



2017 FALL BODY RESET: VEGAN 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 PREP GUIDE

FOR THE WEEK

- 4-5 lemons, juiced ($\frac{3}{4}$ cup juice)
- Make hummus **see Day 1 for recipe*
- 3" fresh ginger, grated (3 Tablespoons)
- 8 sweet potatoes, baked * *see directions below*
- 6 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
- 3 yellow onions, diced (3 cups)
- 4 carrots, peeled and cut in sticks
- 2 cucumbers, sliced
- 2 bell peppers, sliced
- 3 bell peppers, diced (3 cups)
- 4 stalks celery, sliced
- 6 zucchini, diced (12 cups)
- 8 large Portobello mushroom caps, diced (8 cups)

DAY 2

- 8 carrots, cut into sticks

DAY 3

- 2 yellow onions, diced (2 cups)
- 6 carrots, diced (3 cups)
- 6 stalks celery, diced (3 cups)
- 2 large Portobello mushroom caps, diced (2 cups)
- 2 zucchini, diced (4 cups)

DAY 4

- 8 carrots, cut into sticks
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1 large head broccoli, chopped (4 cups)

DAY 5

- No prep



2017 FALL BODY RESET: WEEK 1 VEGAN PREP GUIDE

Baked Sweet Potatoes

8 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

3 cups raw old fashioned oats

$\frac{3}{4}$ cup cashews, chopped

$\frac{3}{4}$ cup flaked coconut or dried fruit

1. Preheat oven to 350°F.
2. Place oats and cashews on baking sheet and bake 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 WEEK 1

DAY 1

BREAKFAST: Yogurt & Granola

- 1 cup coconut yogurt (or almond)
- 2 oranges, sliced
- 2 cups granola * *see prep guide for recipe*

In each cup or bowl, layer $\frac{1}{4}$ cup yogurt, $\frac{1}{2}$ sliced orange, $\frac{1}{2}$ cup 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

- 4 oranges and 1 cup nuts
- 1 serving = 1 orange & $\frac{1}{4}$ 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

- 3 (15 ounce) cans white beans, rinsed and drained
- 6 Tablespoons lemon juice
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon cumin
- dash of cayenne

For crudité

- 1 $\frac{1}{2}$ cups hummus **see prep guide*
- 4 carrots, peeled and cut in sticks
- 2 cucumbers, sliced
- 2 bell peppers, sliced
- 4 stalks celery, sliced
- 2 apples, sliced
- 1 cup of almonds

1. For hummus, combine ingredients in blender or food processor until smooth. Serve 1 $\frac{1}{2}$ cups 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

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN WEEK 1

DAY 1

AFTERNOON SNACK: Coconut Sweet Potato Boats

4 baked sweet potatoes (see prep guide)
1 cup unsweetened coconut yogurt
½ teaspoon cinnamon
1 cup toasted oats (optional)

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

1 serving = 1 sweet potato filled with ¼ cup yogurt, pinch of cinnamon, and ¼ cup oats.

Sweet potato boats: 210kcal, 3gProtein, 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 12 total)

1 yellow onion, diced (1 cup)
2 large Portobello mushroom caps, diced (2 cups)
½ cup chopped walnuts
3 (15 ounce) cans black beans, rinsed and drained
2 cups of brown rice, cooked
2 cups raw old-fashioned rolled oats
3 cloves garlic, minced
1 teaspoon chopped rosemary
¾ teaspoon kosher salt
½ teaspoon black pepper
3 Tablespoons olive oil
2 Tablespoons coconut oil

For roast veggies

3 Tablespoons olive oil
2 yellow onions, diced (2 cups)
6 zucchini, diced (12 cups)
2 medium sweet potatoes, diced (5 cups)
6 large Portobello mushroom caps, diced
3 bell peppers, diced (3 cups)
¾ teaspoon kosher salt
¼ teaspoon black pepper

For pesto

2 cups basil leaves
¼ cup olive oil
2 cloves garlic
dash of kosher salt
dash of black pepper
¼ cup 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

All recipes make four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN 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 12 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 8 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 2 large baking sheets. Roast about 20-25 minutes.
3. **Save ⅓ 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 WEEK 1

DAY 2

BREAKFAST: Overnight Oats

2 cups raw old-fashioned rolled oats
¼ cup chia seeds
1 Tablespoon cinnamon
32 fluid ounces coconut milk (4 cups)
Pinch of salt
1 banana, sliced
½ cup almonds, chopped

1. Assemble 4 mason jars each with the following: ½ cup oats, 1 Tablespoon chia seeds, ¾ teaspoon cinnamon, 1 cup 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 each with ¼ sliced banana and 2 Tablespoons 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

2 avocados, mashed
2 Tablespoons lemon or lime juice
pinch of kosher salt
dash of hot sauce (optional)
8 carrots, cut into sticks

Combine all ingredients except carrots. Serve guacamole with carrot dippers
1 serving = ½ avocado mashed with ½ Tablespoon lemon juice served with 2 carrots.

