



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

MENU

DAY ONE

Yogurt & Granola

Hummus with Crudité

Veggie Patties & Roast Veggies with Pesto

Snacks: Fruit & Nuts/Coconut Sweet Potato Boats

DAY TWO

Overnight Oats

White Bean Salad

Veggie Patties with Potatoes & Green Beans

Snacks: Easy Guacamole & Carrots/Fruit & Nuts

DAY THREE

Yogurt & Granola

Veggie Bowl

Lentil Soup

Snacks: Coconut Sweet Potato Boats/Fruit & Edamame

DAY FOUR

Overnight Oats

Lentil Soup

Stir Fry

Snacks: Fruit & Nuts/Easy Guacamole & Carrots

DAY FIVE

Smoothie

Chicken Stir Fry

Roasted Veggie Hummus Salad

Snacks: Fruit & Nuts/Edamame & Oranges



2017 FALL BODY RESET: WEEK 1 VEGAN FOR ONE PREP GUIDE

FOR THE WEEK

- 1-2 lemons, juiced (3 Tablespoons juice)
- Make hummus **see Day 1 for recipe*
- 1" fresh ginger, grated (2¼ teaspoons)
- 2 sweet potatoes, baked * *see directions below*
- 1½ cups cooked brown rice prepared according to package directions
- Make granola * *see prep guide for recipe*

DAY 1

- Veggie patties (dinner) need to be refrigerated for one hour before cooking
- ¾ yellow onion, diced (¾ cup)
- 1 carrot, peeled and cut in sticks
- ½ cucumber, sliced
- ½ bell pepper, sliced
- ¾ bell pepper, diced (¾ cup)
- 1 stalk celery, sliced
- 1½ zucchini, diced (3 cups)
- 2 large Portobello mushroom caps, diced (2 cups)

DAY 2

- 2 carrots, cut into sticks

DAY 3

- ½ yellow onion, diced (½ cup)
- 1½ carrots, diced (¾ cup)
- 1½ stalks celery, diced (¾ cup)
- ½ large Portobello mushroom cap, diced (½ cup)
- ½ zucchini, diced (1 cup)

DAY 4

- 2 carrots, cut into sticks
- ¼ yellow onion, diced (¼ cup)
- ½ bell pepper, diced (½ cup)
- ¼ large head broccoli, chopped (1 cup)

DAY 5

- No prep



2017 FALL BODY RESET: WEEK 1 VEGAN FOR ONE PREP GUIDE

Baked Sweet Potatoes

2 medium (8 ounce) sweet potatoes, scrubbed clean

Wrap sweet potatoes in foil and place in 350°F oven for 45 minutes to an hour (based on size and shape) until fork tender. Cool and refrigerate until needed.

Toasted Oats

Place oats on a baking sheet in a 350°F oven for about 10 minutes (less for small quantity). Check frequently to prevent burning.

Granola

¾ cup raw old fashioned oats

3 Tablespoons cashews, chopped

3 Tablespoons flaked coconut or dried fruit

1. Preheat oven to 350°F.
2. Place oats and cashews on baking sheet and bake 8-10 minutes, stirring once.
3. Place oats and cashews in a re-sealable container and add coconut or dried fruit, seal tightly once cooled.

