



2017 SPRING BODY RESET: MENU & PREP

MENU

DAY 15

Mushroom Scramble
Black Bean Tostadas
Chicken Chili Verde

DAY 16

Avocado "Toasts"
Chopped Bacon & Egg Salad
Roasted Halibut with Lemony Potatoes & Green Beans

DAY 17

Pineapple Smoothie
Mexican Lasagna
Turkey Scaloppini

DAY 18

Oatmeal Cakes
Turkey Lettuce Wraps
Mushroom Soup & Spinach Salad

DAY 19

Pineapple Smoothie
Turkey & Bacon Salad
Mushroom Ragu with Cauliflower & Zucchini

DAY 20

Baked Bacon Avocado Eggs
Clean it Out Leftover Lunch
Pizza



2017 SPRING BODY RESET: MENU & PREP

PREP GUIDE

FOR THE WEEK

Cauliflower Rice * *see recipe below*
Cashew Ricotta Cheese **see Day 15 for recipe*
14 eggs, hard boiled
4-5 lemons, zested & juiced ($\frac{3}{4}$ cup juice, $3\frac{1}{2}$ teaspoons zest)
4 limes, juiced ($\frac{1}{2}$ cup)

DAY FIFTEEN

$1\frac{1}{4}$ red onions, small dice ($1\frac{1}{4}$ cups)
 $\frac{3}{4}$ red onion, cut into quarters
1 pound brown mushrooms, cleaned and sliced (about 6 cups)
1 head of Bibb lettuce, chopped thinly into shreds (4 cups)
 $\frac{1}{2}$ Jalapeno pepper, stem removed and cut in half lengthwise, mince other half for use in salsa
2 scallions, thinly sliced

DAY SIXTEEN

1 red bell pepper, chopped (1 cup)
5 scallions, chopped ($\frac{3}{8}$ cup)
1 cucumber, diced (2 cups)
4 ounces spinach, chopped (3 cups)
 $\frac{1}{2}$ pound of fresh green beans, trimmed and cut in half ($1\frac{1}{2}$ cups)

DAY SEVENTEEN

$\frac{1}{2}$ yellow onion, cut into small dice ($\frac{1}{2}$ cup)
2 red bell peppers, diced (2 cups)
3 ounces baby spinach, chopped (2 cups)
 $\frac{1}{2}$ head of Bibb lettuce (2 cups)
2 medium zucchini, diced (2 cups)

DAY EIGHTEEN

$\frac{1}{2}$ small red onion, sliced ($\frac{1}{2}$ cup)
 $\frac{1}{2}$ yellow onion, diced ($\frac{1}{2}$ cup)
4 ounces brown mushrooms, sliced ($1\frac{1}{2}$ cups)
1 pound brown or button mushrooms, stems removed, sliced (6 cups)

DAY NINETEEN

$1\frac{1}{2}$ yellow onions, diced ($1\frac{1}{2}$ cups)
14 ounces baby spinach, chopped (9-10 cups)
6 ounces brown mushrooms, wiped clean & thinly sliced (2 cups)
1 head cauliflower, florets (4 cups)
2 medium zucchini, cut into half moons

DAY TWENTY

1 red onion, sliced (1 cup)



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For cauliflower rice

- 1 large head cauliflower, florets
- 1 yellow onion, chopped (1 cup)
- 1 garlic clove
- ½ teaspoon organic sea salt
- 1 Tablespoon olive oil

1. In a food processor blend all ingredients, except oil, until the cauliflower is roughly rice sized
2. In a skillet over medium heat, add oil and ingredients from food processor. Sautee approximately 5 minutes or until golden brown. Use 5 cups for Dinner 15 and 1 cup for Lunch 18.

