



## 2017 FALL BODY RESET: VEGAN 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 PREP GUIDE

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### FOR THE WEEK

- 5-6 limes, juiced ( $\frac{3}{4}$  cup lime juice)
- Roasted butternut squash (Days 1,2,3) *\*see below*
- 2 heads cauliflower, riced (Day 4) *\* see below*
- Make spiced pumpkin seeds *\* see below*
- 8 cups cooked quinoa *\* see below*

### DAY 1

- 1 small yellow or red onion, chunks
- 2 red or yellow onions, chopped (2 cups)
- 2 bell peppers, sliced
- 1 bell pepper, chopped (1 cup)
- $\frac{1}{2}$  head broccoli, small florets (2 cups)
- 4 carrots, sticks
- 2 carrots, shredded ( $\frac{2}{3}$  cup)

### DAY 2

- 2 bell peppers, sliced
- 6 carrots, spiraled
- 4 zucchini, spiraled

### DAY 3

- 2 yellow onions, diced (2 cups)
- 3 bell peppers, diced (3 cups)
- 4 carrots, shredded ( $1\frac{1}{3}$  cups)
- 6 ounces brown mushrooms, chopped (2 cups)

### DAY 4

- 2 bell peppers, sliced
- 1 yellow onion, diced (1 cup)
- 2-3" fresh ginger, grated (2 Tablespoons), optional
- 5 carrots, diced small ( $2\frac{1}{2}$  cups)
- 8 ounces brown mushrooms, chopped (3 cups)

### DAY 5

- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 4 ounces brown mushrooms, sliced ( $1\frac{1}{2}$  cups)
- 1 zucchini, diced (2 cups)



## **2017 FALL BODY RESET: WEEK 3 VEGAN PREP GUIDE**

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### **Butternut Squash**

3 (3 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**

2 heads 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**

1½ cups pumpkin seeds

2 Tablespoons olive oil

½ teaspoon kosher salt

⅛ teaspoon ground cumin

⅛ teaspoon chili powder

Heat oven to 350°F. Toss pumpkin seeds with oil and spices. Cook for 12-15 minutes, tossing midway through cooking. Store in an airtight container until ready to use. Makes 8 servings, 3 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**

3 cups dry quinoa, rinsed

6 cups vegetable broth

½ 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 WEEK 3

### DAY 1

#### BREAKFAST: Nutty Oatmeal Smoothie

- ¼ cup pepitas (pumpkin seeds)
- ½ cup raw old-fashioned oats
- 3 bananas, peeled
- 2 pears, seeded
- 2 cups (16 fl oz) coconut or almond milk
- 3 cups 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

- 1 cup almonds and 8 dried apricots
- 1 serving = 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*

- 3 (15 oz) cans black beans, rinsed and drained
- ½ cup cilantro
- 2 cloves garlic, minced
- 1 yellow or red onion, chunks
- 2 Tablespoon balsamic vinegar
- ¼ cup lime juice
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil

##### *For salsa*

- 1 Tablespoon olive or grapeseed oil
- 1 red or yellow onion, chopped (1 cup)
- 1 clove garlic, minced
- 1 (15 oz) can fire roasted tomatoes
- ¾ cup chopped cilantro
- ¼ cup lime juice

##### *For crudité*

- 4 carrots, sticks
- 2 bell peppers, sliced
- ½ head broccoli, small florets (2 cups)
- 6 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 2 minutes. 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*

*All recipes make four servings unless otherwise noted*



## 2017 FALL BODY RESET: VEGAN WEEK 3

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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

4 clementines and  $\frac{3}{4}$  cup spiced pumpkin seeds \* see prep guide  
1 serving: 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*

3 (15 oz) cans white beans, drained, rinsed, lightly mashed  
4 flax eggs (4 Tablespoons of ground flax seed +  $\frac{1}{2}$  cup of water)  
1 yellow or red onion, chopped (1 cup)  
1 bell pepper, chopped (1 cup)  
2 carrots, shredded ( $\frac{2}{3}$  cup)  
 $\frac{1}{2}$  cup chopped cilantro  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon black pepper  
 $\frac{3}{4}$  teaspoon cumin

1 avocado, sliced

*For butternut squash salad*

6 ounces spinach leaves (4 cups)  
1 $\frac{1}{2}$  pounds cooked butternut squash (2 $\frac{1}{2}$  cups) \*see prep guide  
2 Tablespoon pepitas (pumpkin seeds)  
1 $\frac{1}{2}$  Tablespoons balsamic vinegar  
1 Tablespoon olive oil

*For cali veggie burgers*

Make flax eggs 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 8 patties. Cook for about 5 minutes on each side until golden. **Save half for Lunch Day 2.** Serve remaining burgers with butternut salad.

*For butternut squash salad*

Combine salad ingredients and serve with burgers.

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

*All recipes make four servings unless otherwise noted*



## 2017 FALL BODY RESET: VEGAN WEEK 3

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### DAY 2

#### BREAKFAST: Cinnamon Pear Oatmeal

- 4 pears, chopped
- ½ cup water
- ½ teaspoon cinnamon
- 2 cups raw old-fashioned oats
- 4 cups (32 fl oz) coconut or almond milk
- 1 teaspoon vanilla, optional
- 2 Tablespoons pepitas (pumpkin seeds)

Heat a saucepan over medium heat and add pears, water, and cinnamon and cook for 2-3 minutes. Add the 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: Avocado Tortilla Wrap

- 2 avocados, mashed
- 1 Tablespoon lime juice
- dash of kosher salt
- dash of chili powder or hot sauce, optional
- 4 vegan corn tortillas

Mash avocados with lime juice, salt, and chili powder. Fill each tortilla with ¼ of avocado mixture. Chill until ready to serve.

