



## **2017 FALL BODY RESET: PALEO FOR ONE WEEK 3**

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### **MENU**

#### **DAY ONE**

Cinnamon Chia Pudding

Cashew Dip, Crudité & Salsa

Cali Turkey with Squash Salad

*Snacks: Banana & Almond Butter/Deli Turkey with Bell Pepper*

#### **DAY TWO**

Sausage & Kale

Turkey Butternut Salad

Herb Fish with Vegetable Pasta

*Snacks: Fruit & Nuts/Carrots & Tahini*

#### **DAY THREE**

Butternut Frittata

Herb Fish with Vegetable Pasta

Beef Chili

*Snacks: Chia Pudding/Avocado Spinach Salad*

#### **DAY FOUR**

Cinnamon Chia Pudding

Beef Chili

Turkey Fried Rice

*Snacks: Banana & Almond Butter/Deli Turkey & Broccoli*

#### **DAY FIVE**

Breakfast Sausage & Kale

Turkey Fried Rice

Huevos Rancheros

*Snacks: Fruit & Nuts/Carrots & Tahini*



## 2017 FALL BODY RESET: WEEK 3 PALEO FOR ONE PREP GUIDE

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### FOR THE WEEK

- 1 lime, juiced (2 Tablespoons)
- Roasted butternut squash *\*see below*
- ½ head cauliflower, riced *\* see below*
- Make overnight Cinnamon Chia Pudding for breakfast Day 1 and Day 3

### DAY 1

- ¼ yellow or red onion, chunks (¼ cup)
- ½ red or yellow onion, chopped (½ cup)
- 1 carrot, sticks
- ½ carrot, shredded (2½ Tablespoons)
- 1 bell pepper, sliced
- ¼ bell pepper, chopped (¼ cup)
- ½ cup broccoli florets

### DAY 2

- ¼ yellow onion, diced (¼ cup)
- 1 ounce mushrooms sliced (⅓ cup)
- ½ bunch kale, chopped (3 cups)
- 1 carrot, cut into sticks
- 1½ carrots, spiraled
- 1 zucchini, spiraled

### DAY 3

- ¾ yellow onion, diced (¾ cup)
- 1 bell pepper, diced (1 cup)
- 1 carrot, shredded (⅓ cup)
- 1½ ounces mushrooms, chopped (½ cup)

### DAY 4

- ½ cup broccoli florets
- ¼ yellow onion, diced (¼ cup)
- 1" fresh ginger, grated (½ Tablespoon), optional
- 1 carrot, diced small (½ cup)
- 2 ounces mushrooms, chopped (¾ cup)

### DAY 5

- ½ yellow onion, diced (½ cup)
- 2 ounces mushrooms, sliced (¾ cup)
- ½ bunch of kale, chopped (3 cup)
- 1 carrot, cut into sticks
- ½ bell pepper, diced (½ cup)
- ¼ zucchini, diced (½ cup)



## **2017 FALL BODY RESET: WEEK 3 PALEO FOR ONE PREP GUIDE**

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### **Butternut Squash**

1 (2¼-2½ pound) butternut squash

Peel squash, cut in half lengthwise, and remove seeds. Cut squash into 1" cubes (about 3 cups) and spread on a lightly oiled baking sheet. Roast 20-25 minutes at 400°F. Cool and refrigerate.

### **Riced Cauliflower**

½ head cauliflower

Remove tough stems from cauliflower and break into florets. In batches if necessary, place florets in a food processor and pulse until cauliflower is in rice sized pieces. Refrigerate until needed.

