



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 3

MENU

DAY ONE

Nutty Oatmeal Smoothie

Bean Dip, Crudité & Salsa

Cali Burger with Squash Sausage

Snacks: Fruit & Nuts/Spiced Pumpkin Seeds & Clementines

DAY TWO

Cinnamon Pear Oatmeal

Turkey Butternut Salad

Herb Fish with Vegetable Pasta

Snacks: Avocado Tortilla Wrap/Snack Plate

DAY THREE

Butternut Frittata

Herb Fish with Vegetable Pasta

Beef Chili

Snacks: Fruit & Nuts

DAY FOUR

Nutty Oatmeal Smoothie

Beef Chili

Turkey Fried Rice

Snacks: Snack Plate/Pumpkin Seeds & Clementines

DAY FIVE

Cinnamon Pear Oatmeal

Turkey Fried Rice

Huevos Rancheros

Snacks: Fruit & Nuts/Avocado Tortilla Wrap



2017 FALL BODY RESET: WEEK 3 FOR ONE PREP GUIDE

FOR THE WEEK

- 1-2 limes, juiced (2½ Tablespoons lime juice)
- Roasted butternut squash (Days 1,2,3) **see below*
- ½ head cauliflower, riced (Day 4) * *see below*
- 2 eggs, hard boiled
- Make spiced pumpkin seeds * *see below*

DAY 1

- ¼ small yellow or red onion, chunks
- ½ red or yellow onion, chopped (½ cup)
- ½ bell pepper, sliced
- ¼ bell pepper, chopped (¼ cup)
- ½ cup broccoli florets
- 1 carrot, sticks
- ½ carrot, shredded (2½ Tablespoons)

DAY 2

- ½ bell pepper, sliced
- 1½ carrot, spiraled
- 1 zucchini, spiraled

DAY 3

- ¾ yellow onion, diced (¾ cup)
- 1 bell pepper, diced (1 cup)
- 1 carrot, shredded (⅓ cup)
- 1½ ounces brown mushrooms, chopped (½ cup)

DAY 4

- ½ bell pepper, sliced
- ¼ yellow onion, diced (¼ cup)
- 1" fresh ginger, grated (½ Tablespoon), optional
- 1 carrot, diced small (½ cup)
- 2 ounces brown mushrooms, chopped (¾ cup)

DAY 5

- ¼ yellow onion, diced (¼ cup)
- ½ bell pepper, diced (½ cup)
- 1 ounce brown mushrooms, sliced (⅓ cup)
- ¼ zucchini, diced (½ cup)



2017 FALL BODY RESET: WEEK 3 FOR ONE PREP GUIDE

Butternut Squash

1 (2¼-2½ pound) butternut squash

Peel squash, cut in half lengthwise, and remove seeds. Cut squash into 1" cubes (about 3 cups) and spread on a lightly oiled baking sheet. Roast 20-25 minutes at 400°F. Cool and refrigerate.

Riced Cauliflower

½ head cauliflower

Remove tough stems from cauliflower and break into florets. In batches, place florets in a food processor and pulse until cauliflower is in rice sized pieces. Refrigerate until needed.

Spiced Pumpkin Seeds

½ cup pumpkin seeds

½ Tablespoon olive oil

⅛ teaspoon kosher salt

Pinch of ground cumin

Pinch of chili powder

Heat oven to 350°F. Toss pumpkin seeds with oil and spices. Cook for 10-12 minutes, tossing midway through cooking. Store in an airtight container until ready to use. Makes 2 servings, 3-4 Tablespoons each.

To crisp tortillas

Place tortillas on a baking sheet and bake at 375°F for 8-10 minutes (depending on quantity) for whole tortillas and 6-8 minutes for tortillas cut into chips. Turn once during baking.

