



2017 FALL BODY RESET: CLASSIC 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: WEEK 1 PREP GUIDE

FOR THE WEEK

- 7 lemons, juiced (1¼ cups juice, 1 Tablespoon zest)
- 3½ cups hummus **see Day 1 for recipe*
- 3" fresh ginger, grated (3 Tablespoons)
- 8 sweet potatoes, baked * *see directions below*

DAY 1

- 3 yellow onions, diced (3 cups)
- 5 bell peppers, chopped (5 cups)
- 2 bell peppers, sliced
- 1 zucchini, chopped (2 cups)
- 4 carrots, peeled and cut in sticks
- 2 cucumbers, sliced
- 4 stalks celery, sliced
- 4 eggs, hard boiled
- 6 zucchini, diced (12 cups)
- 7 large Portobello mushroom caps, diced (7 cups)

DAY 2

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

DAY 3

- 2 yellow onions, diced (2 cups)
- 6 carrots, diced (3 cups)
- 6 stalks celery, diced (3 cups)
- 2 large Portobello mushroom caps, diced (2 cups)
- 2 zucchini, diced (4 cups)

DAY 4

- 8 carrots, cut into sticks
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1 large head broccoli, chopped (4 cups)

DAY 5

- No prep

continued



2017 FALL BODY RESET: WEEK 1 PREP GUIDE

Baked Sweet Potatoes

8 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

3 cups raw old fashioned oats

$\frac{3}{4}$ cup cashews, chopped

$\frac{3}{4}$ cup flaked coconut or dried fruit

1. Preheat oven to 350°F.
2. Place oats and cashews on a baking sheet and bake 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	<i>boneless, skinless</i>
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					
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	<i>any color</i>
celery	10 stalks	5 stalks	3 stalks	\$3.00	
apples	26	13	7	\$13.00	<i>your choice</i>
rosemary	few sprigs	few sprigs	few sprigs	\$2.00	<i>need 2-1/2 Tablespoons chopped</i>
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	<i>or 1-1/2 lbs brown mushrooms</i>
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	<i>10 ounces</i>
fresh ginger	3"	2"	1"	\$1.50	<i>optional - need 3 Tablespoons</i>
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	<i>from frozen</i>
bananas	5	3	2	\$2.50	
Misc.					
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	<i>optional - can use all cashews</i>
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	<i>optional</i>
coconut yogurt	6 cups	3 cups	1-1/2 cups	\$4.50	<i>unsweetened, sub almond yogurt</i>
dried coconut	3/4 cup	1/2 cup	1/4 cup	\$3.00	<i>can sub dried fruit</i>
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: WEEK 1

DAY 1

BREAKFAST: EGG MUFFINS (can be made ahead)

1 yellow onion, chopped (1 cup)
2 bell peppers, chopped (2 cups)
1 large Portobello mushroom, chopped (1 cup)
1 zucchini, chopped (2 cups)
2 Tablespoons olive oil
16 eggs

4 apples

1. Heat oven to 375°F.
2. Stir all ingredients together, except fruit, and put in 24 greased muffins tins. Cook about 10-15 minutes.
3. Serve 12 muffins (3 per person) for breakfast. **Refrigerate 12 muffins for Breakfast Day 3.**
4. Each serving is 3 muffins plus one apple.

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

4 oranges & 1 cup nuts

1 serving = 1 orange plus 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

3 (15 ounce) cans white beans, rinsed and drained
6 Tablespoons lemon juice
¼ cup olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin
dash of cayenne

For crudité

1½ cups hummus
4 carrots, peeled and cut in sticks
2 cucumbers, sliced
2 bell peppers, sliced
4 stalks celery, sliced
4 eggs, hard boiled
2 apples, sliced

1. For hummus, combine ingredients in blender or food processor until smooth. Serve 1½ cups 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

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: WEEK 1

AFTERNOON SNACK: Coconut Sweet Potato Boats

4 baked sweet potatoes * see prep guide
1 cup unsweetened coconut yogurt
½ teaspoon cinnamon
1 cup toasted oats (optional)

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

1 serving = 1 sweet potato filled with ¼ cup yogurt, a sprinkle of cinnamon, and ¼ cup oats

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 1

DINNER: Chicken & Roast Veggies with Pesto

For chicken

5 pounds boneless skinless chicken breasts (about 10 medium breasts)
3 Tablespoons olive oil
6 Tablespoons lemon juice
2 Tablespoons chopped rosemary
¾ teaspoon kosher salt
½ teaspoon black pepper

For roast veggies

3 Tablespoons olive oil
2 yellow onions, diced (2 cups)
6 zucchini, diced (12 cups)
2 medium sweet potatoes, diced (5 cups)
6 large Portobello mushroom caps, diced (6 cups)
3 bell peppers, chopped (3 cups)
¾ teaspoon kosher salt
¼ teaspoon black pepper

For pesto

2 cups basil leaves
¼ cup olive oil
2 cloves garlic
dash of kosher salt
dash of black pepper
¼ cup 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 2 chicken breasts, cut in half, for dinner. **Save 4 pounds of chicken (8 breasts) for Lunch Day 2 and Dinner Day 4.**

For roast veggies

1. Heat oven to 375°F.
2. Toss ingredients together and put on 2 large baking sheets. Roast about 20-25 minutes.
3. **Save ⅓ of veggies for Lunch Day 3 and Dinner Day 5.** Serve remaining veggies with chicken and pesto.

