



2017 SPRING BODY RESET FOR ONE: MENU & PREP

MENU

DAY 1

Coconut Yogurt Parfait
Ten Minute Lemon Chicken Soup
Crockpot Chicken & Green Beans

DAY 2

Coco-Banana Smoothie
Leftover Lunch: Soup & Salad
Turkey Chili

DAY 3

Protein Breakfast
Leftover Lunch: Crockpot Chicken with Avocado
Glass Noodle Shrimp

DAY 4

Coconut Blueberry Muesli
Shrimp Salad
Broccoli Frittata with Romaine Salad

DAY 5

Coco-Banana Smoothie
Salads and Blueberries & Cream
Turkey Patties & Broccoli Soup

DAY 6

High Protein Breakfast
Peasant Bean Stew
Turkey Taco Salad

DAY 7

Toasted Oatmeal with Apples
Peasant Bean Stew & Guacamole Dip
Chicken & Broccoli with Sautéed Peppers



2017 SPRING BODY RESET FOR ONE: MENU & PREP

PREP GUIDE

FOR THE WEEK

Freeze 1 banana, sliced in half

2 lemons, zested & juiced (3½ Tablespoons juice, 1 Tablespoon zest)

DAY ONE

1½ carrots, peeled and cut into small dice (¾ cup)

1½ celery ribs, diced the same size as carrots (¾ cup)

¼ yellow onion, thinly sliced (¼ cup)

¾ red bell peppers, thinly sliced (¾ cup)

¼ cup fresh green beans, finely chopped

DAY TWO

¼ bunch kale, chopped (1 cup)

½ bunch fresh kale, chopped (1½ cups)

2 Tablespoons diced yellow onion

DAY THREE

Few slices of melon

½ carrot, peeled and diced (¼ cup)

¼ green bell pepper, large dice (¼ cup)

½ cup broccoli florets

DAY FOUR

½ heads romaine, chopped (2 cups)

¼ red bell pepper, chopped (¼ cup)

¼ red bell pepper, thinly sliced (¼ cup)

Few slices of melon

¼ yellow onion, thinly sliced (¼ cup)

½ cup broccoli florets, chopped

DAY FIVE

¼ bunch kale, chopped (1 cup)

¼ head romaine lettuce, chopped (1 cup)

¼ yellow onion, finely chopped (¼ cup)

½ green bell pepper, small dice (½ cup)

2 Tablespoons diced yellow onion

½ head broccoli, stems and florets chopped (2 cups)



2017 SPRING BODY RESET FOR ONE: MENU & PREP

DAY SIX

2 hardboiled eggs

¼ yellow onion, cut into small dice (¼ cup)

¾ carrot, peeled and cut into small dice (½ cup)

¼ bunch of kale, stems removed, cut into bite size pieces or shreds (1 cup)

2 Tablespoons diced yellow onion

¼ head romaine lettuce, finely chopped (1 cup)

½ carrot, grated (2½ Tablespoons)

DAY SEVEN

1 medium carrot, cut into sticks

1 hard-boiled egg, peeled and cut in half

½ cup broccoli florets

¾ green or red bell pepper, sliced (¾ cup)

