



2017 SPRING BODY RESET FOR ONE: MENU & PREP

MENU

DAY 8

(Make Ahead) Breakfast Muffins
Italian Salad
Sheet Pan Salmon

DAY 9

Egg Cups
Salmon Nicoise
Chili Rubbed Steak

DAY 10

Apple Pie Oats
Vegetable Protein Bowl
Sausage & Lentils

DAY 11

Breakfast Muffin & Power Smoothie
Sausage Asparagus Potato Soup
Pepper Beef Stir Fry

DAY 12

Egg Cups
Steak Salad
Tofu & Lentil Bowl with Oven Fries

DAY 13

Paleo Pancakes
Saturday Lunch Leftovers
Carne Asada Plate

DAY 14

Baked Apples & Oatmeal
Sausage Quiche & Salad
Simple Quinoa Bowl



2017 SPRING BODY RESET FOR ONE: MENU & PREP

PREP GUIDE

FOR THE WEEK

1 cup cooked quinoa prepared according to package directions
3 eggs, hard boiled
1-2 lemons, zested & juiced (¼ cup juice, ½ Tablespoon lemon zest)
Make Breakfast Muffins (see Day 8 for recipe)
Make Egg Cups (see Day 9 for recipe)
1/4 pound parboiled new potatoes, diced (boiled 4-5 minutes)

DAY EIGHT

½ carrot, grated (2½ Tablespoons)

DAY NINE

3 ounces green beans, end trimmed (½ cup)
1/2 head romaine lettuce, chopped (2 cups)
1/4 cucumber, sliced
1/4 green bell pepper, sliced

DAY TEN

¼ pound asparagus, shaved (4 spears)
1 carrot, diced (½ cup)
½ carrot, shredded (2½ Tablespoons)
¼ cucumber, sliced thin (½ cup)
¼ yellow onion, diced (¼ cup)

DAY ELEVEN

¼ yellow onion, diced (¼ cup)
¼ yellow onion, thinly sliced (¼ cup)
½ pound asparagus, trimmed, cut into 1" pieces (keep tips intact) (8 spears)
½ large green bell pepper, roughly chopped (½ cup)
2 ounces green beans, trimmed (⅓ cup)

DAY TWELVE

¼ head romaine lettuce, chopped (about 1 cup)
1 canned artichoke heart, chopped
½ carrot, grated (2½ Tablespoons)

DAY THIRTEEN

Carne Asada & salsa can be made ahead (see Day 13 for recipes)
2 Tablespoons finely chopped red or yellow onion

DAY FOURTEEN

3 ounces green beans, chopped (½ cup)
2 Tablespoons finely chopped red or yellow onion

