



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

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### MENU

#### DAY ONE

Nutty Oatmeal Smoothie  
Bean Dip, Crudité, and Salsa  
Cali Veggie Burgers with Squash Salad  
*Snacks: Fruit & Nuts/Spiced Pumpkin Seeds & Clementines*

#### DAY TWO

Cinnamon Pear Oatmeal  
Veggie Butternut Salad  
Herb Tofu with Vegetable Pasta  
*Snacks: Avocado Tortilla Wrap/Snack Plate*

#### DAY THREE

Butternut Quinoa Breakfast Bowl  
Herb Fish with Vegetable Pasta  
Vegetable Chili  
*Snacks: Fruit & Nuts*

#### DAY FOUR

Nutty Oatmeal Smoothie  
Vegetable Chili  
Quinoa Fried Rice  
*Snacks: Snack Plate/Pumpkin Seeds & Clementines*

#### DAY FIVE

Cinnamon Pear Oatmeal  
Quinoa Fried Rice  
Bean Tacos  
*Snacks: Fruit & Nuts/Avocado Tortilla Wrap*



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

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### FOR THE WEEK

- 2 limes, juiced (2½ Tablespoons lime juice)
- Roasted butternut squash (Days 1,2,3) *\*see below*
- ½ head cauliflower, riced (Day 4) *\* see below*
- Make spiced pumpkin seeds *\* see below*
- 2 cups cooked quinoa *\* see below*

### DAY 1

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

### DAY 2

- ½ bell pepper, sliced
- 1½ carrots, spiraled
- 1 zucchini, spiraled

### DAY 3

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

### DAY 4

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

### DAY 5

- ¼ yellow onion, diced (¼ cup)
- ½ bell pepper, diced (½ cup)
- 1 ounce brown mushrooms, sliced (⅓ cup)
- ¼ zucchini, diced (½ cup)



## 2017 FALL BODY RESET: WEEK 3 VEGAN 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 12 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, place florets in a food processor and pulse until cauliflower is in rice sized pieces. Refrigerate until needed.

### **Spiced Pumpkin Seeds**

½ cup pumpkin seeds  
½ Tablespoon olive oil  
¼ teaspoon kosher salt  
Pinch of ground cumin  
Pinch of chili powder

Heat oven to 350°F. Toss pumpkin seeds with oil and spices. Cook for 10-12 minutes, tossing midway through cooking. Store in an airtight container until ready to use. Makes 2 servings, 3-4 Tablespoons each.

### **To crisp tortillas**

Place tortillas on a baking sheet and bake at 375°F for 8-10 minutes (depending on quantity) for whole tortillas and 6-8 minutes for tortillas cut into chips. Turn once during baking.

### **Cooked Quinoa**

¾ cup dry quinoa, rinsed  
1½ cups vegetable broth  
¼ teaspoon salt

1. Add all ingredients to a sauce pan and bring to a boil.
2. Lower heat and simmer for 15 minutes.
3. Turn off heat and let stand covered for 5 minutes.