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

1 (15 oz) can white beans, rinsed and drained
1 apple, diced
1 cup walnuts, chopped
1 avocado, mashed
2 Tablespoon 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: 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 WEEK 1

DAY 2

AFTERNOON SNACK: Fruit & Nuts

4 apples and 1 cup nuts

1 serving = 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

4 veggie patties, warmed * **from Meal #1**

For potatoes & green beans

4 (6-8 oz) potatoes, sliced thin

1 Tablespoon olive oil

1 pound green beans (3 cups)

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 WEEK 1

DAY 3

BREAKFAST: Yogurt & Granola

- 1 cup coconut yogurt (or almond)
- 2 bananas, sliced
- 2 cups granola * *see prep guide for recipe*

In each cup or bowl, layer ¼ cup yogurt, ½ sliced banana, ½ cup 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

- 4 baked sweet potatoes (see prep guide)
- 1 cup unsweetened coconut yogurt
- ½ teaspoon cinnamon
- 1 cup toasted oats (optional)

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

1 serving = 1 sweet potato filled with ¼ cup yogurt, pinch of cinnamon, and ¼ cup oats.

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 8 cups) * *from Dinner Day 1*
- 1 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

- 2 cups shelled edamame and 4 apples
- 1 serving = 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 WEEK 1

DAY 3

DINNER: Lentil Soup

3 Tablespoon olive oil
2 yellow onions, diced (2 cups)
4 cloves garlic, minced
3 cups brown lentils (uncooked)
6 carrots, diced (3 cups)
6 stalks celery, diced (3 cups)
2 large Portobello mushroom caps, diced (2 cups)
8 cups low-sodium chicken or vegetable broth (64 fl oz)
4 cups water (32 fl oz)
2 zucchini, diced (4 cups)
1 teaspoon chopped rosemary
1 teaspoon Herbes de Provence
2 (15 oz) cans diced tomatoes with juice
¼ teaspoon kosher salt
dash of black pepper
6 ounces spinach (4 cups)

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 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 WEEK 1

DAY 4

BREAKFAST: Overnight Oats

2 cups raw old-fashioned rolled oats
¼ cup chia seeds
1 Tablespoon cinnamon
32 fluid ounces coconut milk (4 cups)
Pinch of salt
1 banana, sliced
½ cup almonds, chopped

1. Assemble 4 mason jars each with the following: ½ cup oats, 1 Tablespoon chia seeds, ¾ teaspoon cinnamon, 1 cup 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 each with ¼ sliced banana and 2 Tablespoons 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

4 oranges and 1 cup nuts
1 serving = 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

2 avocados, mashed
2 Tablespoons lemon or lime juice
pinch of kosher salt
dash of hot sauce (optional)
8 carrots, cut into sticks

Combine all ingredients except carrots. Serve guacamole with carrot dippers.
1 serving = ½ avocado mashed with ½ Tablespoon lemon juice served with 2 carrots.

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 WEEK 1

DAY 4

DINNER: Stir Fry

- 2 Tablespoon coconut or sesame oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 Tablespoon grated ginger, optional
- 2 bell peppers, diced (2 cups)
- 1 large head broccoli, chopped (4 cups)
- 4 veggie patties, crumbled * **from Dinner Day 1**
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon lemon juice
- 1 cup almonds, chopped
- 1 cup cashews, chopped
- 2 cups of brown rice, warmed

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 crumbled veggie patties, 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 WEEK 1

DAY 5

BREAKFAST: Smoothie

½ cup cashews, ground
3 bananas
2 apples
1 Tablespoon grated ginger
4 ounces spinach (about 3 cups)
2 cups coconut yogurt (or almond)
3 cups 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

4 apples and 1 cup nuts
1 serving = 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 2 cups 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

2 cups shelled edamame and 4 oranges
1 serving = 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 WEEK 1

DAY 5

DINNER: Roasted Veggie Hummus Salad

½ the reserved roasted veggies (about 8 cups) * *from Dinner Day 1*

1 Tablespoon balsamic vinegar

1 Tablespoon olive oil

2 cups hummus * *from Lunch Day 1*

8 ounces mixed greens or arugula (about 8 cups)

½ cup cashews or pine nuts

4 apples

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