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: 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

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: WEEK 1

DAY 2

BREAKFAST: Yogurt & Granola

- 1 cup unsweetened coconut yogurt
- 2 oranges, peeled & sliced
- 2 cups granola * *see prep guide for recipe*

In each cup or bowl, layer $\frac{1}{4}$ cup yogurt, $\frac{1}{2}$ sliced orange, $\frac{1}{2}$ cup 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

- 2 avocados, mashed
- 2 Tablespoons lemon or lime juice
- pinch of kosher salt
- dash of hot sauce (optional)
- 8 carrots, cut into sticks

Combine all ingredients except carrots and mash to desired consistency. Serve with carrot sticks.
1 serving = $\frac{1}{2}$ avocado mashed with $\frac{1}{2}$ Tablespoon lemon juice plus 2 carrots, cut into 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

- 1 $\frac{1}{2}$ pounds grilled chicken (3 breasts), diced * ***from Dinner 1***
- 2 apples, diced
- $\frac{1}{4}$ cup cashews
- 1 avocado, mashed
- 2 Tablespoon balsamic vinegar
- 1 Tablespoon olive oil
- 6 ounces mixed greens (6 cups)

Combine all ingredients except greens. Put on bottom of lunch containers 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

- 4 apples & 1 cup nuts
- 1 serving = 1 apple & $\frac{1}{4}$ 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

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: WEEK 1

DAY 2

DINNER: Baked Salmon with Potatoes & Green Beans

For salmon

- 2½ pounds salmon fillets (sub 2½ pounds chicken breasts, pounded to 1" thick)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 cloves garlic, minced
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- ½ cup cashews, finely crushed

For potatoes & green beans

- 4 (6-8 oz) potatoes, sliced thin
- 1 Tablespoon olive oil
- 1 pound green beans (3 cups)

1. Heat oven to 425°F.
2. Season salmon with salt, pepper, garlic, and lemon. Gently press cashews on each fillet.
3. Toss potatoes with olive oil and lay on baking sheet, top with green beans then salmon fillets.
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 ½ 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: WEEK 1

DAY 3

BREAKFAST: Egg Muffins

12 egg muffins * *from Breakfast Day 1*
4 oranges

Reheat muffins if desired, for each serving serve 3 muffins with 1 orange.

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

4 baked sweet potatoes * *see prep guide*
1 cup unsweetened coconut yogurt
½ teaspoon cinnamon
1 cup toasted oats (optional)

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

1 serving = 1 sweet potato filled with ¼ cup yogurt, a sprinkle of cinnamon, and ¼ cup oats

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 8 cups) * *from Dinner Day 1*
6 ounces mixed greens (6 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

2 cups shelled edamame & 4 apples
1 serving = ½ cup 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: WEEK 1

DAY 3

DINNER: Lentil & Sausage Soup

3 Tablespoon olive oil
2 yellow onions, diced (2 cups)
4 cloves garlic, minced
1½ pounds bulk Italian sausage
2 cups brown lentils (uncooked)
6 carrots, diced (3 cups)
6 stalks celery, diced (3 cups)
2 large Portobello mushroom caps, diced (2 cups)
8 cups low-sodium chicken or vegetable broth (64 fl oz)
4 cups water (32 fl oz)
2 zucchini, diced (4 cups)
1 teaspoon chopped rosemary
1 teaspoon Herbes de Provence
2 (15 oz) cans diced tomatoes with juice
¼ teaspoon kosher salt
dash of black pepper
6 ounces spinach (4 cups)

1. Heat a very large 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: WEEK 1

DAY 4

BREAKFAST: Smoothie

½ cup cashews, ground
3 bananas, sliced
2 apples
1 Tablespoon grated ginger
4 ounces spinach (about 3 cups)
2 cups unsweetened coconut yogurt
3 cups 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

4 oranges & 1 cup nuts
1 serving = 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

2 avocados, mashed
2 Tablespoons lemon or lime juice
pinch of kosher salt
dash of hot sauce (optional)
8 carrots, cut into sticks

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

1 serving = ½ avocado mashed with ½ Tablespoon lemon juice plus 2 carrots, cut into 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: WEEK 1

DAY 4

DINNER: Chicken Stir Fry

- 2 Tablespoon grapeseed or sesame oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 Tablespoon grated ginger, optional
- 2 bell peppers, diced (2 cups)
- 1 large head broccoli, chopped (4 cups)
- 2½ pounds cooked chicken (about 5 breasts), diced * **from Day #1**
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon lemon juice
- 1 cup chopped cashews

1. Heat a large 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: WEEK 1

DAY 5

BREAKFAST: Yogurt & Granola

1 cup unsweetened coconut yogurt
2 bananas, sliced
2 cups granola * *see prep guide for recipe*

In each cup or bowl layer $\frac{1}{4}$ cup yogurt, $\frac{1}{2}$ banana, and $\frac{1}{2}$ cup 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

4 apples, 1 cup nuts
1 serving = 1 apple and $\frac{1}{4}$ 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

2 cups shelled edamame & 4 oranges
1 serving = $\frac{1}{2}$ cup 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

$\frac{1}{2}$ reserved roasted veggies (about 8 cups) * *from Dinner Day 1*
1 Tablespoon balsamic vinegar
1 Tablespoon olive oil
2 cups hummus * *from Lunch Day 1*
8 ounces mixed greens or arugula (about 8 cups)
 $\frac{1}{2}$ cup cashews or pine nuts

4 apples

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

All recipes make four servings unless otherwise noted