CLASSIC



2017 SPRING BODY RESET
Week 1

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
whole roasted chicken	2	1	1/2	20	
chicken thighs	16	8	4	8	
ground turkey	5 pounds	2-1/2 pounds	1-1/4 pounds	25	
medium shrimp	2 pounds	1 pound	1/2 pound	20	<i>peeled & deveined</i>
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
blueberries	2 pints	1 pint	1/2 pint	6	
carrots	17	9	5	3	
celery	6 stalks	3 stalks	2 stalks	2	
yellow onion	6	3	2	6	
red bell pepper	8	4	2	8	
green bell peppers	3	2	1	3	
avocado	7	4	2	7	
green beans	1 cup	1/2 cup	1/4 cup	2	
lemon	7	4	2	4	
tomatoes	8	4	2	4	
kale	5 bunches	3 bunches	2 bunches	10	
parsley	4 bunches	2 bunch	1 bunch	6	
apples	5	3	2	3	
bananas	4	2	1	3	
romaine lettuce	5 heads	3 heads	2 heads	10	
melon (your choice)	1	1	1	4	
broccoli	4 heads	2 heads	1 head	8	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
coconut milk yogurt	4 cups	2 cups	1 cup	8	
cinnamon	1-1/4 teaspoons	3/4 tsp	1/2 tsp	1	
chili powder	1 Tablespoon	1-1/2 Tblspn	1 teaspoon	1	
cannellini beans	5 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	7.5	
pinto beans	1 (15 oz) can	1 (15 oz) can	1 (15 oz) can	1.5	
rice noodles	3/4 pound	6 ounces	3 ounces	5	
vanilla	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon	0.5	<i>optional</i>
salsa	2 cups	1 cup	1/2 cup	3	
PANTRY INGREDIENTS					
Olive Oil	1-1/2 cups	3/4 cup	6 Tblspns		
white vinegar	2 Tablespoons	1 Tablespoon	1/2 Tblspns		
coconut milk (13.5 oz can)	56 fl ounces	28 fl oz	14 fl oz		
Dijon mustard					
Garlic cloves	23 cloves	12 cloves	6 cloves		
Herbes de Provence					
eggs	28	14	7		
cumin	3 Tablespoons	1-1/2 Tblspns	1 Tblspn		
cayenne	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
paprika	2-1/2 Tblspns	4 teaspoons	2 teaspoons		
chicken/veg broth	208 fl oz	104 fl oz	52 fl oz		
brown rice					
tomato paste	2 Tablespoons	1 Tablespoon	1/2 Tblspn		
oregano	2-1/2 Tblspns	4 teaspoons	2 teaspoons		
kosher salt	7 teaspoons	3-1/2 tsps	2 tsps		
black pepper	6 teaspoons	3 tsps	1-1/2 tsps		
nuts: raw cashews	2-1/2 cups	1-1/4 cups	3/4 cup		
gluten free oats	6 cups	3 cups	1-1/2 cups		



FOR ONE 2017 SPRING BODY RESET: DAY 1

BREAKFAST: COCONUT YOGURT PARFAIT

1 cup coconut milk yogurt (plain/no sugar added)
2 Tablespoons crushed cashews
¼ cup blueberries
dash of ground cinnamon

1. In a bowl or glass add ½ cup coconut milk yogurt.
2. Top with 1 Tablespoon crushed cashews, sprinkle of cinnamon, and ⅛ cup berries.
3. Top with ½ cup coconut milk yogurt, 1 Tablespoon crushed cashews, sprinkle of cinnamon, and remaining berries.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron

LUNCH: TEN MINUTE LEMON CHICKEN SOUP (Double Batch)

I've always used onion in chicken soup but after a friend made a pot without adding any, I'm a convert.

¼ whole roasted chicken or 1 cup cubed or shredded chicken breast (cooked)
1 Tablespoon coconut or olive oil
1½ carrots, peeled and cut into small dice (¾ cup)
1½ celery ribs, diced the same size as carrots (¾ cup)
1½ cloves of garlic, minced or pressed
2-3 thin slices of lemon
2 cups low sodium chicken or vegetable broth
¾ cup water
½ Tablespoon ground cumin
¼ teaspoon kosher salt
⅛ teaspoon black pepper
½ (15 ounce) can low sodium, organic cannellini beans, drained and rinsed

1. If using whole chicken, remove the skin and bones from the roasted chicken and roughly chop chicken meat.
2. Heat a soup pot over medium heat and add oil. Once oil is hot, add in the carrots, celery, and garlic. Layer in the lemon slices. Stir to combine and sweat the vegetables for 3-4 minutes.
3. Add in the broth, water, cumin, salt & pepper, cooked chicken, and beans— stir to combine. Simmer over medium heat for 4-5 minutes and serve warm.
4. Save half soup for lunch tomorrow.