CLASSIC



2017 SPRING BODY RESET
Week 2 (Days 8-14)

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
salmon	8 (4 oz) fillets	4 (4 oz) fillets	2 (4 oz) fillets	20	
flank steak	4-1/2 pounds	2-1/4 pounds	1-1/4 pounds	27	
Italian sausage	12 links	6 links	3 links	12	<i>or chicken italian sausage</i>
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
bananas	12	6	3	4	
carrots	10	5	3	2	
cherry tomatoes	6 pints	3 pints	1-1/2 pints	12	
tomatoes	6	3	2	3	
basil	2 bunches	1 bunch	1/2 bunch	3	
arugula	1-1/2 pounds	3/4 pound	1/2 pound	4	
lemon	5	3	2	3	
asparagus	5 pounds	2-1/2 pounds	1-1/4 pounds	8	<i>16 spears per pound</i>
new potatoes	6-1/2 pounds	3-1/4 pounds	1-3/4 pounds	14	
oranges	4	2	1	2	
greens beans	2 pounds	1 pound	1/2 pound	4	
*romaine lettuce	3 heads	2 head	1 head	6	
apples	13	7	4	7	<i>golden delicious</i>
avocado	6	3	2	6	
*cucumber	4	2	1	4	
onion	6	3	2	6	<i>3 red, 3 yellow</i>
*green bell peppers	3.00	2.00	1	3	
parsley	2 bunches	1 bunch	1/2 bunch	3	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
baking powder	1 teaspoon	1/2 teaspoon	1/4 tsp	0.5	
cinnamon	3 teaspoons	3/4 teaspoon	1/2 teaspoon	1	
vanilla	2 teaspoons	1/2 teaspoon	1/4 teaspoon	1	
pecans	1-1/4 cups	2/3 cup	1/3 cup	5	
raisins	1-1/4 cups	2/3 cup	1/3 cup	2	
firm tofu	2 (14 oz) blocks	1 (14 oz) block	1 (14 oz) block	4	
pine nuts	3/4 cup	6 Tablespoons	3 Tablespoons	3	
artichoke hearts	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	3	
mild chili powder	3.5 teaspoons	2 teaspoons	1 teaspoon	1	
lentils	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	4.5	
tamari	4.5 Tablespoons	2.5 Tblspns	1.5 Tblspns	3	<i>gluten free soy sauce</i>
coconut flour	1/3 cup	3 Tablespoons	1.5 Tblspns	2	
black beans	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
wine orbalsamic vinegar	1/2 cup	1/4 cup	2 Tblspns		
light coconut milk	48 fl oz	24 fl oz	12 fl oz		
Dijon mustard	4 teaspoons	2 teaspoons	1 teaspoon		
Garlic cloves	19 cloves	10 cloves	5 cloves		
Herbes de Provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
eggs	36	18	9		
cumin	3.5 teaspoons	2 teaspoons	1 teaspoon		
cayenne					
paprika	1.5 teaspoons	1 teaspoon	1/2 teapsoon		
chicken/veg broth	96 fl oz	48 fl oz	24 fl oz		
quinoa (dry)	3 cups	1-1/2 cups	3/4 cup		
tomato paste					
oregano/Italian seasoning	5 teaspoons	2.5 teaspoons	1.5 teaspoons		
kosher salt	10 teaspoons	5 teaspoons	2.5 teaspoons		
black pepper	5 teaspoons	2.5 teaspoons	1.5 teaspoons		
nuts: raw cashews					
gluten free oats	6 cups	3 cups	1.5 cups		



FOR ONE 2017 SPRING BODY RESET: DAY 8

BREAKFAST: BREAKFAST MUFFINS

½ cup old fashioned oats
¼ teaspoon baking powder
½ teaspoon cinnamon, optional
¼ teaspoon kosher salt
½ a ripe banana, mashed
1 egg white, lightly beaten
½ carrot, grated (2½ Tablespoons)
½ teaspoon vanilla, optional
¼ cup light coconut milk (could also use almond milk)
1 Tablespoon pecans, chopped (or pepitas or other nut)
1 Tablespoon raisins
oil for muffin pan

1 egg, hard boiled, sliced

1. Preheat oven to 350°F.
2. Grease 3 muffin cups with coconut oil or vegetable oil.
3. Mix all ingredients together, allow to sit for a few minutes to thicken before adding 2 Tablespoons of batter to each muffin cup (make 3 muffins).
4. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.
5. Serve 2 muffins with 1 egg (save 1 leftover muffin for Breakfast Day 11).

Serving: 2 muffins and 1 egg

Muffins (2 muffins): 230 kcal, 8g Protein, 37g Carb, 270mg Sodium, 5g Fiber, 75mg Cholesterol, 7g Fat, 1.5g Saturated, 12g Sugar, 15% Calcium, 10% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

LUNCH: ITALIAN SALAD

For dressing

½ Tablespoon olive oil
½ Tablespoon balsamic vinegar
½ teaspoon Italian seasoning
¼ teaspoon kosher salt
¼ teaspoon black pepper

For salad

¼ (14 oz) block firm tofu, sliced
2 ounces arugula or romaine (2 cups)
¼ pint cherry tomatoes, sliced
¼ bunch basil leaves, shredded (about 4 leaves)
Pinch of kosher salt and pepper
2 Tablespoons toasted pine nuts

1. Whisk together dressing ingredients until smooth.
2. Soak tofu in dressing for 5 minutes while you arrange salad.
3. Arrange arugula on a plate.
4. Layer tomatoes over arugula.



