



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

MENU

DAY ONE

Smoothie

Protein Lunch

Grilled Pork Tenderloin with Brussels Sprouts & Sweet Potatoes

Snacks: Fruit & Nut Butter/Green Tahini Dip with Carrots

DAY TWO

Overnight Oats

Pork & Vegetable Salad

Shrimp & Broccoli

Snacks: Banana Tahini Smoothie/Grapes with Pumpkin Seeds

DAY THREE

Smoothie

Shrimp Salad

Chipotle Chicken Soup

Snacks: Fruit & Nut Butter/Grapes & Pumpkin Seeds

DAY FOUR

Overnight Oats

Chipotle Soup

Orange Pork

Snacks: Banana Tahini Smoothie/Green Tahini Dip with Carrots

DAY FIVE

Southwest Scramble

Orange Pork with Broccoli

Egg & Brussels Salad

Snacks: Fruit & Nut Butter/Orange & Avocado Salad



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2 PREP

FOR THE WEEK

- 5 eggs, hardboiled
- 2 lemons, zested & juiced ($\frac{1}{3}$ cup juice, $\frac{1}{2}$ Tablespoon zest)
- $1\frac{1}{2}$ cups cooked brown rice prepared according to package directions (see below)
- Peel, slice, and freeze 3 bananas

DAY 1

- 2 carrots, cut into sticks
- $\frac{3}{8}$ pound brussels sprouts, halved (about $2\frac{1}{2}$ cups)

DAY 2

- $\frac{1}{4}$ large head broccoli, small florets (1 cup)

DAY 3

- $\frac{1}{2}$ bell pepper, chopped ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ yellow onion, diced ($\frac{1}{2}$ cup)
- 1 bell pepper, diced (1 cup)
- $\frac{3}{4}$ zucchini, diced ($1\frac{1}{2}$ cups)

DAY 4

- 2 carrots, cut into sticks
- $\frac{1}{4}$ yellow onion, diced small ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ " fresh ginger, grated ($\frac{1}{2}$ Tablespoon), optional
- $\frac{1}{2}$ head broccoli, chopped (2 cups)
- $\frac{1}{3}$ cup orange juice (from $1\frac{1}{2}$ oranges)

DAY 5

- $\frac{1}{4}$ small yellow or red onion, chopped (3 Tablespoons)
- $\frac{1}{4}$ bell pepper, chopped ($\frac{1}{4}$ cup)
- $\frac{1}{4}$ zucchini, chopped ($\frac{1}{2}$ cup)
- $\frac{1}{3}$ pound brussels sprouts, sliced very thin ($1\frac{1}{2}$ cups)

If you'd like, substitute cauliflower rice for brown rice in this week's recipes:

Cauliflower Rice

$\frac{1}{4}$ head cauliflower, florets (1- $1\frac{1}{2}$ cups)
2 Tablespoons chopped yellow onion
 $\frac{1}{4}$ garlic clove, minced
 $\frac{3}{4}$ teaspoon olive oil
Pinch of salt & pepper

Place cauliflower, onion, and garlic in a food processor and pulse until cauliflower is rice sized. Heat olive oil in a skillet over medium heat and add contents of the food processor. Sauté about 3 minutes or until golden brown. *Note: These ingredients are not included on the shopping list.*