WEEK 3



PALEO FALL BODY RESET

| Meat                           | 4 Servings         | 2 Servings        | 1 Serving         | Price<br>(4 servings) | Notes (4 servings)          |
|--------------------------------|--------------------|-------------------|-------------------|-----------------------|-----------------------------|
|                                | Qty                |                   |                   |                       |                             |
| ground turkey                  | 6 pounds           | 3 pounds          | 1-1/2 pounds      | \$30.00               |                             |
| white fish fillets             | 4 pounds           | 2 pounds          | 1 pound           | \$24.00               | <i>your choice</i>          |
| ground beef                    | 4 pounds           | 2 pounds          | 1 pound           | \$20.00               |                             |
| deli turkey                    | 2-1/2 pounds       | 1-1/4 pounds      | 2/3 pound         | \$20.00               |                             |
| breakfast sausage              | 2 pounds           | 1 pound           | 1/2 pound         | \$10.00               |                             |
| <b>Fruits &amp; Vegetables</b> |                    |                   |                   |                       |                             |
| Fruits & Vegetables            | 4 Servings         | 2 Servings        | 1 Serving         | Price<br>(4 servings) | Notes (4 servings)          |
|                                | Qty                |                   |                   |                       |                             |
| cilantro                       | 3 bunches          | 2 bunches         | 1 bunch           | \$4.50                |                             |
| onion                          | 10                 | 5                 | 3                 | \$10.00               | <i>red or yellow</i>        |
| limes                          | 4                  | 2                 | 1                 | \$2.00                |                             |
| carrots                        | 29                 | 15                | 8                 | \$4.00                |                             |
| bell pepper (any color)        | 11                 | 6                 | 3                 | \$11.00               |                             |
| broccoli                       | 1 head             | 1 sm head         | 1 sm head         | \$2.00                |                             |
| avocados                       | 5                  | 3                 | 2                 | \$5.00                |                             |
| spinach                        | 1 pound            | 1/2 pound         | 1/4 pound         | \$5.00                |                             |
| butternut squash               | 9 pounds           | 4-1/2 pounds      | 2-1/4 pounds      | \$9.00                | <i>3 (3 lb) squash</i>      |
| fresh basil                    | 1 bunch            | 1 sm bunch        | 1 sm bunch        | \$1.50                | <i>need 1/2 cup chopped</i> |
| parsley                        | 1 bunch            | 1 sm bunch        | 1 sm bunch        | \$1.50                | <i>need 1/4 cup chopped</i> |
| zucchini                       | 5                  | 3                 | 2                 | \$5.00                |                             |
| mushrooms                      | 1-3/4 pounds       | 1 pound           | 1/2 pound         | \$6.00                |                             |
| fresh ginger                   | 2-3"               | 1-2"              | 1"                | \$2.00                |                             |
| cauliflower                    | 2 heads            | 1 head            | 1 sm head         | \$4.00                |                             |
| banana                         | 4                  | 2                 | 1                 | \$2.00                |                             |
| kale                           | 4 bunches          | 2 bunches         | 1 bunch           | \$8.00                |                             |
| pear                           | 4                  | 2                 | 1                 | \$2.00                |                             |
| <b>Misc.</b>                   |                    |                   |                   |                       |                             |
| Misc.                          | 4 Servings         | 2 Servings        | 1 Serving         | Price<br>(4 servings) | Notes (4 servings)          |
|                                | Qty                |                   |                   |                       |                             |
| chia seeds                     | 1-3/4 cups         | 1 cup             | 1/2 cup           | \$5.00                |                             |
| coconut or almond milk         | 12 cups (96 fl oz) | 6 cups (48 fl oz) | 3 cups (24 fl oz) | \$12.00               |                             |
| vanilla                        | 2 teaspoons        | 1 teaspoon        | 1/2 teaspoon      | \$1.00                |                             |
| cinnamon                       | 1 teaspoon         | 1/2 teaspoon      | 1/4 teaspoon      | \$0.50                |                             |
| almonds                        | 2 cups             | 1 cup             | 1/2 cup           | \$6.00                |                             |
| almond butter                  | 3/4 cup            | 6 Tablespoons     | 3 Tablespoons     | \$3.00                |                             |
| cashews                        | 5 cups             | 2-1/2 cups        | 1-1/4 cups        | \$15.00               |                             |
| fire roasted tomatoes          | 4 (15 oz) cans     | 2 (15 oz) cans    | 1 (15 oz) can     | \$6.00                |                             |
| pepitas                        | 1-1/2 cups         | 3/4 cup           | 6 Tablespoons     | \$2.50                |                             |
| tahini                         | 3/4 cup            | 6 Tablespoons     | 3 Tablespoons     | \$3.00                |                             |
| chili powder                   | 2 teaspoons        | 1 teaspoon        | 1/2 teaspoon      | \$1.00                | <i>optional</i>             |
| <b>PANTRY INGREDIENTS</b>      |                    |                   |                   |                       |                             |
| olive oil                      | 1-1/2 cups         | 3/4 cup           | 6 Tablespoons     |                       |                             |
| grapeseed oil                  | 5 Tablespoons      | 3 Tablespoons     | 2 Tablespoons     |                       |                             |
| coconut oil                    |                    |                   |                   |                       |                             |
| balsamic vinegar               | 6 Tablespoons      | 3 Tablespoons     | 2 Tablespoons     |                       |                             |
| white wine vinegar             |                    |                   |                   |                       |                             |
| chicken or veg broth           | 8 cups (64 fl oz)  | 4 cups (32 fl oz) | 2 cups (16 fl oz) |                       |                             |
| garlic cloves                  | 12 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                 | dash               | dash              | dash              |                       |                             |
| paprika                        |                    |                   |                   |                       |                             |
| dried oregano                  |                    |                   |                   |                       |                             |
| herbes de provence             |                    |                   |                   |                       |                             |
| ground cumin                   | 4 teaspoons        | 2 teaspoons       | 1 teaspoon        |                       |                             |
| raw organic honey              |                    |                   |                   |                       |                             |
| organic tomato paste           |                    |                   |                   |                       |                             |
| Dijon mustard                  |                    |                   |                   |                       |                             |
| raw coconut aminos             | 3 Tablespoons      | 2 Tablespoons     | 1 Tablespoon      |                       |                             |
| eggs                           | 20                 | 10                | 5                 |                       |                             |
| coconut flour                  |                    |                   |                   |                       |                             |



