



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

MENU

DAY ONE

Egg Muffins
Crudit  & Hummus
Chicken & Roast Veggies
Snacks: Fruit & Nut Butter/ Fruit & Nuts

DAY TWO

Yogurt & Granola
Chicken Salad
Baked Salmon
Snacks: Hardboiled Eggs & Apples/ Ham & Carrots

DAY THREE

Egg Muffins
Salmon & Veggies
Beef & Veggie Soup
Snacks: Fruit & Nuts/Tahini & Bell Peppers

DAY FOUR

Bacon & Egg Frittata
Beef & Veggie Soup
Chicken Stir Fry
Snacks: Apple & Nut Butter/Roast Beef & Celery

DAY FIVE

Yogurt & Granola
Chicken Stir Fry
Roasted Veggie Hummus Salad
Snacks: Tahini & Bell Peppers/Roast Beef & Celery



2017 FALL BODY RESET: WEEK 1 PALEO FOR ONE PREP

FOR THE WEEK

- 6 eggs, hard boiled
- 1½ lemons, juiced (¼ cup juice, ¾ teaspoon zest)
- Make paleo hummus **Lunch Day 1 for recipe*

DAY 1

- ¾ yellow onion, chopped (¾ cup)
- 1¼ bell peppers, chopped (1¼ cups)
- ½ bell pepper, sliced
- 1 ounce brown or button mushrooms, diced (⅓ cup)
- 2 ounces brown mushrooms, halved (¾ cup)
- 1¾ zucchini, diced (3½ cups)
- 1 carrot, peeled and cut in sticks
- ½ cucumber, sliced
- 1 stalk celery, sliced

DAY 2

- 1 carrot, peeled and cut in sticks
- ¼ pound green beans, trimmed (¾ cup)

DAY 3

- ½ bell pepper, sliced
- ½ yellow onion, diced (½ cup)
- 1½ carrots, diced (¾ cup)
- 1½ stalks celery, diced (¾ cup)
- 1½ ounces brown or button mushrooms, diced (½ cup)
- ½ zucchini, diced (1 cup)

DAY 4

- 1½ ounces brown or button mushrooms, diced (½ cup)
- 1 celery stalk, cut into sticks
- ¼ yellow onion, diced (¼ cup)
- ½ bell pepper, diced (½ cup)
- ¼ large head broccoli, chopped (1 cup)

DAY 5

- ½ bell pepper, sliced
- 1 celery stalk, cut into sticks

WEEK 1



PALEO FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
chicken breast	6 pounds	3 pounds	1-1/2 pounds	\$24.00	<i>boneless, skinless</i>
salmon fillets	3 pounds	1-1/2 pounds	3/4 pound	\$25.00	
ground beef	4 pounds	2 pounds	1 pound	\$16.00	
bacon	6 ounces	3 ounces	1-1/2 ounces	\$3.00	
deli ham	1-3/4 pounds	1 pound	1/2 pound	\$10.00	
deli roast beef	1-1/2 pounds	3/4 pound	1/2 pound	\$10.50	

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
yellow squash	2	1	1	\$2.00	
lemon	6	3	2	\$3.00	
carrots	14	7	4	\$2.00	
cucumber	2	1	1	\$2.00	
bell pepper (any color)	13	7	4	\$13.00	
celery	18 stalks	9 stalks	5 stalks	\$4.00	
apples	10	5	3	\$5.00	
yellow onion	6	3	2	\$6.00	
zucchini	9	5	3	\$9.00	
brown mushrooms	1-1/2 pounds	3/4 pound	1/2 pound	\$6.00	
avocado	2	1	1	\$2.00	
mixed greens	1 pound	1/2 pound	1/4 pound	\$5.00	
sweet potatoes	4	2	1	\$3.00	
green beans	1 pound	1/2 pound	1/4 pound	\$3.00	
spinach	2/3 pound	1/3 pound	3 ounces	\$3.00	
ginger	2-3"	2"	1"	\$1.00	<i>optional - need 2 Tablespoons grated</i>
broccoli	1 large head	1 small head	1 small head	\$2.50	
fruit of choice	10 servings	5 servings	2-1/2 servings	\$10.00	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
raw cashews	3 cups	1-1/2 cups	3/4 cup	\$9.00	
cashew butter	2-1/4 cups	1-1/4 cups	2/3 cup	\$7.00	
tahini butter	1-1/4 cups	2/3 cup	1/3 cup	\$5.00	<i>or tahini</i>
coconut yogurt	4-1/2 cups	2-1/4 cups	1-1/4 cups	\$6.00	
walnuts	2-1/2 cups	1-1/4 cups	2/3 cup	\$6.00	
diced tomatoes	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	\$3.00	