CLASSIC



2017 SPRING BODY RESET
Week (Days 15-20)

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
chicken thighs	2-1/2 pounds	1-1/4 pounds	2/3 pound	15	<i>boneless, skinless, organic</i>
bacon, low sodium	16 slices	8 slices	4 slices	4	
halibut fillets	1-1/4 pounds	2/3 pound	1/3 pound	12	
turkey cutlets (4 oz each)	4 pounds	2 pounds	1 pound	24	
Fruits & Vegetables					
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cauliflower	2 heads	1 head	1 small head	4	
yellow onion	4	2	1	4	
red onion	4	2	1	4	
scallions/green onions	7	4	2	1	
brown mushrooms	2-3/4 pounds	1-1/2 pounds	3/4 pound	8	<i>baby bellas</i>
fruit (your choice)	8 servings	4 servings	2 servings	4	
Bibb lettuce	3 heads	2 heads	1 head	6	
tomato	7	4	2	4	
avocado	9	5	3	9	
jalapeno pepper	1	1	1	1	
cilantro	2 bunches	1 bunch	1 sm bunch	3	
lime	5	3	2	3	
lemon	6	3	2	3	
red bell pepper	3	2	1	3	
cucumber	2	1	1	2	
baby spinach	3 pounds	1-1/2 pounds	3/4 pound	6	
red or gold baby potatoes	1/2 pound	1/4 pound	2 ounces	2	
green beans	1/2 pound	1/4 pound	2 ounces	2	
frozen pineapple	5 cups	2-1/2 cups	1-1/4 cups	5	
zucchini	4	2	1	4	
bananas	2	1	1	2	
apples	2	1	1	1	
Misc.					
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
corn tortillas (6")	26	13	7	3	
black beans	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	3	<i>organic</i>
white/cannellini beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	4.5	<i>organic</i>
firm tofu	2 (15 oz) pkgs	1 (15 oz) pkg	1 (15 oz) pkg	3	
nutmeg	1 teaspoon	1/2 teaspoon	1/4 teaspoon	1	
tomatillo salsa	1 (12 oz) jar	6 ounces	3 ounces	3	
coconut aminos	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
honey	1 teaspoon	1/2 teaspoon	1/4 teaspoon	1	
vanilla	3 teaspoons	1.5 teaspoon	3/4 teaspoon	1	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	1	
cocoa powder	1 Tablespoon	1.5 teaspoons	1 teaspoon	1	<i>optional</i>
cornstarch	2 Tablespoons	1 Tablespoon	1.5 teaspoons	1	
white wine	1/2 cup	1/4 cup	2 Tablespoons	2	<i>optional</i>
PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
wine or balsamic vinegar	3 Tablespoons	1.5 Tablespoons	1 Tablespoon		
light coconut milk	36 fl oz	18 fl oz	9 fl oz		
Dijon mustard	2 teaspoons	1 teaspoon	1/2 teaspoon		
Garlic cloves	26 cloves	13 cloves	7 cloves		
Herbes de Provence	1-1/4 tsp	3/4 teaspoon	1/2 teaspoon		
eggs	30	15	8		
cumin	1/2 teaspoon	1/4 teaspoon	1/4 teaspoon		
cayenne	1/2 teaspoon	1/4 teaspoon	1/4 teaspoon		
paprika	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
chicken/veg broth	7 cups	3-1/2 cups	1-3/4 cups		
quinoa (dry)					
tomato paste	2 Tablespoons	1 Tablespoon	1.5 teaspoons		
oregano/Italian seasoning	10 teaspoons	5 teaspoons	2.5 teaspoons		
kosher salt	8 teaspoons	4 teaspoons	2 teaspoons		
black pepper	4 teaspoons	2 teaspoons	1 teaspoon		
nuts: cashews	2 cups	1 cup	1/2 cup		
gluten free oats	2 cups	1 cup	1/2 cup		



2017 SPRING BODY RESET: DAY 15

BREAKFAST: MUSHROOM SCRAMBLE

2 Tablespoons olive oil
1 red onion, small dice (1 cup)
1 pound brown mushrooms, cleaned and sliced (about 6 cups)
8 large eggs, whisked with 2 Tablespoons water
4 pieces or servings fruit of choice

1. Heat oil in a skillet over medium heat. Add onion and mushrooms and cook for 5 minutes until mushrooms are browned and onions are soft.
2. Stir in eggs and cook until scrambled but not dry.
3. Serve scramble with fruit.