WEEK 1



VEGAN FALL BODY RESET

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
lemons	5	3	2	\$2.50	
carrots	26	13	7	\$5.00	
cucumbers	2	1	1	\$2.00	
bell peppers	7	4	2	\$7.00	<i>any color</i>
celery	10 stalks	5 stalks	3 stalks	\$3.00	
apples	21	11	6	\$10.50	
rosemary	few sprigs	few sprigs	few sprigs	\$2.00	<i>optional - need 2 tsp chopped</i>
yellow onion	6	3	2	\$6.00	
zucchini	8	4	2	\$8.00	
portobello mushrooms	10 large caps	5 large caps	3 large caps	\$15.00	<i>or 2 pounds brown mushrooms</i>
mixed greens	1 pound	1/2 pound	1/4 pound	\$3.00	
potatoes	4 (6-8 oz)	2 (6-8 oz)	1 (6-8 oz)	\$2.00	
green beans	1 pound	1/2 pound	1/4 pound	\$3.00	
spinach	2/3 pound	1/3 pound	3 ounces	\$3.00	
fresh ginger	2-3"	2"	1"	\$1.50	<i>optional - need 3 Tbspn grated</i>
broccoli	1 large head	1 head	1 small head	\$2.50	
oranges	14	7	4	\$7.00	
sweet potatoes	10 (8 oz)	5 (8 oz)	3 (8 oz)	\$7.50	
fresh basil	2 bunches	1 bunch	1 bunch	\$3.00	
avocado	5	3	2	\$5.00	
edamame, shelled	4 cups	2 cups	1 cup	\$4.00	
bananas	7	4	2	\$3.50	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
white beans	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$6.00	
black beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$4.50	
cashews	3 cups	1-1/2 cups	3/4 cup	\$9.00	
nuts (your choice)	4-1/4 cups	2-1/4 cups	1-1/4 cups	\$13.50	
almonds	3 cups	1-1/2 cups	3/4 cup	\$9.00	
walnuts	1-1/2 cups	3/4 cup	6 ounces	\$3.50	
pumpkin seeds	1 cup	1/2 cup	1/4 cup	\$3.00	
cinnamon	2-1/2 Tablespoons	4 teaspoons	2 teaspoons	\$1.00	
coconut yogurt	6 cups	3 cups	1-1/2 cups	\$4.50	<i>unsweetened</i>
dried coconut	3/4 cup	6 Tablespoons	3 Tablespoons	\$3.00	<i>or dried fruit</i>
brown lentils	3 cups	1-1/2 cups	3/4 cup	\$4.50	
diced tomatoes	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	\$3.00	
chia seeds	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	

PANTRY INGREDIENTS

olive oil	1-1/4 cups	2/3 cup	1/3 cup		
coconut oil	1/4 cup	2 Tablespoons	1 Tablespoon		
balsamic vinegar	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
white wine vinegar					
vegetable broth	64 fl oz	32 fl ounces	16 fl ounces		
garlic cloves	11 cloves	6 cloves	3 cloves		
kosher salt	3 teaspoons	1-1/2 teaspoons	1 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper	dash	dash	dash		
paprika					
dried oregano					
herbes de provence	1 teaspoon	1/2 teaspoon	1/4 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	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
raw old fashioned oats	11 cups	5-1/2 cups	2-3/4 cups		
coconut milk	64 fluid ounces	32 fl ounces	16 fl ounces		
brown rice	3 cups	1-1/2 cups	3/4 cup		



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 1

BREAKFAST: Yogurt & Granola

- ¼ cup coconut yogurt (or almond)
- ½ oranges, sliced
- ½ cup granola * *see prep guide for recipe*

In a cup or bowl, layer yogurt, orange slices, and granola.

Yogurt and Granola: 250kcal, 14g Protein, 32g Carb, 50mg Sodium, 5g Fiber, 10mg Cholesterol, 8g Fat, 2g Saturated, 7g Sugar, 8% Calcium, 10% Iron

MORNING SNACK: Fruit & Nuts

- 1 orange & ¼ cup nuts

Oranges and Almonds: 250kcal, 8g Protein, 26g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 15g Sugar, 10% Calcium, 6% Iron

DAY 1

LUNCH: Hummus with Crudité

For hummus

- ¾ (15 ounce) cans white beans, rinsed and drained (1¼ cups)
- 1½ Tablespoons lemon juice
- 1 Tablespoon olive oil
- Pinch of kosher salt
- Pinch of black pepper
- Pinch of cumin
- Pinch of cayenne

For crudité

- ⅓ cup hummus **see prep guide*
- 1 carrot, peeled and cut in sticks
- ½ cucumber, sliced
- ½ bell pepper, sliced
- 1 stalk celery, sliced
- ½ apple, sliced
- ¼ cup of almonds

1. For hummus, combine ingredients in blender or food processor until smooth. Serve ⅓ cup for lunch, **save remaining hummus for Dinner Day 5.**
2. Serve veggies with hummus, almonds, and a side of apples.

