



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

MENU

DAY ONE

Smoothie

Protein Lunch

Meatless Lentil Balls & Brussels Sprouts & Sweet Potatoes

Snacks: Fruit & Nut Butter/Green Tahini Dip with Carrots

DAY TWO

Overnight Oats

Meatless Lentil Balls & Salad

Tofu & Broccoli

Snacks: Banana Tahini Smoothie/Grapes with Pumpkin Seeds

DAY THREE

Smoothie

Tofu Salad

Chipotle Black Bean Soup

Snacks: Fruit & Nut Butter/Grapes & Pumpkin Seeds

DAY FOUR

Overnight Oats

Chipotle Black Bean Soup

Orange Stir Fry

Snacks: Banana Tahini Smoothie/Green Tahini Dip with Carrots

DAY FIVE

Yogurt Bowl

Orange Stir Fry

Chickpea & Brussels Salad

Snacks: Fruit & Nut Butter/Orange & Avocado Salad



2017 FALL BODY RESET: WEEK 2 VEGAN FOR ONE PREP GUIDE

FOR THE WEEK

- 1½ lemons, zested & juiced (¼ cup juice, ½ Tablespoon zest)
- 3 bananas, peeled and sliced, frozen

DAY 1

- 2 carrots, cut into sticks
- ¾ pound brussels sprouts, halved (about 2½ cups)
- ½ yellow onion, diced (½ cup)
- 1 cup cooked brown or green lentils prepared according to package directions
- ¼ large head broccoli, small florets (1 cup)

DAY 2

- ½ cup cooked brown rice, warmed
- ½ bell pepper, halved or chopped

DAY 3

- ½ yellow onion, diced (½ cup)
- 1 bell pepper, diced (1 cup)
- ¾ zucchini, diced (1½ cups)

DAY 4

- 2 carrots, cut into sticks
- ¼ yellow onion, diced small (¼ cup)
- 1" fresh ginger, grated (½ Tablespoon), optional
- ½ head broccoli, chopped (2 cups)
- 1 bell pepper, cut into strips
- ½ cup orange juice (from 1½ oranges)
- 2 cups cooked gluten-free pasta prepared according to package directions

DAY 5

- ¾ pounds brussels sprouts, sliced very thin (1½ cups)

WEEK 2



VEGAN FALL BODY RESET

| Fruits & Vegetables | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|--------------------------|--------------|--------------|--------------|-----------------------|----------------------------------|
| | Qty | | | | |
| bananas | 10 | 5 | 3 | \$5.00 | |
| pears | 12 | 6 | 3 | \$6.00 | |
| apples | 12 | 6 | 3 | \$6.00 | |
| fava beans | 2 cups | 1 cup | 1/2 cup | \$2.00 | |
| grapes | 2-1/2 pounds | 1-1/4 pounds | 2/3 pound | \$8.00 | |
| cilantro | 2 bunches | 1 bunch | 1 bunch | \$3.00 | |
| lemon | 6 | 3 | 2 | \$3.00 | |
| carrots | 16 | 8 | 4 | \$4.00 | |
| brussels sprouts | 4 pounds | 2 pounds | 1 pound | \$8.00 | |
| sweet potatoes | 4-1/2 pounds | 2-1/4 pounds | 1-1/4 pounds | \$7.00 | |
| yellow onions | 5 | 3 | 2 | \$5.00 | |
| fruit (your choice) | 6 servings | 3 servings | 2 servings | \$6.00 | |
| avocado | 1/4 pound | 2 ounces | 1 ounce | \$2.00 | |
| broccoli | 3 heads | 2 heads | 1 head | \$6.00 | |
| tomatoes | 6 | 3 | 2 | \$3.00 | |
| avocado | 6 | 3 | 2 | \$6.00 | |
| bell peppers (any color) | 10 | 5 | 3 | \$10.00 | |
| zucchini | 3 | 2 | 1 | \$3.00 | |
| fresh ginger | 2-3" | 2" | 1" | \$2.00 | <i>need 2 Tablespoons grated</i> |
| oranges | 9 | 5 | 3 | \$4.50 | |

