



2017 FALL BODY RESET: WEEK 4 CLASSIC FOR ONE PREP GUIDE

MENU

Day 1

Ham Scramble
Cashew Cheese Crudité
Roast Chicken with Cauliflower Tahini Sauce
Snacks: Sweet Potato Boats & Avocado Salad

Day 2

Cinnamon Pear Oatmeal
Cauliflower White Bean Salad with Chicken
Peppered salmon with Spaghetti Squash
Snacks: Hardboiled Eggs with Pears & Cashew Date Bites

Day 3

Tahini Oat Smoothie
Salmon & Squash
Ham & Bean Soup
Snacks: Avocado Salad & Bananas with Spiced Sunflower Seeds

Day 4

Cinnamon Pear Oatmeal
Ham & Bean Soup
Chicken & Eggplant Spaghetti
Snacks: Hardboiled Eggs with Pears & Banana with Spiced Sunflower Seeds

Day 5

Ham Scramble
Chicken with Eggplant & Spaghetti
Zucchini Lasagna
Snacks: Cashew Bites & Avocado Salad



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PREP GUIDE

FOR THE WEEK

- Make cashew cheese * *see recipe below*
- Cook spaghetti squash * *see recipe below*
- 1 lemon, zested & juiced (2½ Tablespoons juice, ½ Tablespoon zest)
- 2 eggs, hardboiled

DAY 1

- 1 sweet potato, baked * *see below*
- 2 Tablespoons chopped yellow onion
- ½ zucchini, diced small (1 cup)
- 1 carrot, sticks
- 1 stalk celery, sticks
- 1 large head cauliflower, florets (4 cups)

DAY 2

- Make cashew date bites * *see Day 2 for recipe*
- ¼ bunch kale, chopped (1½ cups)

DAY 3

- Make spiced sunflower seeds * *see below*
- ⅓ bunches kale, chopped (2¼ cups)
- ½ yellow onion, diced (½ cup)
- 2 carrot, diced (1 cup)
- 2 stalks celery, diced (1 cups)
- ¾ zucchini, diced (1½ cups)

DAY 4

- ¼ yellow onion, chopped (¼ cup)

DAY 5

- 2 Tablespoons chopped yellow onion
- ½ zucchini, diced small (1 cup)
- 1 zucchini, sliced thin lengthwise
- ¼ bunch kale, chopped (1½ cups)



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PREP GUIDE

Spiced Sunflower Seeds

½ cup sunflower seeds
½ Tablespoon olive oil
⅛ teaspoon ground cumin
⅛ teaspoon ground cinnamon
Pinch of chili powder
Pinch of kosher salt

Heat oven to 350°F. Toss sunflower seeds with oil and spices. Cook for 10-12 minutes, turning regularly to avoid burning. Allow to cool and then store in airtight container.

Spaghetti Squash

1 small spaghetti squash

1. Heat oven to 400°F.
2. Slice squash in half lengthwise and scoop out seeds. Place squash cut side down on baking sheet and cook for about 45 minutes. Cool slightly and then scrape out the strands. (1 squash yields 4½ cups cooked)

Cashew Cheese for (Days #1 & #5)

½ cup raw cashews, soaked for at least 3 hours, preferably overnight then drained and rinsed
2¼ teaspoons lemon juice
¼ clove garlic, minced
⅛ teaspoon kosher salt
Pinch of black pepper
1½ Tablespoons water – plus additional as needed

Put all ingredients, except water, into food processor and pulse repeatedly adding a little water at a time until it is a thick paste. Texture should be slightly thicker than hummus. Makes about ½ cup.

Baked Sweet Potatoes

1 medium (6-8 oz) sweet potato

Wash sweet potatoes and pierce with a fork. Bake at 400°F for 30-45 minutes (depending on size and shape) until fork tender.