WEEK 2



FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
pork tenderloin	4 pounds	2 pounds	1 pound	\$20.00	
shrimp	3 pounds	1-1/2 pounds	3/4 pound	\$24.00	<i>peeled & deveined</i>
chicken breast	4 pounds	2 pounds	1 pound	\$16.00	
Fruits & Vegetables					
	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
pears	12	6	3	\$6.00	
grapes	2 pounds	1 pound	1/2 pound	\$6.00	
oranges	9	5	3	\$4.50	
banana	10	5	3	\$5.00	
apples	12	6	3	\$6.00	
misc. fruit	4 servings	2 servings	1 serving	\$4.00	<i>your choice</i>
Brussels sprouts	4 pounds	2 pounds	1 pound	\$8.00	
sweet potatoes	4-1/2 pounds	2-1/4 pounds	1-1/4 pounds	\$6.75	
lemon	7	4	2	\$3.50	
arugula	8 ounces	4 ounces	2 ounces	\$3.00	
broccoli	3 heads	2 heads	1 head	\$6.00	
tomatoes	8	4	2	\$4.00	
avocado	7	4	2	\$7.00	
cilantro	2 bunches	1 bunch	1 bunch	\$3.00	
bell peppers	7	4	2	\$7.00	<i>any color</i>
yellow onion	4	2	1	\$4.00	
zucchini	4	2	1	\$4.00	
fresh ginger	2-3"	1-2"	1"	\$2.00	<i>need 2 Tablespoons grated</i>
carrots	16	8	4	\$4.00	
Misc.					
	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cinnamon	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon	\$0.50	<i>optional</i>
coconut milk	80 fl ounces	40 fl ounces	20 fl ounces	\$9.00	
nuts (your choice)	1-1/4 cups	2/3 cup	1/3 cup	\$3.75	
chipotle peppers	1-2	1	1	\$2.00	<i>canned, in adobo</i>
almonds	1-3/4 cups	1 cup	1/2 cup	\$5.25	
almond butter	1-1/4 cups	2/3 cup	1/3 cup	\$3.75	
raisins	1-1/4 cups	2/3 cup	1/3 cup	\$2.00	
tahini	1-1/2 cups	3/4 cup	1/2 cup	\$3.00	
pumpkin seeds	2 cups	1 cup	1/2 cup	\$4.00	
PANTRY INGREDIENTS					
olive oil	1-1/4 cups	2/3 cup	1/3 cup		
grapeseed oil	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
balsamic vinegar	2/3 cup	1/3 cup	3 Tablespoons		
white wine vinegar					
chicken or veg broth	60 fl oz	30 fl ounces	15 fl ounces		
garlic cloves	15 cloves	8 cloves	4 cloves		
kosher salt	2 teaspoons	1 teaspoon	1/2 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper					
paprika	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
dried oregano	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
ground cumin	2 teaspoons	1 teaspoon	1/2 teaspoon		
raw honey/maple syrup					
organic tomato paste					
Dijon mustard					
low sodium soy sauce	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
eggs	28	14	7		
long grain brown rice	3 cups	1-1/2 cups	3/4 cup		
old fashioned oats	3-1/2 cups	2 cups	1 cup		



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 1

BREAKFAST: Smoothie

2 Tablespoons almonds, ground
¾ banana, peeled (frozen if you'd like a thicker smoothie)
½ pear, peeled and cored
1 Tablespoon raisins
½ cup coconut milk (4 fluid oz)
¾ cup ice

Blend until smooth.

270kcal, 5g Protein, 45g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 33g Sugar, 8% Calcium, 6% Iron

MORNING SNACK: Fruit & Nut Butter

1 apple & 1½ Tablespoons almond butter

Apples and Almond Butter: 240kcal, 6g Protein, 30g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 20g Sugar, 4% Calcium, 6% Iron

LUNCH: Protein Lunch

2 hardboiled eggs
3 Tablespoons nuts
1 pear, sliced
½ cup grapes

Protein Lunch: 420kcal, 18g Protein, 42g Carb, 170mg Sodium, 8g Fiber, 450mg Cholesterol, 25g Fat, 4.5g Saturated, 27g Sugar, 6% Calcium, 15% Iron

AFTERNOON SNACK: Green Tahini Dip with Carrots

¼ cup tahini
¼ cup chopped cilantro
1 Tablespoon fresh lemon or lime juice
¼ clove garlic, minced
Pinch each kosher salt and ground black pepper
Pinch of ground cumin

2 carrots, cut into sticks

Blend all ingredients together (except carrots), thin as needed with water. **Reserve half for Day 4 snack.** Serve remaining dip with carrots.

1 serving = 3 Tablespoons prepared dip & 2 carrots

Carrots and Dip: 230kcal, 7g Protein, 16g Carb, 95mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 8g Sugar, 6% Calcium, 6% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 1

DINNER: Grilled Pork Tenderloin with Brussels Sprouts & Sweet Potatoes

For Brussels sprouts & sweet potatoes

¾ pound brussels sprouts, halved (about 2½ cups)
½ pound sweet potatoes, cut into small cubes
1 Tablespoon olive oil
⅛ teaspoon kosher salt
Pinch of black pepper

For grilled pork tenderloin

1 pound pork tenderloin
1½ Tablespoons lemon juice
2¼ teaspoons olive oil
1 clove garlic, minced
¼ teaspoon Herbes de Provence
⅛ teaspoon kosher salt
⅛ teaspoon black pepper