Scramble: 220 kcal, 14g Protein, 11g Carb, 140mg Sodium, 2g Fiber, 430mg Cholesterol, 13g Fat, 3.5g Saturated, 5g Sugar, 6% Calcium, 10% Iron
Fruit: Varies

LUNCH: BLACK BEAN TOSTADAS

12 (6") organic corn tortillas (for two meals)
2 Tablespoons olive oil
Sprinkle of kosher salt

1 (15 oz) can organic black beans, discard about half the liquid
1 garlic clove, minced
¼ teaspoon ground cumin
¼ teaspoon cayenne pepper
1 head of Bibb lettuce, chopped thinly into shreds (4 cups)
Cashew ricotta cheese (see recipe below)
Avocado Salsa (see recipe below)

1. Preheat oven to 425°F.
2. Line a baking sheet with foil and lay out tortillas. Brush with oil on both sides and place into oven for 5-8 minutes or until lightly browned and crispy. Sprinkle with salt, save four for breakfast tomorrow, use eight for tostadas.
3. Heat a medium sauce pot over low heat and combine black beans, garlic, cumin, and cayenne.
4. Simmer for 5 minutes then mash with a fork OR puree until smooth with an immersion blender or food processor; set aside. If pureed, allow beans to cool slightly so they will thicken up enough to spread.
5. Assemble tostadas by spreading a layer of black beans, a layer of cashew ricotta then adding lettuce and topping with avocado salsa.

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For avocado salsa

- 1 medium tomato, cut into small dice (¾ cup)
- ¼ red onion, small dice (¼ cup)
- 1 avocado, ripe but firm, cut into small dice
- 1 teaspoon finely minced jalapeno pepper, optional
- ¼ cup roughly chopped fresh cilantro
- 1 lime, juiced (2 Tablespoons)
- 1 Tablespoon olive oil
- ¼ teaspoon kosher salt
- Pinch of black pepper

In a small bowl combine all ingredients, stir to combine.

For cashew ricotta (prep ahead)

- 1 cup raw cashews – soaked overnight
- 2-3 lemons, juiced (½ cup)
- ¼ cup olive oil
- 4 garlic cloves
- 2 (15 oz) packages firm tofu, drained and crumbled
- 2 teaspoons kosher salt
- 1 teaspoon nutmeg

1. Put the cashews in a bowl, cover with water, and **soak overnight**.
2. Drain the cashews well and put into the bowl of a food processor. Pulse several times until the nuts begin to resemble bread crumbs. Add remaining ingredients and process until the mixture resembles a thick paste. Save 2½ cups of mixture for Day 17 and ½ cup for Day 20. Use remaining ricotta for tostadas.

Tostadas (assembled): 460kcal, 15g Protein, 50g Carb, 380mg Sodium, 8g Fiber, 0mg Cholesterol, 24g Fat, 3g Saturated, 5g Sugar, 10% Calcium, 15% Iron

DINNER: CHICKEN CHILI VERDE

- 2 Tablespoons olive oil
- ½ Jalapeno pepper, stem removed and cut in half lengthwise (*if your Jalapeno is large or you are sensitive to spice, start with a fourth*)
- ¼ red onion, cut into quarters
- 1 (12 oz) jar of tomatillo salsa (check label for unprocessed ingredients)
- 4 garlic cloves
- ¼ cup chopped cilantro
- 1½ cups low sodium chicken broth
- ½ lime, juiced (1 Tablespoon)
- ¼ teaspoon ground cumin
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2½ pounds boneless skinless organic chicken thighs

Garnish

¼ cup cilantro, roughly chopped

1 lime, cut into wedges

1. Heat a large soup pot over medium/high heat and add oil. Once the oil is hot add in the jalapeno, onion (*if you want to garnish your meal with fresh onion, leave a small amount to the side*), tomatillo salsa and garlic. Cook about 5-7 minutes.
2. Remove the pot from the stove and carefully place cooked vegetables and cilantro into a blender and blend until smooth. *Be careful, pressure can build when blending hot foods.* Add a few Tablespoons of water if necessary to get them moving.
3. Return to the pot and stir in broth, lime juice, seasonings, and salt & pepper. Add the raw chicken to the pot. Bring to a boil then reduce to a low simmer and cover with a lid. Cook for about 15 minutes. At this point the chicken should be tender enough to shred on a cutting board with two forks. Return the shredded chicken back to the pot and simmer until ready to serve.
4. Remove ½ of the chicken and sauce (about 3 cups) and save for Day 17. Cool and store in the refrigerator.
5. Serve remaining chili verde over cauliflower rice; garnish with fresh cilantro and lime wedges.

