing ingredients together and toss with spinach, bell pepper, and carrots. Serve quinoa patties over salad.

Dressed Salad:
90 kcal, 2g Protein, 8g Carb, 70mg Sodium, 0g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 4g Sugar, 6% Calcium, 10% Iron
Quinoa Patties:
460 kcal, 17g Protein, 55g Carb, 360mg Sodium, 10g Fiber, 55mg Cholesterol, 20g Fat, 3g Saturated, 3g Sugar, 8% Calcium, 30% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 7

**BREAKFAST:** Cashew Overnight Quinoa with Kiwi

¼ cup low-fat coconut milk
¼ cup water
1 cup cooked quinoa * ***see prep guide***
⅛ teaspoon vanilla, optional
1 Tablespoon chopped toasted cashews (can save out of mixture for crunchy garnish)
*Chia seeds would be a nice addition*

1 kiwi, peeled

Combine all ingredients (except kiwi), put in bowl, and cover; refrigerate overnight.

350 kcal, 10 Protein, 56g Carb, 35mg Sodium, 8g Fiber, 0mg Cholesterol, 11g Fat, 3.5g Saturated, 10g Sugar, 6% Calcium, 30% Iron

**LUNCH:** Quinoa Patties

1 quinoa patty * ***from Dinner Day #6***
1½ ounces spinach (1 cup)

Sear patty in a skillet for 2-3 minutes until heated through. Serve over a bed of spinach.

Quinoa Patties over spinach:
470 kcal, 18g Protein, 56g Carb, 380mg Sodium, 11g Fiber, 55mg Cholesterol, 20g Fat, 3g Saturated, 3g Sugar, 10% Calcium, 40% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – DAY 7

**DINNER:** Pork Stir Fry

1 teaspoon olive oil, divided
¼ pound pork tenderloin, thinly sliced
Pinch of kosher salt
Pinch of ground black pepper
¼ yellow onion, thinly sliced (¼ cup)
½ clove garlic, minced
½ teaspoon minced ginger
½ red or green bell pepper, thinly sliced (½ cup)
3 ounces green beans, trimmed (⅔ cup)
½ Tablespoon low sodium soy sauce
½ Tablespoon chicken broth
1 Tablespoon chopped cilantro
2 Tablespoons chopped cashews
1 lime, wedge (¼ lime)

1. Heat ½ teaspoon oil in a small skillet or wok over medium-high heat and add pork, salt, and pepper. Sear, stirring to brown all sides until almost cooked through. Transfer to a plate and cover.
2. Reduce heat to medium. In the same pan, heat remaining oil and add onion, garlic, ginger, and peppers and cook for 3 minutes. Add green beans, soy sauce and broth and cook for another 4 minutes until beans are tender.
3. Return pork to pan and stir to combine and warm through. Stir cilantro and cashews. Serve with lime wedge and hot sauce of your choice, if desired.

Pork Stir Fry:
330 kcal, 29g Protein, 18g Carb, 400mg Sodium, 5g Fiber, 75mg Cholesterol, 16g Fat, 3g Saturated, 7g Sugar, 6% Calcium, 20% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – Celebration Day!

**BREAKFAST:** Frittata with Tropical Fruit Salad

*For frittata*
¾ teaspoon olive oil
A few think slices yellow onion
¼ zucchini, diced (½ cup)
2 eggs, whisked
Pinch of kosher salt
Pinch of ground black pepper
1 Tablespoon freshly chopped basil

*For fruit salad*
¼ kiwi, diced
¼ mango diced
¼ banana, diced
½ Tablespoon unsweetened toasted coconut, optional

*For frittata*

1. Preheat broiler.
2. Heat oil in small oven proof nonstick skillet and add onion and zucchini. Cook for 3 minutes.
3. Whisk eggs with salt and pepper and add to vegetable mixture. Cook until sides are set but middle is still a bit loose. Finish cooking for 1-2 minutes under broiler until set (watch carefully not to burn).
4. Allow to sit for 2 minutes. Loosen edges with a kitchen knife and invert onto a plate. Sprinkle with basil and serve with a side of fruit salad.