FOR ONE 2017 SPRING BODY RESET: DAY 8

LUNCH: ITALIAN SALAD - continued

5. Place a slice of marinated tofu over tomatoes.
6. Sprinkle with basil, salt, and pepper.
7. Add nuts on top.

300 kcal, 16g Protein, 8g Carb, 240mg Sodium, 2g Fiber, 0mg Cholesterol, 24g Fat, 2g Saturated, 4g Sugar, 20% Calcium, 20% Iron

DINNER: SHEET PAN SALMON

For salmon

- 2 (4 oz) salmon fillets (sub chicken tenders or any white flesh fish)
- 1 teaspoon lemon juice
- ¼ teaspoon zest
- ½ Tablespoon olive oil
- 1 clove garlic, minced
- ⅛ teaspoon kosher salt
- Pinch of black pepper
- ¼ teaspoon Dijon mustard

For vegetables

- ¼ pound fresh asparagus, bottom of stem snapped off (about 4 spears)
- ¾ pound new potatoes, quartered (for 2 recipes)
- ¼ pint cherry tomatoes, halved
- ¾ teaspoon olive oil
- Pinch of kosher salt
- Pinch of black pepper

1. Preheat oven to 400°F.
2. For salmon, combine lemon, olive oil, garlic, salt, pepper, and Dijon mustard.
3. Line a baking pan with foil, and place the salmon fillets down the middle. Spread the marinade evenly over the fillets.
4. For vegetables, place the asparagus, potatoes, and cherry tomatoes on either side of the salmon. Drizzle with olive oil, salt, and pepper. Bake 15 minutes.
5. Save ¼ cup potatoes for Breakfast tomorrow. Save ¼ pound cooked salmon for Lunch tomorrow.

Salmon: 350 kcal, 31g Protein, 38g Carb, 240mg Sodium, 6g Fiber, 50mg Cholesterol, 11g Fat, 2g Saturated, 6g Sugar, 6% Calcium, 20% Iron

2017 SPRING BODY RESET FOR ONE: DAY 9

BREAKFAST: EGG CUPS

Can be made ahead and reheated

2 eggs, beaten
¼ cup roasted potatoes * *from Day 8*
2 Tablespoons chopped basil
4 cherry tomatoes, cut in half

1 orange

1. Heat oven to 400°F.
2. Combine eggs, potatoes, basil, and tomatoes and put into 3 greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size. Save 1 egg cup for Day 12.
4. Serve 2 muffins with an orange.

Egg Cups (2 cups): 180 kcal, 12g Protein, 22g Carb, 140mg Sodium, 2g Fiber, 300mg Cholesterol, 7g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 10% Iron
Orange: 80kcal, 1g Protein, 19g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 4% Calcium, 0% Iron

LUNCH: SALMON NICOISE

¼ pound cooked salmon fillets, flaked * *from Day 8*
¼ (15 oz) can artichoke hearts, rinsed and drained
7-8 cherry tomatoes, cut in half
1 hard boiled egg
3 ounces green beans, end trimmed (½ cup)
2¼ teaspoons lemon juice
¾ teaspoon lemon zest
¾ teaspoon olive oil
Pinch of kosher salt and black pepper
1 Tablespoon chopped basil
¼ head romaine lettuce, chopped (1 cup)

Combine salad ingredients.

Salad: 410 kcal, 37g Protein, 26g Carb, 460mg Sodium, 11g Fiber, 275mg Cholesterol, 20g Fat, 4g Saturated, 6g Sugar, 15% Calcium, 15% Iron

2017 SPRING BODY RESET FOR ONE: DAY 9

DINNER: CHILI RUBBED STEAK

You can marinate steak up to 48 hours

- ½ garlic clove, minced or pressed
- ¾ teaspoon mild chili powder
- ½ Tablespoon olive oil
- ¼ teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¾ pound flank steak (for three meals) *also called skirt steak, carne asada, or flap meat*
- ¾ teaspoon olive oil (for pan)