For toasted cauliflower rice

2 Tablespoons olive or grapeseed oil

2 garlic cloves, minced

2 scallions, thinly sliced

¼ cup unsalted cashews, chopped

5 cups cauliflower rice * *see prep guide*

2 Tablespoons water

2 teaspoons raw coconut aminos (or lemon)

1. Heat a large nonstick skillet over medium-high heat; add oil. Once oil is hot, add in garlic, scallions, and cashews, stir to prevent burning. Once fragrant, about 20 seconds, add cauliflower rice and water; stir to combine.
2. Reduce heat, cover with a lid, and cook for 5-6 minutes or until cauliflower rice is tender and slightly golden brown.
3. Remove from heat, drizzle with raw coconut aminos, and stir to combine.

Chile Verde: 220kcal, 28g Protein, 3g Carb, 570mg Sodium, 0g Fiber, 135mg Cholesterol, 9g Fat, 2g Saturated, 2g Sugar, 0% Calcium, 10% Iron

Cauliflower Rice: 230 kcal, 7g Protein, 14g Carb, 170mg Sodium, 5g Fiber, 0mg Cholesterol, 19g Fat, 2g Saturated, 5g Sugar, 6% Calcium, 10% Iron

2017 SPRING BODY RESET: DAY 16

BREAKFAST: AVOCADO "TOASTS"

2 ripe avocados, pitted
¼ lime, juiced (2 teaspoons)
4 toasted corn tortillas (from Day 15)
Kosher salt to taste
Black pepper to taste

4 eggs, hard boiled, sliced

1. Mash avocado and combine with lime juice.
2. Spread ¼ of mashed avocado mixture over each toasted corn tortilla.
3. Top each tortilla with sliced egg and sprinkle with salt and pepper.

Toasts: 260kcal, 10g Protein, 20g Carb, 170mg Sodium, 5g Fiber, 225mg Cholesterol, 18g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 6% Iron

LUNCH: CHOPPED BACON & EGG SALAD

10 eggs, hard boiled
8 slices cooked bacon
1 red bell pepper, chopped (1 cup)
5 scallions, chopped (¾ cup)
1 cucumber, diced (2 cups)
4 ounces baby spinach, chopped (3 cups)
½ cup cilantro, finely chopped
1 large avocado, diced

1. Peel and chop hardboiled eggs.
2. Toss remaining ingredients together with dressing. Gently fold in chopped eggs.

For dressing

2 limes, juiced (¼ cup)
2 Tablespoons olive oil
1 teaspoon honey
1 teaspoon Dijon mustard
Dash of organic sea salt and black pepper

Whisk all ingredients together.

Dressed salad: 390kcal, 30g Protein, 12g Carb, 520mg Sodium, 5g Fiber, 595mg Cholesterol, 27g Fat, 5g Saturated, 4g Sugar, 8% Calcium, 20% Iron



2017 SPRING BODY RESET: DAY 16

DINNER: ROASTED HALIBUT with LEMONY STEAMED POTATOES & GREEN BEANS

For roasted halibut

1¼ pounds halibut fillets (4-5 oz fillets), or any white fish of your choice

(can sub 1 pound chicken breast, 2 breasts sliced in half lengthwise)

¼ teaspoon kosher salt

½ teaspoon black pepper

½ teaspoon paprika

1 Tablespoon olive or grapeseed oil

½ lemon

1. Season the fish fillets with salt, pepper, and paprika on both sides.
2. Heat a large, nonstick sauté pan over medium-high heat and add oil.
3. When oil is hot add fillets.
4. Cook about 2 minutes on each side or until the fish flakes with a fork. Squeeze fresh lemon juice over the top *(for chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle).*

