



2017 FALL BODY RESET: PALEO 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 PREP

FOR THE WEEK

- 24 eggs, hard boiled
- 6 lemons, juiced (1 cup juice, 1 Tablespoon zest)
- Make paleo hummus **Lunch Day 1 for recipe*

DAY 1

- 3 yellow onions, chopped (3 cups)
- 5 bell peppers, chopped (5 cups)
- 2 bell peppers, sliced
- 4 ounces brown or button mushrooms, diced (1½ cups)
- 8 ounces brown mushrooms, halved (3 cups)
- 7 zucchini, diced (14 cups)
- 4 carrots, peeled and cut in sticks
- 2 cucumbers, sliced
- 4 stalks celery, sliced

DAY 2

- 4 carrots, peeled and cut in sticks
- 1 pound green beans, trimmed (3 cups)

DAY 3

- 2 bell peppers, sliced
- 2 yellow onions, diced (2 cups)
- 6 carrots, diced (3 cups)
- 6 stalks celery, diced (3 cups)
- 6 ounces brown or button mushrooms, diced (2 cups)
- 2 zucchini, diced (4 cups)

DAY 4

- 6 ounces brown or button mushrooms, diced (2 cups)
- 4 celery stalks, cut into sticks
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1 large head broccoli, chopped (4 cups)

DAY 5

- 2 bell peppers, sliced
- 4 celery stalks, 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 WEEK 1

DAY 1

BREAKFAST: EGG MUFFINS (for TWO meals)

1 yellow onion, chopped (1 cup)
2 bell peppers, chopped (2 cups)
4 ounces brown or button mushrooms, diced (1½ cups)
1 zucchini, diced (2 cups)
4 Tablespoons olive oil
16 eggs
16 ounces low sodium ham, diced

1. Heat oven to 375°F.
2. Combine all ingredients and put in 24 greased muffins tins (for 2 meals). Cook about 10-15 minutes.
3. **Refrigerate 12 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

½ cup cashew butter and 2 apples
1 serving = 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: Crudité

For paleo hummus

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

For crudité

1½ cups paleo hummus
4 carrots, peeled and cut in sticks
2 cucumbers, sliced
2 bell peppers, sliced
4 stalks celery, sliced
2 apples, sliced
8 eggs, hardboiled

continued

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 1

DAY 1 LUNCH (continued)

For hummus, combine in a blender or food processor until smooth. Use 1½ cups 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

½ cup walnuts with 4 cups mixed fresh fruit
1 serving: 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

6 pounds boneless skinless chicken breasts
(about 12 medium breasts)
4 Tablespoons olive oil
6 Tablespoons lemon juice
2 teaspoons Herbes de Provence
¾ teaspoon organic sea salt
½ teaspoon black pepper

For roast veggies

3 Tablespoons olive oil
2 yellow onions, chopped (2 cups)
6 zucchini, diced (12 cups)
2 sweet potatoes, 1" cubes
8 ounces brown mushrooms, halved (3 cups)
3 bell peppers, chopped (3 cups)
¾ teaspoon organic sea salt
¼ teaspoon 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 ¾ of the chicken; use 1½ pounds for Lunch Day 2 and 3 pounds 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 2 baking sheets. Roast about 20-25 minutes.
6. **Save ½ 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 WEEK 1

DAY 2

BREAKFAST: Yogurt & Granola

2 cups full fat coconut milk yogurt
4 scoops paleo protein powder, optional
1 cup mixed fresh fruit (your choice)
½ cup cashew butter

For each serving, mix ½ cup yogurt and 1 scoop protein powder (if using), and layer with ¼ cup fruit and 2 Tablespoons 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

8 hardboiled eggs with 2 sliced apples
1 serving = 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

1½ pounds grilled chicken, diced (about 3 breasts) * *from Dinner Day 1*
2 apples, diced
¼ cup cashews
1 avocado, mashed
2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
6 ounces mixed greens (6 cups)