PANTRY INGREDIENTS

olive oil	1-3/4 cups	1 cup	1/2 cup		
grapeseed oil	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
coconut oil					
balsamic vinegar	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
white wine vinegar					
chicken or veg broth	64 fluid ounces	32 fl ounces	16 fl ounces		
garlic cloves	11 cloves	6 cloves	3 cloves		
organic sea salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper					
paprika					
dried oregano					
herbes de provence	4 teaspoons	2 teaspoons	1 teaspoon		
ground cumin	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
raw organic honey					
organic tomato paste					
Dijon mustard					
raw coconut aminos	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
eggs	4 dozen	2 dozen	1 dozen		
coconut flour					



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

DAY 1

BREAKFAST: EGG MUFFINS (for TWO meals)

¼ yellow onion, chopped (¼ cup)
½ bell pepper, chopped (½ cup)
1 ounce brown or button mushrooms, diced (⅓ cup)
¼ zucchini, diced (½ cup)
1 Tablespoon olive oil
4 eggs
4 ounces low sodium ham, diced

1. Heat oven to 375°F.
2. Combine all ingredients and put in 6 greased muffins tins (for 2 meals). Cook about 10-15 minutes.
3. **Refrigerate 3 muffins for Breakfast Day 3.** Serve 3 muffins per person.

340kcal, 28g Protein, 6g Carb, 690mg Sodium, 2g Fiber, 425mg Cholesterol, 21g Fat, 5g Saturated, 3g Sugar, 2% Calcium, 6% Iron

MORNING SNACK: Fruit & Nut Butter

1½ Tablespoons cashew butter & ½ apple

190 kcal, 5g Protein, 19g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 13 g Sugar, 8% Calcium, 4% Iron

DAY 1

LUNCH: Crudit 

For paleo hummus

½ yellow squash, peeled and diced
¼ cup raw cashews (boiled for 3 minutes, drained and cooled)
2 Tablespoons cashew butter
1 Tablespoon tahini or tahini butter
1 Tablespoon olive oil
1 Tablespoon lemon juice
½ garlic clove, minced
¼ teaspoon ground cumin
Pinch of organic sea salt
Pinch of black pepper

For crudit 

½ cup paleo hummus
1 carrot, peeled and cut in sticks
½ cucumber, sliced
½ bell pepper, sliced
1 stalk celery, sliced
½ apple, sliced
2 eggs, hardboiled

continued



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

DAY 1 LUNCH (continued)

For hummus, combine in a blender or food processor until smooth. Use 1/3 cup for lunch, refrigerate remaining hummus for Dinner Day 5. Serve veggies with hummus, hardboiled eggs, and sliced apples.

Paleo Hummus with veggies and hardboiled eggs: 480kcal, 23g Protein, 27g Carb, 300mg Sodium, 7g Fiber, 390mg Cholesterol, 31g Fat, 6g Saturated, 10g Sugar, 10% Calcium, 15% Iron

AFTERNOON SNACK: Fruit & Nuts

2 Tablespoons walnuts & 1 cup (or 1 serving) fresh fruit

160 kcal, 3g Protein, 18g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10 g Sugar, 2% Calcium, 4% Iron

DAY 1

DINNER: CHICKEN & ROAST VEGGIES

For chicken

1 1/2 pounds boneless skinless chicken breasts
(about 3 medium breasts)
1 Tablespoon olive oil
1 1/2 Tablespoons lemon juice
1/2 teaspoon Herbes de Provence
1/8 teaspoon organic sea salt
Dash of black pepper

For roast veggies

2 1/4 teaspoons olive oil
1/2 yellow onion, chopped (1/2 cup)
1 1/2 zucchini, diced (3 cups)
1/2 sweet potato, 1" cubes
2 ounces brown mushrooms, halved (3/4 cup)
3/4 bell pepper, chopped (3/4 cup)
1/8 teaspoon organic sea salt
Pinch of black pepper