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 1

#### BREAKFAST: Cinnamon Chia Pudding

3 Tablespoons chia seeds  
1 cup coconut or almond milk (8 fl oz)  
¼ teaspoon vanilla, optional  
⅛ teaspoon cinnamon

¼ cup almonds

Prepare the chia pudding the night before by combining chia seeds, coconut milk, vanilla, and cinnamon. Stir well and refrigerate overnight. Serve with almonds.

Pudding: 460kcal, 11g Protein, 32g Carb, 80mg Sodium, 16g Fiber, 0mg Cholesterol, 35g Fat, 11g Saturated, 7g Sugar, 25% Calcium, 20% Iron

#### MID-MORNING SNACK: Banana & Almond Butter

1½ Tablespoons almond butter & ½ banana

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

#### LUNCH: Cashew Dip, Crudité & Salsa

##### *For cashew dip*

¾ cup cashews, boiled for 2 minutes and cooled  
2 Tablespoons cilantro  
½ clove garlic, minced  
¼ yellow or red onion, chunks (¼ cup)  
½ Tablespoon balsamic vinegar  
1 Tablespoon lime juice  
⅛ teaspoon organic sea salt  
⅛ teaspoon black pepper  
2¼ teaspoons olive oil

##### *For salsa*

½ Tablespoon grapeseed oil  
¼ red or yellow onion, chopped (¼ cup)  
¼ clove garlic, minced  
¼ (15 oz) can fire roasted tomatoes  
3 Tablespoons chopped cilantro  
1 Tablespoon lime juice

##### *For crudité*

1 carrots, sticks  
½ bell pepper, sliced  
½ cup broccoli florets  
4 ounces deli turkey

Puree cashew dip ingredients and **save half for Dinner Day 5**. Serve remaining dip with veggies and salsa.

For salsa, heat oil in a saucepan over medium heat. When oil is hot add onion and garlic and cook for 1 minute.

Add tomatoes and cook for another 1-2 minutes. Turn off heat and add cilantro and lime juice. Cool and puree. **Save half Dinner Day 5**.

*All recipes make one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

### DAY 1 LUNCH (continued)

Cashew Dip: 340kcal, 8g Protein, 18g Carb, 80mg Sodium, 2g Fiber, 0mg Cholesterol, 28g Fat, 5g Saturated, 4g Sugar, 2% Calcium, 15% Iron  
Crudit : 190kcal, 23g Protein, 19g Carb, 1280mg Sodium, 5g Fiber, 50mg Cholesterol, 2.5g Fat, 1g Saturated, 11g Sugar, 6% Calcium, 6% Iron  
Salsa: 50kcal, 1g Protein, 5g Carb, 125mg Sodium, 1g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 2% Iron

### MID-AFTERNOON SNACK: Deli Turkey & Bell Pepper

1/2 bell pepper & 3 ounces of turkey

110 kcal, 16g Protein, 7g Carb, 910mg Sodium, 1g Fiber, 35mg Cholesterol, 1.5g Fat, 0.5g Saturated, 5g Sugar, 2% Calcium, 2% Iron