WEEK 4 CLASSIC



FALL BODY RESET

Meal #	Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,3,5	ham	2-1/2 pounds	1-1/4 pounds	3/4 pound	\$20.00	
1,2,4,5	chicken breast	4 pounds	2 pounds	1 pound	\$20.00	
2	salmon	3 pounds	1-1/2 pounds	3/4 poun	\$24.00	

Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
2,4,5	spaghetti squash	3 medium	2 medium	1 medium	\$7.50	
1,2,3,5	lemons	3-4	2	1	\$2.00	
1	sweet potatoes	4 medium	2 medium	1 medium	\$2.00	6-8 ounces each
1,3,4,5	yellow onion	4	2	1	\$4.00	
1,3,5	zucchini	11	6	3	\$11.00	
1,3,4,5	tomatoes	20	10	5	\$10.00	
1,3	carrots	12	6	3	\$3.00	
1,3	celery	12	6	3	\$3.00	
1,2,5	cauliflower	4 heads	2 heads	1 head	\$8.00	
1,3,5	avocado	6	3	2	\$6.00	
1,2,3,5	parsley	1 bunch	1 bunch	1 bunch	\$1.50	
2,3,5	kale	4 bunches	2 bunches	1 bunch	\$8.00	
4,5	eggplant	1 small	1 small	1 small	\$2.50	
4,5	fresh basil	1 bunch	1 sm bunch	1 sm bunch	\$1.50	
1,2,3,4	pears	22	11	6	\$11.00	
1,3,4	banana	13	7	4	\$7.00	

Meal #	Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
3,4	sunflower seeds	1-1/2 cups	3/4 cup	6 Tablespoons	\$7.00	
1,2,4	cinnamon	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon	\$1.00	
3,4	chili powder	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon	\$1.00	
1,2,4,5	raw cashews	4-1/2 cups	2-1/4 cups	1-1/4 cups	\$13.50	
1,3	tahini	3/4 cup	6 Tablespoons	3 Tablespoons	\$3.00	
1,2,3,4,5	white beans	8 (15 oz) cans	4 (15 oz) cans	2 (15 oz) cans	\$12.00	
1,3,5	crushed red pepper	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	\$0.50	
2,3,4	non dairy milk	10 cups (80 fl oz)	5 cups (40 fl oz)	2.5 cups (20 fl oz)	\$10.00	almond or coconut
2	dates	10	5	3	\$2.00	
2	vanilla	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon	\$1.00	

PANTRY INGREDIENTS

olive oil	1-1/2 cups	3/4 cup	6 Tablespoons	
grapeseed oil				
balsamic vinegar	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	
white wine vinegar				
chicken/vegetable broth	5 cups (40 fl oz)	2.5 cups (20 fl oz)	1.5 cups (12 fl oz)	
garlic cloves	14 cloves	7 cloves	4 cloves	
kosher salt	4 teaspoons	2 teaspoons	1 teaspoon	
black pepper	4 teaspoons	2 teaspoons	1 teaspoon	
cayenne pepper				
paprika				
dried oregano				
herbes de provence	2 teaspoons	1 teaspoon	1/2 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				
old fashioned oats	4-1/4 cups	2-1/4 cups	1-1/4 cups	
long grain brown rice				
eggs	24	12	6	



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 1

BREAKFAST: Ham Scramble

¾ teaspoon olive oil
2 Tablespoons chopped yellow onion
½ zucchini, diced small (1 cup)
½ tomato, diced
2 ounces ham, diced small
2 eggs, whisked
¼ teaspoon Herbes de Provence
Pinch of salt and pepper

Heat a non-stick skillet over medium heat and add oil and onion and sauté for 1 minute. Add zucchini and tomato and cook for 2-3 minutes. Add ham, eggs, Herbes, salt, and pepper. Stir often until cooked through.

300kcal, 25g Protein, 17g Carb, 520mg Sodium, 3g Fiber, 390mg Cholesterol, 15g Fat, 4.5g Saturated, 12g Sugar, 6% Calcium, 15% Iron

MID-MORNING SNACK: Sweet Potato Banana Boats

1 sweet potato, baked * *see prep guide*
1 Tablespoon tahini or nut butter
½ banana, sliced
Sprinkle of cinnamon

Slice open sweet potato and spread with tahini. Add sliced banana and a sprinkle of cinnamon.

