



## 2017 SPRING BODY RESET: MENU & PREP

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### 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: MENU & PREP

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### PREP GUIDE

#### FOR THE WEEK

- 4 cups cooked quinoa prepared according to package directions
- 12 eggs, hard boiled
- 4-5 lemons, zested & juiced ( $\frac{3}{4}$  cup + 1 Tablespoon juice, 2 Tablespoons lemon zest)
- Make Breakfast Muffins (see Day 8 for recipe)
- Make Egg Cups (see Day 9 for recipe)
- 4 pounds parboiled new potatoes, quartered (boiled 4-5 minutes)

#### DAY EIGHT

- 2 carrots, grated ( $\frac{2}{3}$  cup)

#### DAY NINE

- 12 ounces green beans, end trimmed (2 cups)
- 2 head romaine lettuce, chopped (8 cups)
- 1 cucumber, sliced
- 1 green bell pepper, sliced

#### DAY TEN

- 1 pound asparagus, shaved (16 spears)
- 4 carrots, diced (2 cups)
- 2 carrots, shredded ( $\frac{2}{3}$  cup)
- 1 cucumber, sliced thin (2 cups)
- 1 yellow onion, diced (1 cup)

#### DAY ELEVEN

- 1 yellow onion, diced (1 cup)
- 1 yellow onion, thinly sliced (1 cup)
- 2 pounds asparagus, trimmed, cut into 1" pieces (keep tips intact) (32 spears)
- 2 large green bell peppers, roughly chopped (2 cups)
- $\frac{1}{2}$  pound green beans, trimmed (1 $\frac{1}{2}$  cups)

#### DAY TWELVE

- 2 carrots, grated ( $\frac{2}{3}$  cup)
- $\frac{1}{2}$  cup canned artichoke hearts, chopped

#### DAY THIRTEEN

- Carne Asada & salsa can be made ahead (see Day 13 for recipes)
- $\frac{1}{2}$  yellow or red onion, finely chopped ( $\frac{1}{2}$  cup)

#### DAY FOURTEEN

- 12 ounces green beans, chopped (2 cups)
- $\frac{1}{2}$  small yellow or red onion, thinly sliced ( $\frac{1}{2}$  cup)

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 teaspoon		
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		

## 2017 SPRING BODY RESET: DAY 8

### BREAKFAST: BREAKFAST MUFFINS

2 cups old fashioned oats  
 1 teaspoon baking powder  
 2 teaspoons cinnamon, optional  
 ½ teaspoon kosher salt  
 2 ripe bananas, mashed  
 2 eggs, lightly beaten  
 2 carrots, grated (¾ cup)  
 2 teaspoons vanilla, optional  
 1 cup light coconut milk (could also use almond milk)  
 ¼ cup pecans, chopped (or pepitas or other nut)  
 ¼ cup raisins  
 oil for muffin pan

4 eggs, hard boiled, sliced

1. Preheat oven to 350°F.
2. Grease a 12 muffin pan 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 12 muffins).
4. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.
5. Serve 2 muffins per person with 1 egg (save leftover muffins 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*

2 Tablespoons olive oil  
 2 Tablespoons balsamic vinegar  
 2 teaspoons Italian seasoning  
 ½ teaspoon kosher salt  
 ½ teaspoon black pepper

#### *For salad*

1 (14 oz) block firm tofu, sliced  
 8 ounces arugula or romaine (8 cups)  
 1 pint cherry tomatoes, sliced  
 1 bunch basil leaves, shredded (about 16 leaves)  
 Dash of kosher salt and pepper  
 ½ cup 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 serving platter.
4. Layer tomatoes over arugula.

## 2017 SPRING BODY RESET: DAY 8

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### 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*

8 (4 oz) salmon fillets (sub chicken tenders or any white flesh fish)  
½ lemon, zested and juiced (1½ Tablespoons juice, 1½ teaspoons zest)  
2 Tablespoons olive oil  
4 cloves garlic, minced  
½ teaspoon kosher salt  
Sprinkle of black pepper  
1 teaspoon Dijon mustard

#### *For vegetables*

1 pound fresh asparagus, bottom of stem snapped off (about 16 spears)  
3 pounds new potatoes, quartered (for 2 recipes)  
1 pint cherry tomatoes, halved  
1 Tablespoon olive oil  
¼ teaspoon kosher salt  
¼ teaspoon 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 1 cup potatoes for Breakfast tomorrow. Save 1 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: DAY 9

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### BREAKFAST: EGG CUPS

*Can be made ahead and reheated*

- 8 eggs, beaten
  - 1 cup roasted potatoes \* *from Day 8*
  - ½ cup chopped basil
  - ½ pint cherry tomatoes, cut in half
- 4 oranges

1. Heat oven to 400°F.
2. Combine eggs, potatoes, basil, and tomatoes and put into 12 greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size. Save 4 eggs cups 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