220kcal, 3g Protein, 22g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 16g Fat, 9g Saturated, 7g Sugar, 30% Calcium, 6% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 1

* RESET FAVORITE *

DINNER: CROCKPOT CHICKEN & GREEN BEANS (Double Recipe)

½ teaspoon kosher salt
¼ teaspoon black pepper
½ Tablespoon paprika
¾ teaspoon dried herb seasoning (your choice oregano or Italian)
4 chicken thighs, boneless, skinless (for 2 meals)
¼ yellow onion, thinly sliced (¼ cup)
½-1 garlic clove, minced or pressed
¾ red bell pepper, thinly sliced (¾ cup)
¾ teaspoon red wine vinegar or white wine vinegar (*sherry vinegar if you have it on hand - it tastes the best*)
1 cup low sodium chicken or vegetable broth
Pinch of kosher salt
Pinch of black pepper
¼ cup fresh green beans, finely chopped (for garnish)
¾ teaspoon fresh, finely chopped parsley (for garnish)
optional: 1 ounce rice noodles

1. In a small bowl, combine ½ teaspoon salt, ¼ teaspoon pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season both sides of the chicken.
3. Layer onion, garlic & bell pepper slices on the bottom of the crockpot.
4. Add seasoned chicken.
5. Combine vinegar, broth, and a pinch each of salt & pepper – stir to combine and pour over chicken.
6. Cover and slow cook on high for 4-6 hours or on low overnight or until chicken reaches an internal temperature of 165°F.
7. Reserve half the chicken only for Lunch 3.
8. When ready to serve, add chopped green beans and fresh parsley as garnish.
9. Optional noodles: Place noodles in boiling hot water or broth for about 3-4 minutes until softened. Add to Crockpot no more than five minutes before serving.

CROCKPOT CHICKEN

270kcal, 32g Protein, 22g Carb, 540mg Sodium, 3g Fiber, 115mg Cholesterol, 6g Fat, 1g Saturated, 6g Sugar, 2% Calcium, 10% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 2

BREAKFAST: COCO-BANANA SMOOTHIE

¼ bunch kale, chopped (1 cup)
¼ bunch chopped fresh parsley (¼ cup)
¼ cup (or ¼ can) coconut milk
¼ cup cold water
½ frozen banana (ripe)
3-4 cashews
Water/liquid/ice

**Need a little more protein? Add some high quality protein powder to the mix (we love Vega and Jarrow Plant Protein).*

Place ingredients in a high-speed blender. Add ice and blend to desired consistency, adding water as necessary.

300 kcal, 6g Protein, 58g Carb, 55mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 33g Sugar, 20% Calcium, 25% Iron

5-MINUTE LEFTOVER LUNCH: SOUP & SALAD

Leftover Chicken Soup (from Day 1)

For kale salad

½ Tablespoon olive oil
½ Tablespoon parsley
¾ teaspoon lemon juice
Pinch of kosher salt
½ bunch fresh kale, chopped (1½ cups)
¼ small avocado, chopped
½ tomato, quartered

1. Shake in a small jar or whisk together olive oil, parsley, lemon juice, and salt until smooth.
2. Gently toss kale, tomatoes and avocado with dressing to coat. Serve immediately.
3. Reheat reserved Chicken Soup.

KALE SALAD

150kcal, 2g Protein, 9g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 3g Sugar, 4% Calcium, 6% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 2

DINNER: TURKEY CHILI

¾ teaspoon olive oil
2 Tablespoons diced yellow onion
½ clove garlic, minced or pressed
½ pound ground turkey
Pinch of kosher salt
¾ teaspoon chili powder
½ tomato, finely diced
¼ (15 oz) can pinto beans, drained and rinsed
¼ teaspoon lemon juice
½ Tablespoon finely chopped fresh parsley

½ apple, sliced

For turkey chili

1. Heat oil in a medium skillet over medium heat. Add onion and garlic and cook 1-2 minutes.
2. Add turkey meat and cook (while breaking apart) 4-5 minutes until cooked through.
3. Add salt, chili powder, tomatoes, and beans and stir to warm through.
4. Remove from heat and stir in lemon and parsley.
5. Save ½ cup chili for breakfast tomorrow.
6. Serve remaining chili with apples slices.

