



## 2017 FALL BODY RESET: CLASSIC WEEK 2

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### 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: WEEK 2 PREP GUIDE

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### FOR THE WEEK

- 20 eggs, hardboiled
- 7 lemons, zested & juiced (1½ cups juice, 2 Tablespoons zest)
- 6 cups cooked brown rice prepared according to package directions (see below)
- Peel, slice, and freeze 10 bananas

### DAY 1

- 8 carrots, cut into sticks
- 2½ pounds brussels sprouts, halved (about 10 cups)

### DAY 2

- 1 large head broccoli, small florets (4 cups)

### DAY 3

- 2 bell peppers, halved or chopped
- 2 yellow onions, diced (2 cups)
- 4 bell peppers, diced (4 cups)
- 3 zucchini, diced (6 cups)

### DAY 4

- 8 carrots, cut into sticks
- 1 yellow onion, diced small (1 cup)
- 2" fresh ginger, grated (2 Tablespoons), optional
- 2 heads broccoli, chopped (8 cups)
- 1¼ cups orange juice (from 5 oranges)

### DAY 5

- 1 small yellow or red onion, chopped (¾ cup)
- 1 bell pepper, chopped (1 cup)
- 1 zucchini, chopped (2 cups)
- 1½ pounds brussels sprouts, sliced very thin (6 cups)

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

#### **Cauliflower Rice**

1 large head cauliflower, florets  
½ yellow onion, chopped  
1 garlic clove, minced  
1 Tablespoon 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 large skillet over medium heat and add contents of the food processor. Sauté about 5 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	peeled & deveined
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	your choice
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	any color
yellow onion	4	2	1	\$4.00	
zucchini	4	2	1	\$4.00	
fresh ginger	2-3"	1-2"	1"	\$2.00	need 2 Tablespoons grated
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	optional
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	canned, in adobo
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: WEEK 2

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### DAY 1

#### BREAKFAST: Smoothie

½ cup almonds, ground  
3 bananas, peeled (frozen if you'd like a thicker smoothie)  
2 pears, peeled and cored  
¼ cup raisins  
2 cups coconut milk (16 fluid oz)  
3 cups ice

Blend until smooth. Makes four servings.

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

4 apples and 6 Tablespoons almond butter  
*1 serving = 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

8 hardboiled eggs  
¾ cup nuts  
4 pears, sliced  
½ pound grapes (1½ cups)

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

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

8 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 2

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### DAY 1

#### DINNER: Grilled Pork Tenderloin with Brussels Sprouts & Sweet Potatoes

*For Brussels sprouts & sweet potatoes*

2½ pounds brussels sprouts, halved (about 10 cups)  
2 pounds sweet potatoes, cut into small cubes  
¼ cup olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper

*For grilled pork tenderloin*

4 pounds pork tenderloins (about 4)  
6 Tablespoons lemon juice  
3 Tablespoons olive oil  
4 cloves garlic, minced  
1½ teaspoons Herbes de Provence  
¾ teaspoon kosher salt  
½ teaspoon black pepper

*For balsamic glaze*

½ cup chicken broth  
½ cup 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 large skillet over medium-high heat. Sear tenderloins 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 the same skillet, reduce heat to medium and add broth and vinegar for glaze. Cook until reduced by half, serve with pork.
6. **Save 3 tenderloins for Lunch Day 2 and Dinner Day 4.** Slice remaining tenderloin 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 2

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### DAY 2

#### BREAKFAST: Overnight Oats

2 cups coconut milk (16 fluid ounces)  
1½ cups old fashioned oats  
2 cups chopped fruit – your choice  
¼ cup 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

4 frozen bananas  
½ cup old fashioned oats  
¼ cup raisins  
½ cup tahini  
2 cups coconut milk (16 fl oz)  
¼ teaspoon ground cinnamon, optional  
pinch of kosher salt

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

*1 serving = ⅓ of total prepared quantity*

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

1 pound cooked pork tenderloin \* ***from Dinner Day 1***  
Brussels sprouts and sweet potatoes \* ***from Dinner Day 1***  
1 Tablespoon lemon zest  
1½ Tablespoons olive oil  
1 Tablespoon balsamic vinegar  
4 ounces arugula (4 cups)

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

¾ pound grapes (2 cups) and 1 cup pumpkin seeds  
*1 serving = 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 2

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### DAY 2

#### DINNER: Shrimp & Broccoli

##### *For broccoli*

2 Tablespoons olive oil  
1 large head broccoli, small florets (4 cups)  
dash of salt and pepper  
2 tomatoes, chopped (1½ cups)  
½ cup chopped nuts

