



## 2017 FALL BODY RESET: VEGAN WEEK 2

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### 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 PREP GUIDE**

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### **FOR THE WEEK**

- 6 lemons, zested & juiced (1 cup juice, 2 Tablespoons zest)
- 10 bananas, peeled and sliced, frozen

### **DAY 1**

- 8 carrots, cut into sticks
- 2½ pounds brussels sprouts, halved (about 10 cups)
- 2 yellow onions, diced (2 cups)
- 4 cups cooked brown or green lentils prepared according to package directions
- 1 large head broccoli, small florets (4 cups)

### **DAY 2**

- 2 cups cooked brown rice, warmed
- 2 bell peppers, halved or chopped

### **DAY 3**

- 2 yellow onions, diced (2 cups)
- 4 bell peppers, diced (4 cups)
- 3 zucchini, diced (6 cups)

### **DAY 4**

- 8 carrots, cut into sticks
- 1 yellow onion, diced small (1 cup)
- 2-3" fresh ginger, grated (2 Tablespoons), optional
- 2 heads broccoli, chopped (8 cups)
- 4 bell peppers, cut into strips
- 1¼ cups orange juice (from 5 oranges)
- 8 cups cooked gluten-free pasta prepared according to package directions

### **DAY 5**

- 1½ pounds brussels sprouts, sliced very thin (6 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 WEEK 2

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### DAY 1

#### BREAKFAST: Smoothie

½ cup almonds, ground  
3 bananas, peeled (frozen if you'd like a thicker smoothie)  
2 pears, peeled and cored  
¼ cup raisins  
2 cups coconut milk (16 fluid oz)  
3 cups 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

4 apples and 6 Tablespoons almond butter  
*1 serving = 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

1 avocado  
2 cups fava beans  
¾ cup almonds  
4 pears, sliced  
½ pound grapes (1½ cups)

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

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

8 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: VEGAN WEEK 2

### DAY 1

#### DINNER: Meatless Lentil Balls with Brussels Sprouts & Sweet Potatoes

##### *For Brussels sprouts & sweet potatoes*

- 2½ pounds brussels sprouts, halved (about 10 cups)
- 2 pounds sweet potatoes, cut into small cubes
- ¼ cup olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

##### *For meatless lentil balls*

- 4 flax eggs (4 Tablespoons ground flaxseed + ½ cup of water)
- 8 Tablespoons olive oil, divided
- 2 yellow onions, diced (2 cups)
- 6 cloves garlic, minced
- 3 teaspoons Herbes de Provence
- 2 Tablespoons oregano or Italian seasoning
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 4 cups cooked brown or green lentils
- 4 Tablespoons tomato paste

##### *For balsamic glaze*

- ½ cup low sodium vegetable broth
- ½ cup 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 2 Tablespoons olive oil in a large skillet over medium-high heat. Add onions and garlic cook 3-4 minutes or until onions are translucent. Remove from heat.
5. In a food processor, combine flax eggs, cooked onions and garlic, Herbes, oregano, salt, pepper, 3 Tablespoon olive oil, lentils, and tomato paste. Pulse until combined, but not pureed. Carefully form into about 16 balls.
6. Reheat the skillet over medium heat and add 3 Tablespoon 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 the same skillet, reduce heat to medium 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: VEGAN WEEK 2

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### DAY 2

#### BREAKFAST: Overnight Oats

2 cups coconut milk (16 fluid ounces)  
1½ cups old fashioned oats  
2 cups chopped fruit – your choice  
¼ cup 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

4 frozen bananas  
½ cup old fashioned oats  
¼ cup raisins  
½ cup tahini  
2 cups coconut milk (16 fluid ounces)  
¼ teaspoon ground cinnamon, optional  
pinch of kosher salt

Blend ingredients together until smooth. Makes 8 servings, **freeze half for snack Day 4.**

*1 serving = ⅛ 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

8 meatless lentil balls \* *from Dinner Day 1*  
Brussels sprouts and sweet potatoes \* *from Dinner Day 1*  
1 Tablespoon lemon zest  
1½ Tablespoons olive oil  
1 Tablespoon balsamic vinegar  
4 ounces arugula (4 cups)

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

2 cups grapes and 1 cup pumpkin seeds  
*1 serving = 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 four servings unless otherwise noted*