Sweet Potato Banana Boats: 320kcal, 8g Protein, 56g Carb, 35mg Sodium, 11g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 20g Sugar, 8% Calcium, 10% Iron

LUNCH: Cashew Cheese Crudité

¼ cup cashew cheese * *see prep guide*
1 carrot, sticks
1 stalk celery, sticks
¼ small head cauliflower, florets (1 cup)
1 pear, sliced

Serve fruit and veggies with cashew cheese dip.

280kcal, 7g Protein, 44g Carb, 240mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 24g Sugar, 6% Calcium, 10% Iron

Each recipe makes one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 1

MID-AFTERNOON SNACK: Avocado Salad

- ½ avocado, diced
- ½ tomato, diced
- ¼ (15 oz) can organic white beans, drained and rinsed (⅓ cup)
- ½ Tablespoon chopped parsley
- ¾ teaspoon lemon juice
- Pinch each kosher salt and crushed red pepper

Assemble all ingredients and refrigerate until ready to eat.

Salad: 200kcal, 7g Protein, 44g Carb, 240mg Sodium, 10g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 3g Sugar, 64 Calcium, 10% Iron

DINNER: Roast Chicken with Cauliflower & Tahini Sauce

For Roast Chicken

- 1 pound split chicken breasts
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2¼ teaspoons olive oil

For Tahini Sauce

- 1 Tablespoon sesame tahini
- 2¼ teaspoons lemon juice
- ½ Tablespoon chopped parsley
- Water

For Cauliflower & Tahini Sauce

- ¾ large head cauliflower, florets (3 cups)
- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper

1. For chicken, heat oven to 400°F. Season chicken with salt and pepper and drizzle with oil. Cook for about 35 minutes. **Save ¾ (¾ pound) for Lunch Day 2, Dinner Day 4, and Lunch Day 5.**
2. Toss cauliflower with oil, garlic, salt, and pepper. Place on a baking sheet and bake at 400°F for about 25 minutes. **Save ¾ of cauliflower (2 cups) for Lunch Day 2 and Dinner Day 5.**
3. For tahini sauce, whisk together all ingredients adding water to thin if necessary. Drizzle over warm cauliflower.

Chicken: 200kcal, 29g Protein, 0g Carb, 260mg Sodium, 0g Fiber, 95mg Cholesterol, 5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Tahini Sauce: 150kcal, 4g Protein, 5g carb, 170mg Sodium, 3g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron

Each recipe makes one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 2

BREAKFAST: Cinnamon Pear Oatmeal

- 1 pear diced
- ½ Tablespoon water
- ¼ teaspoon cinnamon
- 1 cup (8 fl oz) almond or coconut milk
- ½ cup old fashioned oats
- 2 Tablespoons chopped cashews

Heat a small saucepan over medium heat and add the pears and water and cook until pears are tender, about 4-5 minutes. Add cinnamon, milk, and oats and bring to a simmer for about 5-6 minutes. Serve with chopped nuts on top.

Oatmeal: 370kcal, 10g Protein, 59g Carb, 190mg Sodium, 10g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 18g Sugar, 45% Calcium, 20% Iron

MID-MORNING SNACK: Boiled eggs with pears

- 1 hardboiled egg & 1 pear

Egg: 70kcal, 6g Protein, 1g carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 6% Iron
Pear: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

LUNCH: Cauliflower White Bean Salad with Chicken

- ¼ pound cooked chicken, sliced * *from Dinner Day 1*
- ½ cup cauliflower * *from Dinner Day 1*
- ¼ (15 oz) can organic white beans, drained and rinsed (½ cup)
- 1 Tablespoon chopped fresh parsley

Toss cauliflower, beans, and parsley together and serve with sliced chicken.