1. Preheat oven to 425°F and adjust the rack to the top third (if your steak is thick).
2. In a small bowl combine garlic, chili powder, oil, cumin, oregano, and salt & pepper. Rub all sides of the meat with the seasoning and set aside. *You can also choose to marinate the meat for up to 48 hours in a Ziploc bag or any airtight container.*
3. Heat a nonstick sauté pan over medium-high heat. Add in oil and once hot (almost smoking), add the steak. Sear steak until golden brown and then turn to sear the other side, about 2 - 3 minutes per side. Allow the steak to rest for 5 minutes off the heat and then slice it against the grain. Thin steaks will cook very quickly; if your steak is very thin you will only need to cook it on the stovetop until your desired doneness is achieved. If your meat is thicker through the middle then sear it on both sides and then place into preheated oven for 4 minutes for rare or 8-10 for well done. Cooking time will depend on the thickness of your meat.
4. Reserve half a pound of steak (for Meal 11 and Meal 12). Store cooled meat in a Ziploc bag or airtight container in the refrigerator.

*For salad

- 1/4 head romaine lettuce, chopped
- 1/4 cucumber, sliced
- 1/4 green bell pepper, sliced
- 1/4 Tablespoon olive oil
- 1/2 teaspoon lemon juice
- dash kosher salt

Toss all ingredients together in a medium bowl. Serve chilled.

320 kcal, 32g Protein, 0g Carb, 370mg Sodium, 0g Fiber, 80mg Cholesterol, 20g Fat, 7g Saturated, 0g Sugar, 0% Calcium, 20% Iron
 SALAD: 70 kcal, 2g Protein, 8g Carb, 305mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, 1g Saturated, 3g Sugar, 6% Calcium, 10% Iron



2017 SPRING BODY RESET FOR ONE: DAY 10

BREAKFAST: APPLE PIE OATS

- ¾ apple, chopped
- Dash of cinnamon
- ½ cup raw old fashioned oats
- ½ cup light coconut milk
- ⅓ cup water
- 1 Tablespoon chopped pecans
- ½ Tablespoon raisins

In a saucepan over medium heat add the apples and cinnamon and cook for 2 minutes. Add oats, milk, and water (can adjust for consistency) and bring to a low simmer for about 5 minutes. Top with nuts and raisins.

340 kcal, 7g Protein, 56g Carb, 35mg Sodium, 9g Fiber, 0mg Cholesterol, 12g Fat, 4.5g Saturated, 0g Sugar, 4% Calcium, 15% Iron

LUNCH: VEGETABLE PROTEIN BOWL

- ½ cup cooked quinoa, warmed
- ½ Tablespoon lemon juice
- ½ avocado, diced
- 1 hardboiled egg
- ¼ pound asparagus, shaved (4 spears)
- ½ carrot, shredded (2½ Tablespoons)
- ¼ cucumber, sliced thin (½ cup)
- 1 Tablespoon chopped basil
- 2 ounces arugula (2 cups)
- 1 Tablespoon pine nuts
- 1 Tablespoon Pantry Dressing (www.thefresh20.com/pantrydressings)
- Optional: hot sauce

Toss all ingredients together.

410 kcal, 15g Protein, 48g Carb, 170mg Sodium, 14g Fiber, 0mg Cholesterol, 18g Fat, 1.5g Saturated, 16g Sugar, 20% Calcium, 30% Iron



2017 SPRING BODY RESET FOR ONE: DAY 10

DINNER: SAUSAGE & LENTILS

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ garlic clove, minced or pressed
1 carrot, diced (½ cup)
3 Italian sausage or chicken Italian sausage links
¼ teaspoon Herbes de Provence
1 tomato, diced (¾ cup)
Pinch of black pepper
2 cups low-sodium chicken broth
⅓ pound new potatoes, diced small
½ (15 oz) can organic lentils, drained and rinsed (¾ cup)