### DAY 1

### DINNER: Cali Turkey Burgers with Butternut Squash Salad

*For cali turkey burgers*

3/4 pound ground turkey  
1/4 yellow or red onion, chopped (1/4 cup)  
1/4 bell pepper, chopped (1/4 cup)  
1/2 carrot, shredded (2 1/2 Tablespoons)  
2 Tablespoons chopped cilantro  
1/8 teaspoon organic sea salt  
1/8 teaspoon black pepper  
1/8 teaspoon cumin

1/4 avocado, sliced

*For butternut squash salad*

1 1/2 ounces spinach leaves (1 cup)  
1/4 pound cooked butternut squash (2/3 cup) \*see prep guide  
1/2 Tablespoon pepitas (pumpkin seeds)  
1 teaspoon balsamic vinegar  
3/4 teaspoon olive oil

*For cali turkey burgers*

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

*For butternut squash salad*

Combine salad ingredients and serve with burger.

Burger with Avocado: 400kcal, 30g Protein, 7g Carb, 135mg Sodium, 4g Fiber, 135mg Cholesterol, 7g Fat, 7g Saturated, 2g Sugar, 8% Calcium, 15% Iron

Butternut Squash Salad: 100kcal, 3g Protein, 13g Carb, 35Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 3g Sugar, 8% Calcium, 10% Iron

*All recipes make one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 2

#### BREAKFAST: SAUSAGE & KALE

½ Tablespoon olive oil  
¼ yellow onion, diced (¼ cup)  
1 ounce mushrooms sliced (⅓ cup)  
¼ pound breakfast sausage, diced  
½ bunch kale, chopped (3 cups)

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and cook for 30 seconds.
3. Add mushrooms and sausage and cook for about 2-4 minutes until sausage is cooked through.
4. Add kale by the handfuls until wilted down completely.

380kcal, 15g Protein, 9g Carb, 440mg Sodium, 3g Fiber, 30mg Cholesterol, 32g Fat, 7g Saturated, 3g Sugar, 10% Calcium, 6% Iron

#### MID-MORNING SNACK: Fruit & Nuts

¼ cup of cashews & ½ pear

Snack: 250kcal, 6g Protein, 26g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 16g Fat, 2.5g Saturated, 11g Sugar, 2% Calcium, 10% Iron

#### LUNCH: TURKEY BUTTERNUT SALAD

1 cooked turkey burger, crumbled *\*from Dinner Day 1*  
1½ ounces spinach leaves (1 cup)  
⅓ pound cooked butternut squash (⅔ cup) *\*see prep guide*  
½ Tablespoon pepitas (pumpkin seeds)  
½ Tablespoon balsamic vinegar  
1 teaspoon olive oil

Toss all ingredients together.

Salad: 420kcal, 32g Protein, 15g Carb, 280mg Sodium, 4g Fiber, 135mg Cholesterol, 27g Fat, 7g Saturated, 4g Sugar, 15% Calcium, 25% Iron

#### MID-AFTERNOON SNACK: Carrots & Tahini

1½ Tablespoons tahini & 1 carrot

Snack: 150kcal, 6g Protein, 8g Carb, 50mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 10% Iron



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 2

#### DINNER: Herb Fish with Vegetable 'Pasta'

##### *For herb fish*

1 Tablespoon olive oil  
½ clove garlic, minced  
1 Tablespoon chopped basil  
1 Tablespoon chopped parsley  
Pinch of organic sea salt  
Pinch of black pepper  
1 pound white fish fillets

##### *For vegetable 'pasta'*

1 Tablespoon olive oil, divided  
1½ carrots, spiraled  
1 zucchini, spiraled  
dash of salt and pepper for each batch  
¼ 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 opaque and flaky. **Save half for Lunch Day 3.**

##### *For vegetable 'pasta'*

Heat a large non-stick skillet over medium-high heat and add oil. When oil is hot add carrots and zucchini with salt and pepper and cook for only about 1-2 minutes. **Save half for Lunch Day 3.** Toss remaining pasta with pepitas and serve with herb fish.