Chicken: 200kcal, 29g Protein, 0g Carb, 260mg Sodium, 0g Fiber, 95mg Cholesterol, 5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron
Salad: 160kcal, 7g Protein, 3g carb, 30mg Sodium, 6g Fiber, 0mg Cholesterol, 8g Fat, 0.5g Saturated, 1g Sugar, 2% Calcium, 10% Iron

MID-AFTERNOON SNACK: Cashew Date Bites

- ½ cup cashews
- 3 dates
- ¼ teaspoon vanilla extract
- Pinch of ground cinnamon
- pinch of sea salt
- ½-1 Tablespoon water

Pulse cashews in a food processor to large crumb consistency. Add remaining ingredients to food processor and blend until it forms a ball. Add additional water if needed. Roll into 4 golf ball size balls. Refrigerate for at least 2 hours, but preferably overnight. Reserve two for Day 5.

Cashew Bites: 190kcal, 5g Protein, 15g carb, 25mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 8g Sugar, 2% Calcium, 10% Iron

Each recipe makes one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 2

DINNER: Peppered Salmon with Spaghetti Squash

For salmon

¾ pound salmon fillets
2¼ teaspoons olive oil
Pinch of kosher salt
⅛ teaspoon black pepper
¾ teaspoon lemon zest

For spaghetti squash

1 teaspoon olive oil
¼ clove garlic, minced
¼ bunch kale, chopped (1½ cups)
¼ small spaghetti squash, cooked and into strands (1½ cups) * *see prep guide*
1 Tablespoon parsley, chopped
Pinch of salt and pepper

For salmon

Heat oven to 400°F. Place salmon on a lined baking sheet, drizzle with olive oil and season with salt and pepper. Bake for about 10-13 minutes until flakey. **Save half the salmon for Lunch Day 3.** Top remaining salmon with lemon zest and serve with spaghetti squash.

Meanwhile

For spaghetti squash

Heat a non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute. Add kale and cook for about 2-3 minutes then add squash and parsley. Stir to warm through and season with salt and pepper. **Save half the kale and squash for Lunch Day 3.**

Salmon 300kcal, 37g Protein, 0g Carb, 150mg Sodium, 0g Fiber, 755mg Cholesterol, 15g Fat, 3g Saturated, 0g Sugar, 4% Calcium, 6% Iron
Squash: 60kcal, 1g Protein, 9g Carb, 60mg Sodium, 2g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 3g Sugar, 4% Calcium, 6% Iron



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DAY 3

BREAKFAST: Tahini Oat Smoothie

- 1 Tablespoon raw old-fashioned oats
- 1 Tablespoon tahini
- ¾ banana, sliced
- ¾ cup chopped kale
- ½ pear, cored
- ½ cup (4 fl oz) almond or coconut milk
- ¾ cup ice

In a blender or food processor, blend oats then add remaining ingredients and blend until smooth.

Smoothie 260kcal, 6g Protein, 40g Carb, 100mg Sodium, 8g Fiber, 0mg Cholesterol, 11g Fat, 1g Saturated, 19g Sugar, 25% Calcium, 10% Iron

MID-MORNING SNACK: Avocado Salad

- ½ avocado, diced
- ½ tomato, diced
- ¼ (15 oz) can organic white beans, drained and rinsed (½ cup)
- ½ Tablespoon chopped parsley
- ¾ teaspoon lemon juice
- pinch each kosher salt and crushed red pepper

Assemble all ingredients and refrigerate until ready to eat.

Salad:200kcal, 7g Protein, 44g Carb, 240mg Sodium, 10g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 3g Sugar, 64 Calcium, 10% Iron

LUNCH: Salmon & Squash

Salmon & spaghetti squash, warmed * *from Dinner Day 2*

Salmon 300kcal, 37g Protein, 0g Carb, 150mg Sodium, 0g Fiber, 75mg Cholesterol, 15g Fat, 3g Saturated, 0g Sugar, 4% Calcium, 6% Iron
Squash:60kcal, 1g Protein, 9g Carb, 60mg Sodium, 2g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 3g Sugar, 4% Calcium, 6% Iron

MID-AFTERNOON SNACK: Bananas with Spiced Sunflower seed

- 3 Tablespoons spiced sunflower seeds * *see prep guide for recipe*
- 1 banana, sliced

Sprinkle sunflower seeds over sliced bananas to serve.