1. Heat a large pot over medium heat. Add oil, onions, garlic, and carrots and cook for 2-3 minutes. Remove one sausage from its casing and leave two whole. Add **all** the sausage and Herbes and cook for about 3-4 minutes, crumbling the loose meat as you stir.
2. Add tomatoes, pepper, broth, potatoes, and lentils. Bring to a simmer for about 10-15 minutes until potatoes are tender and whole sausages are cooked through.
3. **Save 2 whole Italian Sausages for Days 11 and 14.**

410 kcal, 27g Protein, 40g Carb, 610mg Sodium, 8g Fiber, 75mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 15% Calcium, 15% Iron



2017 SPRING BODY RESET FOR ONE: DAY 11

BREAKFAST: BREAKFAST MUFFIN & POWER SMOOTHIE

- ¾ banana
- ½ apple
- ¼ cucumber, peeled
- ¼ avocado, peeled & pitted
- ¾ cup light coconut milk (can sub almond milk)
- ½ cup ice

1 breakfast muffin **from Day 8*

Blend smoothie ingredients together. Serve smoothie along with breakfast muffin.

Muffin: 120kca, 4g Protein, 19g Carb, 135mg Sodium, 2g Fiber, 40mg Cholesterol, 3.5g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 6% Iron
Smoothie: 230 kcal, 3g Protein, 39g Carb, 100mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 0.5g Saturated, 21g Sugar, 25% Calcium, 10% Iron

LUNCH: SAUSAGE ASPARAGUS POTATO SOUP

- ½ Tablespoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- Pinch of kosher salt
- Dash of fresh ground pepper
- ½ pound asparagus, trimmed, cut into 1" pieces (keep tips intact) (8 spears)
- 1 cup low sodium chicken or vegetable broth
- ¼ pound parboiled new potatoes, diced (boiled 4-5 minutes)
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- Dash of chili powder or cayenne
- 1 precooked sausage link from previous dinner, sliced or diced ** from Day 10*
- 2¼ teaspoons lemon juice
- ¾ teaspoon olive oil

1. Heat oil in a soup/stock pot over medium heat.
2. Add onion and garlic and sauté for a few minutes until soft and translucent. Season with salt and pepper.
3. Add asparagus and continue cooking with onions for 2-3 minutes.
4. Add broth, potatoes, cumin, paprika, and chili powder and simmer, covered, until asparagus is very tender, about 10 minutes.
5. Using a blender or an immersion blender, purée soup until smooth. When all soup is puréed, return to original soup pot. Stir in sausage.
6. Bring soup to a boil and whisk in lemon juice and ¾ teaspoon of olive oil.

Soup: 420 kcal, 26g Protein, 34g Carb, 710mg Sodium, 7g Fiber, 70mg Cholesterol, 20g Fat, 4g Saturated, 10g Sugar, 6% Calcium, 35% Iron

2017 SPRING BODY RESET FOR ONE: DAY 11

DINNER: PEPPER BEEF STIR FRY

2¼ teaspoons coconut or vegetable oil
¼ yellow onion, thinly sliced (¼ cup)
1 clove garlic, minced or pressed
1 Tablespoon hot water
½ large green bell pepper, roughly chopped (½ cup)
2 ounces green beans, trimmed (⅓ cup)
½ medium tomato, chopped (⅓ cup)
¼ pound chili rubbed steak * *from Day 9*
2¼ teaspoons Tamari sauce (gluten free soy sauce)
¼ teaspoon white wine vinegar
¼ teaspoon kosher salt
½ cup cooked quinoa, warmed

1. Heat a non-stick skillet to medium-high heat and add oil.
2. When oil is hot add the onions and garlic and sauté for 1 minute.
3. Add water, bell peppers, green beans, and tomatoes and continue cooking, tossing frequently, for about 2-3 minutes.
4. Add the steak, Tamari, and vinegar and cook until heated through.
5. Season with salt.
6. Serve ½ cup stir fry with a side of ½ cup warmed quinoa.

Pepper Beef Stir Fry: 420 kcal, 26g Protein, 34g Carb, 710mg Sodium, 7g Fiber, 70mg Cholesterol, 20g Fat, 4g Saturated, 10g Sugar, 6% Calcium, 35% Iron



2017 SPRING BODY RESET FOR ONE: DAY 12

BREAKFAST: EGG CUPS

- 1 egg cup, warmed * *from Day 9*
- 1 banana

Serve egg cup with banana for a quick breakfast.