For balsamic glaze

2 Tablespoons chicken broth
2 Tablespoons balsamic vinegar

1. Heat oven to 400°F.
2. Toss brussels sprouts and sweet potatoes with oil, salt, and pepper. Put on a baking sheet and roast 20-25 minutes. **Save half for Lunch Day 2.**
3. Combine ingredients for pork and marinate at least 5 minutes.
4. Heat a skillet over medium-high heat. Sear tenderloin on each side for about 2 minutes. Remove from pan and put on a baking sheet, roast in oven for about 15 minutes, turning occasionally, or until internal temperature reaches 145°F.
5. In a small saucepan over medium heat and add broth and vinegar for glaze. Cook until reduced by half, serve with pork.
6. **Save ¾ of the tenderloin for Lunch Day 2 and Dinner Day 4.** Slice remaining pork and serve with Brussels sprouts, sweet potatoes, and glaze.

Brussels Sprouts and Potatoes :170kcal, 6g Protein, 22g Carb, 180mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 4% Calcium, 6% Iron

Pork with glaze: 250kcal, 35g Protein, 06 Carb, 245mg Sodium, 0g Fiber, 110mg Cholesterol, 7g Fat, 1.5g Saturated, 6g Sugar, 0% Calcium, 10% Iron

Note: Prepare overnight oats for tomorrow's breakfast. See Breakfast Day 2 for recipe.

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 2

BREAKFAST: Overnight Oats

- ½ cup coconut milk (4 fluid ounces)
- ½ cup old fashioned oats
- ½ cup chopped fruit – your choice
- 1 Tablespoon chopped almonds

Combine milk, oats, and fruit and cover; refrigerate overnight. Toss with nuts in the morning.

Oats: 280kcal, 6g Protein, 42g Carb, 40mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 5g Saturated, 13g Sugar, 2% Calcium, 10% Iron

MORNING SNACK: Banana Tahini Smoothie

- 1 frozen banana
- 2 Tablespoons old fashioned oats
- 1 Tablespoon raisins
- 2 Tablespoons tahini
- ½ cup coconut milk (4 fl oz)
- Pinch of ground cinnamon, optional
- pinch of kosher salt

Blend all ingredients together until smooth. **Freeze half for snack Day 4.**

Smoothie: 220kcal, 4g Protein, 26g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 3.5g Saturated, 12g Sugar, 2% Calcium, 6% Iron

DAY 2

LUNCH: Pork & Vegetable Salad

- ¼ pound cooked pork tenderloin * *from Dinner Day 1*
- Brussels sprouts and sweet potatoes * *from Dinner Day 1*
- ¾ teaspoon lemon zest
- 1 teaspoon olive oil
- ¾ teaspoon balsamic vinegar
- 1 ounce arugula (1 cup)

Toss together.

Salad: 360kcal, 39g Protein, 12g Carb, 330mg Sodium, 3g Fiber, 110mg Cholesterol, 16g Fat, 2.5g Saturated, 3g Sugar, 6% Calcium, 15% Iron

AFTERNOON SNACK: Grapes with Pumpkin Seeds

- ½ cup grapes & ¼ cup pumpkin seeds

Grapes with pumpkin seeds: 280kcal, 15g Protein, 18g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 4g Saturated, 12g Sugar, 2% Calcium, 30% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 2

DINNER: Shrimp & Broccoli

For broccoli

½ Tablespoon olive oil
¼ large head broccoli, small florets (1 cup)
dash of salt and pepper
½ tomato, chopped
1½ Tablespoons chopped nuts

For shrimp

¾ pound shrimp, peeled and deveined
2¼ teaspoons olive oil
½ clove garlic, minced
Pinch each kosher salt and black pepper
2¼ teaspoons lemon juice

½ cup cooked brown rice, warmed

1. Heat oven to 375°F.
2. Toss broccoli with oil, salt, and pepper and place on a sheet pan; roast about 10-15 minutes. Remove from oven and toss with tomatoes and nuts and serve with shrimp.
3. Toss shrimp with oil, garlic, salt, pepper, and lemon juice and place on a sheet pan. Roast for about 8 minutes in oven with broccoli. **Save half the shrimp for Lunch Day 3.** Serve remaining shrimp and broccoli over rice.