Combine all ingredients except greens. Put on bottom of lunch containers 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

12oz deli ham with 4 carrots, peeled and cut in sticks
1 serving = 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 WEEK 1

DAY 2

DINNER: BAKED SALMON

3 pounds salmon fillets (can sub 3 pounds chicken breasts)

½ teaspoon organic sea salt

¼ teaspoon black pepper

3 cloves garlic, minced

3 Tablespoons lemon juice

1 Tablespoon lemon zest

½ cup finely chopped cashews

2 sweet potatoes, sliced thin

1 pound green beans, trimmed (3 cups)

4 Tablespoons 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



2017 FALL BODY RESET: PALEO WEEK 1

DAY 3

BREAKFAST: Egg Muffins

12 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

½ cup walnuts with 4 cups fresh fruit

1 serving = 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

1½ pounds cooked salmon, flaked * *from Dinner Day 2*

Half the reserved roasted veggies (6-7 cups) * *from Dinner Day 1*

4 ounces mixed greens (4 cups)

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

½ cup tahini butter with 2 bell peppers, sliced

1 serving = 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

3 Tablespoon olive oil

2 yellow onions, diced (2 cups)

4 cloves garlic, minced

4 pounds ground beef

6 carrots, diced (3 cups)

6 stalks celery, diced (3 cups)

6 ounces brown or button mushrooms, diced (2 cups)

64 fluid ounces low-sodium chicken or vegetable broth (8 cups)

48 fluid ounces water (6 cups)

2 zucchini, diced (4 cups)

2 teaspoons Herbes de Provence

2 (15 oz) cans diced tomatoes with juice

¼ teaspoon organic sea salt

dash of black pepper

6 ounces spinach (4 cups)

½ cup walnuts

continued

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 1

1. Heat a very large 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 ⅓; 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



2017 FALL BODY RESET: PALEO WEEK 1

DAY 4

BREAKFAST: Bacon Egg & Mushroom Frittata

1 Tablespoon olive or coconut oil
6 ounces bacon, diced
6 ounces brown or button mushrooms, diced (2 cups)
4 ounces spinach (about 3 cups)
8 eggs
¼ cup full fat coconut milk yogurt
¼ cup water

1. Heat oven to 375°F and grease a glass casserole dish.
2. Heat a large skillet over medium heat, heat oil for 1 minute.
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 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

⅓ cup cashew butter with 2 apples, sliced
1 serving = 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

12 ounces roast beef with 4 celery stalks, cut into sticks
1 serving = 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 WEEK 1

DAY 4

DINNER: Chicken Stir Fry

2 Tablespoons grapeseed or sesame oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 Tablespoons grated ginger, optional
2 bell peppers, diced (2 cups)
1 large head broccoli, chopped (4 cups)
3 pounds cooked chicken, diced (about 6 breasts) * **from Dinner Day 1**
2 Tablespoons raw coconut aminos
1 Tablespoon lemon juice
1 cup chopped cashews

1 avocado, sliced

1. Heat a large 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 WEEK 1

DAY 5

BREAKFAST: Yogurt & Granola

2 cups full fat coconut milk yogurt
4 scoops paleo protein powder, optional
1 cup mixed fresh fruit (your choice)
½ cup cashew butter

For each serving, mix ½ cup yogurt and 1 scoop protein powder (if using), and layer with ¼ cup fruit and 2 Tablespoons 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

½ cup tahini butter with 2 bell peppers, sliced
1 serving: 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

12 ounces roast beef with 4 celery stalks, cut into sticks
1 serving: 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 (6-7 cups) * *from Dinner Day 1*
1 Tablespoon balsamic vinegar
1 Tablespoon olive oil
2 cups paleo hummus * *from Lunch Day 1*
6 ounces mixed greens (about 6 cups)

8 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

All recipes make four servings unless otherwise noted