1 cup walnuts

1. For chicken, heat outdoor grill or stovetop grill pan to medium heat.
2. Combine oil, lemon, Herbes, salt and pepper. Add chicken and let marinate a few minutes.
3. Remove chicken from marinade and discard any remaining liquid. Grill chicken for about 4-6 minutes per side until no longer pink in the center. **Save 3/4 of the chicken; use 1/2 pound for Lunch Day 2 and 3/4 pound for Dinner Day 4.** Serve remaining chicken with veggies and walnuts.
4. For roast veggies, heat oven to 375°F.
5. Toss ingredients together and put on a baking sheet. Roast about 20-25 minutes.
6. **Save 3/4 of veggies for Lunch Day 3 and Dinner Day 5.** Serve remaining veggies with chicken and walnuts.

Chicken: 240kcal, 38g Protein, 0g Carb, 190mg Sodium, 0g Fiber, 125mg Cholesterol, 8g Fat, 1.5g Saturated, 0g Sugar, 10% Calcium, 4% Iron

Veggies: 110kcal, 3g Protein, 16g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 5g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

Walnuts: 190kcal, 4g Protein, 4g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 19g Fat, 2g Saturated, 1g Sugar, 2% Calcium, 4% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

DAY 2

BREAKFAST: Yogurt & Granola

- ½ cup full fat coconut milk yogurt
- 1 scoop paleo protein powder, optional
- ¼ cup mixed fresh fruit (your choice)
- 2 Tablespoons cashew butter

Mix yogurt and protein powder (if using), and layer with fruit and cashew butter.

380kcal, 23g Protein, 30g Carb, 45mg Sodium, 4g Fiber, 35mg Cholesterol, 19g Fat, 7g Saturated, 15g Sugar, 25% Calcium, 6% Iron

MORNING SNACK: Hardboiled Eggs & Apples

- 2 hardboiled eggs & ½ apple

200 kcal, 14g Protein, 10g Carb, 135mg Sodium, 2g Fiber, 390mg Cholesterol, 9g Fat, 2.5g Saturated, 8g Sugar, 0% Calcium, 0% Iron

DAY 2

LUNCH: CHICKEN SALAD

- ½ pound grilled chicken, diced * *from Dinner Day 1*
- ½ apple, diced
- 1 Tablespoon cashews
- ¼ avocado, mashed
- ½ Tablespoon balsamic vinegar
- ¾ teaspoon olive oil
- 1½ ounces mixed greens (1½ cups)

Combine all ingredients except greens. Put on bottom of a lunch container and top with greens. Shake to mix when ready to eat.

Chicken Salad: 490kcal, 43g Protein, 23g Carb, 230mg Sodium, 7g Fiber, 125mg Cholesterol, 27g Fat, 4.5g Saturated, 10g Sugar, 6% Calcium, 20% Iron

AFTERNOON SNACK: Ham & Carrots

- 3 ounces deli ham & 1 carrot cut into sticks

130 kcal, 16g Protein, 11g Carb, 1260mg Sodium, 1g Fiber, 40mg Cholesterol, 2.5g Fat, 0g Saturated, 8g Sugar, 2% Calcium, 6% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

DAY 2

DINNER: BAKED SALMON

¾ pound salmon fillets (can sub ¾ pound chicken breasts)

Dash of organic sea salt

Pinch of black pepper

½ clove garlic, minced

2¼ teaspoons lemon juice

¾ teaspoon lemon zest

2 Tablespoons finely chopped cashews

½ sweet potato, sliced thin

¼ pound green beans, trimmed (¾ cup)

1 Tablespoon olive oil

1. Heat oven to 425°F.
2. Season salmon with salt, pepper, garlic, and lemon.
3. Lay sweet potatoes on a foil lined baking sheet then top with green beans. Drizzle with olive oil then top with salmon fillets; gently press cashews on to each fillet.
4. Bake for about 20 minutes until salmon is flakey (or until chicken is no longer pink in the center). Carefully take salmon off sheet pan; bake sweet potatoes 5 more minutes if necessary.
5. **Save ½ the salmon for Lunch Day 3.**

