



2017 FALL BODY RESET: PALEO WEEK 3

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 PREP GUIDE

FOR THE WEEK

- 4 limes, juiced (½ cup)
- Roasted butternut squash **see below*
- 2 heads cauliflower, riced ** see below*
- Make overnight Cinnamon Chia Pudding for breakfast Day 1 and Day 3

DAY 1

- 1 yellow or red onion, chunks (1 cup)
- 2 red or yellow onions, chopped (2 cups)
- 4 carrots, sticks
- 2 carrots, shredded (¾ cup)
- 4 bell peppers, sliced
- 1 bell pepper, chopped (1 cup)
- ½ head broccoli, small florets (2 cups)

DAY 2

- 1 yellow onion, diced (1 cup)
- 4 ounces mushrooms sliced (1½ cups)
- 2 bunches kale, chopped (12 cups)
- 4 carrots, cut into sticks
- 6 carrots, spiraled
- 4 zucchini, spiraled

DAY 3

- 3 yellow onions, diced (3 cups)
- 4 bell peppers, diced (4 cups)
- 4 carrots, shredded (1½ cups)
- 6 ounces mushrooms, chopped (2 cups)

DAY 4

- 2 cups broccoli florets
- 1 yellow onion, diced (1 cup)
- 2-3" fresh ginger, grated (2 Tablespoons), optional
- 5 carrots, diced small (2½ cups)
- 8 ounces mushrooms, chopped (3 cups)

DAY 5

- 2 yellow onions, diced (2 cups)
- 8 ounces mushrooms, sliced (3 cups)
- 2 bunches of kale, chopped (12 cups)
- 4 carrots, cut into sticks
- 2 bell peppers, diced (2 cups)
- 1 zucchini, diced (2 cups)



2017 FALL BODY RESET: WEEK 3 PALEO 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.

WEEK 3



PALEO FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (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	
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	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	
Misc.					
Misc.	4 Servings	2 Servings	1 Serving	Price (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>
PANTRY INGREDIENTS					
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 WEEK 3

DAY 1

BREAKFAST: Cinnamon Chia Pudding

¾ cup chia seeds
4 cups coconut or almond milk (32 fl oz)
1 teaspoon vanilla, optional
½ teaspoon cinnamon

1 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

6 Tablespoons almond butter and 2 bananas
1 serving = 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

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

For salsa

2 Tablespoons 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)
16 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 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 Dinner Day 5**.

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: PALEO 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

2 bell sliced peppers and 12 ounces of deli turkey

1 serving =   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 pounds ground turkey

1 yellow or red onion, chopped (1 cup)

1 bell pepper, chopped (1 cup)

2 carrots, shredded (  cup)

  cup chopped cilantro

  teaspoon organic sea salt

  teaspoon black pepper

  teaspoon cumin

1 avocado, sliced

For butternut squash salad

6 ounces spinach leaves (4 cups)

1  pounds cooked butternut squash (2  cups) **see prep guide*

2 Tablespoon pepitas (pumpkin seeds)

1  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.

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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 3

DAY 2

BREAKFAST: SAUSAGE & KALE

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
4 ounces mushrooms sliced (1½ cups)
1 pound breakfast sausage, diced
2 bunches kale, chopped (12 cups)

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.
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

1 cup cashews and 2 sliced pears
1 serving = 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

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: 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

6 Tablespoons tahini, 4 carrots, cut into sticks
1 serving = 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

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 3

DAY 2

DINNER: Herb Fish with Vegetable 'Pasta'

For herb fish

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

For vegetable 'pasta'

4 Tablespoons olive oil, divided
6 carrots, spiraled
4 zucchini, spiraled
dash of salt and pepper for each batch
1 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'

Cook in batches, do not overcrowd pan. Heat a very large non-stick skillet over medium-high heat and add 1-2 Tablespoons 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.** 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



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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 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 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 7-8 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

6 Tablespoons chia seeds and 3 cups coconut milk
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'

2 pounds 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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 3

DAY 3

MID-AFTERNOON SNACK: Avocado Spinach Salad

- 1 avocado, diced
- 4 ounces spinach (3 cups)
- 2 Tablespoons pantry dressing (www.thefresh20.com/pantrydressings)
- 2 Tablespoons 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

- 3 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 mushrooms, chopped (2 cups)
- 4 pounds ground beef
- 1 teaspoon organic sea 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 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 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 tomorrow's breakfast.

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 3

DAY 4

BREAKFAST: Cinnamon Chia Pudding

¾ cup chia seeds
4 cups coconut or almond milk (32 fl oz)
1 teaspoon vanilla, optional
½ teaspoon cinnamon
1 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

6 Tablespoons almond butter and 2 bananas
1 serving = 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*
1 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

2 cups broccoli florets and 12 ounces of deli turkey
1 serving = 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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO 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)
3 pounds ground turkey
8 ounces mushrooms, chopped (3 cups)
2 heads cauliflower, riced * *see prep guide*
3 Tablespoons raw coconut aminos
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 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



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DAY 5

BREAKFAST SAUSAGE & KALE

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
4 ounces mushrooms, sliced (1½ cups)
1 pound breakfast sausage, diced
2 bunches of kale, chopped (12 cups)

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.
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

1 cup of cashews and 2 pears sliced
1 serving = 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

6 Tablespoons tahini and 4 carrots, cut into sticks
1 serving = 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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 3

DAY 5

DINNER: HUEVOS RANCHEROS

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
4 ounces mushrooms sliced (1½ cups)
1 zucchini, diced (2 cups)
8 eggs, beaten
¼ cup chopped cilantro

Cashew dip * *from Lunch Day 1*

Salsa * *from Lunch Day 1*

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. 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