



2017 FALL BODY RESET: CLASSIC 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 PREP GUIDE

FOR THE WEEK

- 5-6 limes, juiced ($\frac{3}{4}$ cup lime juice)
- Roasted butternut squash (Days 1,2,3) **see below*
- 2 heads cauliflower, riced (Day 4) ** see below*
- 8 eggs, hard boiled
- Make spiced pumpkin seeds ** see below*

DAY 1

- 1 small yellow or red onion, chunks
- 2 red or yellow onions, chopped (2 cups)
- 2 bell peppers, sliced
- 1 bell pepper, chopped (1 cup)
- $\frac{1}{2}$ head broccoli, small florets (2 cups)
- 4 carrots, sticks
- 2 carrots, shredded ($\frac{3}{4}$ cup)

DAY 2

- 2 bell peppers, sliced
- 6 carrots, spiraled
- 4 zucchini, spiraled

DAY 3

- 3 yellow onions, diced (3 cups)
- 4 bell peppers, diced (4 cups)
- 4 carrots, shredded ($1\frac{1}{2}$ cups)
- 6 ounces brown mushrooms, chopped (2 cups)

DAY 4

- 2 bell peppers, sliced
- 1 yellow onion, diced (1 cup)
- 1-2" fresh ginger, grated (2 Tablespoon), optional
- 5 carrots, diced small ($2\frac{1}{2}$ cups)
- 8 ounces brown mushrooms, chopped (3 cups)

DAY 5

- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 4 ounces brown mushrooms, sliced ($1\frac{1}{2}$ cups)
- 1 zucchini, diced (2 cups)



2017 FALL BODY RESET: WEEK 3 PREP GUIDE

Butternut Squash

3 (3 pound) butternut squash

Peel squash, cut in half lengthwise, and remove seeds. Cut squash into 1" cubes (about 12 cups) and spread on a lightly oiled baking sheet. Roast 20-25 minutes at 400°F. Cool and refrigerate.

Riced Cauliflower

2 heads 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

1½ cups pumpkin seeds

2 Tablespoons olive oil

½ teaspoon kosher salt

¼ teaspoon ground cumin

¼ teaspoon chili powder

Heat oven to 350°F. Toss pumpkin seeds with oil and spices. Cook for 12-15 minutes, tossing midway through cooking. Store in an airtight container until ready to use. Makes 8 servings, 3 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.

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

DAY 1

BREAKFAST: Nutty Oatmeal Smoothie

- ¼ cup pepitas (pumpkin seeds)
- ½ cup raw old-fashioned oats
- 3 bananas, peeled
- 2 pears, seeded
- 2 cups (16 fl oz) non-dairy milk (coconut or almond)
- 3 cups 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

- 1 cup almonds and 8 dried apricots
- 1 serving = 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

- 3 (15 oz) cans black beans, rinsed and drained
- ½ cup cilantro
- 2 cloves garlic, minced
- 1 small yellow or red onion, chunks
- 2 Tablespoon balsamic vinegar
- ¼ cup lime juice
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil

For salsa

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

For crudité

- 4 carrots, sticks
- 2 bell peppers, sliced
- ½ head broccoli, small florets (2 cups)
- 6 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 2 minutes. 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 four servings unless otherwise noted



2017 FALL BODY RESET: WEEK 3

Bean Dip & Crudité: 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

4 clementines and $\frac{3}{4}$ cup spiced pumpkin seeds * see prep guide

1 serving: 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

3 pounds ground turkey

1 yellow or red onion, chopped (1 cup)

1 bell pepper, chopped (1 cup)

2 carrots, shredded ($\frac{2}{3}$ cup)

$\frac{1}{2}$ cup chopped cilantro

$\frac{1}{2}$ teaspoon kosher salt

$\frac{1}{4}$ teaspoon black pepper

$\frac{3}{4}$ teaspoon cumin

1 avocado, sliced

For butternut squash salad

6 ounces spinach leaves (4 cups)

1 $\frac{1}{2}$ pounds cooked butternut squash (2 $\frac{1}{2}$ cups) *see prep guide

2 Tablespoon pepitas (pumpkin seeds)

1 $\frac{1}{2}$ Tablespoons balsamic vinegar

1 Tablespoon olive oil

For cali turkey burgers

Heat an outdoor grill or indoor grill pan to medium heat. Combine all ingredients except avocado and make 8 patties. Cook for about 5 minutes on each side until no longer pink in the center. **Save half for Lunch Day 2.** Serve remaining burgers with butternut salad.

For butternut squash salad

Combine salad ingredients and serve with burgers.

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



2017 FALL BODY RESET: WEEK 3

DAY 2

BREAKFAST: Cinnamon Pear Oatmeal

- 4 pears, chopped
- ½ cup water
- ½ teaspoon cinnamon
- 2 cups raw old-fashioned oats
- 4 cups (32 fl oz) non-dairy milk (coconut or almond)
- 1 teaspoon vanilla, optional
- 2 Tablespoons pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 2-3 minutes. Add the oats, milk, and vanilla and cook about 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

- 2 avocados, mashed
- 1 Tablespoon lime juice
- dash of kosher salt
- dash of chili powder or hot sauce, optional
- 4 corn tortillas

Mash avocados with lime juice, salt, and chili powder. Fill each tortilla with ¼ of avocado mixture. Chill until ready to serve.