Egg cups: 90 kcal, 6g Protein, 11g Carb, 70mg Sodium, 1g Fiber, 150mg Cholesterol, 3.5g Fat, 1g Saturated, 1g Sugar, 2% Calcium, 6% Iron
Banana: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 0% Calcium, 2% Iron

LUNCH: STEAK SALAD

For salad

- ¼ head romaine lettuce, chopped (about 1 cup)
- 1 canned artichoke heart, chopped
- 2 Tablespoons parsley, chopped
- 7-8 cherry tomatoes, cut in half
- ¼ avocado, peeled, pitted and diced
- ¼ pound chili rubbed steak, cut into thin slices * *from Day 9 (steak is meant to serve cold but may be reheated if you prefer)*
- 1 Tablespoon pecans, chopped

For vinaigrette

- ½ Tablespoon olive oil
- 1 garlic clove, minced or pressed
- ½ Tablespoon white wine vinegar
- salt and pepper to taste

For vinaigrette

In a small bowl, whisk together the olive oil, garlic, vinegar, salt & pepper.

For salad

1. In a serving bowl, combine lettuce, artichoke hearts and parsley; dress with vinaigrette to taste.
2. Arrange tomatoes and avocado with steak strips on top.
3. Garnish with pecans.

Steak Salad (dressed): 420kcal, 29g Protein, 19g Carb, 270mg Sodium, 10g Fiber, 75mg Cholesterol, 27g Fat, 6g Saturated, 4g Sugar, 8% Calcium, 20% Iron



2017 SPRING BODY RESET FOR ONE: DAY 12

DINNER: TOFU & LENTIL BOWL with OVEN BAKED FRIES

For tofu lentil bowl

¼ (14 oz) block firm tofu (sub chicken tenders)
½ Tablespoon coconut or olive oil
Dash of kosher salt
¾ teaspoon Tamari sauce (gluten free soy)
¾ teaspoon wine vinegar (rice vinegar would be good too)
1½ ounces arugula (1½ cups) or any greens you like
¼ (15 oz) can lentils, drained
½ carrot, grated (2½ Tablespoons)
Optional: hot sauce

For dressing

½ Tablespoon wine vinegar (or balsamic)
¾ teaspoon olive oil
¼ teaspoon Tamari sauce (gluten free soy)
Pinch of black pepper

1. In a small bowl, whisk together dressing ingredients and set aside.
2. For bowl, slice the tofu into quarters, press to remove excess moisture and cut into chunks.
3. Heat oil in a skillet over medium-high heat. When the oil is hot, add the tofu in a single layer and sprinkle with salt.
4. Brown tofu on all sides, turning gently so it doesn't tear apart.
5. Add the Tamari and vinegar to the pan. If desired, add a little hot sauce. Remove from heat.
6. In a serving bowl, toss the greens, lentils, and carrots with the salad dressing. Top with seared tofu.

For crispy oven-baked garlic fries

¼ pound new potatoes –skin on
½ Tablespoon olive oil
Dash of kosher salt
Pinch of black pepper
Pinch of paprika
¼ garlic clove, minced

1. Preheat oven to 425 degrees (adjust the oven rack to the upper third) and line a baking sheet with foil.
2. Wash and scrub potatoes clean and then dry thoroughly. Cut each potato in half lengthwise and then each half into fourths lengthwise. Each potato should yield 8 wedges.
3. In a small bowl, mix together olive oil, salt & pepper, paprika, and garlic. Toss the cut potatoes in the olive oil mixture until well coated.
4. Spread potatoes evenly onto prepared baking sheet and place into the preheated oven for 30-35 minutes, turning after 20. Potatoes are done when golden brown on the outside and soft on the inside.