## 2017 FALL BODY RESET: VEGAN WEEK 2

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### DAY 2

#### DINNER: Tofu & Broccoli

##### *For broccoli*

- 1 large head broccoli, small florets (4 cups)
- 2 Tablespoons olive oil
- dash of salt and pepper
- 2 tomatoes, chopped (1½ cups)
- ½ cup chopped almonds

##### *For tofu*

- 3 (14 oz) packages of extra firm tofu, drained and diced (optional, press out additional water for crispier tofu)
- 4 Tablespoons olive oil
- 3 cloves garlic, minced
- ¼ teaspoon each kosher salt and black pepper
- 3 Tablespoons lemon juice

2 cups 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 WEEK 2

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### DAY 3

#### BREAKFAST: Smoothie

½ cup almonds, ground  
3 bananas (frozen if you'd like a thicker smoothie)  
2 pears, peeled and cored  
¼ cup raisins  
2 cups coconut milk (16 fluid oz)  
3 cups 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

4 apples and 6 Tablespoons almond butter  
*1 serving = 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*  
4 tomatoes, chopped (3 cups)  
2 avocados, diced  
2 Tablespoons cilantro, chopped  
1½ Tablespoons lemon juice  
2 bell peppers, halved 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

2 cups grapes and 1 cup pumpkin seeds

*1 serving = 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 four servings unless otherwise noted*





## 2017 FALL BODY RESET: VEGAN WEEK 2

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### DAY 3

#### DINNER: Chipotle Black Bean Soup

3 Tablespoons olive oil  
2 yellow onions, diced (2 cups)  
4 cloves garlic, minced  
1-2 chipotle peppers, chopped  
2½ pounds sweet potatoes, small cubes  
4 (15 oz) cans black beans  
4 bell peppers, diced (4 cups)  
3 zucchini, diced (6 cups)  
¼ teaspoon kosher salt  
dash of black pepper  
1½ teaspoons cumin  
1 teaspoon oregano  
1 teaspoon paprika  
7 cups low-sodium vegetable broth (56 fluid ounces)  
7 cups water (56 fluid ounces)  
1 Tablespoon lemon zest  
½ cup chopped cilantro  
1 avocado, diced

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 1 minute. Add chipotle peppers and cook for 2-3 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 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 WEEK 2

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### DAY 4

#### **BREAKFAST: Overnight Oats**

2 cups coconut milk (16 fluid ounces)  
1½ cups old fashioned oats  
2 cups chopped fruit – your choice  
¼ cup 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*  
1 serving = ¼ of reserved smoothie

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*  
¼ cup chopped cilantro  
1 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*  
8 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 WEEK 2

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### DAY 4

#### DINNER: Orange Stir-Fry

3 Tablespoons olive or sesame oil  
1 yellow onion, diced small (1 cup)  
3 cloves garlic, minced  
2 Tablespoons grated ginger, optional  
2 heads broccoli, chopped (8 cups)  
4 bell peppers, cut into strips  
1¼ cups orange juice (from 5 oranges)  
3 Tablespoons low-sodium soy sauce  
1 cup crushed almonds or cashews  
8 cups gluten-free pasta, cooked  
dash of black pepper

1. Heat a large 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 WEEK 2

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### DAY 5

#### **BREAKFAST: Yogurt Bowl**

2 cups dairy free yogurt (almond or coconut)  
2 cups chopped fruit – your choice  
¼ cup slivered almonds  
¼ cup almond butter

In each cup or bowl, layer ½ cup yogurt, ½ cup fresh fruit, 1 Tablespoon almonds, and 1 Tablespoon almond butter. Makes 4 servings.

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**

4 apples and 6 Tablespoons almond butter  
*1 serving = 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**

4 oranges, segments  
1 avocado, diced  
pinch of kosher salt  
½ cup almonds

Cut orange into segments and toss gently with salt and avocados.  
*1 serving = 1 orange with ¼ avocado & 2 Tablespoons almonds*

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 WEEK 2

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### DAY 5

#### DINNER: Chick Pea & Brussels Salad

2 (15 oz) cans chick peas (garbanzo beans)  
1½ pounds brussels sprouts, sliced very thin (6 cups)  
½ cup chopped almonds  
6 Tablespoons lemon juice  
2½ Tablespoons olive oil  
dash of kosher salt and pepper  
¼ -½ cup raisins

4 pears, 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