TURKEY CHILI

360kcal, 42g Protein, 15g Carb, 260mg Sodium, 4g Fiber, 95mg Cholesterol, 15g Fat, 2g Saturated, 2g Sugar, 4% Calcium, 15% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 3

BREAKFAST: PROTEIN BREAKFAST

½ Tablespoon olive oil
2 large organic eggs, slightly beaten
Pinch of kosher salt
Pinch of black pepper
½ cup turkey chili meat (from Dinner Day 2)

Few slices of melon

1. Heat oil in a small non-stick frying pan and add eggs, salt, and pepper.
2. As the omelet cooks, use a spatula to pull the cooked areas away from the sides so the uncooked egg can flow down to the bottom of the pan.
3. When the top is nearly set, spread the chili over half the omelet and turn off the heat.
4. Don't worry if some of the egg in the very center isn't quite set, it will continue to cook.
5. Use your spatula to flip one half of the omelet over the other. Serve immediately with melon slices.

Omelet: 300 kcal, 24g Protein, 7g Carb, 400mg Sodium, 0g Fiber, 475mg Cholesterol, 21g Fat, 4.5g Saturated, 1g Sugar, 4% Calcium, 10% Iron
Melon: 60kcal, 1g protein, 15g Carb, 35mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 2% Calcium, 0% Iron

LUNCH: 2 MINUTE LEFTOVER – CROCKPOT CHICKEN with AVOCADO

Leftover Crockpot Chicken (from Dinner Day 1)
¼ avocado, sliced

1. Reheat crockpot chicken in 2 cup servings.
2. Serve with sliced avocado.

250 kcal, 29g Protein, 3g Carb, 270mg Sodium, 2g Fiber, 110mg Cholesterol, 14g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 10% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 3

DINNER: GLASS NOODLE SHRIMP

½ Tablespoon olive oil
½-1 garlic clove, minced
½ carrot, peeled and diced (¼ cup)
¼ green bell pepper, large dice (¼ cup)
½ cup broccoli florets
½ pound medium shrimp, peeled and deveined (*sub equal amount of chicken tenders*)
2 ounces rice noodles
Pinch of black pepper
1 cup low sodium chicken or vegetable broth
1 teaspoon lemon juice
Optional: Dash of salt
2 Tablespoons cashews, finely chopped

1. Heat olive oil in a nonstick sauté pan over low-medium heat. Toss in garlic and flash fry for 10 seconds.
2. Add carrots, green pepper, and broccoli and cook 3-4 minutes until carrots are softened.
3. Add shrimp and cook an additional 2-3 minutes until shrimp is cooked through and vegetables are tender.
4. With tongs or chopsticks, remove 3 pieces of shrimp for Lunch Day 4 and store in fridge.
5. Boil water and pour over rice noodles in a separate bowl. Let sit for 3-4 minutes until the rice noodles are soft but not mushy.
6. Add pepper, broth, lemon juice, and rice noodles to shrimp/vegetable mix. Stir to combine.
7. Season with salt if desired. Garnish with cashews.

Kitchen Notes:

To substitute chicken, season chicken with salt & pepper. Heat a large, nonstick sauté pan over medium-high heat. Add in ½ Tablespoon olive oil and sauté until golden and cooked through, about 2-3 minutes. Remove from pan and set aside. Continue on with recipe and add chicken back into the pan at the end and cook until no longer pink in the center.

400 kcal, 24g Protein, 42g Carb, 690mg Sodium, 5g Fiber, 150mg Cholesterol, 14g Fat, 2.5g Saturated, 6g Sugar, 8% Calcium, 10% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 4

BREAKFAST: COCONUT BLUEBERRY MUESLI

¾ cup gluten free oats
½ cup coconut milk
¼ pint blueberries (⅔ cup)

1. Combine oats and coconut milk in a glass container
2. Mix in blueberries, smashing a few to release flavor.
3. Cover and let sit for 20 minutes or overnight.

360 kcal, 12g Protein, 64g Carb, 90mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 10g Sugar, 15% Calcium, 20% Iron

LUNCH: SHRIMP SALAD

For shrimp salad

¾ teaspoon olive or grapeseed oil
Pinch of cumin
Pinch of kosher salt
Pinch of black pepper
Leftover shrimp, about 3 pieces (from Dinner 3)
¼ head romaine, chopped (1 cup)
¼ (15 oz) can organic cannellini beans, drained and rinsed
¼ avocado, peeled and diced
¼ red bell pepper, chopped (¼ cup)
Few slices of melon

For basic vinaigrette

¾ teaspoon lemon juice
½ Tablespoon olive or grapeseed oil
Pinch of kosher salt
Dash of black pepper
Pinch of paprika

1. In a small bowl, combine vinaigrette dressing ingredients; set aside.
2. For salad, combine grapeseed oil, cumin, salt, and pepper. Add shrimp and toss to coat.
3. In a large bowl, combine romaine, beans, avocado, and red bell pepper.
4. Toss with dressing and serve salad topped with cold shrimp.