For lemony steamed potatoes & green beans

1 lemon, zested and ½ juiced (1½ Tablespoons juice, 1½ teaspoons zest)

2 Tablespoons olive oil

2 garlic cloves, minced

¾ teaspoon kosher salt

½ teaspoon black pepper

½ pound red or gold baby potatoes, peeled and cut into large dice

½ pound of fresh green beans, trimmed and cut in half (1½ cups)

1 medium tomato, cut into medium dice (¾ cup)

1. In a small bowl, whisk to combine lemon juice, zest, olive oil, garlic, and salt & pepper – set aside.
2. Fill a large pot with cold water and two heavy pinches of salt; add potatoes and bring to a boil.
3. Boil potatoes until just about fork tender, about 8 -10 minutes. When potatoes are just minutes from being done, add in green beans for the last 2 minutes. Drain the potatoes and green beans well and return them to the pot.
4. Add in tomato and lemon juice/olive oil mixture and toss to coat.

Halibut: 162 kcal, 26.5g Protein, 1.4g Carb, 220mg Sodium, .6g Fiber, 70mg Cholesterol, 5.3g Fat, 0.8g Saturated, 0g Sugar, 1.8% Calcium, 1.8% Iron

Potato/Beans: 143 kcal, 2.8g Protein, 20.8g Carb, 220mg Sodium, 4.1g Fiber, 0mg Cholesterol, 7.1g Fat, 1g Saturated, 4.3g Sugar, 4.6% Calcium, 6.2% Iron



2017 SPRING BODY RESET: DAY 17

BREAKFAST: PINEAPPLE SMOOTHIE

4 ounces baby spinach (3 cups)
1¼ cups coconut milk
2 cups frozen pineapple
1 avocado, peeled and diced

TIP: Add protein powder or pair with an egg for extra protein!

1. Blend spinach and coconut milk on high.
2. Add pineapple and avocado. Blend until smooth.

Smoothie: 160kcal, 2g Protein, 19g Carb, 60mg Sodium, 4g Fiber, 0mg Cholesterol, 9g Fat, 3.5g Saturated, 10g Sugar, 4% Calcium, 10% Iron

LUNCH: MEXICAN LASAGNA

6 (6") organic corn tortillas
1 Tablespoon olive oil
½ yellow onion, cut into small dice (½ cup)
3 ounces baby spinach, chopped (2 cups)
1 red bell pepper, diced (1 cup)
1 (15 oz) can organic black beans, drained and rinsed
¼ cup chopped cilantro
3 cups leftover Chicken Chili Verde (from Day 15)
2 cups Cashew Ricotta (from Day 15)

1. Preheat the oven to 425°F.
2. Prepare a small (8x8 or 9x9) oven proof baking dish by brushing lightly with olive oil.
3. Stack tortillas and cut into tortilla chip size pieces, set aside.
4. Heat a large, nonstick sauté pan over medium heat. Add in the oil and once hot add the onions, spinach, and bell pepper. Sauté the vegetables for 2-3 minutes, just until softened and lightly browned. Stir in the beans and cilantro and then remove from heat and set aside.
5. Begin by spooning a thin layer of the leftover chili verde into the bottom of your baking pan. Next begin layering ½ of the corn tortillas, ½ the spinach mixture, and then pour half of the chili verde mixture over the top. Top with 1 cup of the "ricotta" cheese. Repeat layers finishing with cashew ricotta.
6. Cover loosely with foil and place into the preheated oven for 20 minutes. Remove foil and bake for an additional 10 minutes or until the top is bubbly and the cheese is melted.

For avocado salad

½ head of Bibb lettuce (2 cups)
1 medium tomato, cut into wedges
1 avocado, peeled and diced
Your choice pantry dressing
(www.thefresh20.com/pantrydressings)

In a serving bowl combine all the salad ingredients and serve with your choice of pantry dressing.