| Misc. | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|------------------------|----------------|----------------|---------------|-----------------------|-------------------------|
| | Qty | | | | |
| almonds | 5 cups | 2-1/2 cups | 1-1/4 cups | \$15.00 | |
| raisins | 1-1/4 cups | 2/3 cup | 1/3 cup | \$2.00 | |
| coconut milk | 80 fl ounces | 40 fl ounces | 20 fl ounces | \$9.00 | |
| almond butter | 1-1/2 cups | 3/4 cup | 1/2 cup | \$3.75 | |
| tahini | 1-1/2 cups | 3/4 cup | 1/2 cup | \$3.00 | |
| ground flax seeds | 1/4 cup | 2 Tablespoons | 1 Tablespoon | \$2.00 | |
| green or brown lentils | 2 cups | 1 cup | 1/2 cup | \$3.00 | |
| cinnamon | 1/4 teaspoon | 1/8 teaspoon | 1/8 teaspoon | \$0.50 | |
| pumpkin seeds | 2 cups | 1 cup | 1/2 cup | \$4.00 | |
| extra firm tofu | 3 (14 oz) pkgs | 2 (14 oz) pkgs | 1 (14 oz) pkg | \$6.00 | |
| chipotle peppers | 1-2 | 1 | 1 | \$2.00 | <i>canned, in adobo</i> |
| black beans | 4 (15 oz) cans | 2 (15 oz) cans | 1 (15 oz) can | \$6.00 | |
| gluten free pasta | 16 ounces | 8 ounces | 4 ounces | \$4.00 | |
| dairy free yogurt | 2 cups | 1 cup | 1/2 cup | \$3.00 | |
| chick peas (garbanzos) | 2 (15 oz) cans | 1 (15 oz) can | 1 (15 oz) can | \$3.00 | |

PANTRY INGREDIENTS

| | | | | | |
|------------------------|-------------------|-------------------|-------------------|--|--|
| olive oil | 2 cups | 1 cup | 1/2 cup | | |
| coconut oil | | | | | |
| balsamic vinegar | 2/3 cup | 1/3 cup | 3 Tablespoons | | |
| white wine vinegar | | | | | |
| vegetable broth | 8 cups (64 fl oz) | 4 cups (32 fl oz) | 2 cups (16 fl oz) | | |
| garlic cloves | 17 cloves | 9 cloves | 5 cloves | | |
| kosher salt | 3 teaspoons | 1-1/2 teaspoons | 3/4 teaspoon | | |
| black pepper | 3 teaspoons | 1-1/2 teaspoons | 3/4 teaspoon | | |
| cayenne pepper | | | | | |
| paprika | 1 teaspoon | 1/2 teaspoon | 1/4 teaspoon | | |
| dried oregano | 7 teaspoons | 3-1/2 teaspoons | 1-3/4 teaspoons | | |
| herbes de provence | 3 teaspoons | 1-1/2 teaspoons | 3/4 teaspoon | | |
| ground cumin | 2 teaspoons | 1 teaspoon | 1/2 teaspoon | | |
| raw honey/maple syrup | | | | | |
| organic tomato paste | 1/4 cup | 2 Tablespoons | 1 Tablespoon | | |
| Dijon mustard | | | | | |
| low sodium soy sauce | 3 Tablespoons | 1-1/2 Tablespoons | 1 Tablespoon | | |
| raw old fashioned oats | 3-1/2 cups | 1-3/4 cups | 1 cup | | |
| coconut milk | | | | | |
| brown rice | 1 cup | 1/2 cup | 1/4 cup | | |



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 1

BREAKFAST: Smoothie

2 Tablespoons almonds, ground
¾ banana, peeled (frozen if you'd like a thicker smoothie)
½ pear, peeled and cored
1 Tablespoon raisins
½ cup coconut milk (4 fluid oz)
¾ cup ice

Blend until smooth.

270kcal, 5g Protein, 45g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 33g Sugar, 8% Calcium, 6% Iron

MORNING SNACK: Fruit & Nut Butter

1 apple & 1½ Tablespoons almond butter

Apples and Almond Butter: 240kcal, 6g Protein, 30g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 20g Sugar, 4% Calcium, 6% Iron

LUNCH: Protein Lunch

¼ avocado
½ cup fava beans
3 Tablespoons almonds
1 pear, sliced
⅓ cup grapes

Protein Lunch: 440kcal, 12g Protein, 61g Carb, 260mg Sodium, 17g Fiber, 0mg Cholesterol, 18g Fat, 2g Saturated, 24g Sugar, 10% Calcium, 15% Iron

AFTERNOON SNACK: Green Tahini Dip with Carrots

¼ cup tahini
¼ cup chopped cilantro
1 Tablespoon fresh lemon or lime juice
¼ clove garlic, minced
Pinch each kosher salt and ground black pepper
pinch of ground cumin

2 carrots, cut into sticks

Blend all ingredients together (except carrots), thin as needed with water. **Reserve half for snack Day 4.** Serve remaining dip with carrots.