WEEK 3



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	20	10	5	\$10.00	
cilantro	3 bunches	2 bunches	1 bunch	\$4.50	
onion	7	4	2	\$7.00	
lime	5-6	3	2	\$3.00	
carrots	21	11	6	\$3.00	
bell peppers (any color)	12	6	3	\$12.00	
broccoli	1 head	1 sm head	1 sm head	\$2.00	
clementines	8	4	2	\$4.00	
butternut squash	9 pounds	4-1/2 pounds	2-1/4 pounds	\$9.00	3 (3 pound) squash
cauliflower	2 heads	1 head	1 head	\$4.00	
avocado	10	5	3	\$10.00	
spinach	3/4 pound	1/2 pound	1/4 pound	\$5.00	
fresh basil	1 bunch	1 sm bunch	1 sm bunch	\$1.50	need 1/4 cup chopped
fresh parsley	1 bunch	1 sm bunch	1 sm bunch	\$1.50	need 1/4 cup chopped
zucchini	5	3	2	\$5.00	
brown mushrooms	1-1/4 pounds	2/3 pound	1/3 pound	\$5.00	
fresh ginger	2-3"	1-2"	1"	\$2.00	optional, need 2 T. grated
frozen peas	1-1/2 cups	3/4 cup	1/2 cup	\$1.50	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
pepitas (pumpkin seeds)	3-1/2 cups	1-3/4 cups	1 cup	\$5.00	
almonds	4-1/2 cups	2-1/4 cups	1-1/4 cups	\$15.00	
dried apricots	24	12	6	\$3.00	
black beans	7 (15 oz) cans	4 (15 oz) cans	2 (15 oz) cans	\$10.50	
white beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$4.50	
kidney beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$4.50	
fire roasted tomatoes	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$6.00	
vegan corn tortillas	22	11	6	\$6.00	
chili powder	2-1/2 teaspoons	2-1/4 teaspoons	3/4 teaspoons	\$1.00	
quinoa	3 cups	1-1/2 cups	3/4 cup	\$3.00	
ground flax seeds	1/4 cup	2 Tablespoons	1 Tablespoon	\$2.00	
cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
tahini	3/4 cup	6 Tablespoons	3 Tablespoons	\$2.00	
extra firm tofu	3 (14 oz) pkgs	2 (14 oz) pkgs	1 (14 oz) pkg	\$6.00	
PANTRY INGREDIENTS					
olive oil	1-1/2 cups	3/4 cup	1/2 cup		
coconut oil					
balsamic vinegar	6 Tablespoons	3 Tablespoons	1-1/2 Tablespoon		
white wine vinegar					
vegetable broth	14 cups (112 fl oz)	7 cups (56 fl oz)	3.5 cups (28 fl oz)		
garlic cloves	12 cloves	6 cloves	3 cloves		
kosher salt	4 teaspoons	2 teaspoons	1 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
paprika					
dried oregano					
herbes de provence					
ground cumin	4 teaspoons	2 teaspoons	1 teaspoon		
pure maple syrup	1 Tablespoon	1/2 Tablespoon	3/4 teaspoon		
organic tomato paste					
Dijon mustard					
low sodium soy sauce	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		
almond or coconut milk	13 cups (104 fl oz)	6.5 cups (52 fl oz)	3.25 cups (26 fl oz)		
brown rice					



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

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### DAY 1

#### BREAKFAST: Nutty Oatmeal Smoothie

1 Tablespoon pepitas (pumpkin seeds)  
2 Tablespoons raw old-fashioned oats  
¾ banana, peeled  
½ pear, seeded  
½ cup (4 fl oz) coconut or almond milk  
¾ cup ice

In a blender or food processor grind seeds and oats. Add remaining ingredients and blend.

Smoothie: 240kcal, 7g Protein, 42g Carb, 85mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 20% Calcium, 10% Iron

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

¼ cup almonds & 2 dried apricots

Almonds & Apricots: 200kcal, 8g Protein, 15g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

#### LUNCH: Bean Dip, Crudité & Salsa

##### *For bean dip*

¾ (15 oz) can black beans, rinsed and drained  
2 Tablespoons cilantro  
½ clove garlic, minced  
¼ yellow or red onion, chunks  
½ Tablespoon balsamic vinegar  
1 Tablespoon lime juice  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper  
½ Tablespoon olive oil

##### *For salsa*

¾ teaspoon olive or 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 carrot, sticks  
½ bell pepper, sliced  
½ cup broccoli florets  
1-2 vegan corn tortillas, wedged and crisped

For dip and crudité, puree bean dip ingredients and **save half for Meal #5**. Serve remaining dip with tortilla chips, veggies, and salsa.

For salsa, heat oil in a skillet 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 for Meal #5**.