Crudité: 480kcal, 19g Protein, 60g Carb, 420mg Sodium, 23g Fiber, 0mg Cholesterol, 21g Fat, 2g Saturated, 18g Sugar, 30% Calcium, 25% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 1

AFTERNOON SNACK: Coconut Sweet Potato Boats

1 baked sweet potato (see prep guide)
¼ cup unsweetened coconut yogurt
Pinch of cinnamon
¼ cup toasted oats (optional)

1. Reheat sweet potato, if desired.
2. Open potato and fill with yogurt. Sprinkle with cinnamon and oats (if desired)

Sweet potato boats: 210kcal, 3g Protein, 48g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 3g Fat, 2g Saturated, 11g Sugar, 10% Calcium, 6% Iron

DAY 1

DINNER: Veggie Patties & Roast Veggies with Pesto

For veggie patties (makes 3 total)

¼ yellow onion, diced (¼ cup)
½ large Portobello mushroom cap, diced (½ cup)
2 Tablespoons chopped walnuts
¾ (15 ounce) can black beans, rinsed and drained (1¼ cups)
½ cup of brown rice, cooked
½ cup raw old-fashioned rolled oats
½ clove garlic, minced
¼ teaspoon chopped rosemary
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
2¼ teaspoons olive oil
½ Tablespoon coconut oil

For roast veggies

2¼ teaspoons olive oil
½ yellow onion, diced (½ cup)
1½ zucchini, diced (13 cups)
½ medium sweet potato, diced
1½ large Portobello mushroom caps, diced
¾ bell pepper, diced (¾ cup)
⅛ teaspoon kosher salt
Pinch of black pepper

For pesto

½ cup basil leaves
1 Tablespoon olive oil
½ clove garlic
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon nuts (your choice)

For veggie patties

1. Finely chop onion, mushroom and walnuts in a food processor.
2. In a large bowl, mash beans to a rough consistency using a fork or potato masher. Add rice, oats, and vegetables from food processor.

Continued



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 1 DINNER continued

3. Add the garlic, rosemary, salt, pepper, and olive oil.
4. Mix all the ingredients, kneading as necessary to make the mixture workable. Add water for additional moisture as needed.
5. Refrigerate for at least one hour.
6. Form into 3 palm sized patties.
7. Heat coconut oil over medium high heat.
8. Cook the patties for 5 minutes on each size or until browned.
9. **Save 2 patties for Dinner Day 2 and Dinner Day 4.**

For roast veggies

1. Heat oven to 375°F.
2. Toss ingredients together and put on a large baking sheet. Roast about 20-25 minutes.
3. **Save ½ of veggies for Lunch Day 3 and Dinner Day 5.**
4. Toss remaining veggies in pesto and serve with veggie patties.

For pesto

Add all ingredients to food processor and process until mixture comes together to desired consistency. Toss with veggies.

Veggie Patties: 270kcal, 9g Protein, 35g Carb, 470mg Sodium, 7g Fiber, 0mg Cholesterol, 3g Fat, 3g Saturated, 1g Sugar, 6% Calcium, 15% Iron
Veggies and Pesto: 270kcal, 6g Protein, 15g Carb, 320mg Sodium, 4g Fiber, 0mg Cholesterol, 23g Fat, 3g Saturated, 7g Sugar, 8% Calcium, 10% Iron

Note: Prepare overnight oats for tomorrows breakfast.



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 2

BREAKFAST: Overnight Oats

½ cup raw old-fashioned rolled oats
1 Tablespoon chia seeds
¾ teaspoon cinnamon
8 fluid ounces coconut milk (1 cup)
Pinch of salt
¼ banana, sliced
2 Tablespoons almonds, chopped

1. Fill a mason jar with oats, chia seeds, cinnamon, coconut milk, and a pinch of salt.
2. Add the lid and shake well. Put in the refrigerator overnight, or for at least 6 hours.
3. Top with sliced banana and almonds when ready to serve.

Oats: 400kcal, 13g Protein, 48g Carb, 60mg Sodium, 6g Fiber, 0mg Cholesterol, 20g Fat, 6g Saturated, 6g Sugar, 25% Calcium, 25% Iron

MORNING SNACK: Easy Guacamole & Carrots

½ avocado, mashed
½ Tablespoon lemon or lime juice
pinch of kosher salt
dash of hot sauce (optional)
2 carrots, cut into sticks

Combine all ingredients except carrots. Serve guacamole with carrot dippers

Guac and Carrots: 180kcal, 3g Protein, 22g Carb, 120mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 10g Sugar, 4% Calcium, 0% Iron

DAY 2

LUNCH: White Bean Salad

¼ (15 oz) can white beans, rinsed and drained (½ cup)
¼ apple, diced
¼ cup walnuts, chopped
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: 510kcal, 16g Protein, 46g Carb, 50mg Sodium, 15g Fiber, 0mg Cholesterol, 33g Fat, 3.5g Saturated, 11g Sugar, 10% Calcium, 35% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 2