1 serving = 3 Tablespoons dip & 2 carrots

Carrots and Dip: 230kcal, 7g Protein, 16g Carb, 95mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 8g Sugar, 6% Calcium, 6% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 1

DINNER: Meatless Lentil Balls with Brussels Sprouts & Sweet Potatoes

For Brussels sprouts & sweet potatoes

¾ pound brussels sprouts, halved (about 2½ cups)
½ pound sweet potatoes, cut into small cubes
1 Tablespoon olive oil
⅛ teaspoon kosher salt
Pinch of black pepper

For meatless lentil balls

1 flax egg (1 Tablespoon ground flaxseed + 2 Tablespoons water)
2 Tablespoons olive oil, divided
½ yellow onion, diced (½ cup)
1½ cloves garlic, minced
¾ teaspoon Herbes de Provence
½ Tablespoon oregano or Italian seasoning
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 cup cooked brown or green lentils
1 Tablespoon tomato paste

For balsamic glaze

2 Tablespoons low sodium vegetable broth
2 Tablespoons balsamic vinegar

1. Heat oven to 400°F. Line a baking sheet with foil or parchment paper for lentil balls.
2. Toss brussels sprouts and sweet potatoes with oil, salt, and pepper. Put on a second baking sheet and roast 20-25 minutes. **Save half for Lunch Day 2.**
3. For lentil balls, prepare flax egg by mixing ground flaxseeds and water. Set aside.
4. Heat ½ Tablespoon olive oil in a skillet over medium-high heat. Add onions and garlic cook 2-3 minutes or until onions are translucent. Remove from heat.
5. In a food processor, combine flax egg, cooked onions and garlic, Herbes, oregano, salt, pepper, 2¼ teaspoons olive oil, lentils, and tomato paste. Pulse until combined, but not pureed. Carefully form into about 4 balls.
6. Reheat the skillet over medium heat and add 2¼ teaspoons olive oil.
7. Add the balls, carefully, and brown for 4-5 minutes. Turn frequently to cook all sides evenly.
8. Remove the lentil balls and transfer to the lined baking sheet and place in the oven.
9. Bake for 15 minutes.
10. In a small saucepan over medium heat and add broth and vinegar for glaze. Cook until reduced by half.
11. **Save half the lentil balls for Lunch Day 2.** Serve remaining lentil balls with Brussels sprouts, sweet potatoes, and glaze.

Brussels Sprouts and Potatoes :170kcal, 6g Protein, 22g Carb, 180mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 4% Calcium, 6% Iron

Lentil Balls with glaze: 310kcal, 11g Protein, 33 Carb, 470mg Sodium, 10g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 9g Sugar, 6% Calcium, 25% Iron

Note: Prepare overnight oats for tomorrow's breakfast. See Breakfast Day 2 for recipe.

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 2

BREAKFAST: Overnight Oats

- ½ cup coconut milk (4 fluid ounces)
- ½ cup old fashioned oats
- ½ cup chopped fruit – your choice
- 1 Tablespoon chopped almonds

Combine milk, oats, and fruit and cover; refrigerate overnight. Toss with nuts in the morning.

Oats: 280kcal, 6g Protein, 42g Carb, 40mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 5g Saturated, 13g Sugar, 2% Calcium, 10% Iron

MORNING SNACK: Banana Tahini Smoothie

- 1 frozen banana
- 2 Tablespoons old fashioned oats
- 1 Tablespoon raisins
- 2 Tablespoons tahini
- ½ cup coconut milk (4 fluid ounces)
- Pinch of ground cinnamon, optional
- Pinch of kosher salt

Blend ingredients together until smooth. Makes 2 servings, **freeze half for snack Day 4.**

1 serving = ½ of total prepared quantity

Smoothie: 220kcal, 4g Protein, 26g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 3.5g Saturated, 12g Sugar, 2% Calcium, 6% Iron

DAY 2

LUNCH: Meatless Lentil Balls & Vegetable Salad

- 2 meatless lentil balls * *from Dinner Day 1*
- Brussels sprouts and sweet potatoes * *from Dinner Day 1*
- ¾ teaspoon lemon zest
- 1 teaspoon olive oil
- ¾ teaspoon balsamic vinegar
- 1 ounce arugula (1 cup)

Toss all together.