*For fruit*
Combine kiwi, mango, and banana. Top with coconut, if desired

Frittata: 190kcal, 13g Protein, 5g Carb, 280mg Sodium, 1g Fiber, 430mg Cholesterol, 13g Fat, 3.5g Saturated, 2g Sugar, 6% Calcium, 10% Iron
Fruit: 120kal, 1g Protein, 26g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 1.5g Saturated, 18g Sugar, 2% Calcium, 2% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – Celebration Day!

**LUNCH:** Turkey Stir Fry Lettuce Cups

¾ teaspoon olive or sesame oil
½ clove garlic, minced
¼ yellow onion, diced (¼ cup)
¼ red or green bell pepper, diced (¼ cup)
¾ teaspoon minced ginger
¼ pound lean ground turkey
¼ (15 oz) can organic white beans, drained and rinsed
3 ounces green beans, chopped (⅔ cup)
½ Tablespoon soy sauce
1 Tablespoon low sodium chicken broth
Pinch of cayenne
Pinch of ground black pepper
½ Tablespoon lime juice
1 Tablespoon chopped basil
2 butter lettuce leaves, rinsed and dried

1. Heat oil in a small skillet or wok over medium heat and add garlic, onion, pepper and ginger. Cook 3 minutes.
2. Add turkey, breaking up as you cook until no longer pink. Add beans, soy sauce, broth, cayenne and pepper and cook for 7-8 minutes. Remove from heat, stir in lime juice and basil. Serve turkey mixture in lettuce cups. If preparing in advance, reheat turkey mixture separately and then place in lettuce cups.

320 kcal, 32g Protein, 26g Carb, 420mg Sodium,7 g Fiber, 60mg Cholesterol, 11g Fat, 1.5g Saturated, 7g Sugar, 8% Calcium, 20% Iron

# 2016 SPRING BODY RESET – CLASSIC FOR ONE – WEEK 3 – Celebration Day!

**DINNER:** Lemon Salmon with Vegetables

¼ yellow onion, thinly sliced (¼ cup)
¾ medium zucchini, spiralized
½ medium carrot, spiralized
1 (5 ounce) salmon fillet
½ Tablespoon olive oil
¾ clove garlic, minced
2¼ teaspoons lemon juice
¾ teaspoon lemon zest
1 Tablespoon chopped tarragon
⅛ teaspoon kosher salt
Pinch of ground black pepper
1 Tablespoon chopped basil

1 sheet parchment paper, cut into 9 inch circle

1. Place onion, zucchini and carrots on one-half of each parchment circle. Add salmon on top of vegetables.
2. In a small bowl, mix together all remaining ingredients except basil; pour over salmon and vegetables.
3. Fold the remaining half of circle over salmon and fold edges together to seal well.
4. Place packet on baking sheet and bake at 400 degrees for about 15 minutes.
5. To serve, cut open packet and top with fresh basil.

Lemon Salmon with Veggies:
330 kcal, 33g Protein, 12g Carb, 390mg Sodium, 3g Fiber, 65mg Cholesterol, 16g Fat,2.5 g Saturated, 8g Sugar, 10% Calcium, 8% Iron

**DESSERT**: No-Bake Oatmeal Raisin Cookies

2 Tablespoons pitted dates
2 Tablespoons raisins
2 Tablespoons cashews
2 Tablespoons rolled oats
Pinch of cinnamon
Pinch of salt
¾-1 teaspoon warm water, as needed

Combine all ingredients, except water in a food processor (or mix well by hand). Pulse until mixture comes together. Add water as needed. Form into 3 balls (ping pong ball size). Press down on each slightly with your thumb. Refrigerate for at least 30 minutes before serving. Store refrigerated in an airtight container for 3 days or frozen for up to 3 months.

Makes 3 ping pong size cookies. Serving size = 2 cookies

No bake oatmeal cookies:
170 kcal, 3g Protein, 29g Carb, 30mg Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 1 g Saturated, 19g Sugar, 2% Calcium, 8% Iron