Shrimp & Broccoli: 350kcal, 26g Protein, 7g Carb, 610mg Sodium, 1g Fiber, 215mg Cholesterol, 24g Fat, 3g Saturated, 2g Sugar, 8% Calcium, 6% Iron
Rice: 110kcal, 2g Protein, 23g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 3

BREAKFAST: Smoothie

2 Tablespoons almonds, ground
¾ banana (frozen if you'd like a thicker smoothie)
½ pear, peeled and cored
1 Tablespoon raisins
½ cup coconut milk (4 fluid oz)
¾ cup ice

Blend until smooth.

270kcal, 5g Protein, 45g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 33g Sugar, 8% Calcium, 6% Iron

MORNING SNACK: Fruit & Nut Butter

1 apple & 1½ Tablespoons almond butter

Apples and Almond Butter: 240kcal, 6g Protein, 30g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 20g Sugar, 4% Calcium, 6% Iron

LUNCH: Shrimp Salad

Cooked shrimp * *from Dinner Day 2*
1 tomato, chopped (¾ cup)
½ avocado, diced
½ Tablespoon cilantro, chopped
1 teaspoon lemon juice
½ bell pepper, chopped (½ cup)

Combine all ingredients.

Shrimp salad: 330kcal, 26g Protein, 17g Carb, 650mg Sodium, 7g Fiber, 215mg Cholesterol, 18g Fat, 2.5g Saturated, 6g Sugar, 10% Calcium, 6% Iron

AFTERNOON SNACK: Grapes & Pumpkin Seeds

½ cup grapes & ¼ cup pumpkin seeds

Grapes with pumpkin seeds: 280kcal, 15g Protein, 18g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 4g Saturated, 12g Sugar, 2% Calcium, 30% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 3

DINNER: Chipotle Chicken Soup

2¼ teaspoons olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
¼-½ chipotle pepper, chopped (to taste)
1 pound chicken breast, cubed
¾ pound sweet potatoes, small cubes
1 bell pepper, diced (1 cup)
¾ zucchini, diced (1½ cups)
Pinch of kosher salt
Pinch of black pepper
¼ teaspoon cumin
¼ teaspoon oregano
¼ teaspoon paprika
1¾ cups low-sodium chicken broth (14 fl oz)
1¾ cups water (14 fl oz)
¾ teaspoon lemon zest
2 Tablespoons chopped cilantro
¼ avocado, diced

1. Heat a soup pot over medium heat and add oil, onion, and garlic and sauté for 1 minute. Add chipotle peppers and chicken and cook for 2-3 minutes.
2. Add the sweet potatoes for 2-3 minutes.
3. Add bell peppers, zucchini, salt, pepper, cumin, oregano, paprika, broth, and water and bring to a simmer; cook for 10 minutes.
4. **Save ⅓ of the soup. Serve half the reserved amount for Lunch Day 4 and freeze the other half for a later meal.**
5. Serve remaining soup with zest, cilantro, and avocado.

Soup: 390kcal, 39g Protein, 35g Carb, 320mg Sodium, 7g Fiber, 90mg Cholesterol, 12g Fat, 1g Saturated, 10g Sugar, 2% Calcium, 10% Iron

Note: Defrost frozen Banana Tahini Smoothie for tomorrow's morning snack. Prepare overnight oats for tomorrow's breakfast.



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 4

BREAKFAST: Overnight Oats

- ½ cup coconut milk (4 fluid ounces)
- ½ cup old fashioned oats
- ½ cup chopped fruit – your choice
- 1 Tablespoon chopped almonds

Combine milk, oats, and fruit and cover; refrigerate overnight. Toss with nuts in the morning.

Oats: 280kcal, 6g Protein, 42g Carb, 40mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 5g Saturated, 13g Sugar, 2% Calcium, 10% Iron

MORNING SNACK: Banana Tahini Smoothie

Banana Tahini Smoothie * *from Day 2*

Smoothie: 220kcal, 4g Protein, 26g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 3.5g Saturated, 12g Sugar, 2% Calcium, 6% Iron

LUNCH: Chipotle soup

- Chipotle chicken soup, heated * *from Dinner Day 3*
- 1 Tablespoon chopped cilantro
- ¼ avocado, diced

Serve soup garnished with avocado and cilantro.