*continued*



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

Bean Dip & Crudité: 340kcal, 14g Protein, 59g Carb, 180mg Sodium, 13g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 11g Sugar, 10% Calcium, 15% Iron

Salsa: 40kcal, 1g Protein, 6g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron

### MID-AFTERNOON SNACK: Spiced Pumpkin Seeds & Clementines

1 clementine & 3 Tablespoons pumpkin seeds

Pumpkin Seeds & Clementines: 240kcal, 12g Protein, 12g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 16g Fat, 3.5g Saturated, 7g Sugar, 2% Calcium, 20% Iron

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

*For Cali veggie burgers*

¾ (15 oz) can white beans, drained, rinsed, lightly mashed  
1 flax egg (1 Tablespoon ground flax seed + 2 Tablespoons of water)  
¼ yellow or red onion, chopped (¼ cup)  
¼ bell pepper, chopped (¼ cup)  
½ carrot, shredded (2½ Tablespoons)  
2 Tablespoons chopped cilantro  
⅛ teaspoon kosher salt  
Pinch of black pepper  
⅛ teaspoon cumin

¼ avocado, sliced

*For butternut squash salad*

1½ ounces spinach leaves (1 cup)  
½ pound cooked butternut squash (⅔ cup) \*see prep guide  
½ Tablespoon pepitas (pumpkin seeds)  
1 teaspoon balsamic vinegar  
¾ teaspoon olive oil

*For cali veggie burgers*

Make flax egg by combining flax and water and letting sit a few minutes until thickened.  
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 golden. **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: 260kcal, 12g Protein, 35g Carb, 400mg Sodium, 18g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 3g Sugar, 15% Calcium, 15% Iron  
Squash: 100kcal, 4g Protein, 9g Carb, 45g Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 1g Sugar, 6% Calcium, 15% Iron



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

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### DAY 2

#### BREAKFAST: Cinnamon Pear Oatmeal

- 1 pear, chopped
- 2 Tablespoons water
- ¼ teaspoon cinnamon
- ½ cup raw old-fashioned oats
- 1 cup (8 fl oz) coconut or almond milk
- ¼ teaspoon vanilla, optional
- ½ Tablespoon pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 1-2 minutes. Add the oats, milk, and vanilla and cook about 4-5 minutes until oats are tender. Garnish with seeds.

Oatmeal: 310kcal, 8g Protein, 56g Carb, 170mg Sodium, 10g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 18g Sugar, 35% Calcium, 15% Iron

#### MID-MORNING SNACK: Avocado Tortilla Wrap

- ½ avocado, mashed
- ¾ teaspoon lime juice
- pinch of kosher salt
- pinch of chili powder or hot sauce, optional
- 1 vegan corn tortilla

Mash avocado with lime juice, salt, and chili powder. Fill tortilla with avocado mixture. Chill until ready to serve.

Avocado Wrap: 180:kcal, 3g Protein, 19g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 2g Sugar, 0% Calcium, 0% Iron

#### LUNCH: Veggie Butternut Salad

- 1 cooked veggie burger, crumbled \* *from Dinner Day 1*
- 1½ ounces spinach leaves (1 cup)
- ½ 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: 380kcal, 15g Protein, 48g Carb, 430mg Sodium, 20g Fiber, 0mg Cholesterol, 16g Fat, 2.5g Saturated, 7g Sugar, 20% Calcium, 25% Iron



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

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### DAY 2

#### MID-AFTERNOON SNACK: Snack Plate

1½ Tablespoons tahini, ½ bell pepper, 1 pear

270kcal, 5g Protein, 40g Carb, 10mg Sodium, 9g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 22g Sugar, 6% Calcium, 10% Iron

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

##### *For herb tofu*

2¼ teaspoons olive oil  
½ clove garlic, minced  
1 Tablespoon chopped basil  
1 Tablespoon chopped parsley  
Pinch of kosher salt  
Pinch of black pepper  
¾ (14 oz) package extra firm  
tofu, drained and cut into 1 inch chunks

¼ avocado, sliced

##### *For herb tofu*

Heat oven to 375°F.

Combine all ingredients except tofu. Marinate tofu for 1 hour. Drain and put tofu on a lined baking sheet. Bake for 20-25 minutes until crisp. **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.** Top remaining pasta with pepitas and serve with herb tofu and sliced avocado.