WEEK 3 CLASSIC



FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
ground turkey	5 pounds	2-1/2 pounds	1-1/4 pounds	\$25.00	
white fish fillets	3 pounds	1-1/2 pounds	3/4 pound	\$18.00	
ground beef	3 pounds	1-1/2 pounds	3/4 pound	\$15.00	
Fruits & Vegetables					
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cilantro	3 bunches	2 bunches	1 bunch	\$4.50	
onion	8	4	2	\$8.00	red or yellow
limes	5-6	3	2	\$3.00	
carrots	21	11	6	\$3.00	
bell pepper (any color)	13	7	4	\$13.00	
broccoli	1 head	1 sm head	1 sm head	\$2.00	
avocados	7	4	2	\$7.00	
spinach	3/4 pound	1/2 pound	1/4 pound	\$5.00	
butternut squash	9 pounds	4-1/2 pounds	2-1/2 pounds	\$9.00	3 (3 pound) squash
fresh basil	1 bunch	1 bunch	1 bunch	\$1.50	need 1/2 cup chopped
parsley	1 bunch	1 bunch	1 bunch	\$1.50	need 1/4 cup chopped
zucchini	5	3	2	\$5.00	
mushrooms	1-1/4 pounds	2/3 pound	1/3 pound	\$5.00	brown or button
fresh ginger	2-3"	1-2"	1"	\$2.00	optional
cauliflower	2 heads	1 head	1 head	\$4.00	
frozen peas	1-1/2 cups	3/4 cup	1/2 cup	\$1.50	
banana	10	5	3	\$5.00	
pears	20	10	5	\$1.00	
clementines	8	4	2	\$4.00	
Misc.					
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
black beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$4.50	
corn tortillas	22	11	6	\$4.00	
fire roasted tomatoes	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$6.00	
pepitas (pumpkin seeds)	3 cups	1-1/2 cups	3/4 cup	\$5.00	
chili powder	2-1/2 teaspoons	1-1/4 teaspoons	3/4 cup	\$1.00	
non dairy milk	100 fl ounces	50 fl ounces	25 fl ounces	\$12.00	almond or coconut
almonds	3-1/2 cups	1-3/4 cups	1 cup	\$15.00	
dried apricots	24	12	6	\$3.00	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$0.50	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
PANTRY INGREDIENTS					
olive oil	1 cup	1/2 cup	1/4 cup		
grapeseed oil	1/4 cup	2 Tablespoons	1 Tablespoon		
balsamic vinegar	6 Tablespoons	3 Tablespoons	1-1/2 Tablespoons		
white wine vinegar					
vegetable broth	64 fluid ounces	32 fl ounces	16 fl ounces		
garlic cloves	12 cloves	6 cloves	3 cloves		
kosher salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoons		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
paprika					
dried oregano					
herbes de provence					
ground cumin	4 teaspoons				
raw honey/maple syrup					
organic tomato paste					
Dijon mustard					
low sodium soy sauce	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		
long grain brown rice					
eggs	28	14	7		



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 1

BREAKFAST: Nutty Oatmeal Smoothie

- 1 Tablespoon pepitas (pumpkin seeds)
- 2 Tablespoons raw old-fashioned oats
- ¾ banana, peeled
- ½ pear, seeded
- ½ cup (4 fl oz) non-dairy milk (coconut or almond)
- ¾ cup ice

In a blender or food processor grind seeds and oats. Add remaining ingredients and blend.

Smoothie: 240kcal, 7g Protein, 42g Carb, 85mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 20% Calcium, 10% Iron

MID-MORNING SNACK: Fruit & Nuts

- ¼ cup almonds & 2 dried apricots

Almonds & Apricots: 200kcal, 8g Protein, 15g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

LUNCH: Bean Dip, Crudité & Salsa

For bean dip

- ¾ (15 oz) can black beans, rinsed and drained
- 2 Tablespoons cilantro
- ½ clove garlic, minced
- ¼ small yellow or red onion, chunks
- ½ Tablespoon balsamic vinegar
- 1 Tablespoon lime juice
- Pinch of kosher salt
- Pinch of black pepper
- ½ Tablespoon olive oil

For salsa

- ¾ teaspoon grapeseed oil
- ¼ red or yellow onion, chopped (¼ cup)
- ¼ clove garlic, minced
- ¼ (15 oz) can fire roasted tomatoes
- 3 Tablespoons chopped cilantro
- 1 Tablespoon lime juice

For crudité

- 1 carrot, sticks
- ½ bell pepper, sliced
- ½ cup broccoli florets
- 2 corn tortillas, wedged and crisped

For dip and crudité, puree bean dip ingredients and **save half for Meal #5**. Serve remaining dip with tortilla chips and veggies.

