



## 2017 FALL BODY RESET: WEEK 4 PREP GUIDE

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### 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*
- 3-4 lemons, zested & juiced (9 Tablespoons juice, 2 Tablespoons zest)
- 8 eggs, hardboiled

#### DAY 1

- 4 sweet potatoes, baked \* *see below*
- ½ yellow onion, chopped (½ cup)
- 2 zucchini, diced small (4 cups)
- 4 carrots, sticks
- 4 stalks celery, sticks
- 4 large heads cauliflower, florets (16 cups)

#### DAY 2

- Make cashew date bites \* *see Day 2 for recipe*
- 1 bunch kale, chopped (6 cups)

#### DAY 3

- Make spiced sunflower seeds \* *see below*
- 1½ bunches kale, chopped (9 cups)
- 2 yellow onions, diced (2 cups)
- 8 carrots, diced (4 cups)
- 8 stalks celery, diced (4 cups)
- 3 zucchini, diced (6 cups)

#### DAY 4

- 1 yellow onion, chopped (1 cup)

#### DAY 5

- ½ yellow onion, chopped (½ cup)
- 2 zucchini, diced small (4 cups)
- 4 zucchini, sliced thin lengthwise
- 1 bunch kale, chopped (6 cups)



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### PREP GUIDE

#### **Spiced Sunflower Seeds**

- 1½ cups sunflower seeds
- 2 Tablespoons olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon chili powder
- ¼ teaspoon kosher salt

Heat oven to 350°F. Toss sunflower seeds with oil and spices. Cook for 12-15 minutes, turning regularly to avoid burning. Allow to cool and then store in airtight container.

#### **Spaghetti Squash**

3 medium 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 6 cups cooked)

#### **Cashew Cheese for (Days #1 & #5)**

- 1½ cups raw cashews, soaked for at least 3 hours, preferably overnight then drained and rinsed
- 3 Tablespoons lemon juice
- 1 clove garlic, minced
- ½ teaspoon kosher salt
- dash of black pepper
- ½ cup 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 2 cups.

#### **Baked Sweet Potatoes**

4 medium (6-8 oz) sweet potatoes

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: WEEK 4

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### DAY 1

#### BREAKFAST: Ham Scramble

1 Tablespoon olive oil  
½ yellow onion, chopped (½ cup)  
2 zucchini, diced small (4 cups)  
2 tomatoes, diced (1½ cups)  
8 ounces ham, diced small  
8 eggs, whisked  
½ teaspoon Herbes de Provence  
dash of salt and pepper

Heat a large 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

4 sweet potatoes, baked \* *see prep guide*  
4 Tablespoons tahini or nut butter  
2 bananas, sliced  
sprinkle of cinnamon

Slice open sweet potatoes and spread with tahini. Add sliced banana and a sprinkle of cinnamon.  
*1 serving: 1 baked sweet potato filled with 1 Tablespoon tahini, ½ banana, and 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

1 cup cashew cheese \* *see prep guide*  
4 carrots, sticks  
4 stalks celery, sticks  
1 small head cauliflower, florets (4 cups)  
4 pears, 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 4

### DAY 1

#### MID-AFTERNOON SNACK: Avocado Salad

2 avocados, diced  
2 tomatoes, diced  
1 (15 oz) can organic white beans, drained and rinsed  
2 Tablespoons chopped parsley  
1 Tablespoons lemon juice  
dash each kosher salt and crushed red pepper

Assemble all ingredients and refrigerate until ready to eat.

*1 serving=½ avocado, ½ tomato, ½ cup white beans, ½ Tablespoon parsley, ¼ teaspoon lemon juice.*

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*

4 pounds split chicken breasts  
1 teaspoon kosher salt  
¾ teaspoon black pepper  
3 Tablespoons olive oil

##### *For Tahini Sauce*

¼ cup sesame tahini  
3 Tablespoons lemon juice  
2 Tablespoons chopped parsley  
Water

##### *For Cauliflower & Tahini Sauce*

3 large heads cauliflower, florets (12 cups)  
4 Tablespoons olive oil  
5 cloves garlic, minced  
¾ teaspoon kosher salt  
½ 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 (3 pounds) 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 (8 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,0 g 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 4

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### DAY 2

#### **BREAKFAST: Cinnamon Pear Oatmeal**

4 pears diced  
2 Tablespoons water  
1 teaspoon cinnamon  
4 cups (32 fl oz) almond or coconut milk  
2 cups old fashioned oats  
½ cup chopped cashews

Heat a medium saucepan over medium heat and add the pears and water and cook until pears are tender, about 5 minutes. Add cinnamon, milk, and oats and bring to a simmer for about 5-8 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**

4 hardboiled eggs and 4 sliced pears  
*1 serving = 1 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**

1 pound cooked chicken, sliced \* *from Dinner Day 1*  
2 cups cauliflower \* *from Dinner Day 1*  
1 (15 oz) can organic white beans, drained and rinsed  
¼ cup 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**

2 cups cashews  
10 dates  
1½ teaspoons vanilla extract  
¼ teaspoon ground cinnamon  
pinch of sea salt  
2-3 Tablespoons 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 16 golf ball size balls. Refrigerate for at least 2 hours, but preferably overnight. Reserve half for Day 5.

