



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

MENU

DAY ONE

Egg Muffins

Hummus with Crudité

Chicken & Roast Veggies with Pesto

Snacks: Fruit & Nuts/Coconut Sweet Potato Boats

DAY TWO

Yogurt & Granola

Chicken Salad

Baked Salmon with Potatoes & Green Beans

Snacks: Easy Guacamole & Carrots/Fruit & Nuts

DAY THREE

Egg Muffins

Salmon & Veggies

Lentil & Sausage Soup

Snacks: Coconut Sweet Potato Boats/Edamame & Apples

DAY FOUR

Smoothie

Lentil & Sausage Soup

Chicken Stir Fry

Snacks: Fruit & Nuts/Easy Guacamole & Carrots

DAY FIVE

Yogurt & Granola

Chicken Stir Fry

Roasted Veggie Hummus Salad

Fruit & Nuts/Edamame & Oranges



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1 PREP GUIDE

FOR THE WEEK

- 2 lemons, juiced ($\frac{1}{2}$ cup juice, $\frac{3}{4}$ teaspoon zest)
- 1 cup hummus **see Day 1 for recipe*
- 1" fresh ginger, grated (2 $\frac{1}{4}$ teaspoons)
- 2 sweet potatoes, baked * *see directions below*

DAY 1

- $\frac{3}{4}$ yellow onion, diced ($\frac{3}{4}$ cup)
- 1 $\frac{1}{4}$ bell peppers, chopped (1 $\frac{1}{4}$ cups)
- $\frac{1}{2}$ bell pepper, sliced
- $\frac{1}{4}$ zucchini, chopped ($\frac{1}{2}$ cup)
- 1 carrot, peeled and cut in sticks
- $\frac{1}{2}$ cucumber, sliced
- 1 stalk celery, sliced
- 1 egg, hard boiled
- 1 $\frac{1}{2}$ zucchini, diced (3 cups)
- 1 $\frac{3}{4}$ large Portobello mushroom caps, diced (1 $\frac{3}{4}$ cups)

DAY 2

- Make granola * *see recipe below*
- 2 carrots, cut into sticks

DAY 3

- $\frac{1}{2}$ yellow onion, diced ($\frac{1}{2}$ cups)
- 1 $\frac{1}{2}$ carrots, diced ($\frac{3}{4}$ cup)
- 1 $\frac{1}{2}$ stalks celery, diced ($\frac{3}{4}$ cup)
- $\frac{1}{2}$ large Portobello mushroom cap, diced ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ zucchini, diced (1 cup)

DAY 4

- 2 carrots, cut into sticks
- $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ bell pepper, diced ($\frac{1}{2}$ cup)
- $\frac{1}{4}$ large head broccoli, chopped (1 cup)

DAY 5

- No prep

continued



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1 PREP GUIDE

Baked Sweet Potatoes

2 medium (8 ounce) sweet potatoes, scrubbed clean

Wrap sweet potatoes in foil and place in 350°F oven for 45 minutes to an hour (based on size and shape) until fork tender. Cool and refrigerate until needed.

Toasted Oats

Place raw old fashioned oats on a baking sheet in a 350°F oven for about 10 minutes (less for small quantity). Check frequently to prevent burning.

Granola

¾ cup raw old fashioned oats

3 Tablespoons cashews, chopped

3 Tablespoons flaked coconut or dried fruit

1. Preheat oven to 350°F.
2. Place oats and cashews on a baking sheet and bake 8-10 minutes, stirring once.
3. Place oats and cashews in a re-sealable container and add coconut or dried fruit, seal tightly once cooled.