Salmon with Nut Crust: 290kcal, 35g Protein, 3g Carb, 220mg Sodium, 0g Fiber, 95mg Cholesterol, 15g Fat, 2.5g Saturated, 1g Sugar, 2% Calcium, 10% Iron

Sweet Potatoes and Green Beans: 200kcal, 2g Protein, 20g Carb, 35mg Sodium, 6g Fiber, 0mg Cholesterol, 27g Fat, 4.5g Saturated, 10g Sugar, 6% Calcium, 20% Iron



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DAY 3

BREAKFAST: Egg Muffins

3 egg muffins * *from Breakfast Day 1*

340kcal, 28g Protein, 6g Carb, 690mg Sodium, 2g Fiber, 425mg Cholesterol, 21g Fat, 5g Saturated, 3g Sugar, 2% Calcium, 6% Iron

MORNING SNACK: Fruit & Nuts

2 Tablespoons walnuts & 1 cup fresh fruit

160 kcal, 3g Protein, 18g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10 g Sugar, 2% Calcium, 4% Iron

DAY 3

LUNCH: SALMON & VEGGIES

½ pound cooked salmon, flaked * *from Dinner Day 2*

Half the reserved roasted veggies (1½-2 cups) * *from Dinner Day 1*

1 ounce mixed greens (1 cup)

Toss salmon with roasted veggies and serve over a bed of mixed greens.

Salmon & Veggie Salad: 450kcal, 43g Protein, 25g Carb, 980mg Sodium, 8g Fiber, 95mg Cholesterol, 20g Fat, 3g Saturated, 9g Sugar, 30% Calcium, 30% Iron

AFTERNOON SNACK: Tahini & Bell Peppers

2 Tablespoons tahini butter & ½ bell pepper, sliced

200 kcal, 6g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 2% Iron

DAY 3

DINNER: BEEF & VEGGIE SOUP

2¼ teaspoons olive oil

½ yellow onion, diced (½ cup)

1 clove garlic, minced

1 pound ground beef

1½ carrots, diced (¾ cup)

1½ stalks celery, diced (¾ cup)

1½ ounces brown or button mushrooms, diced (½ cup)

16 fluid ounces low-sodium chicken or vegetable broth (2 cups)

12 fluid ounces water (1½ cups)

½ zucchini, diced (1 cup)

½ teaspoon Herbes de Provence

½ (15 oz) can diced tomatoes with juice

Pinch of organic sea salt

Pinch of black pepper

1½ ounces spinach (1 cup)

2 Tablespoons walnuts

continued



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

1. Heat a soup pot over medium heat and add oil. When oil is hot add onions and garlic and sauté for 1 minute.
2. Add beef, carrots, celery, and mushrooms and sauté for 1-2 minutes. Add broth and water and bring to simmer for 10-15 minutes until veggies are almost tender. Add the zucchini, Herbes, tomatoes, salt, pepper, and spinach and simmer another 5-10 minutes.
3. **Save ¾; use half the reserved quantity for Lunch Day 4 & freeze the rest for a later meal.** Serve with walnuts.

Beef & Veggie Soup: 420kcal, 32g Protein, 12g Carb, 420mg Sodium, 4g Fiber, 105mg Cholesterol, 26g Fat, 9g Saturated, 5g Sugar, 10% Calcium, 25% Iron

Walnuts: 100kcal, 2g Protein, 2g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 2% Iron



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DAY 4

BREAKFAST: Bacon Egg & Mushroom Frittata

¾ teaspoon olive or coconut oil
1½ ounces bacon, diced
1½ ounces brown or button mushrooms, diced (½ cup)
1 ounce spinach (about ¾ cup)
1 Tablespoon full fat coconut milk yogurt
1 Tablespoon water
2 eggs

1. Heat oven to 375°F and grease a small glass casserole dish or ramekins.
2. Heat a skillet over medium heat and add oil.
3. Add bacon cook 2-3 minutes.
4. Add mushrooms and cook 2-3 minutes.
5. Stir in spinach until wilted. Transfer ingredients to greased dish or ramekins and spread evenly.
6. Whisk together eggs, coconut yogurt, and water. Pour over vegetables.
7. Bake for 25-30 minutes.