Herbed Fish: 270kcal, 42g Protein, 0g Carb, 230mg Sodium, 0g Fiber, 110mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron  
Vegetable 'Pasta': 240kcal, 8g Protein, 16g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 18g Fat, 3g Saturated, 8g Sugar, 6% Calcium, 15% Iron





## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 3

#### BREAKFAST: Butternut Frittata

2 eggs  
½ Tablespoon almond or coconut milk  
¼ teaspoon olive oil  
¼ yellow onion, diced (¼ cup)  
¼ bell pepper, diced (¼ cup)  
1 Tablespoon chopped basil  
¼ pound roasted butternut squash (½ cup) \* *see prep guide*  
¼ avocado, sliced

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 2-3 minutes. Add basil and squash until heated through.
3. Add in eggs and let cook, without stirring, for 1-2 minutes. Place skillet in oven for about 6-7 minutes until eggs are cooked through. Cut into wedges.
4. Serve with avocado.

***Prepare Chia pudding for mid-morning snack. Mix together and refrigerate for a few hours to thicken.***

Frittata: 250kcal, 15g Protein, 13g Carb, 140mg Sodium, 3g Fiber, 360mg Cholesterol, 14g Fat, 4g Saturated, 4g Sugar, 6% Calcium, 6% Iron  
Avocado: 80kcal, 1g Protein, 4g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron

#### MID-MORNING SNACK: Chia Pudding

1 serving = ¾ cup milk and 1½ Tablespoons chia seeds

210kcal, 4g Protein, 17g Carb, 115mg Sodium, 9g Fiber, 0mg Cholesterol, 16g Fat, 7g Saturated, 5g Sugar, 10% Calcium, 6% Iron

#### LUNCH: Herb Fish with Vegetable 'Pasta'

½ pound herb fish \* ***from Dinner Day 2***  
Veggie 'pasta' \* ***from Dinner Day 2***

Reheat and serve.

Fish: 270kcal, 42g Protein, 0g Carb, 230mg Sodium, 0g Fiber, 110mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron  
'Pasta': 240kcal, 8g Protein, 16g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 18g Fat, 3g Saturated, 8g Sugar, 6% Calcium, 15% Iron

*All recipes make one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 3

#### MID-AFTERNOON SNACK: Avocado Spinach Salad

- ¼ avocado, diced
- 1 ounce spinach (¾ cup)
- ½ Tablespoon pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- ½ Tablespoon pepitas

Mix together.

*1 serving = ¾ cup spinach, ¼ avocado, ½ Tablespoon pepitas & ½ Tablespoon dressing*

130kcal, 3g Protein, 6g Carb, 95mg Sodium, 4g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 1g Sugar, 4% Calcium, 8% Iron

#### DINNER: Beef Chili

- 2¼ teaspoons olive oil
- ½ yellow onion, diced (½ cup)
- 1 clove garlic, minced
- ¾ bell pepper, diced (¾ cup)
- 1 carrot, shredded (½ cup)
- 1½ ounces mushrooms, chopped (½ cup)
- 1 pound ground beef
- ¼ teaspoon organic sea salt
- ½ teaspoon black pepper
- Pinch of cayenne
- ¾ teaspoon cumin
- ½ teaspoon chili powder, optional
- ¾ (15 ounce) can fire roasted diced tomatoes
- ¾ pound roasted butternut squash (1¼ cups) \* *see prep guide*
- 2 cups low-sodium low sodium broth (16 fl oz)
- ¼ cup chopped cilantro
- ¼ avocado, diced

1. Heat a 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 ½ for Lunch Day 4 and a freezer meal.** Serve with avocado.

Chili: 450kcal, 32g Protein, 20g Carb, 600mg Sodium, 5g Fiber, 105mg Cholesterol, 26g Fat, 9g Saturated, 7g Sugar, 10% Calcium, 25% Iron  
Avocado: 80kcal, 1g Protein, 4g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron

**Prepare chia pudding for tomorrows breakfast.**

*All recipes make one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 4

#### **BREAKFAST: Cinnamon Chia Pudding**

3 Tablespoons chia seeds  
1 cup coconut or almond milk (8 fl oz)  
¼ teaspoon vanilla, optional  
⅛ teaspoon cinnamon  
¼ cup almonds

Prepare the chia pudding the night before by combining chia seeds, coconut milk, vanilla, and cinnamon. Stir well and refrigerate overnight. Serve with almonds.

pudding: 460kcal, 11g Protein, 32g Carb, 80mg Sodium, 16g Fiber, 0mg Cholesterol, 35g Fat, 11g Saturated, 7g Sugar, 25% Calcium, 20% Iron

#### **MID-MORNING SNACK: Banana & Almond Butter**

1½ Tablespoons almond butter & ½ banana

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

#### **LUNCH: Beef Chili**

Beef chili \* *from Dinner Day 3*

¼ avocado, diced

Heat chili and serve with diced avocado.