WEEK 1



CLASSIC FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
chicken breast	5 pounds	2-1/2 pounds	1-1/4 pounds	\$20.00	boneless, skinless
salmon fillets	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$20.00	
Italian sausage, bulk	1-1/2 pounds	3/4 pound	1/2 pound	\$5.00	
Fruits & Vegetables					
	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
lemons	7	4	2	\$3.50	
carrots	26	13	7	\$5.00	
cucumbers	2	1	1	\$2.00	
bell peppers	9	5	3	\$9.00	any color
celery	10 stalks	5 stalks	3 stalks	\$3.00	
apples	26	13	7	\$13.00	your choice
rosemary	few sprigs	few sprigs	few sprigs	\$2.00	need 2-1/2 Tablespoons chopped
yellow onion	6	3	2	\$6.00	
zucchini	9	5	3	\$9.00	
portobello mushrooms	9 large caps	5 large caps	3 large caps	\$13.50	or 1-1/2 lbs brown mushrooms
mixed greens	1-1/4 pounds	2/3 pound	1/3 pound	\$3.00	
potatoes	4 (6-8 oz)	2 (6-8 oz)	1 (6-8 oz)	\$2.00	
green beans	1 pound	1/2 pound	1/4 pound	\$3.00	
spinach	2/3 pound	1/3 pound	3 ounces	\$3.00	10 ounces
fresh ginger	3"	2"	1"	\$1.50	optional - need 3 Tablespoons
broccoli	1 large head	1 head	1 small head	\$2.50	
oranges	18	9	5	\$9.00	
sweet potatoes	10 (8 oz)	5	3	\$7.50	
fresh basil	2 bunches	1 bunch	1 bunch	\$3.00	
avocado	5	3	2	\$5.00	
edamame, shelled	4 cups	2 cups	1 cup	\$4.00	from frozen
bananas	5	3	2	\$2.50	
Misc.					
	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
white beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$4.50	
cashews	3-1/2 cups	1-3/4 cups	1 cup	\$15.00	
nuts (your choice)	4-1/4 cups	2-1/4 cups	1-1/4 cups	\$15.00	optional - can use all cashews
brown lentils	2 cups	1 cup	1/2 cup	\$3.00	
diced tomatoes	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	\$3.00	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$1.00	optional
coconut yogurt	6 cups	3 cups	1-1/2 cups	\$4.50	unsweetened, sub almond yogurt
dried coconut	3/4 cup	1/2 cup	1/4 cup	\$3.00	can sub dried fruit
PANTRY INGREDIENTS					
olive oil	1-1/2 cups	3/4 cup	1/2 cup		
grapeseed oil	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
balsamic vinegar	3 Tablespoons	1-1/2 Tblspns	1 Tablespoon		
white wine vinegar					
vegetable broth	64 fl oz	32 fl oz	16 fl oz		
garlic cloves	11 cloves	6 cloves	3 cloves		
kosher salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper	1/8 Teaspoon	dash	dash		
paprika					
dried oregano					
herbes de provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
ground cumin	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
raw honey/maple syrup					
organic tomato paste					
Dijon mustard					
low sodium soy sauce	2 Tablespoons	1 Tablespoon	1/2 Tblspn		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		
eggs	20	10	5		
whole wheat flour					



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 1

BREAKFAST: EGG MUFFINS (can be made ahead)

¼ yellow onion, chopped (¼ cup)
 ½ bell pepper, chopped (½ cup)
 ¼ large Portobello mushroom, chopped (¼ cup)
 ¼ zucchini, chopped (½ cup)
 ½ Tablespoon olive oil
 4 eggs

1 apple

1. Heat oven to 375°F.
2. Stir all ingredients together, except fruit, and put in 6 greased muffins tins. Cook about 10-15 minutes.
3. Serve 3 muffins for breakfast with an apple. **Refrigerate 3 muffins for Breakfast Day 3.**

Muffins: 190kcal, 15g Protein, 7g Carb, 170mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 3g Sugar, 4% Calcium, 10% Iron
 Fruit: 90kcal, 1g Protein, 22g carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

MORNING SNACK: Fruit & Nuts

1 orange & ¼ cup nuts

Oranges and Almonds: 250kcal, 8g Protein, 26g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 15g Sugar, 10% Calcium, 6% Iron

DAY 1

LUNCH: Hummus with Crudité

For hummus

¾ (15 ounce) can white beans, rinsed and drained (1¼ cups)
 1½ Tablespoons lemon juice
 1 Tablespoon olive oil
 Pinch of kosher salt
 Pinch of black pepper
 ⅛ teaspoon cumin
 Pinch of cayenne

For crudité

⅓ cup hummus
 1 carrot, peeled and cut in sticks
 ½ cucumber, sliced
 ½ bell pepper, sliced
 1 stalk celery, sliced
 1 egg, hard boiled
 ½ apple, sliced

1. For hummus, combine ingredients in blender or food processor until smooth. Serve ⅓ cup for lunch, **save remaining hummus for Dinner Day 5.**
2. Serve veggies with hummus, eggs, and a side of apples.