Tofu Bowl 320kcal, 21g Protein, 22g Carb, 470mg Sodium, 7g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 5g Sugar, 20% Calcium, 30% Iron
Oven Baked Fries: 150kcal, 2g Protein, 20g Carb, 290mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 1g Sugar, 2% Calcium, 6% Iron

2017 SPRING BODY RESET FOR ONE: DAY 13

BREAKFAST: PALEO PANCAKES

¾ large ripe banana
 1 egg + 1 egg white
 1½ Tablespoons coconut flour
 Pinch of kosher salt
 Coconut oil for pan

½ apple, cut into wedges
 2 Tablespoons water

1. Preheat a non-stick skillet over medium heat.
2. Place the bananas, eggs, coconut flour, and salt in the blender. Puree until smooth.
3. The batter should be thick, but pour-able. If it seems thin, you can play with consistency by adding a little more coconut flour.
4. Brush the skillet lightly with coconut oil. Pour in a 3-inch circle of batter. Cook for 2-4 minutes until the bottom of the pancake is golden-brown and the edges are firm. Flip gently and continue cooking another 2-4 minutes.
5. Makes 2 pancakes.
6. Add apples and water to a small saucepan and cook until soft.
7. Serve apples on top of pancakes.

270kcal, 13g Protein, 40g Carb, 290mg Sodium, 8g Fiber, 340mg Cholesterol, 9g Fat, 3.5g Saturated, 21g Sugar, 4% Calcium, 15% Iron

SATURDAY LUNCH LEFTOVERS

Your fridge is full. It's time for a leftover buffet to clear everything out before next week starts. If you have a surplus of food, consider freezing meals in single serving containers for a last minute dinner solution once the Reset ends.

Aim for 400 calories for lunch.

DINNER: CARNE ASADA PLATE

½ pound flank steak (also called carne asada or flap meat)
 Dash of kosher salt
 Dash of black pepper
 ¼ teaspoon cumin
 ¼ bunch parsley, chopped (¼ cup)
 ½ Tablespoon olive oil

For salsa:

7-8 cherry tomatoes, cut in quarters
 2 Tablespoons finely chopped yellow or red onion
 ½ teaspoon olive oil
 ½ teaspoon salt
 ¾ teaspoon lemon or lime juice



2017 SPRING BODY RESET FOR ONE: DAY 13

DINNER: CARNE ASADA PLATE - continued

For asparagus

- ¾ teaspoon olive or grapeseed oil
- ¼ pound asparagus, trimmed (4 spears)
- ¾ teaspoon lemon zest

¼ (15 oz) can black beans, heated on stovetop (optional)

PREP AHEAD

Pat the steak evenly on one side with the salt, pepper, and cumin. Set in a glass bowl or container. Cover with parsley. Pour olive oil over the steaks. Seal tightly and let marinate in the refrigerator. Salsa can also be made ahead, see below.

DINNER NIGHT

1. Preheat your grill or grill pan over high heat. Brush with a little oil to prevent the meat from sticking. Remove the steak from the marinade. Remove any parsley bits so they do not burn.
2. Arrange steak on hot grill pan and cook for 4 minutes each side (cooking times are for ½" thick cuts of meat).
3. Remove from grill pan and allow to rest covered in foil for a few minutes. While meat is resting prepare asparagus (see below). To serve: thinly slice the steak across the grain on a diagonal into several pieces and serve with salsa and beans.

For salsa

Place tomatoes in medium container with a lid. Mix in onions, olive oil, and salt. Squeeze in lemon or lime juice. Combine all ingredients until well mixed. Cover and refrigerate for up to two days. Salsa is best when made ahead! Save 2 Tablespoons for Day 14.

For asparagus

Once steak is cooked and resting, place a little more oil in the grill pan and grill asparagus for 3-4 minutes.