Chili: 450kcal, 32g Protein, 20g Carb, 600mg Sodium, 5g Fiber, 105mg Cholesterol, 26g Fat, 9g Saturated, 7g Sugar, 10% Calcium, 25% Iron  
Avocado: 80kcal, 1g Protein, 4g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron

#### **MID-AFTERNOON SNACK: Deli Turkey & Broccoli**

½ cup of broccoli & 3 ounces of turkey

Snack: 100 kcal, 16g Protein, 6g Carb, 930mg Sodium, 1g Fiber, 35mg Cholesterol, 1.5g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 2% Iron

*All recipes make one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 4

#### DINNER: TURKEY FRIED 'RICE'

2¼ teaspoons grapeseed or sesame oil  
¼ yellow onion, diced (¼ cup)  
½ Tablespoon grated ginger, optional  
½ clove garlic, minced  
1 carrot, diced small (½ cup)  
¾ pound ground turkey  
2 ounces mushrooms, chopped (¾ cup)  
½ head cauliflower, riced \* *see prep guide*  
2¼ teaspoons raw coconut aminos  
1 egg, beaten

1. Heat a 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 coconut aminos and cook until just tender.
3. Add eggs and cook until eggs are scrambled in. **Save half for Lunch Day 5.**

Rice: 500kcal, 37g Protein, 19g Carb, 520mg Sodium, 5g Fiber, 230mg Cholesterol, 32g Fat, 7g Saturated, 7g Sugar, 10% Calcium, 20% Iron



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 5

#### BREAKFAST SAUSAGE & KALE

½ Tablespoon olive oil  
¼ yellow onion, diced (¼ cup)  
1 ounce mushrooms, sliced (½ cup)  
¼ pound breakfast sausage, diced  
½ bunch of kale, chopped (3 cups)

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and cook for 1 minute.
3. Add mushrooms and sausage and cook for about 2-4 minutes until sausage is cooked through.
4. Add kale by the handfuls until wilted down completely.

380kcal, 15g Protein, 9g Carb, 440mg Sodium, 3g Fiber, 30mg Cholesterol, 32g Fat, 7g Saturated, 3g Sugar, 10% Calcium, 6% Iron

#### MID-MORNING SNACK: Fruit & Nuts

¼ cup of cashews & ½ pear

250kcal, 6g Protein, 26g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 16g Fat, 2.5g Saturated, 11g Sugar, 2% Calcium, 10% Iron

#### LUNCH: TURKEY FRIED 'RICE'

Turkey fried rice, warmed \* *from Dinner Day 4*

Fried Rice: 500kcal, 37g Protein, 19g Carb, 520mg Sodium, 5g Fiber, 230mg Cholesterol, 32g Fat, 7g Saturated, 7g Sugar, 10% Calcium, 20% Iron

#### MID-AFTERNOON SNACK: Carrots & Tahini

1½ Tablespoons tahini & 1 carrot

150kcal, 6g Protein, 8g Carb, 50mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 10% Iron

*All recipes make one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 3

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### DAY 5

#### DINNER: HUEVOS RANCHEROS

- ½ Tablespoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ bell pepper, diced (½ cup)
- 1 ounce mushrooms sliced (⅓ cup)
- ¼ zucchini, diced (½ cup)
- 2 eggs, beaten
- 1 Tablespoon chopped cilantro

Cashew dip \* *from Lunch Day 1*

Salsa \* *from Lunch Day 1*

1. Heat a 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. Serve along with cashew dip and top with eggs with salsa.

Huevos: 260kcal, 16g Protein, 10g Carb, 140mg Sodium, 3g Fiber, 390mg Cholesterol, 16g Fat, 3.5g Saturated, 5g Sugar, 4% Calcium, 4% Iron  
Cashew Dip: 340kcal, 8g Protein, 18g Carb, 80mg Sodium, 2g Fiber, 0mg Cholesterol, 28g Fat, 5g Saturated, 4g Sugar, 2% Calcium, 15% Iron  
Salsa: 50kcal, 1g Protein, 5g Carb, 125mg Sodium, 1g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 2% Iron