- 1 pound cooked salmon fillets, flaked \* *from Day 8*
- 1 (15 oz) can artichoke hearts, rinsed and drained
- 1 pint cherry tomatoes, cut in half
- 4 hard boiled eggs
- 12 ounces green beans, end trimmed (2 cups)
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 1 Tablespoon olive oil
- Dash of kosher salt and black pepper
- ¼ cup chopped basil
- 1 head romaine lettuce, chopped (4 cups)

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: DAY 9

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### DINNER: CHILI RUBBED STEAK w/ CUCUMBER SALAD

*You can marinate steak up to 48 hours*

- 2 garlic cloves, minced or pressed
- 1 Tablespoon mild chili powder
- 2 Tablespoons olive oil
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 3 pounds flank steak (for three meals) *also called skirt steak, carne asada, or flap meat*
- 1 Tablespoon 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 large, 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 two pounds of steak (for Meal 11 and Meal 12). Store cooled meat in a Ziploc bag or airtight container in the refrigerator.

#### *\*For salad*

- 1 head romaine lettuce, chopped
- 1 cucumber, sliced
- 1 green bell pepper, sliced
- 1 Tablespoon olive oil
- 2 teaspoons lemon juice
- ½ teaspoon kosher salt

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

STEAK: 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: DAY 10

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### BREAKFAST: APPLE PIE OATS

- 3 apples, chopped
- ½ teaspoon cinnamon
- 2 cups raw old fashioned oats
- 1½ cups light coconut milk
- 1½ cups water
- ¼ cup chopped pecans
- 2 Tablespoons 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

- 2 cups cooked quinoa, warmed
- 2 Tablespoons lemon juice
- 2 avocados, diced
- 4 hardboiled eggs
- 1 pound asparagus, shaved (16 spears)
- 2 carrots, shredded (¾ cup)
- 1 cucumber, sliced thin (2 cups)
- ¼ cup chopped basil
- 8 ounces arugula (8 cups)
- ¼ cup pine nuts
- 4 Tablespoons Pantry Dressing ([www.thefresh20.com/pantrydressings](http://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: DAY 10

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### DINNER: SAUSAGE & LENTILS

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 garlic cloves, minced or pressed
- 4 carrots, diced (2 cups)
- 12 Italian sausage or chicken Italian sausage links
- 1 teaspoon Herbes de Provence
- 4 tomatoes, diced (3 cups)
- ¼ teaspoon black pepper
- 8 cups low-sodium chicken broth
- 1½ pounds new potatoes, diced small
- 2 (15 oz) cans organic lentils, drained and rinsed (3 cups)

1. Heat a large pot over medium heat. Add oil, onions, garlic, and carrots and cook for 2-3 minutes. Remove four sausages from their casings and leave eight 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 8 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: DAY 11

### BREAKFAST: BREAKFAST MUFFIN & POWER SMOOTHIE

3 bananas  
 2 apples  
 1 cucumber, peeled  
 1 avocado, peeled & pitted  
 3 cups light coconut milk (can sub almond milk)  
 2 cups ice

4 breakfast muffins *\*from Day 8*

Blend smoothie ingredients together. Serve smoothie along with one 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

2 Tablespoons olive oil  
 1 yellow onion, diced (1 cup)  
 2 cloves garlic, minced  
 ¼ teaspoon kosher salt  
 ½ teaspoon fresh ground pepper  
 2 pounds asparagus, trimmed, cut into 1" pieces (keep tips intact) (32 spears)  
 4 cups low sodium chicken or vegetable broth  
 1 pound parboiled new potatoes, diced (boiled 4-5 minutes)  
 1 teaspoon ground cumin  
 1 teaspoon paprika  
 ½ teaspoon chili powder or cayenne  
 4 precooked sausage links from previous dinner, sliced or diced *\* from Day 10*  
 3 Tablespoons lemon juice  
 1 Tablespoon olive oil

1. Heat oil in a large 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 (in batches) 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 a lemon juice and one Tablespoon 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

### DINNER: PEPPER BEEF STIR FRY

3 Tablespoons coconut or vegetable oil  
1 yellow onion, thinly sliced (1 cup)  
4 cloves garlic, minced or pressed  
¼ cup hot water  
2 large green bell peppers, roughly chopped (2 cups)  
½ pound green beans, trimmed (1½ cups)  
2 medium tomatoes, chopped (1½ cups)  
1 pound chili rubbed steak \* *from Day 9*  
3 Tablespoons Tamari sauce (gluten free soy sauce)  
1 teaspoon white wine vinegar  
1 teaspoon kosher salt  
2 cups cooked quinoa, warmed

1. Heat a large 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 2 cups 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: DAY 12

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### BREAKFAST: EGG CUPS

4 egg cups, warmed \* *from Day 9*  
4 bananas

Serve one egg cup with one 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*