Crudité: 350kcal, 16g Protein, 46g Carb, 260mg Sodium, 12g Fiber, 225mg Cholesterol, 12g Fat, 2.5g Saturated, 20g Sugar, 10% Calcium, 15% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 1

AFTERNOON SNACK: Coconut Sweet Potato Boats

1 baked sweet potato * see prep guide
¼ cup unsweetened coconut yogurt
⅛ teaspoon cinnamon
¼ cup toasted oats (optional)

1. Reheat sweet potato, if desired.
2. Open potato and fill with yogurt. Sprinkle with cinnamon and oats (if desired).

Sweet potato boats: 210kcal, 3gProtein, 48g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 3g Fat, 2g Saturated, 11g Sugar, 10% Calcium, 6% Iron

DAY 1

DINNER: Chicken & Roast Veggies with Pesto

For chicken

1¼ pounds boneless skinless chicken breasts (2 large or 3 small)
2¼ teaspoons olive oil
1½ Tablespoons lemon juice
½ Tablespoon chopped rosemary
⅛ teaspoon kosher salt
Pinch of black pepper

For roast veggies

2¼ teaspoons olive oil
½ yellow onion, diced (½ cup)
1½ zucchini, diced (3 cups)
½ medium sweet potato, diced (1¼ cups)
1½ large Portobello mushroom caps, diced (1½ cups)
¾ bell peppers, chopped (¾ cup)
⅛ teaspoon kosher salt
Pinch of black pepper

For pesto

½ cup basil leaves
1 Tablespoon olive oil
½ clove garlic
pinch of kosher salt
pinch of black pepper
1 Tablespoon nuts (your choice)

For chicken

1. Heat an outdoor grill or stovetop grill pan to medium heat.
2. Combine oil, lemon, rosemary, salt, and pepper. Add chicken and let marinate a few minutes.
3. Grill chicken for about 4-6 minutes per side until no longer pink in the center. Serve ½ chicken breast for dinner. **Save 1 pound of chicken for Lunch Day 2 and Dinner Day 4.**

For roast veggies

1. Heat oven to 375°F.
2. Toss ingredients together and put on a baking sheet. Roast about 20-25 minutes.
3. **Save ¾ of veggies for Lunch Day 3 and Dinner Day 5.** Serve remaining veggies with chicken and pesto.



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

For pesto

Add all ingredients to food processor and process until mixture comes together to desired consistency. Serve with chicken and veggies.

Chicken:140kcal, 26g Protein, 0g Carb, 180mg Sodium, 0g Fiber, 65mg Cholesterol, 4g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Veggies: 110kcal, 3g Protein, 16g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 5g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

Pesto:170kcal, 2g Protein, 2g Carb, 75mg Sodium, 1g Fiber, 0mg Cholesterol, 18g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 0% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 2

BREAKFAST: Yogurt & Granola

- ¼ cup unsweetened coconut yogurt
- ½ orange, peeled & sliced
- ½ cup granola * *see prep guide for recipe*

In a cup or bowl, layer yogurt, orange slices, and granola.

Yogurt and Granola: 250kcal, 14g Protein, 32g Carb, 50mg Sodium, 5g Fiber, 10mg Cholesterol, 8g Fat, 2g Saturated, 7g Sugar, 8% Calcium, 10% Iron

MORNING SNACK: Easy Guacamole & Carrots

- ½ avocado, mashed
- ½ Tablespoon lemon or lime juice
- pinch of kosher salt
- dash of hot sauce (optional)
- 2 carrots, cut into sticks

Combine all ingredients except carrots and mash to desired consistency. Serve with carrot sticks.

Guac and Carrots: 180kcal, 3g Protein, 22g Carb, 120mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 10g Sugar, 4% Calcium, 0% Iron

DAY 2

LUNCH: Chicken Salad

- ½ pound grilled chicken, diced * *from Dinner 1*
- ½ apple, diced
- 1 Tablespoon cashews
- ¼ avocado, mashed
- ½ Tablespoon balsamic vinegar
- ¼ teaspoon olive oil
- 1½ ounces mixed greens (1½ cups)

Combine all ingredients except greens. Put on bottom of lunch container and top with greens. Shake to mix when ready to eat.

Chicken Salad: 340kcal, 29g Protein, 20g Carb, 200mg Sodium, 5g Fiber, 65mg Cholesterol, 17g Fat, 2.5g Saturated, 10g Sugar, 2% Calcium, 10% Iron

AFTERNOON SNACK: Fruit & Nuts

- 1 apple & ¼ cup nuts

Apples and Almonds: 260kcal, 7g Protein, 32g Carb, 0mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 20g Sugar, 8% Calcium, 6% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 2

DINNER: Baked Salmon with Potatoes & Green Beans

For salmon

$\frac{3}{4}$ pound salmon fillets (sub $\frac{3}{4}$ pound chicken breasts, pounded to 1" thick)