Carne Asada: 350kcal, 36g Protein, 0g Carb, 380mg Sodium, 0g Fiber, 115mg Cholesterol, 21g Fat, 7g Saturated, 0g Sugar, 4% Calcium, 15% Iron
Salsa: 20kcal, 1g Protein, 3g Carb, 200mg Sodium, 1g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron
Asparagus: 60kcal, 2g Protein, 4g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 10% Iron
Beans (black): 80kcal, 5g Protein, 14g Carb, 10mg Sodium, 5g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 4% Calcium, 6% Iron



2017 SPRING BODY RESET FOR ONE: DAY 14

BREAKFAST: BAKED APPLES & OATMEAL (4 servings)

For baked apples

- 1 large golden delicious apple, cored, cut 1 inch off the top and save (may use pears)
- 2 Tablespoons water
- 3 Tablespoons raisins
- 2 Tablespoons chopped pecans
- ¼ teaspoon lemon zest
- 1 teaspoon lemon juice
- Dash of ground cinnamon
- optional: Pinch of nutmeg if you have it

For oatmeal

- ½ cup raw oats
- ¾ cup water
- Pinch of kosher salt

1. Preheat oven to 375°F. Place cored apple upright in a small baking dish, filled with 2 Tablespoons of water or juice (enough to cover the bottom completely).
2. Combine raisins, pecans, lemon, cinnamon, and nutmeg and fill apple.
3. Place sliced top on apple.
4. Bake until apple is tender, about 45 minutes.
5. Combine oats, water and salt in a medium sauce pan.
6. Cook for 4-5 minutes. Cover and set aside to serve with baked apple.

Apples: 260 kcal, 4g pro, 51g carbs, 6g fat, 0.5g sat, 0mg cholesterol, 7g fiber, 37g sugar, 8mg sodium, 6% calcium, 7% iron

Oats: 150kcal, 5g protein, 27g carbs, 3g fat, 0.5g Saturated, 0mg Cholesterol, 4g Fiber, 1g Sugar, 150mg Sodium, 0% Calcium, 10% Iron

LUNCH: SAUSAGE QUICHE and SALAD

- ½ teaspoon oil (for pan)
- 2 large eggs
- 1 Tablespoon water
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper
- Pinch of paprika
- 1 Italian sausage link, cooked and chopped * *from Day 10*
- 2 Tablespoons salsa * *from Day 13*

1. Preheat oven to 350°F
2. Oil a small baking pan; set aside.
3. In a medium bowl, whisk together eggs, water, salt, black pepper, and paprika.
4. Stir in sausage.
5. Pour into prepared pan. Bake 30 minutes, until golden brown.
6. Top with salsa.



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LUNCH: SAUSAGE QUICHE and SALAD - continued

For dressing

- ½ Tablespoon olive oil
- ¼ teaspoon dried oregano
- ¾ teaspoon Dijon mustard
- ⅙ teaspoon cumin
- ⅙ teaspoon black pepper
- ⅙ teaspoon kosher salt

For salad

- 3 ounces green beans, chopped (½ cup)
- 2 Tablespoons finely chopped red or yellow onion
- ¼ (15 oz) can black beans, drained and rinsed
- ½ Tablespoon freshly chopped parsley

1. Whisk together oil, oregano, mustard, cumin, black pepper, and salt in a small bowl until well incorporated.
2. In a serving bowl, combine salad ingredients, add dressing, and toss to combine.

Quiche: 330kcal, 31g Protein, 6g Carb, 620mg Sodium, 0g Fiber, 515mg Cholesterol, 21g Fat, 6g Saturated, 2g Sugar, 4% Calcium, 10% Iron

Salad (dressed): 100kcal, 2g Protein, 8g carb, 40mg Sodium, 3g Fiber, 0mg Sodium, 0mg Cholesterol, 7g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 6% Iron

DINNER: SIMPLE QUINOA BOWL

- ½ cup cooked quinoa
- ½ avocado, diced
- ½ (15 oz) can black beans, rinsed and drained
- ¼ small red onion, finely sliced (3 Tablespoons)
- ½ apple, peeled and chopped
- Pantry dressing (www.thefresh20.com/pantrydressings.com)

1. Toss quinoa in a pantry dressing of your choice.
2. Mix together avocado, black beans, red onion, and apples. (Yes, apples!)
3. Spoon over quinoa and serve.

490kcal, 17g Protein, 69g Carb, 180mg Sodium, 19g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 12g Sugar, 10% Calcium, 30% Iron