1 serving: ½ avocado mashed with ¾ teaspoon lime juice and 1 corn tortilla

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

- 4 cooked turkey burgers, crumbled * **from Dinner Day 1**
- 6 ounces spinach leaves (4 cups)
- 1½ pounds cooked butternut squash (2½ cups) **see prep guide*
- 2 Tablespoon pepitas (pumpkin seeds)
- 2 Tablespoons balsamic vinegar
- 1½ Tablespoons 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

DAY 2

MID-AFTERNOON SNACK: Snack Plate

4 hardboiled eggs, 2 sliced bell peppers and 4 pears
1 serving = 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

2 Tablespoons olive oil
2 cloves garlic, minced
¼ cup chopped basil
¼ cup chopped parsley
¼ teaspoon kosher salt
¼ teaspoon black pepper
3 pounds white fish fillets

For vegetable 'pasta'

3 Tablespoons olive oil, divided
6 carrots, spiraled
4 zucchini, spiraled
dash of salt and pepper for each batch
½ cup 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'

Cook in batches, do not overcrowd pan. Heat a very large non-stick skillet over medium-high heat and add a Tablespoon of oil. When oil is hot add carrots and zucchini with salt and pepper and cook for only about 1-2 minutes. Continue until all the vegetables are cooked. **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

DAY 3

BREAKFAST: BUTTERNUT FRITTATA

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

1. Heat oven to 375°F.
2. Beat eggs with milk and set aside. Heat a medium ovenproof skillet over medium heat and add oil, onion, and bell pepper and cook for about 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 7-8 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

1 cup almonds and 8 dried apricots
1 serving = 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'

1½ pounds 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

DAY 3

MID-AFTERNOON SNACK: Fruit & Nuts

4 bananas and ½ cup almonds
1 serving = 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

2 Tablespoons olive oil
2 yellow onions, diced (2 cups)
4 cloves garlic, minced
3 bell peppers, diced (3 cups)
4 carrots, shredded (1½ cups)
6 ounces brown mushrooms, chopped (2 cups)
3 pounds ground beef
1 teaspoon kosher salt
½ teaspoon black pepper
dash of cayenne
3 teaspoons cumin
2 teaspoon chili powder, optional
3 (15 ounce) cans fire roasted diced tomatoes
3 pounds roasted butternut squash (5 cups) * *see prep guide*
8 cups low-sodium low sodium chicken broth
1 cup chopped cilantro
1 avocado, diced

1. Heat a very large 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

DAY 4

BREAKFAST: Nutty Oatmeal Smoothie

¼ cup pepitas (pumpkin seeds)
½ cup raw old-fashioned oats
3 bananas, peeled
2 pears, seeded
2 cups (16 fl oz) non-dairy milk (coconut or almond)
3 cups 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

4 hardboiled eggs, 2 sliced bell peppers, 4 pears
1 serving = 1 egg, ½ 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*
1 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

4 clementines and ¾ cup spiced pumpkin seeds * *see prep guide*
1 serving: 1 clementine & 3 Tablespoons pumpkin seeds

Spiced Pumpkin Seeds and Clementines: 240kcal, 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

DAY 4

DINNER: TURKEY FRIED 'RICE'

3 Tablespoons grapeseed or sesame oil
1 yellow onion, diced (1 cup)
2 Tablespoon grated ginger, optional
3 cloves garlic, minced
5 carrots, diced small (2½ cups)
2 pounds ground turkey
8 ounces brown mushrooms, chopped (3 cups)
2 heads cauliflower, riced * *see prep guide*
3 Tablespoons low-sodium soy sauce
1½ cups frozen peas
4 eggs, beaten

1. Heat a very large 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

DAY 5

BREAKFAST: Cinnamon Pear Oatmeal

- 4 pears, chopped
- ½ cup water
- ½ teaspoon cinnamon
- 2 cups raw old-fashioned oats
- 4 cups (32 fl oz) non-dairy milk (coconut or almond)
- 1 teaspoon vanilla, optional
- 2 Tablespoons pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 2-3 minutes. Add the oats, milk, and vanilla and cook about 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

- 1 cup almonds and 8 dried apricots
- 1 serving = 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

- 2 avocados, mashed
- 1 Tablespoon lime juice
- dash of kosher salt
- dash of chili powder or hot sauce, optional
- 4 corn tortillas

Mash avocados with lime juice, salt, and chili powder. Fill each tortilla with ¼ of avocado mixture. Chill until ready to serve.

1 serving: ½ avocado mashed with ¾ teaspoon lime juice and 1 corn tortilla

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

DAY 5

DINNER: Huevos Rancheros

1½ Tablespoons olive oil	8 corn tortillas, crisped
1 yellow onion, diced (1 cup)	Salsa * <i>from Lunch Day 1</i>
2 bell peppers, diced (2 cups)	Bean dip * <i>from Lunch Day 1</i>
4 ounces brown mushrooms, sliced (1½ cups)	
1 zucchini, diced (2 cups)	
8 eggs, beaten	
¼ cup chopped cilantro	

1. Heat a large 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 3-5 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