Salad: 360kcal, 39g Protein, 12g Carb, 330mg Sodium, 3g Fiber, 110mg Cholesterol, 16g Fat, 2.5g Saturated, 3g Sugar, 6% Calcium, 15% Iron

AFTERNOON SNACK: Grapes with Pumpkin Seeds

- ½ cup grapes & ¼ cup pumpkin seeds

Grapes with pumpkin seeds: 280kcal, 15g Protein, 18g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 4g Saturated, 12g Sugar, 2% Calcium, 30% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 2

DINNER: Tofu & Broccoli

For broccoli

- ¼ large head broccoli, small florets (1 cup)
- ½ Tablespoon olive oil
- Pinch of salt and pepper
- ½ tomato, chopped
- 2 Tablespoons chopped almonds

For tofu

- ¾ (14 oz) package of extra firm tofu, drained and diced (optional, press out additional water for crispier tofu)
- 1 Tablespoon olive oil
- ½ clove garlic, minced
- Pinch each of kosher salt and black pepper
- 2¼ teaspoons lemon juice

½ cup cooked brown rice, warmed

1. Heat oven to 375°F.
2. Toss broccoli with oil, salt, and pepper and place on a baking sheet; roast about 10-15 minutes. Toss with tomatoes and nuts and serve with tofu.
3. Toss tofu with oil, garlic, salt, pepper, and lemon and put on a baking sheet; roast for about 20 minutes.

Save half the tofu for Lunch Day 3.

4. Serve remaining tofu and broccoli over warmed rice.

Tofu & Broccoli: 380kcal, 22g Protein, 16g Carb, 120mg Sodium, 5g Fiber, 0mg Cholesterol, 29g Fat, 3.5g Saturated, 5g Sugar, 40% Calcium, 25% Iron
Rice: 110kcal, 2g Protein, 23g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 3

BREAKFAST: Smoothie

2 Tablespoons almonds, ground
¾ banana (frozen if you'd like a thicker smoothie)
½ pear, peeled and cored
1 Tablespoon raisins
½ cup coconut milk (4 fluid oz)
¾ cup ice

Blend until smooth. Makes four servings.

270kcal, 5g Protein, 45g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 33g Sugar, 8% Calcium, 6% Iron

MORNING SNACK: Fruit & Nut Butter

1 apple & 1½ Tablespoons almond butter

Apples and Almond Butter: 240kcal, 6g Protein, 30g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 20g Sugar, 4% Calcium, 6% Iron

LUNCH: Tofu Salad

Roasted tofu, diced small * *from Dinner Day 2*
1 tomato, chopped (¾ cup)
½ avocado, diced
½ Tablespoon cilantro, chopped
1 teaspoon lemon juice
½ bell pepper, left as a half or chopped

Combine all ingredients and serve in bell peppers if desired.

Shrimp salad: 430kcal, 21g Protein, 24g Carb, 100mg Sodium, 10g Fiber, 0mg Cholesterol, 32g Fat, 4g Saturated, 8g Sugar, 35% Calcium, 25% Iron

AFTERNOON SNACK: Grapes & Pumpkin Seeds

½ cup grapes & ¼ cup pumpkin seeds

Grapes with pumpkin seeds: 280kcal, 15g Protein, 18g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 4g Saturated, 12g Sugar, 2% Calcium, 30% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 3

DINNER: Chipotle Black Bean Soup

2¼ teaspoons olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
¼-½ chipotle pepper, chopped
¾ pound sweet potatoes, small cubes
1 (15 oz) can black beans
1 bell pepper, diced (1 cup)
¾ zucchini, diced (1½ cups)
Pinch of kosher salt
Pinch of black pepper
¼ teaspoon cumin
¼ teaspoon oregano
¼ teaspoon paprika
1¾ cups low-sodium vegetable broth (14 fluid ounces)
1¾ cups water (14 fluid ounces)
¾ teaspoon lemon zest
2 Tablespoons chopped cilantro
¼ avocado, diced

1. Heat a pot over medium heat and add oil, onion, and garlic and sauté for 1 minute. Add chipotle peppers and cook for 1-2 minutes.
2. Add sweet potatoes and cook for 2-3 minutes.
3. Add black beans, bell peppers, zucchini, salt, pepper, cumin, oregano, paprika, broth, and water and bring to a simmer; cook for 8-10 minutes.
4. **Save ⅓ of the soup. Serve half the reserved amount for Lunch Day 4 and freeze the other half for a later meal.**
5. Serve remaining soup with zest, cilantro, and avocado.

Soup: 370kcal, 11g Protein, 56g Carb, 1240mg Sodium, 14g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 13g Sugar, 10% Calcium, 15% Iron

Note: Defrost frozen Banana Tahini Smoothie for tomorrow's morning snack. Prepare overnight oats for tomorrow's breakfast.



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 4

BREAKFAST: Overnight Oats

½ cup coconut milk (4 fluid ounces)
½ cup old fashioned oats
½ cup chopped fruit – your choice
1 Tablespoon chopped almonds

Combine milk, oats, and fruit and cover; refrigerate overnight. Toss with nuts in the morning.