Soup: 390kcal, 39g Protein, 35g Carb, 320mg Sodium, 7g Fiber, 90mg Cholesterol, 12g Fat, 1g Saturated, 10g Sugar, 2% Calcium, 10% Iron

AFTERNOON SNACK: Green Tahini Dip with Carrots

- Green Tahini Dip * *from Day 1*
- 2 carrots, cut into sticks

Thin dip as needed with water and whisk with a fork to combine. Serve with carrot sticks.

Carrots and Dip: 230kcal, 7g Protein, 16g Carb, 95mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 8g Sugar, 6% Calcium, 6% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 4

DINNER: Orange Pork

2¼ teaspoons grapeseed or sesame oil
¼ yellow onion, diced small (¼ cup)
½ clove garlic, minced
½ Tablespoon minced ginger, optional
½ head broccoli, chopped (2 cups)
½ cup orange juice (from 1½ oranges)
2¼ teaspoons low-sodium soy sauce
½ pound cooked pork tenderloin, diced * **from Dinner Day 1**
pinch of black pepper
½ cup cooked brown rice, warmed

1. Heat a non-stick skillet over medium heat and add oil, onion, garlic, and ginger and cook for 1-2 minutes.
2. Add broccoli and cook for 1-2 minutes then add orange juice and soy sauce. Cook until liquid has reduced by a third.
3. Add pork and pepper and stir until heated through. **Save half for Lunch Day 5.** Serve remaining orange pork over warm brown rice.

Orange Pork: 230kcal, 22g Protein, 16g Carb, 400mg Sodium, 5g Fiber, 55mg Cholesterol, 9g Fat, 1.5g Saturated, 5g Sugar, 6% Calcium, 10% Iron
Rice: 110kcal, 2g Protein, 23g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 5

BREAKFAST: Southwest Scramble

¾ teaspoon olive oil
¼ small yellow or red onion, chopped (3 Tablespoons)
¼ bell pepper, chopped (¼ cup)
¼ zucchini, chopped (½ cup)
2 eggs, whisked
½ tomato, chopped
½ Tablespoon chopped cilantro
¼ avocado, sliced

1. Heat a non-stick skillet over medium heat. Add oil and onion and cook for 1 minute. Add bell pepper and zucchini and cook for about 3 minutes.
2. Add eggs and tomatoes and cook until eggs are about set.
3. Garnish with cilantro and avocado.

Scramble: 280kcal, 17g Protein, 15g Carb, 180mg Sodium, 5g Fiber, 450mg Cholesterol, 19g Fat, 4g Saturated, 6g Sugar, 6% Calcium, 10% Iron

MORNING SNACK: Fruit & Nut Butter

1 apple & 1½ Tablespoons almond butter

Apples and Almond Butter: 240kcal, 6g Protein, 30g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 20g Sugar, 4% Calcium, 6% Iron

DAY 5

LUNCH: Orange Pork with Broccoli

Orange pork * *from Dinner Day 4*

½ cup cooked brown rice
1 ounce arugula (1 cup)

Toss together.

Orange Pork/arugula: 240kcal, 23g Protein, 17g Carb, 400mg Sodium, 6g Fiber, 55mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 10% Calcium, 10% Iron
Rice: 110kcal, 2g Protein, 23g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

AFTERNOON SNACK: Orange & Avocado Salad

1 orange, segments
½ avocado, diced
pinch of kosher salt
1 hard boiled egg, sliced

Cut orange into segments and toss gently with salt and avocado. Serve with sliced egg.

Orange, Avocado with Egg: 260kcal, 9g Protein, 26g Carb, 90mg Sodium, 8g Fiber, 225mg Cholesterol, 19g Fat, 3g Saturated, 14g Sugar, 6% Calcium, 6% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 2

DAY 5

DINNER: Egg & Brussels Salad

2 hardboiled eggs, chopped
½ pounds brussels sprouts, sliced very thin (1½ cups)
1 Tablespoon chopped almonds
1½ Tablespoons lemon juice
½ Tablespoon olive oil
pinch of kosher salt and pepper
1-2 Tablespoons raisins

1 pear, sliced

Toss salad ingredients together and serve with sliced pears.

Salad: 390kcal, 23g Protein, 28g Carb, 0mg Sodium, 8g Fiber, 0mg Cholesterol, 23g Fat, 4.5g Saturated, 12g Sugar, 8% Calcium, 15% Iron
Pear: 100kcal, 1g Protein, 27g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 17g Sugar, 2% Calcium, 0% Iron