Sunflower seeds & banana:270kcal, 6g Protein, 31g Carb, 75mg Sodium, 15g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 15g Sugar, 2% Calcium, 10% Iron

Each recipe makes one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 3

DINNER: Ham & Bean Soup

½ Tablespoon olive oil
½ yellow onion, diced (½ cup)
½ clove garlic, minced
2 carrots, diced (1 cup)
2 stalks celery, diced (1 cup)
½ pound ham, diced
¾ zucchini, diced (1½ cups)
¾ (15 oz) can white beans, rinsed and drained (1 cup)
1¼ cups (10 fl oz) low-sodium chicken broth
1¼ cups (10 fl oz) water
⅛ teaspoon black pepper
¼ bunch kale, chopped (1½ cups)
¼ teaspoon Herbes de Provence
¾ teaspoon lemon zest

1. Heat a soup pot over medium heat and add oil, onions, and garlic and cook for 1 minute.
2. Add carrots and celery and cook for 2 minutes.
3. Add ham, zucchini, beans, broth, water, pepper, kale, and Herbes and bring to a simmer for 10 minutes.
4. Garnish with lemon zest. **Save half for Lunch Day 4 and a freezer meal.**

Soup: 350kcal, 26g Protein, 47g Carb, 700mg Sodium, 10g Fiber, 45mg Cholesterol, 7g Fat, 2g Saturated, 21g Sugar, 10% Calcium, 15% Iron



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DAY 4

BREAKFAST: Cinnamon Pear Oatmeal

1 pear, diced
½ Tablespoon water
¼ teaspoon cinnamon
1 cup (8 fl oz) almond or coconut milk
½ cup old fashioned oats
2 Tablespoons chopped cashews

Heat a small saucepan over medium heat and add pears and water and cook until pears are tender, about 4-5 minutes. Add cinnamon, milk, and oats and bring to a simmer for about 5-6 minutes. Serve with chopped nuts on top.

Oatmeal: 370kcal, 10g Protein, 59g Carb, 190mg Sodium, 10g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 18g Sugar, 45% Calcium, 20% Iron

MID-MORNING SNACK: Boiled eggs with pears

1 hardboiled egg & 1 pear

Eggs: 70kcal, 6g Protein, 1g carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 6% Iron
Pears: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% iron

LUNCH: Ham & Bean Soup

Half the reserved Ham & Bean soup, warmed * *from Dinner Day 3*
Freeze any remaining soup.

Soup: 350kcal, 26g Protein, 47g Carb, 700mg Sodium, 10g Fiber, 45mg Cholesterol, 7g Fat, 2g Saturated, 21g Sugar, 10% Calcium, 15% Iron

MID-AFTERNOON SNACK:

3 Tablespoons spiced sunflower seeds * *see prep guide for recipe*
1 banana, sliced

Sprinkle sunflower seeds over sliced bananas to serve.

Sunflower seeds and banana: 270kcal, 6g Protein, 31g Carb, 75mg Sodium, 15g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 15g Sugar, 2% Calcium, 10% Iron

Each recipe makes one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 4

DINNER: Chicken & Eggplant Spaghetti

2¼ teaspoons olive oil
¼ yellow onion, chopped (¼ cup)
½ clove garlic, minced
¼ small eggplant, peeled & diced (1 cup)
1½ large tomatoes, diced (1¼ cups)
¼ (15 oz) can organic white beans, drained and rinsed (⅓ cup)
½ Tablespoon balsamic vinegar
Pinch of salt and pepper
2 Tablespoons chopped basil

¼ pound roast chicken, warmed * **from Dinner Day 1**

1½ cups spaghetti squash, warmed * *see prep guide*

1. Heat a skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute.
2. Add eggplant and cook for about 3-5 minutes then add tomatoes, beans and balsamic vinegar and cook for another 5 minutes.
3. Add salt, pepper, and basil. **Save half for Lunch Day 5.** Serve remaining eggplant over spaghetti squash with chicken.