Mexican Lasagna: 410kcal, 31g Protein, 29g Carb, 560mg Sodium, 4g Fiber, 90mg Cholesterol, 19g Fat, 3g Saturated, 3g Sugar, 10% Calcium, 20% Iron
Salad (undressed): 70kcal, 1g Protein, 5g Carb, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron

2017 SPRING BODY RESET: DAY 17

DINNER: TURKEY SCALOPPINI

4 pounds turkey cutlets (16 - ¼ pound cutlets)
 2 teaspoons oregano
 1 teaspoon paprika
 1 teaspoon kosher salt
 Pinch black pepper
 ½ cup Cashew Ricotta Cheese (from Day 15)
 ½ lemon, zested (1½ teaspoons)
 1 teaspoon dried oregano
 ¼ teaspoon kosher salt
 ½ teaspoon black pepper
 Pinch of cayenne pepper
 2 Tablespoons olive oil
 1 red bell pepper, diced (1 cup)
 4 garlic cloves, minced or pressed
 2 medium zucchini, diced (2 cups)
 ½ lemon, juiced (1 Tablespoon)
 6 ounces baby spinach (4 cups)

1. Season turkey on both sides with 2 teaspoons oregano, paprika, and salt & pepper; set aside.
2. In a small bowl combine cashew ricotta, zest, 1 teaspoon oregano, salt & pepper, and cayenne; set aside.
3. Heat a large, nonstick sauté pan over medium heat and add in oil. Once the oil is hot, add in the turkey cutlets and sear on both sides until golden brown. Turkey cutlets are very thin and will cook quickly, about 2 minutes per side. Remove the cutlets from the pan and set aside covered with foil, reserve 4 cutlets for Lunch Day 18 and 4 cutlets for Lunch Day 19.
4. To the warm sauté pan add the red bell pepper, garlic, and zucchini. Sauté for 1 – 2 minutes or until the zucchini is softened. Squeeze in the fresh lemon juice and stir to combine.
5. Arrange 1 cup spinach on each serving plate. Place one turkey cutlet on top of spinach.
6. Add a dollop of ricotta mix on each turkey cutlet. Serve warm with zucchini and peppers. Save any remaining scaloppini for Dinner 19.

Scaloppini: 350kcal, 38g Protein, 8g Carb, 650mg Sodium, 2g Fiber, 45mg Cholesterol, 18g Fat, 2.5g Saturated, 3g Sugar, 15% Calcium, 30% Iron



2017 SPRING BODY RESET: DAY 18

BREAKFAST: OATMEAL CAKES

For oatmeal cakes

2 cups gluten free old fashioned oats
4 eggs
2 bananas
¼ cup coconut or almond milk
2 teaspoons vanilla
1 teaspoon cinnamon
½ teaspoon kosher salt
1 Tablespoon cocoa powder (optional)

For topping

1 cup frozen pineapple
1 teaspoon vanilla

1. Combine oatmeal cake ingredients in a blender until smooth.
2. Heat a lightly oiled non-stick skillet to medium heat and pour ¼ cup batter for each cake.
3. Cook about 2 minutes per side.
4. Place frozen pineapple in a small sauce pot with 2 Tablespoons water and 1 teaspoon vanilla. Cook until heated through. Serve on top of oatmeal cakes.

Cakes: 300kcal, 13g Protein, 48g Carb, 380mg Sodium, 6g Fiber, 225mg Cholesterol, 9g Fat, 2.5g Saturated, 13g Sugar, 2% Calcium, 15% Iron

LUNCH: TURKEY LETTUCE WRAPS

4 cooked turkey scaloppini cutlets, sliced (from Day 17)
½ red onion, sliced (½ cup)
4 ounces brown mushrooms, sliced (1½ cups)
1 cup prepared cauliflower rice * *see prep guide*
8 Bibb lettuce leaves
½ cup pantry dressing of your choice (www.thefresh20.com/pantrydressings)

Layer turkey, onion, mushrooms, and cauliflower rice in lettuce leaves. Use 1 Tablespoon dressing per wrap.