For salsa, heat oil in a skillet over medium heat. When oil is hot add onion and garlic and cook for 1 minute. Add tomatoes and cook for another 1-2 minutes. Turn off heat and add cilantro and lime juice. Cool and puree. **Save half for Meal #5**.

continued

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: WEEK 3 FOR ONE

Bean Dip & Crudit : 340kcal, 14g Protein, 59g Carb, 180mg Sodium, 13g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 11g Sugar, 10% Calcium, 15% Iron

Salsa: 40kcal, 1g Protein, 6g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron

MID-AFTERNOON SNACK: Spiced Pumpkin Seeds & Clementines

1 clementine & 3 Tablespoons pumpkin seeds

Pumpkin Seeds & Clementines: 240kcal, 12g Protein, 12g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 16g Fat, 3.5g Saturated, 7g Sugar, 2% Calcium, 20% Iron

DINNER: Cali Turkey Burgers with Butternut Squash Salad

For cali turkey burgers

$\frac{3}{4}$ pound ground turkey

$\frac{1}{4}$ yellow or red onion, chopped ($\frac{1}{4}$ cup)

$\frac{1}{4}$ bell pepper, chopped ($\frac{1}{4}$ cup)

$\frac{1}{2}$ carrot, shredded (2 $\frac{1}{2}$ Tablespoons)

2 Tablespoons chopped cilantro

Dash of kosher salt

Pinch of black pepper

$\frac{1}{8}$ teaspoon cumin

$\frac{1}{4}$ avocado, sliced

For butternut squash salad

1 $\frac{1}{2}$ ounces spinach leaves (1 cup)

$\frac{1}{2}$ pound cooked butternut squash ($\frac{2}{3}$ cup) **see prep guide*

$\frac{1}{2}$ Tablespoon pepitas (pumpkin seeds)

1 teaspoon balsamic vinegar

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

For cali turkey burgers

Heat an outdoor grill or indoor grill pan to medium heat. Combine all ingredients except avocado and make 2 patties. Cook for about 5 minutes on each side until no longer pink in the center. **Save one patty for Lunch Day 2.** Serve remaining burger with butternut salad.

For butternut squash salad

Combine salad ingredients and serve with burger.

Turkey Burger: 320kcal, 37g Protein, 9g Carb, 290mg Sodium, 3g Fiber, 90mg Cholesterol, 16g Fat, 2g Saturated, 3g Sugar, 2% Calcium, 10% Iron
Squash: 100kcal, 4g Protein, 9g Carb, 45g Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 1g Sugar, 6% Calcium, 15% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 2

BREAKFAST: Cinnamon Pear Oatmeal

- 1 pear, chopped
- 2 Tablespoons water
- 1/8 teaspoon cinnamon
- 1/2 cup raw old-fashioned oats
- 1 cup (8 fl oz) non-dairy milk (coconut or almond)
- 1/4 teaspoon vanilla, optional
- 1/2 Tablespoon pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 1-2 minutes. Add the oats, milk, and vanilla and cook about 4-5 minutes until oats are tender. Garnish with seeds.

Oatmeal:310kcal, 8g Protein, 56g Carb, 170mg Sodium, 10g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 18g Sugar, 35% Calcium, 15% Iron

MID-MORNING SNACK: Avocado Tortilla Wrap

- 1/2 avocado, mashed
- 3/4 teaspoon lime juice
- pinch of kosher salt
- pinch of chili powder or hot sauce, optional
- 1 corn tortilla

Mash avocado with lime juice, salt, and chili powder. Fill tortilla with avocado mixture. Chill until ready to serve.

Avocado Tortilla Wrap: 180:kcal, 3g Protein, 19g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 2g Sugar, 0% Calcium, 0% Iron

LUNCH: Turkey Butternut Salad

- 1 cooked turkey burger, crumbled * *from Dinner Day 1*
- 1 1/2 ounces spinach leaves (1 cup)
- 1/2 pound cooked butternut squash (2/3 cup) **see prep guide*
- 1/2 Tablespoon pepitas (pumpkin seeds)
- 1/2 Tablespoon balsamic vinegar
- 1 teaspoon olive oil

Toss all ingredients together.

Salad:390kcal, 41g Protein, 19g Carb, 330mg Sodium, 5g Fiber, 90mg Cholesterol, 18g Fat, 2.5g Saturated, 5g Sugar, 8% Calcium, 30% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 2

MID-AFTERNOON SNACK: Snack Plate

1 egg, ½ bell pepper, 1 pear

180kcal, 8g Protein, 31g Carb, 90mg Sodium, 7g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 19g Sugar, 4% Calcium, 6% Iron

DINNER: Herb Fish with Vegetable 'Pasta'

For herb fish

½ Tablespoon olive oil
½ clove garlic, minced
1 Tablespoon chopped basil
1 Tablespoon chopped parsley
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
¾ pound white fish fillets

For vegetable 'pasta'

2 teaspoons olive oil, divided
1½ carrots, spiraled
1 zucchini, spiraled
Pinch of salt and pepper for each batch
2 Tablespoons pepitas (pumpkin seeds)

For herb fish

Heat oven to 375°F.