##### *For shrimp*

3 pounds shrimp, peeled and deveined  
3 Tablespoons olive oil  
3 cloves garlic, minced  
¼ teaspoon each kosher salt and black pepper  
3 Tablespoons lemon juice

2 cups 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: WEEK 2

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### DAY 3

#### **BREAKFAST: Smoothie**

½ cup almonds, ground  
3 bananas (frozen if you'd like a thicker smoothie)  
2 pears, peeled and cored  
¼ cup raisins  
2 cups coconut milk (16 fluid oz)  
3 cups ice

Blend until smooth. Makes four servings.

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**

4 apples and 6 Tablespoons almond butter  
*1 serving = 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**

1½ pound cooked shrimp \* *from Dinner Day 2*  
4 tomatoes, chopped (3 cups)  
2 avocados, diced  
2 Tablespoons cilantro, chopped  
1½ Tablespoons lemon juice  
2 bell peppers, halved or chopped

Combine all ingredients and serve in bell peppers if desired.

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**

¾ pound grapes (2 cups) and 1 cup pumpkin seeds  
*1 serving = 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 four servings unless otherwise noted*





## 2017 FALL BODY RESET: WEEK 2

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### DAY 3

#### DINNER: Chipotle Chicken Soup

3 Tablespoons olive oil  
2 yellow onions, diced (2 cups)  
4 cloves garlic, minced  
1-2 chipotle peppers, chopped  
4 pounds chicken breast, cubed  
2½ pounds sweet potatoes, small cubes  
4 bell peppers, diced (4 cups)  
3 zucchini, diced (6 cups)  
¼ teaspoon kosher salt  
dash of black pepper  
1½ teaspoons cumin  
1 teaspoon oregano  
1 teaspoon paprika  
7 cups low-sodium chicken broth (56 fl oz)  
7 cups water (56 fl oz)  
1 Tablespoon lemon zest  
½ cup chopped cilantro  
1 avocado, diced

1. Heat a large 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: WEEK 2

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### DAY 4

#### **BREAKFAST: Overnight Oats**

2 cups coconut milk (16 fluid ounces)  
1½ cups old fashioned oats  
2 cups chopped fruit – your choice  
¼ cup 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*  
1 serving = ¼ of reserved smoothie

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*  
¼ cup chopped cilantro  
1 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*  
8 carrots, cut into sticks

Thin dip as needed with water and whisk with a fork to combine. Serve with carrot sticks.  
1 serving = ¼ of reserved dip with 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



## 2017 FALL BODY RESET: WEEK 2

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### DAY 4

#### DINNER: Orange Pork

3 Tablespoons grapeseed or sesame oil  
1 yellow onion, diced small (1 cup)  
3 cloves garlic, minced  
2 Tablespoons minced ginger, optional  
2 heads broccoli, chopped (8 cups)  
1¼ cups orange juice (from 5 oranges)  
3 Tablespoons low-sodium soy sauce  
2 pounds cooked pork tenderloin, diced \* **from Dinner Day 1**  
dash of black pepper  
2 cups cooked brown rice, warmed

1. Heat a large 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: WEEK 2

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### DAY 5

#### BREAKFAST: Southwest Scramble

1 Tablespoon olive oil  
1 small yellow or red onion, chopped ( $\frac{3}{4}$  cup)  
1 bell pepper, chopped (1 cup)  
1 zucchini, chopped (2 cups)  
8 eggs, whisked  
2 tomatoes, chopped ( $1\frac{1}{2}$  cups)  
2 Tablespoons chopped cilantro  
1 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

4 apples and 6 Tablespoons almond butter  
*1 serving = 1 apple &  $1\frac{1}{2}$  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*  
2 cups cooked brown rice  
4 ounces arugula (4 cups)

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

4 oranges, segments  
2 avocados, diced  
pinch of kosher salt  
4 hard boiled eggs, sliced

Cut orange into segments and toss gently with salt and avocados. Serve with sliced eggs.  
*1 serving = 1 orange with  $\frac{1}{2}$  avocado & 1 hard boiled 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 2

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### DAY 5

#### DINNER: Egg & Brussels Salad

8 hardboiled eggs, chopped  
1½ pounds brussels sprouts, sliced very thin (6 cups)  
¼ cup chopped almonds  
6 Tablespoons lemon juice  
2½ Tablespoons olive oil  
dash of kosher salt and pepper  
¼ -½ cup raisins

4 pears, 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