*1 serving = 2 cashew date bites*

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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 4

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### DAY 2

#### DINNER: Peppered Salmon with Spaghetti Squash

##### *For salmon*

3 pounds salmon fillets  
3 Tablespoons olive oil  
¼ teaspoon kosher salt  
¾ teaspoon black pepper  
1 Tablespoon lemon zest

##### *For spaghetti squash*

1½ Tablespoons olive oil  
1 clove garlic, minced  
1 bunch kale, chopped (6 cups)  
1 large spaghetti squash, cooked and into strands (6 cups) \* *see prep guide*  
¼ cup parsley, chopped  
dash 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 large 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





## 2017 FALL BODY RESET: WEEK 4

### DAY 3

#### BREAKFAST: Tahini Oat Smoothie

- ¼ cups raw old-fashioned oats
- ¼ cup tahini
- 3 bananas, sliced
- ½ bunch kale, chopped (3 cups)
- 2 pears, cored
- 2 cups (16 fl oz) almond or coconut milk
- 3 cups 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

- 2 avocados, diced
- 2 tomatoes, diced
- 1 (15 oz) can organic white beans, drained and rinsed
- 2 Tablespoons chopped parsley
- 1 Tablespoons lemon juice
- dash each kosher salt and crushed red pepper

Assemble all ingredients and refrigerate until ready to eat.

1 serving=½ avocado, ½ tomato, ⅓ cup white beans, ½ Tablespoon parsley, ¼ teaspoon lemon juice.

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, 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

#### MID-AFTERNOON SNACK: Bananas with Spiced Sunflower seed

- ¾ cup spiced sunflower seeds \* *see prep guide for recipe*
- 4 bananas, sliced

Sprinkle sunflower seeds over sliced bananas to serve.

1 serving = 3 Tablespoons sunflower seeds & 1 banana

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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 4

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### DAY 3

#### DINNER: Ham & Bean Soup

2 Tablespoons olive oil  
2 yellow onions, diced (2 cups)  
3 cloves garlic, minced  
8 carrots, diced (4 cups)  
8 stalks celery, diced (4 cups)  
1½ pounds ham, diced  
3 zucchini, diced (6 cups)  
3 (15 oz) cans white beans, rinsed and drained  
5 cups (40 fl oz) low-sodium chicken broth  
5 cups (40 fl oz) water  
½ teaspoon black pepper  
1 bunch kale, chopped (6 cups)  
1 teaspoon Herbes de Provence  
1 Tablespoon lemon zest

1. Heat a large 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



## 2017 FALL BODY RESET: WEEK 4

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### DAY 4

#### **BREAKFAST: Cinnamon Pear Oatmeal**

4 pears diced  
2 Tablespoons water  
1 teaspoon cinnamon  
4 cups (32 fl oz) almond or coconut milk  
2 cups old fashioned oats  
½ cup chopped cashews

Heat a medium saucepan over medium heat and add pears and water and cook until pears are tender, about 5 minutes. Add cinnamon, milk, and oats and bring to a simmer for about 5-8 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**

4 hardboiled eggs and 4 pears  
1 serving = 1 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:**

¾ cup spiced sunflower seeds \* *see prep guide for recipe*  
4 bananas, sliced

Sprinkle sunflower seeds over sliced bananas to serve.  
*1 serving = 3 Tablespoons sunflower seeds & 1 banana*

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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: WEEK 4

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### DAY 4

#### DINNER: Chicken & Eggplant Spaghetti

3 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
2 cloves garlic, minced  
1 small eggplant, peeled & diced (4 cups)  
6 large tomatoes, diced (4½ cups)  
1 (15 oz) can organic white beans, drained and rinsed  
2 Tablespoons balsamic vinegar  
dash of salt and pepper  
½ cup chopped basil

1 pound roast chicken, warmed \* *from Dinner Day 1*  
6 cups spaghetti squash, warmed \* *see prep guide*

1. Heat a large 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



## 2017 FALL BODY RESET: WEEK 4

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### DAY 5

#### BREAKFAST: Ham Scramble

1 Tablespoon olive oil  
½ yellow onion, chopped (½ cup)  
2 zucchini, diced small (4 cups)  
2 tomatoes, diced (3 cups)  
8 ounces ham, diced small  
8 eggs, whisked  
½ teaspoon Herbes de Provence  
dash of salt and pepper

Heat a large 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

8 cashew bites \* *from Day 2*  
1 serving = 2 cashew bites

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

1 pound roast chicken \* *from Dinner Day 1*  
6 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

2 avocados, diced  
2 tomatoes, diced  
1 (15 oz) can organic white beans, drained and rinsed  
2 Tablespoons chopped parsley  
1 Tablespoons lemon juice  
dash each kosher salt and crushed red pepper

Assemble all ingredients and refrigerate until ready to eat.

1 serving = ½ avocado, ½ tomato, ⅓ cup white beans, ½ Tablespoon parsley, ¼ teaspoon lemon juice.

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 four servings unless otherwise noted*

## 2017 FALL BODY RESET: WEEK 4

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### DAY 5

#### DINNER: Zucchini Lasagna

Roasted cauliflower (6 cups) \* *from Dinner Day 1*

1 cup cashew cheese \* *see prep guide*

¼ cup (4 fl oz) water or vegetable broth

2 Tablespoons olive oil

2 cloves garlic, minced

1 bunch kale, chopped (6 cups)

4 tomatoes, pureed

dash of salt and pepper

¼ cup chopped basil

4 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 1 minute. Add kale and cook for 2 minutes. Add pureed tomatoes, salt, and pepper and simmer for 2-4 minutes. Add basil.
4. Lightly oil an 8x11 baking 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