Dash of kosher salt

Pinch of black pepper

$\frac{1}{2}$ clove garlic, minced

$2\frac{1}{4}$ teaspoons lemon juice

$\frac{3}{4}$ teaspoon lemon zest

2 Tablespoons cashews, finely crushed

For potatoes & green beans

1 (6-8 oz) potato, sliced thin

$\frac{3}{4}$ teaspoon olive oil

$\frac{1}{4}$ pound green beans ($\frac{3}{4}$ cup)

1. Heat oven to 425°F.
2. Season salmon with salt, pepper, garlic, and lemon. Gently press cashews on top of fillet.
3. Toss potatoes with olive oil and lay on a baking sheet, top with green beans then salmon fillet.
4. Bake for about 20 minutes until salmon is flakey (or chicken is no longer pink in the center). Take salmon off baking sheet; bake potatoes 5 more minutes if necessary.
5. **Save $\frac{1}{2}$ the salmon and potatoes for Lunch Day 3.**

Salmon and veggies: 390kcal, 35g Protein, 26g Carb, 240mg Sodium, 4g Fiber, 65mg Cholesterol, 16g Fat, 3g Saturated, 4g Sugar, 8% Calcium, 15% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 3

BREAKFAST: Egg Muffins

3 egg muffins * *from Breakfast Day 1*
1 orange, sliced

Reheat muffins if desired, serve with orange slices.

Muffins: 190kcal, 15g Protein, 7g Carb, 170mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 3g Sugar, 4% Calcium, 10% Iron
Fruit: 90kcal, 1g Protein, 22g carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

MORNING SNACK

1 baked sweet potato * *see prep guide*
¼ cup unsweetened coconut yogurt
⅛ teaspoon cinnamon
¼ cup toasted oats (optional)

1. Reheat sweet potato, if desired.
2. Open potato and fill with yogurt. Sprinkle with cinnamon and oats (if desired).

Sweet potato boats: 210kcal, 3g Protein, 48g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 3g Fat, 2g Saturated, 11g Sugar, 10% Calcium, 6% Iron

DAY 3

LUNCH: Salmon & Veggies

Cooked salmon & potatoes* *from Dinner Day 2*
½ reserved roasted veggies (about 2 cups) * *from Dinner Day 1*
1½ ounces mixed greens (1½ cups)

Using a fork, flake salmon into chunks. Toss salmon with potatoes and roasted veggies and serve over a bed of mixed greens. *Note: Salmon and veggies can be served warm or cold.*

Salmon & Veggies: 370kcal, 37g Protein, 21g Carb, 380mg Sodium, 5g Fiber, 65mg Cholesterol, 16g Fat, 3g Saturated, 8g Sugar, 10% Calcium, 15% Iron

AFTERNOON SNACK

½ cup shelled edamame & 1 apple

Edamame and fruit: 190kcal, 8g Protein, 34g Carb, 30mg Sodium, 8g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 20g Sugar, 4% Calcium, 10% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 3

DINNER: Lentil & Sausage Soup

2¼ teaspoons olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
⅓ pound bulk Italian sausage
½ cup brown lentils (uncooked)
1½ carrots, diced (¾ cup)
1½ stalks celery, diced (¾ cup)
½ large Portobello mushroom cap, diced (½ cup)
2 cups low-sodium chicken or vegetable broth (16 fl oz)
1 cup water (8 fl oz)
½ zucchini, diced (1 cup)
¼ teaspoon chopped rosemary
¼ teaspoon Herbes de Provence
½ (15 oz) can diced tomatoes with juice
Pinch of kosher salt
Pinch of black pepper
1½ ounces spinach (1 cup)

1. Heat a soup pot over medium heat and add oil. When oil is hot, add onions and garlic and sauté for 1 minute. Add sausage, crumbling as it cooks, for 5 minutes.
2. Add lentils, carrots, celery, and mushrooms and sauté for 1-2 minutes. Add broth and water and bring to simmer for 10-15 minutes until lentils are barely tender. Add the zucchini, rosemary, Herbes, tomatoes, salt, pepper, and spinach and simmer another 5-10 minutes.
3. **Save ¾ for Lunch Day 4 and for an extra meal.**

410kcal, 20g Protein, 35g Carb, 550mg Sodium, 22g Fiber, 45mg Cholesterol, 22g Fat, 7g Saturated, 8g Sugar, 6% Calcium, 20% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 4

BREAKFAST: Smoothie

2 Tablespoons cashews, ground
¾ banana, sliced
½ apple
¾ teaspoon grated ginger
1 ounce spinach (about ¾ cup)
½ cup unsweetened coconut yogurt
¾ cup ice

Blend until smooth. Add additional liquid if needed to achieve desired consistency.