1 head romaine lettuce, chopped (about 4 cups)  
½ cup canned artichoke hearts, chopped  
½ bunch parsley, chopped  
1 pint cherry tomatoes, cut in half  
1 avocado, peeled, pitted and diced  
1 pound chili rubbed steak, cut into thin slices \* *from Day 9 (steak is meant to serve cold but may be reheated if you prefer)*  
¼ cup pecans, chopped

#### *For vinaigrette*

2 Tablespoons olive oil  
4 garlic cloves, minced or pressed  
2 Tablespoons 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

### DINNER: TOFU & LENTIL BOWL with OVEN BAKED FRIES

#### *For tofu lentil bowl*

1 (14 oz) block firm tofu (sub chicken tenders)  
2 Tablespoons coconut or olive oil  
½ teaspoon kosher salt  
1 Tablespoon Tamari sauce (gluten free soy)  
1 Tablespoon wine vinegar (rice vinegar would be good too)  
5 ounces arugula (5 cups) or any greens you like  
1 (15 oz) can lentils, drained  
2 carrots, grated (¾ cup)  
Optional: hot sauce

#### *For dressing*

2 Tablespoons wine vinegar (or balsamic)  
1 Tablespoon olive oil  
1 teaspoon Tamari sauce (gluten free soy)  
Dash 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 large 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 large bowl, toss the greens, lentils, and carrots with the salad dressing. Divide into four bowls, and top with seared tofu.

#### *For crispy oven-baked garlic fries*

1 pound new potatoes –skin on  
2 Tablespoons olive oil  
½ teaspoons kosher salt  
¼ teaspoon black pepper  
¼ teaspoon paprika  
1 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 medium 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: DAY 13

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### BREAKFAST: PALEO PANCAKES

3 large ripe bananas  
6 eggs  
½ cup coconut flour  
¼ teaspoon kosher salt  
Coconut oil for pan

2 apples, cut into wedges  
½ cup 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 8 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

1½ pounds flank steak (also called carne asada or flap meat)  
½ teaspoon kosher salt  
½ teaspoon black pepper  
1 teaspoon cumin  
1 bunch parsley, chopped (1 cup)  
2 Tablespoons olive oil

*For salsa:*

1 pint cherry tomatoes, cut in quarters  
½ yellow or red onion, finely chopped (½ cup)  
½ teaspoon olive oil  
½ teaspoon salt  
1 Tablespoon lemon or lime juice



## 2017 SPRING BODY RESET: DAY 13

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### DINNER: CARNE ASADA PLATE - continued

#### *For asparagus*

- 1 Tablespoon olive or grapeseed oil
- 1 pound asparagus, trimmed (16 spears)
- 1 Tablespoon lemon zest

1 (15 oz) can black beans, heated on stovetop (optional)

#### **PREP AHEAD**

Pat the steaks evenly on one side with the salt, pepper, and cumin. Set in a large 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 ½ cup 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: DAY 14

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### BREAKFAST: BAKED APPLES & OATMEAL (4 servings)

#### *For baked apples*

4 large golden delicious apples, cored, cut 1 inch off the top and save (may use pears)

½ cup water

¾ cup raisins

½ cup chopped pecans

1 teaspoon lemon zest

1½ Tablespoons lemon juice

½ teaspoon ground cinnamon

optional: ⅛ teaspoon nutmeg if you have it

#### *For oatmeal*

2 cups raw oats

3 cups water

½ teaspoon salt

1. Preheat oven 375°F. Place cored apples upright in a baking dish, filled with ½ cup of water or juice (enough to cover the bottom completely).
2. Combine raisins, pecans, lemon, cinnamon, and nutmeg and fill apples.
3. Place sliced top on each apple.
4. Bake until each 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 apples.

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 Tablespoon oil (for pan)

8 large eggs

¼ cup water

½ teaspoon kosher salt

½ teaspoon black pepper

¼ teaspoon paprika

4 Italian sausage links, cooked and chopped \* *from Day 10*

½ cup salsa \* *from Day 13*

1. Preheat oven to 350°F
2. Oil an 8x8 glass baking pan or a pie 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*

- 2 Tablespoons olive oil
- 1 teaspoon dried oregano
- 1 Tablespoon Dijon mustard
- ½ teaspoon cumin
- ½ teaspoon black pepper
- ½ teaspoon kosher salt

#### *For salad*

- 12 ounces green beans, chopped (2 cups)
- ½ small yellow or red onion, thinly sliced (½ cup)
- 1 (15 oz) can black beans, drained and rinsed
- 2 Tablespoons freshly chopped parsley

1. Whisk together oil, oregano, mustard, cumin, black pepper, and salt in a medium 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

- 2 cups cooked quinoa
- 2 avocado, diced
- 2 (15 oz) cans black beans, rinsed and drained
- 1 small red onion, finely sliced (¾ cup)
- 2 apples, peeled and chopped
- Pantry dressing ([www.thefresh20.com/pantrydressings.com](http://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