*1 serving: ½ avocado mashed with ¾ teaspoon lime juice and 1 corn tortilla*

Avocado Tortilla 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

- 4 cooked veggie burgers, crumbled *\*from Dinner Day 1*
- 6 ounces spinach leaves (4 cups)
- 1½ pounds cooked butternut squash (2½ cups) *\*see prep guide*
- 2 Tablespoon pepitas (pumpkin seeds)
- 2 Tablespoons balsamic vinegar
- 1½ Tablespoons 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 WEEK 3

### DAY 2

#### MID-AFTERNOON SNACK: Snack Plate

6 Tablespoons tahini, 2 sliced bell peppers, and 4 pears

1 serving = 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

3 Tablespoons olive oil  
2 cloves garlic, minced  
¼ cup chopped basil  
¼ cup chopped parsley  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
3 (14 ounce) packages extra firm  
tofu, drained and cut into 1 inch chunks

1 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'

*Cook in batches, do not overcrowd pan.* Heat a very large non-stick skillet over medium-high heat and add a Tablespoon of oil. When oil is hot add carrots and zucchini with salt and pepper and cook for only about 1-2 minutes. Continue until all the vegetables are cooked. **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 WEEK 3

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### DAY 3

#### **BREAKFAST: Butternut Quinoa Breakfast Bowl**

2 cups quinoa \* *see prep guide*  
1 cup (8 fl oz) almond or coconut milk  
1 pound roasted butternut squash, mashed (2 cups) \* *see prep guide*  
1 Tablespoon maple syrup  
1 teaspoon cinnamon  
½ cup 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**

1 cup almonds and 8 dried apricots  
*1 serving = 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*

1 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 WEEK 3

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### DAY 3

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

4 bananas and ½ cup almonds  
1 serving = 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

4 Tablespoons olive oil  
2 yellow onions, diced (2 cups)  
4 cloves garlic, minced  
3 bell peppers, diced (3 cups)  
4 carrots, shredded (1½ cups)  
6 ounces brown mushrooms, chopped (2 cups)  
3 (15 oz) cans black beans  
3 (15 oz) cans kidney beans  
1 teaspoon kosher salt  
½ teaspoon black pepper  
dash of cayenne  
3 teaspoons cumin  
2 teaspoon chili powder, optional  
3 (15 ounce) cans fire roasted diced tomatoes  
3 pounds roasted butternut squash (5 cups) \* *see prep guide*  
8 cups (64 fl oz) low-sodium low sodium vegetable broth  
1 cup chopped cilantro  
1 avocado, diced

1. Heat a very large 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 WEEK 3

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### DAY 4

#### BREAKFAST: Nutty Oatmeal Smoothie

¼ cup pepitas (pumpkin seeds)  
½ cup raw old-fashioned oats  
3 bananas, peeled  
2 pears, seeded  
2 cups (16 fl oz) coconut or almond milk  
3 cups 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

6 Tablespoons tahini, 2 sliced bell peppers and 4 pears  
*1 serving = 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*  
1 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

4 clementines and ¾ cup spiced pumpkin seeds \* *see prep guide*  
*1 serving: 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 WEEK 3

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### DAY 4

#### DINNER: QUINOA FRIED 'RICE'

4 Tablespoons olive or sesame oil  
1 yellow onion, diced (1 cup)  
2 Tablespoon grated ginger, optional  
3 cloves garlic, minced  
5 carrots, diced small (2½ cups)  
8 ounces brown mushrooms, chopped (3 cups)  
6 cups cooked quinoa \* *see prep guide*  
2 heads cauliflower, riced \* *see prep guide*  
3 Tablespoons low-sodium soy sauce  
1½ cups frozen peas  
1 cup almonds or cashews, crushed

1. Heat a very large 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 WEEK 3

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### DAY 5

#### BREAKFAST: Cinnamon Pear Oatmeal

4 pears, chopped  
½ cup water  
½ teaspoon cinnamon  
2 cups raw old-fashioned oats  
4 cups (32 fl oz) coconut or almond milk  
1 teaspoon vanilla, optional  
2 Tablespoons 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

1 cup almonds and 8 dried apricots  
*1 serving = 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

2 avocados, mashed  
1 Tablespoon lime juice  
dash of kosher salt  
dash of chili powder or hot sauce, optional  
4 vegan corn tortillas

Mash avocados with lime juice, salt, and chili powder. Fill each tortilla with ¼ of avocado mixture. Chill until ready to serve.

*1 serving: ½ avocado mashed with ¼ teaspoon lime juice and 1 corn tortilla*

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 WEEK 3

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### DAY 5

#### DINNER: BEAN TACOS

1½ Tablespoons olive oil	8 vegan corn tortillas, crisped
1 yellow onion, diced (1 cup)	Salsa * <i>from Lunch Day 1</i>
2 bell peppers, diced (2 cups)	Bean dip * <b><i>from Lunch Day 1</i></b>
4 ounces brown mushrooms, sliced (1½ cups)	1 avocado, diced
1 zucchini, diced (2 cups)	
1 (15 oz) can black beans, drained	
¼ cup chopped cilantro	

1. Heat a large 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