Serve with a side of fresh melon slices

370 kcal, 22g Protein, 28g Carb, 800mg Sodium, 9g Fiber, 145mg Cholesterol, 20g Fat, 2g Saturated, 9g Sugar, 10% Calcium, 15% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 4

DINNER: BROCCOLI FRITTATA with ROMAINE SALAD

For broccoli frittata

¾ teaspoon olive oil
¼ yellow onion, thinly sliced (¼ cup)
¼ red bell pepper, thinly sliced (¼ cup)
½ cup broccoli florets, chopped
2 large eggs
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon parsley, finely chopped

For romaine salad

¼ head romaine lettuce, chopped (1 cup)
¾ teaspoon olive oil
½ teaspoon vinegar of choice
Pinch of kosher salt
Pinch of freshly ground black pepper
½ tomato, cut into wedges
2 Tablespoons chopped toasted cashews

DIRECTIONS

For broccoli frittata

1. Preheat oven to 400°F.
2. Heat oil in an oven safe skillet over medium heat. Add onion and pepper and sauté 2-3 minutes. Add broccoli and cook for an additional minute.
3. Beat eggs gently with salt, pepper, and 1 teaspoon of water.
4. Pour eggs over vegetable mixture and cook for 4-5 minutes until sides are set, but eggs are still runny in the center.
5. Place in oven and cook for 8-10 minutes until cooked through.
6. Invert on to a plate and top with chopped parsley.

For romaine salad

Combine romaine with oil, vinegar, salt and pepper and toss to coat. Top with tomatoes and nuts.

BROCCOLI FRITTATA

220 kcal, 15g Protein, 11g Carb, 300mg Sodium, 4g Fiber, 370mg Cholesterol, 13g Fat, 3.5 Saturated, 4g Sugar, 10% Calcium, 15% Iron

ROMAINE SALAD

180 kcal, 3g Protein, 8g Carb, 75mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 3 Saturated, 3g Sugar, 2% Calcium, 10% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 5

BREAKFAST: COCO-BANANA SMOOTHIE

¼ bunch kale, chopped (1 cup)
¼ bunch chopped fresh parsley (¼ cup)
¼ cup coconut milk
¼ cup cold water
½ frozen banana (ripe)
3-4 cashews
Water/liquid/ice

**Need a little more protein?
Add some high quality protein
powder to the mix (we love
Vega and Jarrow Plant Protein).*

Place ingredients in a high-speed blender. Add ice and blend to desired consistency, adding water as necessary.

300 kcal, 6g Protein, 58g Carb, 55mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 33g Sugar, 20% Calcium, 25% Iron

LEFTOVER LUNCH: In the past, we've heard feedback that it's a lot of food and fridges are full at the end of the week. After five days of prepping and cooking, today's lunch should be a breeze. Make yourself a platter using any leftovers. Start with a bed of romaine lettuce and layer on any extra vegetables you have. Or make a feel-good bowl with a little of everything. Add a little cup of blueberries in coconut milk cream and your week is complete!

¼ head romaine lettuce, chopped (1 cup)

½ cup blueberries
¼ cup coconut milk cream (the thick solid part of the canned milk)
optional: dash of vanilla extract (mixed in with coconut cream)

Place blueberries in a small bowl, top each with coconut milk cream.