Oats: 280kcal, 6g Protein, 42g Carb, 40mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 5g Saturated, 13g Sugar, 2% Calcium, 10% Iron

MORNING SNACK: Banana Tahini Smoothie

Banana Tahini Smoothie * *from Day 2*

Smoothie: 220kcal, 4g Protein, 26g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, 12g Fat, 3.5g Saturated, 12g Sugar, 2% Calcium, 6% Iron

LUNCH: Chipotle Black Bean Soup

Chipotle Black Bean Soup, heated * *from Dinner Day 3*
1 Tablespoon chopped cilantro
¼ avocado, diced

Serve soup garnished with avocado and cilantro.

Soup: 370kcal, 11g Protein, 56g Carb, 1240mg Sodium, 14g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 13g Sugar, 10% Calcium, 15% Iron

AFTERNOON SNACK: Green Tahini Dip with Carrots

Green Tahini Dip * *from Day 1*
2 carrots, cut into sticks

Thin dip as needed with water and whisk with a fork to combine. Serve with carrot sticks.
1 serving = 3 Tablespoons dip with 2 carrots

Carrots and Dip: 230kcal, 7g Protein, 16g Carb, 95mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 8g Sugar, 6% Calcium, 6% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 4

DINNER: Orange Stir-Fry

2¼ teaspoons olive or sesame oil
¼ yellow onion, diced small (¼ cup)
½ clove garlic, minced
½ Tablespoon grated ginger, optional
½ head broccoli, chopped (2 cups)
1 bell pepper, cut into strips
½ cup orange juice (from 1½ oranges)
2¼ teaspoons low-sodium soy sauce
¼ cup crushed almonds or cashews
2 cups gluten-free pasta, cooked
Pinch of black pepper

1. Heat a non-stick skillet over medium heat and add oil, onion, garlic, and ginger and cook for 1-2 minutes.
2. Add broccoli and peppers and cook for 1-2 minutes then add orange juice and soy sauce. Cook until liquid has reduced by a third.
3. Add nuts, pasta and pepper and stir until heated through. **Save half for Lunch Day 5.**

Orange Pasta: 420kcal, 11g Protein, 66g Carb, 370mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 8g Sugar, 8% Calcium, 15% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 5

BREAKFAST: Yogurt Bowl

- ½ cup dairy free yogurt (almond or coconut)
- ½ cup chopped fruit – your choice
- 1 Tablespoon slivered almonds
- 1 Tablespoon almond butter

Layer in a serving bowl.

Yogurt Bowl: 300kcal, 6g Protein, 33g Carb, 55mg Sodium, 5g Fiber, 0mg Cholesterol, 18g Fat, 7g Saturated, 26g Sugar, 35% Calcium, 15% Iron

MORNING SNACK: Fruit & Nut Butter

- 1 apple & 1½ Tablespoons almond butter

Apples and Almond Butter: 240kcal, 6g Protein, 30g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 20g Sugar, 4% Calcium, 6% Iron

DAY 5

LUNCH: Orange Stir-Fry

- Orange stir fry, warmed * *from Dinner Day 4*

Orange Pasta: 420kcal, 11g Protein, 66g Carb, 370mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 8g Sugar, 8% Calcium, 15% Iron

AFTERNOON SNACK: Orange & Avocado Salad

- 1 orange, segments
- ¼ avocado, diced
- pinch of kosher salt
- 2 Tablespoons almonds

Cut orange into segments and toss gently with salt and avocados.

Orange, Avocado Salad: 230kcal, 5g Protein, 28g Carb, 65mg Sodium, 9g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 18g Sugar, 10% Calcium, 4% Iron



2017 FALL BODY RESET: VEGAN FOR ONE WEEK 2

DAY 5

DINNER: Chick Pea & Brussels Salad

- ½ (15 oz) can chick peas (garbanzo beans)
- ½ pound brussels sprouts, sliced very thin (1½ cups)
- 2 Tablespoons chopped almonds
- 1½ Tablespoons lemon juice
- ½ Tablespoon olive oil
- Pinch of kosher salt and pepper
- 1-2 Tablespoons raisins

1 pear, sliced

Toss salad ingredients together and serve with sliced pears.

Salad: 440kcal, 17g Protein, 53g Carb, 60mg Sodium, 16g Fiber, 0mg Cholesterol, 19g Fat, 2g Saturated, 16g Sugar, 15% Calcium, 20% Iron
Pear: 100kcal, 1g Protein, 27g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 17g Sugar, 2% Calcium, 0% Iron