Combine all ingredients except fish. Put fish on a lined baking sheet and spread herb mix on fillets. Bake for 12-15 minutes until flakey. **Save half for Lunch Day 3.**

For vegetable 'pasta'

Heat a large non-stick skillet over medium-high heat and add oil. When oil is hot add carrots and zucchini with salt and pepper and cook for only about 1-2 minutes. **Save half for Lunch Day 3.** Top remaining pasta with pepitas and serve with herb fish.

Fish: 230kcal, 35g Protein, 3g Carb, 210mg Sodium, 0g Fiber, 120mg Cholesterol, 8g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 0% Iron

Vegetable Pasta: 150kcal, 6g Protein, 10g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 2% Calcium, 10% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 3

BREAKFAST: BUTTERNUT FRITTATA

2 eggs
½ Tablespoon almond or coconut milk
¼ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
¼ bell pepper, diced (¼ cup)
1 Tablespoon chopped basil
¼ pound roasted butternut squash (½ cup) * *see prep guide*

1. Heat oven to 375°F.
2. Beat eggs with milk and set aside. Heat a small ovenproof skillet over medium heat and add oil, onion, and bell pepper and cook for about 2-3 minutes. Add basil and squash and cook until heated through.
3. Add in eggs and let cook, without stirring, for 1-2 minutes. Place skillet in oven for about 5-6 minutes until eggs are cooked. Cut into wedges.

Frittata: 260kcal, 15g Protein, 15g Carb, 180mg Sodium, 3g Fiber, 450mg Cholesterol, 17g Fat, 4g Saturated, 5g Sugar, 8% Calcium, 10% Iron

MID-MORNING SNACK: Fruit & Nuts

¼ cup almonds & 2 dried apricots

Almonds & Apricots: 200kcal, 8g Protein, 15g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

LUNCH: HERB FISH with Vegetable 'Pasta'

½ pound herb fish * *from Dinner Day 2*
Veggie 'pasta' * *from Dinner Day 2*

Reheat and serve.

Fish: 230kcal, 35g Protein, 3g Carb, 210mg Sodium, 0g Fiber, 120mg Cholesterol, 8g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 0% Iron
Vegetable Pasta: 150kcal, 6g Protein, 10g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 2% Calcium, 10% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 3

MID-AFTERNOON SNACK: Fruit & Nuts

1 banana & 2 Tablespoons almonds

200kcal, 5g Protein, 30g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 0.5g Saturated, 15g Sugar, 2% Calcium, 6% Iron

DINNER: Beef Chili

½ Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
¾ bell pepper, diced (¾ cup)
1 carrot, shredded (⅓ cup)
1½ ounces brown mushrooms, chopped (½ cup)
¾ pound ground beef
¼ teaspoon kosher salt
⅛ teaspoon black pepper
Pinch of cayenne
¾ teaspoon cumin
½ teaspoon chili powder, optional
¾ (15 ounce) can fire roasted diced tomatoes
¾ pound roasted butternut squash (1¼ cups) * *see prep guide*
2 cups low-sodium low sodium chicken broth
¼ cup chopped cilantro
¼ avocado, diced

1. Heat a soup pot over medium heat and add oil. Add onion and garlic and cook for 1 minute. Add bell peppers, carrots, and mushrooms and cook for 2 minutes.
2. Add ground beef, salt, pepper, cayenne, cumin, and chili powder and crumble beef as it cooks. Add tomatoes, squash, and broth and bring to a simmer for at least 5 minutes. Stir in cilantro.
3. **Save ⅓ for Lunch Day 4 and a freezer meal.** Serve with avocado.

Chili: 410kcal, 27g Protein, 29g Carb, 390mg Sodium, 7g Fiber, 75mg Cholesterol, 21g Fat, 6g Saturated, 10g Sugar, 10% Calcium, 20% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 4

BREAKFAST: Nutty Oatmeal Smoothie

1 Tablespoon pepitas (pumpkin seeds)
2 Tablespoons raw old-fashioned oats
 $\frac{3}{4}$ banana, peeled
 $\frac{1}{2}$ pear, seeded
 $\frac{1}{2}$ cup (4 fl oz) non-dairy milk (coconut or almond)
 $\frac{3}{4}$ cup ice

In a blender or food processor, grind seeds and oats. Add remaining ingredients and blend.

Smoothie: 240kcal, 7g Protein, 42g Carb, 85mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 20% Calcium, 10% Iron

MID-MORNING SNACK: Snack Plate

1 egg, $\frac{1}{2}$ bell pepper, 1 pear

Snack Plate: 180kcal, 8g Protein, 31g Carb, 90mg Sodium, 7g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 19g Sugar, 4% Calcium, 6% Iron

LUNCH: Beef Chili

Beef chili * *from Dinner Day 3*
 $\frac{1}{4}$ avocado, diced

Heat chili and serve with diced avocado. Freeze any remaining chili.