Chicken Eggplant Spaghetti: 310kcal, 31g Protein, 28g Carb, 270mg Sodium, 7g Fiber, 65mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 6% Calcium, 10% Iron



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DAY 5

BREAKFAST: Ham Scramble

¼ teaspoon olive oil
2 Tablespoons chopped yellow onion
½ zucchini, diced small (1 cup)
½ tomato, diced (¾ cup)
2 ounces ham, diced small
2 eggs, whisked
¼ teaspoon Herbes de Provence
Pinch of salt and pepper

Heat a non-stick skillet over medium heat and add oil and onion and cook for 1 minute. Add zucchini and tomatoes and cook for 2-3 minutes. Add ham, eggs, Herbes, salt, and pepper. Stir often until cooked through.

Ham Scramble: 300kcal, 25g Protein, 17g Carb, 520mg Sodium, 3g Fiber, 390mg Cholesterol, 15g Fat, 4.5g Saturated, 12g Sugar, 6% Calcium, 15% Iron

MID-MORNING SNACK: Cashew Bites

2 cashew bites * *from Day 2*

Cashew Bites: 190kcal, 5g Protein, 15g carb, 25mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 8g Sugar, 2% Calcium, 10% Iron

LUNCH: Chicken with Eggplant Spaghetti

¼ pound roast chicken * *from Dinner Day 1*
1½ cups spaghetti squash * *see prep guide*
Eggplant sauce * *from Dinner Day 4*

Can be heated in a skillet over medium heat or served cold.

Spaghetti: 310kcal, 31g Protein, 28g Carb, 270mg Sodium, 7g Fiber, 65mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 6% Calcium, 10% Iron

MID-AFTERNOON SNACK: Avocado Salad

½ avocado, diced
½ tomato, diced
¼ (15 oz) can organic white beans, drained and rinsed (⅓ cup)
½ Tablespoon chopped parsley
¼ teaspoon lemon juice
pinch each kosher salt and crushed red pepper

Assemble all ingredients and refrigerate until ready to eat.

Salad: 200kcal, 7g Protein, 44g Carb, 240mg Sodium, 10g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron

Each recipe makes one serving unless otherwise noted



2017 FALL BODY RESET: CLASSIC FOR ONE WEEK 4

DAY 5

DINNER: Zucchini Lasagna

Roasted cauliflower (1½ cups) * *from Dinner Day 1*

¼ cup cashew cheese * *see prep guide*

1 Tablespoon water or vegetable broth

½ Tablespoon olive oil

½ clove garlic, minced

¼ bunch kale, chopped (1½ cups)

1 tomato, pureed

pinch of salt and pepper

1 Tablespoon chopped basil

1 zucchini, sliced thin lengthwise

1. Heat oven to 375°F.
2. Puree cauliflower and cashew cheese to the consistency of ricotta cheese, using broth or water if necessary.
3. Heat a non-stick skillet over medium heat and add oil and garlic and cook for 30 seconds. Add kale and cook for 1-2 minutes. Add pureed tomatoes, salt, and pepper and simmer for 2-4 minutes. Add basil.
4. Lightly oil a small baking pan (or a loaf pan). Layer a little sauce, zucchini strips, and cauliflower mixture and repeat until all ingredients are used. Cover and bake about 25 minutes.

Zucchini Lasagna: 320kcal, 10g Protein, 25g Carb, 430mg Sodium, 7g Fiber, 0mg Cholesterol, 22g Fat, 3g Saturated, 13g Sugar, 8% Calcium, 15% Iron