Tofu: 170kcal, 15g Protein, 2g Carb, 75mg Sodium, 2g Fiber, 0mg Cholesterol, 13g Fat, 2.5g Saturated, 0g Sugar, 15% Calcium, 15% Iron

Vegetable Pasta: 150kcal, 6g Protein, 10g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 2% Calcium, 10% Iron

Avocado: 80kcal, 1g Protein, 4 Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron





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

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### DAY 3

#### BREAKFAST: Butternut Quinoa Breakfast Bowl

½ cup quinoa \* *see prep guide*  
¼ cup (2 fl oz) almond or coconut milk  
¼ pound roasted butternut squash, mashed (½ cup) \* *see prep guide*  
¾ teaspoon maple syrup  
¼ teaspoon cinnamon  
2 Tablespoons pumpkin seeds

1. On the stovetop over medium heat, warm the coconut milk and quinoa.
2. Stir in the squash until warm. Add more milk for desired consistency.
3. Once warm stir in maple syrup and cinnamon.
4. Garnish with pumpkin seeds.

Quinoa Bowl: 290kcal, 10g Protein, 37g Carb, 30mg Sodium, 6g Fiber, 0mg Cholesterol, 13g Fat, 4g Saturated, 7g Sugar, 6% Calcium, 20% Iron

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

¼ cup almonds & 2 dried apricots

Almonds & Apricots: 200kcal, 8g Protein, 15g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

#### LUNCH: HERB FISH with Vegetable 'Pasta'

Herb tofu \* *from Dinner Day 2*  
Veggie 'pasta' \* *from Dinner Day 2*

¼ avocado, sliced

Reheat and serve with avocado.

Tofu: 170kcal, 15g Protein, 2g Carb, 75mg Sodium, 2g Fiber, 0mg Cholesterol, 13g Fat, 2.5g Saturated, 0g Sugar, 15% Calcium, 15% Iron

Vegetable Pasta: 150kcal, 6g Protein, 10g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 2% Calcium, 10% Iron

Avocado: 80kcal, 1g Protein, 4 Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron



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

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### DAY 3

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

1 banana & 2 Tablespoons almonds

200kcal, 5g Protein, 30g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 0.5g Saturated, 15g Sugar, 2% Calcium, 6% Iron

#### DINNER: Vegetable Chili

1 Tablespoon olive oil  
½ yellow onion, diced (½ cup)  
1 clove garlic, minced  
¾ bell pepper, diced (¾ cup)  
1 carrot, shredded (⅓ cup)  
1½ ounces brown mushrooms, chopped (½ cup)  
¾ (15 oz) can black beans  
¾ (15 oz) can kidney beans  
¼ teaspoon kosher salt  
⅛ 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 (16 fl oz) low-sodium low sodium vegetable broth  
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 beans, salt, pepper, cayenne, cumin, and chili powder, stir. Add tomatoes, squash, and broth and bring to a simmer for at least 5 minutes. Stir in cilantro.
3. **Save ⅓ for Lunch Day 4 and a freezer meal.** Serve with avocado.

Chili: 400kcal, 18g Protein, 62g Carb, 1370mg Sodium, 24g Fiber, 0mg Cholesterol, 10g Fat, 0.5g Saturated, 11g Sugar, 35% Calcium, 60% Iron

Avocado: 80kcal, 1g Protein, 4 Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron



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

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### DAY 4

#### **BREAKFAST: Nutty Oatmeal Smoothie**

1 Tablespoon pepitas (pumpkin seeds)  
2 Tablespoons raw old-fashioned oats  
¾ banana, peeled  
½ pear, seeded  
½ cup (4 fl oz) coconut or almond milk  
¾ cup ice

In a blender or food processor, grind seeds and oats. Add remaining ingredients and blend.

Smoothie::240kcal, 7g Protein, 42g Carb, 85mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 20% Calcium, 10% Iron

#### **MID-MORNING SNACK: Snack Plate**

1½ Tablespoons tahini, ½ bell pepper, 1 pear

270kcal, 5g Protein, 40g Carb, 10mg Sodium, 9g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 22g Sugar, 6% Calcium, 10% Iron

#### **LUNCH: Vegetable Chili**

Vegetable chili \* *from Dinner Day 3*

¼ avocado, diced

Heat chili and serve with diced avocado. Freeze any remaining chili.