Chili: 410kcal, 27g Protein, 29g Carb, 390mg Sodium, 7g Fiber, 75mg Cholesterol, 21g Fat, 6g Saturated, 10g Sugar, 10% Calcium, 20% Iron

MID-AFTERNOON SNACK: Pumpkin Seeds & Clementines

1 clementine & 3 Tablespoons pumpkin seeds

Spiced Pumpkin Seeds and Clementines: 240:kcal, 12g Protein, 12g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 16g Fat, 3.5g Saturated, 7g Sugar, 2% Calcium, 20% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 4

DINNER: TURKEY FRIED 'RICE'

2¼ teaspoons grapeseed or sesame oil
¼ yellow onion, diced (¼ cup)
½ Tablespoon grated ginger, optional
½ clove garlic, minced
1 carrot, diced small (1 cup)
½ pound ground turkey
2 ounces brown mushrooms, chopped (¾ cup)
½ head cauliflower, riced * *see prep guide*
2¼ teaspoons low-sodium soy sauce
½ cup frozen peas
1 egg, beaten

1. Heat a nonstick skillet over medium heat. Add oil, onion, ginger, and garlic and cook for 1 minute.
2. Add carrots and cook for 2-3 minutes. Add turkey and mushrooms and cook 4-5 minutes, crumbling turkey as it cooks. Add cauliflower and soy sauce and cook until just tender.
3. Add peas and eggs and cook until eggs are scrambled in. **Save half for Lunch Day 5.**

Turkey Fried Rice: 340kcal, 34g Protein, 21g Carb, 440mg Sodium, 6g Fiber, 170mg Cholesterol, 15g Fat, 2.5g Saturated, 9g Sugar, 6% Calcium, 15% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 5

BREAKFAST: Cinnamon Pear Oatmeal

- 1 pear, chopped
- 2 Tablespoons water
- ¼ teaspoon cinnamon
- ½ cup raw old-fashioned oats
- 1 cup (8 fl oz) non-dairy milk (coconut or almond)
- ¼ teaspoon vanilla, optional
- ½ Tablespoon pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 1-2 minutes. Add the oats, milk, and vanilla and cook about 4-5 minutes until oats are tender. Garnish with seeds.

Oatmeal:310kcal, 8g Protein, 56g Carb, 170mg Sodium, 10g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 18g Sugar, 35% Calcium, 15% Iron

MID-MORNING SNACK: Fruit & Nuts

- ¼ cup almonds & 2 dried apricots

Almonds & Apricots:200kcal, 8g Protein, 15g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

LUNCH: TURKEY FRIED 'RICE'

- Turkey fried rice, warmed * *from Dinner Day 4*

Turkey Fried Rice:340:kcal, 34g Protein, 21g Carb, 440mg Sodium, 6g Fiber, 170mg Cholesterol, 15g Fat, 2.5g Saturated, 9g Sugar, 6% Calcium, 15% Iron

MID-AFTERNOON SNACK: Avocado Tortillas Wrap

- ½ avocado, mashed
- ¾ teaspoon lime juice
- Pinch of kosher salt
- Pinch of chili powder or hot sauce, optional
- 1 corn tortilla

Mash avocado with lime juice, salt, and chili powder. Fill tortilla with avocado mixture. Chill until ready to serve.

Avocado Tortilla Wrap: 180:kcal, 3g Protein, 19g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 2g Sugar, 0% Calcium, 0% Iron



2017 FALL BODY RESET: WEEK 3 FOR ONE

DAY 5

DINNER: Huevos Rancheros

1 teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ bell pepper, diced (½ cup)
1 ounce brown mushrooms, sliced (⅓ cup)
¼ zucchini, diced (½ cup)
2 eggs, beaten
1 Tablespoon chopped cilantro

2 corn tortillas, crisped
Salsa * *from Lunch Day 1*
Bean dip * *from Lunch Day 1*

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and cook for 1 minute then add bell pepper, mushrooms, and zucchini and cook for about 3-4 minutes.
3. Add eggs and stir to scramble. Stir in cilantro.
4. Spread bean dip on crisped tortillas and top with eggs and salsa.

Huevos: 450kcal, 24g Protein, 51g Carb, 340mg Sodium, 6g Fiber, 450mg Cholesterol, 20g Fat, 4g Saturated, 10g Sugar, 8% Calcium, 15% Iron