350kcal, 19g protein, 5g carb, 440mg sodium, 1g fiber, 380mg cholesterol, 30g fat, 9g sat fat, 2g sugar, 4%DV calcium, 6%DV iron

MORNING SNACK: Apple & Nut Butter

1½ Tablespoons cashew butter & ½ sliced apple

190 kcal, 5g Protein, 19g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 13 g Sugar, 8% Calcium, 4% Iron

DAY 4

LUNCH: Beef & Veggie Soup

Reheat Beef and Veggie soup from Dinner Day 3.

Soup: 420kcal, 32g Protein, 12g Carb, 420mg Sodium, 4g Fiber, 105mg Cholesterol, 26g Fat, 9g Saturated, 5g Sugar, 10% Calcium, 25% Iron

AFTERNOON SNACK: Roast Beef & Celery

3 ounces roast beef & 1 celery stalk, cut into sticks

110 kcal, 17g Protein, 2g Carb, 920mg Sodium, 1g Fiber, 50mg Cholesterol, 4g Fat, 1.5g Saturated, 1.5g Sugar, 2% Calcium, 15% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

DAY 4

DINNER: Chicken Stir Fry

- ½ Tablespoon grapeseed or sesame oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- ½ Tablespoon grated ginger, optional
- ½ bell pepper, diced (½ cup)
- ¼ large head broccoli, chopped (1 cup)
- ¾ pound cooked chicken, diced * **from Dinner Day 1**
- ½ Tablespoon raw coconut aminos
- ¾ teaspoon lemon juice
- ¼ cup chopped cashews

¼ avocado, sliced

1. Heat a 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, coconut aminos, and lemon and stir until heated through. Add in cashews. **Save half for Lunch Day 5.** Serve remaining stir fry topped with sliced avocado.

Chicken Stir Fry: 400kcal, 43g Protein, 13g Carb, 290mg Sodium, 3g Fiber, 125mg Cholesterol, 19g Fat, 3.5g Saturated, 4g Sugar, 4% Calcium, 10% Iron

Avocado: 80kcal, 1g Protein, 4g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 1

DAY 5

BREAKFAST: Yogurt & Granola

- ½ cup full fat coconut milk yogurt
- 1 scoop paleo protein powder, optional
- ¼ cup mixed fresh fruit (your choice)
- 2 Tablespoons cashew butter

Mix yogurt and protein powder (if using), and layer with fruit and cashew butter.

380kcal, 23g Protein, 30g Carb, 45mg Sodium, 4g Fiber, 35mg Cholesterol, 19g Fat, 7g Saturated, 15g Sugar, 25% Calcium, 6% Iron

MORNING SNACK: Tahini & Bell Peppers

- 2 Tablespoons tahini butter & ½ bell pepper, sliced

200 kcal, 6g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 2% Iron

LUNCH: Chicken Stir Fry

Reheat Chicken Stir Fry **from Dinner Day 4**.

Chicken Stir Fry: 400kcal, 43g Protein, 13g Carb, 290mg Sodium, 3g Fiber, 125mg Cholesterol, 19g Fat, 3.5g Saturated, 4g Sugar, 4% Calcium, 10% Iron

AFTERNOON SNACK: Roast Beef & Celery

- 3 ounces roast beef & 1 celery stalk, cut into sticks

110 kcal, 17g Protein, 2g Carb, 920mg Sodium, 1g Fiber, 50mg Cholesterol, 4g Fat, 1.5g Saturated, 1.5g Sugar, 2% Calcium, 15% Iron

DAY 5

DINNER: ROASTED VEGGIE HUMMUS SALAD

- Half the reserved roasted veggies (1½ cups) * ***from Dinner Day 1***
- ¾ teaspoon balsamic vinegar
- ¾ teaspoon olive oil
- ½ cup paleo hummus * ***from Lunch Day 1***
- 1½ ounces mixed greens (about 1½ cups)

- 2 hard boiled eggs

Toss veggies with vinegar and oil. Serve on top of greens with dollops of hummus. Top with sliced egg.

Hummus Salad: 570kcal, 25g Protein, 29g Carb, 380mg Sodium, 6g Fiber, 390mg Cholesterol, 40g Fat, 7g Saturated, 11g Sugar, 20% Calcium, 20% Iron