Chili: 400kcal, 18g Protein, 62g Carb, 1370mg Sodium, 24g Fiber, 0mg Cholesterol, 10g Fat, 0.5g Saturated, 11g Sugar, 35% Calcium, 60% Iron  
Avocado: 80kcal, 1g Protein, 4 Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron

#### **MID-AFTERNOON SNACK: Pumpkin Seeds & Clementines**

1 clementine & 3 Tablespoons pumpkin seeds

Spiced Pumpkin Seeds and Clementines: 240kcal, 12g Protein, 12g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 16g Fat, 3.5g Saturated, 7g Sugar, 2% Calcium, 20% Iron



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

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### DAY 4

#### DINNER: QUINOA FRIED 'RICE'

1 Tablespoon olive or sesame oil  
¼ yellow onion, diced (¼ cup)  
½ Tablespoon grated ginger, optional  
½ clove garlic, minced  
1 carrot, diced small (½ cup)  
2 ounces brown mushrooms, chopped (¾ cup)  
1½ cups cooked quinoa \* *see prep guide*  
½ head cauliflower, riced \* *see prep guide*  
2¼ teaspoons low-sodium soy sauce  
½ cup frozen peas  
¼ cup almonds or cashews, crushed

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 mushrooms and cook 4-5 minutes. Add quinoa, cauliflower and soy sauce and cook until just tender.
3. Add peas and cashews and cook until warmed though. **Save half for Lunch Day 5.**

Quinoa Fried Rice: 450kcal, 15g Protein, 56g Carb, 520mg Sodium, 11g Fiber, 0mg Cholesterol, 20g Fat, 3g Saturated, 11g Sugar, 10% Calcium, 25% Iron



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

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### DAY 5

#### BREAKFAST: Cinnamon Pear Oatmeal

- 1 pear, chopped
- 2 Tablespoons water
- ¼ teaspoon cinnamon
- ½ cup raw old-fashioned oats
- 1 cup (8 fl oz) coconut or almond milk
- ¼ teaspoon vanilla, optional
- ½ Tablespoon pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 2-3 minutes. Add oats, milk, and vanilla and cook about 5 minutes until oats are tender. Garnish with seeds.

Oatmeal: 310kcal, 8g Protein, 56g Carb, 170mg Sodium, 10g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 18g Sugar, 35% Calcium, 15% Iron

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

- ¼ cup almonds & 2 dried apricots

Almonds & Apricots: 200kcal, 8g Protein, 15g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 6% Iron

#### LUNCH: QUINOA FRIED 'RICE'

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

Quinoa Fried Rice: 450kcal, 15g Protein, 56g Carb, 520mg Sodium, 11g Fiber, 0mg Cholesterol, 20g Fat, 3g Saturated, 11g Sugar, 10% Calcium, 25% Iron

#### MID-AFTERNOON SNACK: Avocado Tortillas Wrap

- ½ avocado, mashed
- ¾ teaspoon lime juice
- pinch of kosher salt
- pinch of chili powder or hot sauce, optional
- 1 vegan corn tortilla

Mash avocado with lime juice, salt, and chili powder. Fill tortilla with avocado mixture. Chill until ready to serve.

Avocado Tortilla Wrap: 180kcal, 3g Protein, 19g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 2g Sugar, 0% Calcium, 0% Iron



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

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### DAY 5

#### DINNER: BEAN TACOS

1 teaspoon olive oil	2 vegan corn tortillas, crisped
¼ yellow onion, diced (¼ cup)	Salsa * <i>from Lunch Day 1</i>
½ bell pepper, diced (½ cup)	Bean dip * <b><i>from Lunch Day 1</i></b>
1 ounce brown mushrooms, sliced (½ cup)	¼ avocado, diced
¼ zucchini, diced (½ cup)	
¼ (15 oz) can black beans, drained	
1 Tablespoon chopped cilantro	

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 beans until warmed through. Stir in cilantro.
4. Spread bean dip on crisped tortillas and top with beans and salsa and avocado.

Tacos: 490kcal, 16g Protein, 68g Carb, 740mg Sodium, 16g Fiber, 0mg Cholesterol, 19g Fat, 2.5g Saturated, 7g Sugar, 15% Calcium, 25% Iron