BLUEBERRIES & COCONUT MILK

50 kcal, 1g Protein, 12g Carb, 20mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 2% Iron



FOR ONE 2017 SPRING BODY RESET: DAY 5

DINNER: TURKEY PATTIES & BROCCOLI SOUP

For turkey patties

½ pound ground turkey
¼ yellow onion, finely chopped (¼ cup)
½ green bell pepper, small dice (½ cup)
¼ teaspoon cumin
Dash of kosher salt
Dash of black pepper
¼ bunch parsley, finely chopped (¼ cup)

1 large romaine lettuce leaf (whole)
¼ avocado, diced small

1. Combine all ingredients for burgers, except romaine and avocado, and form into 2 patties.
2. Heat grill pan or skillet to medium-high heat.
3. Cook burgers for 5-6 minutes per side until internal temperature reaches 165°F.
4. Save one burger for a protein breakfast tomorrow.
5. Wrap the patty in a romaine lettuce leaf with diced avocado.

For broccoli soup

¾ teaspoon olive oil
2 Tablespoons diced yellow onion
½ head broccoli, stems and florets chopped (2 cups)
¼ garlic clove
Dash of kosher salt
Dash of black pepper
1 cup low-sodium chicken or vegetable broth

1. Heat the oil in a soup pot over medium heat.
2. Add the onion and sauté until tender, about 3-4 minutes.
3. Add broccoli, garlic, salt and pepper. Cook for 2-3 minutes. Add broth and bring to simmer.
4. Transfer the soup to a blender or food processor and puree until smooth.
5. Transfer back to pot and bring to simmer.
6. Serve warm with turkey patty.

TURKEY PATTY:

240kcal, 26g Protein, 10g Carb, 240mg Sodium, 5g Fiber, 60mg Cholesterol, 13g Fat, 2g Saturated, 3g Sugar, 2% Calcium, 10% Iron

BROCCOLI SOUP:

150 kcal, 11g Protein, 23g Carb, 410mg Sodium, 8g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 6g Sugar, 15% Calcium, 15% Iron



FOR ONE SPRING BODY RESET: DAY 6

BREAKFAST: HIGH PROTEIN BREAKFAST

- 1 cooked turkey patty (from Dinner 5)
- 2 hardboiled eggs
- ½ cup salsa (store bought Pico de Gallo okay)

1. Reheat turkey patty in a skillet.
2. Slice eggs in half and cover with salsa.
3. Crumble turkey patty over eggs and salsa. Enjoy.

350 kcal, 39g Protein, 14g Carb, 440mg Sodium, 1g Fiber, 510mg Cholesterol, 17g Fat, 4g Saturated, 6g Sugar, 4% Calcium, 15% Iron

RESET FAVORITE LUNCH: PEASANT BEAN STEW

- ½ Tablespoon olive or grapeseed oil
- ¼ yellow onion, cut into small dice (¼ cup)
- ¾ carrot, peeled and cut into small dice (⅓ cup)
- 1 clove of garlic, minced or pressed
- 1 cup low sodium vegetable broth
- ½ cup water
- ¾ teaspoon oregano or Italian seasoning
- Pinch of kosher salt
- Pinch of black pepper
- ¼ bunch of kale, stems removed, cut into bite size pieces or shreds (1 cup)
- ½ (15 ounce) can low sodium, organic cannellini beans, drained and rinsed

1. Heat a soup pot over medium heat and add oil. Once oil is hot, add onion, carrots, and garlic. Stir to combine and sweat the vegetables for 3-4 minutes.
2. Add in the broth, water, Italian seasoning, salt & pepper, kale, and beans and stir to combine. Simmer over medium heat for 5 minutes and serve warm. Save half for a Lunch Day 7.

290 kcal, 13g Protein, 44g Carb, 390mg Sodium, 12g Fiber, 0mg Cholesterol, 8g Fat, .05g Saturated, 7g Sugar, 25% Calcium, 25% Iron



FOR ONE SPRING BODY RESET: DAY 6

DINNER: TURKEY TACO SALAD

1 teaspoon extra virgin olive oil
2 Tablespoons diced yellow onion
¼ pound lean ground turkey
½ garlic clove, minced
½ Tablespoon tomato paste
¼ teaspoon oregano or Italian seasoning
½ teaspoon ground cumin
¼ teaspoon paprika
Pinch of kosher salt
Pinch of black pepper

¼ head romaine lettuce, finely chopped (1 cup)
½ carrot, grated (2½ Tablespoons)
½ medium tomato, cut into small dice (½ cup)
¼ medium avocado, sliced
¾ teaspoon olive oil
¾ teaspoon lemon juice

1. Heat a non-stick sauté pan over medium-high heat and add oil. Once oil is hot, add onion and sauté until soft and translucent, 2 minutes.
2. Add in turkey meat, garlic, tomato paste, Italian seasoning, cumin, paprika, salt, and black pepper - stir to combine. Sauté over medium heat until meat is browned and cooked through (no longer pink), 5-8 minutes.
3. Toss lettuce, grated carrot, tomatoes, and avocado with oil and lemon juice. Place in a serving bowl and top with taco meat.