Smoothie: 270kcal, 5g Protein, 45g Carb, 95mg Sodium, 6g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 25g Sugar, 15% Calcium, 15% Iron

MORNING SNACK: Fruit & Nuts

1 orange & ¼ cup nuts

Oranges and Almonds: 250kcal, 8g Protein, 26g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 15g Sugar, 10% Calcium, 6% Iron

LUNCH: Lentil & Sausage Soup

Reheat half the reserved quantity of Lentil & Sausage soup **from Dinner Day 3**. Freeze remaining soup.

Soup: 410kcal, 20g Protein, 35g Carb, 550mg Sodium, 22g Fiber, 45mg Cholesterol, 22g Fat, 7g Saturated, 8g Sugar, 6% Calcium, 20% Iron

AFTERNOON SNACK: Easy Guacamole & Carrots

½ avocado, mashed
½ Tablespoon lemon or lime juice
pinch of kosher salt
dash of hot sauce (optional)
2 carrots, cut into sticks

Combine all ingredients except carrots and mash to desired consistency. Serve with carrot sticks.

Guac and Carrots: 180kcal, 3g Protein, 22g Carb, 120mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 10g Sugar, 4% Calcium, 0% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 4

DINNER: Chicken Stir Fry

- ½ Tablespoon grapeseed or sesame oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- ½ Tablespoon grated ginger, optional
- ½ bell pepper, diced (½ cup)
- ¼ large head broccoli, chopped (1 cup)
- ¾ pound cooked chicken, diced * **from Day #1**
- ½ Tablespoon low-sodium soy sauce
- ¾ teaspoon lemon juice
- ¼ cup chopped cashews

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot, add onion, garlic, and ginger and sauté for 1-2 minutes. Add bell peppers and broccoli and cook for about 3-5 minutes.
3. Add chicken, soy sauce, and lemon and stir until heated through. Add in cashews. **Save half for Lunch Day 5.**

Chicken Stir Fry: 350kcal, 38g Protein, 15g Carb, 350mg Sodium, 4g Fiber, 80mg Cholesterol, 17g Fat, 2.5g Saturated, 4g Sugar, 4% Calcium, 15% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 1

DAY 5

BREAKFAST: Yogurt & Granola

¼ cup unsweetened coconut yogurt
½ banana, sliced
½ cup granola * *see prep guide for recipe*

In a cup or bowl layer yogurt, banana, and granola.

Yogurt and Granola: 250kcal, 14g Protein, 32g Carb, 50mg Sodium, 5g Fiber, 10mg Cholesterol, 8g Fat, 2g Saturated, 7g Sugar, 8% Calcium, 10% Iron

MORNING SNACK: Fruit & Nuts

1 apple & ¼ cup nuts

Apples and Almonds: 260kcal, 7g Protein, 32g Carb, 0mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 20g Sugar, 8% Calcium, 6% Iron

LUNCH: Chicken Stir Fry

Reheat Chicken Stir Fry **from Dinner Day 4**.

Chicken Stir Fry: 350kcal, 38g Protein, 15g Carb, 350mg Sodium, 4g Fiber, 80mg Cholesterol, 17g Fat, 2.5g Saturated, 4g Sugar, 4% Calcium, 15% Iron

AFTERNOON SNACK

½ cup shelled edamame & 1 orange

Edamame and fruit: 190kcal, 8g Protein, 34g Carb, 30mg Sodium, 8g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 20g Sugar, 4% Calcium, 10% Iron

DAY 5

DINNER: Roasted Veggie Hummus Salad

½ reserved roasted veggies (about 2 cups) * ***from Dinner Day 1***
¾ teaspoon balsamic vinegar
¾ teaspoon olive oil
½ cup hummus * ***from Lunch Day 1***
2 ounces mixed greens or arugula (about 2 cups)
2 Tablespoons cashews or pine nuts

1 apple

Toss veggies with vinegar and oil. Serve on top of greens with dollops of hummus; top with nuts. Serve with a side of sliced apples.

Salad: 380kcal, 12g Protein, 32g Carb, 240mg Sodium, 9g Fiber, 0mg Cholesterol, 24g Fat, 2.5g Saturated, 8g Sugar, 15% Calcium, 20% Iron
Apple: 90kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 19g Sugar, 0% Calcium, 0% Iron