AFTERNOON SNACK: Fruit & Nuts

1 apple & ¼ cup nuts

Apples and Almonds: 260kcal, 7g Protein, 32g Carb, 0mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 20g Sugar, 8% Calcium, 6% Iron

DINNER: Veggie Patties with Potatoes & Green Beans

For veggie patties

1 veggie patty, warmed * **from Meal #1**

For potatoes & green beans

1 (6-8 oz) potato, sliced thin

¾ teaspoon olive oil

¼ pound green beans (¾ cup)

1. Heat oven to 425°F.
2. Toss potatoes with olive oil and lay on a baking sheet, top with green beans.
3. Bake for about 10 minutes. Flip and bake 5 more minutes if necessary for potatoes.
4. **Save half the potatoes and green beans for Lunch Day 3.** Serve remaining vegetables with warm vegetable patties.

Veggie Patties: 270kcal, 9g Protein, 35g Carb, 470mg Sodium, 7g Fiber, 0mg Cholesterol, 3g Fat, 3g Saturated, 1g Sugar, 6% Calcium, 15% Iron

Potatoes and Green Beans: 160kcal, 5g Protein, 32g Carb, 30mg Sodium, 6g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 3g Sugar, 4% Calcium, 6% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 3

BREAKFAST: Yogurt & Granola

- ¼ cup coconut yogurt (or almond)
- ½ banana, sliced
- ½ cup granola * *see prep guide for recipe*

In a cup or bowl, layer yogurt, sliced banana, and granola.

Yogurt and Granola: 250kcal, 14g Protein, 32g Carb, 50mg Sodium, 5g Fiber, 10mg Cholesterol, 8g Fat, 2g Saturated, 7g Sugar, 8% Calcium, 10% Iron

MORNING SNACK: Coconut Sweet Potato Boats

- 1 baked sweet potato (see prep guide)
- ¼ cup unsweetened coconut yogurt
- Pinch of cinnamon
- ¼ cup toasted oats (optional)

1. Reheat sweet potato, if desired.
2. Open potato and fill with yogurt. Sprinkle with cinnamon and oats (if desired).

Sweet potato boats: 210kcal, 3g Protein, 48g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 3g Fat, 2g Saturated, 11g Sugar, 10% Calcium, 6% Iron

DAY 3

LUNCH: Veggie Bowl

- Cooked potatoes & green beans* *from Dinner Day 2*
- ½ reserved roasted veggies (about 2 cups) * *from Dinner Day 1*
- ¼ cup pumpkin seeds

Warm potatoes & green beans and roasted veggies. Toss with pumpkin seeds.

Veggie Bowl: 430kcal, 17g Protein, 49g Carb, 200mg Sodium, 12g Fiber, 0mg Cholesterol, 22g Fat, 3.5g Saturated, 10g Sugar, 10% Calcium, 25% Iron

AFTERNOON SNACK: Fruit & Edamame

- ½ cup edamame & 1 apple

Edamame and fruit: 190kcal, 8g Protein, 34g Carb, 30mg Sodium, 8g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 20g Sugar, 4% Calcium, 10% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 3

DINNER: Lentil Soup

2¼ teaspoons olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
¾ cup brown lentils (uncooked)
1½ carrots, diced (¾ cup)
1½ stalks celery, diced (¾ cup)
½ large Portobello mushroom cap, diced (½ cup)
2 cups low-sodium chicken or vegetable broth (16 fl oz)
1 cup water (8 fl oz)
½ zucchini, diced (1 cup)
¼ teaspoon chopped rosemary
¼ teaspoon Herbes de Provence
½ (15 oz) can diced tomatoes with juice
Pinch of kosher salt
Pinch of black pepper
1½ ounces spinach (1 cup)

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 lentils, carrots, celery, and mushrooms and sauté for 1-2 minutes. Add broth and water and bring to simmer for 10-15 minutes until lentils are barely tender. Add the zucchini, rosemary, Herbes, tomatoes, salt, pepper, and spinach and simmer another 5-10 minutes.
3. **Save ½ for lunch Day #4.**

Lentil Soup: 400kcal, 25g Protein, 66g Carb, 430mg Sodium, 28g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 12g Sugar, 15% Calcium, 45% Iron

Note: Prepare overnight oats for tomorrow's breakfast.