370 kcal, 24g Protein, 17g Carb, 240mg Sodium, 7g Fiber, 85mg Cholesterol, 24g Fat, 4.5g Saturated, 7g Sugar, 8% Calcium, 20% Iron



FOR ONE SPRING BODY RESET: DAY 7

BREAKFAST: TOASTED OATMEAL WITH APPLES

¾ cup gluten free oats
¾ medium apple, peeled and diced
¼ teaspoon cinnamon
½ cup coconut milk

1. Preheat the oven to 350°F.
2. Spread oatmeal on baking sheet. Bake for 4-5 minutes, or until the oatmeal starts to brown. Watch carefully! Transfer to a small bowl and let cool to room temperature.
3. While baking, sauté apples and cinnamon in a small pan in 2 Tablespoons water, until soft.
4. Place toasted oatmeal in a bowl and top with sautéed apples and milk.

360 kcal, 12g Protein, 64g Carb, 90mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 1 Saturated, 10g Sugar, 15% Calcium, 20% Iron

LUNCH: GUACAMOLE DIP / PEASANT BEAN STEW

Leftover Peasant Bean Stew (from Lunch 6)

For guacamole

½ avocado, mashed
½ garlic clove, minced
½ Tablespoon lemon juice
Pinch of cayenne
Dash of kosher salt
Dash of black pepper

For dippers

1 medium carrot, cut into sticks
1 hard-boiled egg, peeled and cut in half

For guacamole

Mash all ingredients together in a bowl until smooth, but still a little chunky. Squeeze a little additional lemon juice on top to prevent discoloring.

Reheat stew and serve with guacamole and dippers.

GUACAMOLE:

160 kcal, 2g Protein, 10g Carb, 250mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 2 Saturated, 1g Sugar, 2% Calcium, 4% Iron

DIPPERS

100 kcal, 7g Protein, 6g Carb, 115mg Sodium, 2g Fiber, 185mg Cholesterol, 5g Fat, 1.5 Saturated, 3g Sugar, 4% Calcium, 6% Iron



FOR ONE SPRING BODY RESET: DAY 7

DINNER: CHICKEN & BROCCOLI with SAUTÉED PEPPERS

For chicken & broccoli

½ teaspoon olive oil
½ cup broccoli florets
¼ whole roasted chicken
½ lemon, zested and juiced (1½ Tablespoons juice, 1 teaspoon zest)
½ cup low sodium vegetable or chicken broth

1. Heat a sauté pan over medium heat and add oil.
2. Toss in broccoli cooking for 2-3 minutes.
3. Place chicken in pan.
4. Add lemon juice and zest and broth then cover pan and let steam for 3-4 minutes to reheat chicken.
5. Serve with sautéed peppers.

For sautéed peppers

¾ teaspoon olive oil
¾ green or red bell pepper, sliced (¾ cup)
Pinch of kosher salt
Pinch of black pepper
Zest of ¼ lemon (½ teaspoon)

1. Heat olive oil in a skillet over medium-high heat.
2. Add bell peppers, salt, and black pepper.
3. Cook for about 3 minutes until just tender.
4. Turn off heat and top with zest before serving.

SAUTEED PEPPERS

Cal 60, Protein 1g, Carb 6g, Sodium 125mg, Fiber 2g, Cholesterol 0 mg, Fat 3.5g, Sat Fat 0g, Sugar 3g, Calcium 2%DV, Iron 2% DV

CHICKEN AND BROCCOLI

240 kcal, 41g Protein, 7g Carb, 200mg Sodium, 3g Fiber, 100mg Cholesterol, 5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 10% Iron