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 4

BREAKFAST: Overnight Oats

½ cup raw old-fashioned rolled oats
1 Tablespoon chia seeds
¾ teaspoon cinnamon
8 fluid ounces coconut milk (1 cup)
Pinch of salt
¼ banana, sliced
2 Tablespoon almonds, chopped

1. Fill a mason jars with oats, chia seeds, cinnamon, coconut milk, and a pinch of salt.
2. Add the lid and shake well. Put in the refrigerator overnight, or for at least 6 hours.
3. Top with sliced banana and almonds when ready to serve.

Oats: 400kcal, 13g Protein, 48g Carb, 60mg Sodium, 6g Fiber, 0mg Cholesterol, 20g Fat, 6g Saturated, 6g Sugar, 25% Calcium, 25% Iron

MORNING SNACKS: Fruit & Nuts

1 orange & ¼ cup nuts

Oranges and Almonds: 250kcal, 8g Protein, 26g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 15g Sugar, 10% Calcium, 6% Iron

LUNCH: Lentil Soup

Reheat reserved Lentil Soup from Dinner Day 3.

Lentil Soup: 400kcal, 25g Protein, 66g Carb, 430mg Sodium, 28g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 12g Sugar, 15% Calcium, 45% Iron

AFTERNOON SNACK: Easy Guacamole & Carrots

½ avocado, mashed
½ Tablespoon lemon or lime juice
pinch of kosher salt
dash of hot sauce (optional)
2 carrots, cut into sticks

Combine all ingredients except carrots. Serve guacamole with carrot dippers.

Guac and Carrots: 180kcal, 3g Protein, 22g Carb, 120mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 10g Sugar, 4% Calcium, 0% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 4

DINNER: Stir Fry

- ½ Tablespoon coconut 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)
- 1 veggie patty, crumbled * **from Dinner Day 1**
- ½ Tablespoon low-sodium soy sauce
- ¾ teaspoon lemon juice
- ¼ cup almonds, chopped
- ¼ cup cashews, chopped
- ½ cup of brown rice, warmed

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 crumbled veggie patty, soy sauce, and lemon and stir until heated through. Add in almonds and cashews. **Save half for Lunch Day 5.** Serve over warmed brown rice.

Stir Fry over Rice: 460kcal, 16g Protein, 50g Carb, 480mg Sodium, 9g Fiber, 0mg Cholesterol, 24g Fat, 3.5g Saturated, 5g Sugar, 10% Calcium, 20% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 5

BREAKFAST: Smoothie

2 Tablespoons cashews, ground
¾ banana
½ apple
¾ teaspoon grated ginger
1 ounce spinach (about ¾ cup)
½ cup coconut yogurt (or almond)
¾ cup ice

Blend until smooth. Add additional liquid if needed to achieve desired consistency.

Smoothie: 270kcal, 5g Protein, 45g Carb, 95mg Sodium, 6g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 25g Sugar, 15% Calcium, 15% Iron

MORNING SNACK: Fruit & Nuts

1 apple & ¼ cup nuts

Apples and Almonds: 260kcal, 7g Protein, 32g Carb, 0mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 20g Sugar, 8% Calcium, 6% Iron

DAY 5

LUNCH: Chicken Stir Fry

Reheat Chicken Stir Fry **from Dinner Day 4**. Serve over ½ cup warm brown rice.

Stir Fry over Rice: 460kcal, 16g Protein, 50g Carb, 480mg Sodium, 9g Fiber, 0mg Cholesterol, 24g Fat, 3.5g Saturated, 5g Sugar, 10% Calcium, 20% Iron

AFTERNOON SNACK: Edamame & Oranges

½ cup edamame & 1 orange

Edamame and fruit: 190kcal, 8g Protein, 34g Carb, 30mg Sodium, 8g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 20g Sugar, 4% Calcium, 10% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 1

DAY 5

DINNER: Roasted Veggie Hummus Salad

½ the reserved roasted veggies (about 2 cups) * **from Dinner Day 1**

¾ teaspoon balsamic vinegar

¾ teaspoon olive oil

½ cup hummus * **from Lunch Day 1**

2 ounces mixed greens or arugula (about 2 cups)

2 Tablespoons cashews or pine nuts

1 apple, sliced

Toss veggies with vinegar and oil. Serve on top of greens with dollops of hummus; top with nuts. Serve with a side of sliced apples.

Salad: 380kcal, 12g Protein, 32g Carb, 240mg Sodium, 9g Fiber, 0mg Cholesterol, 24g Fat, 2.5g Saturated, 8g Sugar, 15% Calcium, 20% Iron

Apple: 90kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 19g Sugar, 0% Calcium, 0% Iron