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



2017 SPRING BODY RESET: DAY 18

DINNER: MUSHROOM SOUP & SPINACH SALAD

3 Tablespoons olive oil
½ yellow onion, diced (½ cup)
3 cloves garlic, minced or pressed
1 pound brown mushrooms, stems removed, sliced (6 cups)
¼ teaspoon kosher salt
½ teaspoon black pepper
1 teaspoon Herbes de Provence or oregano
½ cup white wine, optional
2 Tablespoons cornstarch
4 cups low sodium chicken or vegetable broth
1½ cups coconut milk

1. Heat oil in a soup pot over medium-high heat. Add onion and garlic and cook for 1 minute or until the garlic is golden. Add the mushrooms, salt, pepper, and Herbes (and wine if using).
2. Cook for 3 to 4 minutes, or until the mushrooms soften. Add cornstarch and cook, stirring for 1 minute.
3. Remove from heat and add broth, stirring continuously. Return to the heat and bring to a boil, stirring. Reduce the heat and simmer gently for 2 minutes, stirring occasionally.
4. Whisk the milk into the soup, then reheat gently, stirring. **Do not boil soup.**

For spinach apple salad

8 ounces baby spinach (6 cups)
Fresh 20 dressing of choice (www.thefresh20.com/pantrydressings)
2 apples, diced
½ cup chopped cashews

1. Toss spinach with dressing of choice and divide evenly between 4 plates.
2. Top each salad plate with apples and nuts.

Mushroom Soup: 230kcal, 5g Protein, 13g Carb, 290mg Sodium, 1g Fiber, 5mg Cholesterol, 15g Fat, 4g Saturated, 7g Sugar, 2% Calcium, 6% Iron
Spinach Salad: 170kcal, 5g Protein, 21g Carb, 70mg sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 10g Sugar, 8% Calcium, 20% Iron



2017 SPRING BODY RESET: DAY 19

BREAKFAST: PINEAPPLE SMOOTHIE

4 ounces baby spinach (3 cups)
1¼ cups coconut milk
2 cups frozen pineapple
1 avocado, peeled and diced

1. Blend spinach and coconut milk on high.
2. Add pineapple and avocado. Blend until smooth.

Smoothie: 160kcal, 2g Protein, 19g Carb, 60mg Sodium, 4g Fiber, 0mg Cholesterol, 9g Fat, 3.5g Saturated, 10g Sugar, 4% Calcium, 10% Iron

LUNCH: TURKEY & BACON SALAD

For salad

4 strips low sodium turkey or lean bacon (can be cooked and crumbled ahead)
½ yellow onion, diced (½ cup)
8 ounces baby spinach, chopped (5-6 cups)
4 cooked turkey cutlets, chopped (from Day 17)

For dressing

1½ Tablespoons olive oil
3 Tablespoons white wine vinegar
dash black pepper
dash of kosher salt
1 clove garlic, minced
1 teaspoon Dijon mustard

1. In a small bowl, whisk together dressing ingredients; set aside.
2. Put skillet on heat and add bacon, cook until crispy. Remove from pan, crumble, and set aside.
3. Add onion to pan and cook for 3 minutes. Add spinach and cook until just wilted.
4. Place spinach mixture in a serving bowl, add bacon and dressing, and toss to combine.
5. Fold in chopped turkey.

Undressed salad: 210kcal, 34g Protein, 2g Carb, 46m0g Sodium, 1g Fiber, 60mg Cholesterol, 7g Fat, 0.5g Saturated, 0g Sugar, 4% Calcium, 20% Iron

2017 SPRING BODY RESET: DAY 19

DINNER: MUSHROOM RAGU with CAULIFLOWER & ZUCCHINI

For mushroom ragu

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 6 ounces brown mushrooms, wiped clean & thinly sliced (2 cups)
- 6 ounces baby spinach, chopped (4 cups)
- 4 garlic cloves, minced or pressed
- 4 tomatoes, diced (3 cups)
- 1 cup low sodium chicken or vegetable broth
- 2 Tablespoons tomato paste
- 1 Tablespoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 (15 oz) cans cannellini beans, drained and rinsed
- Pinch red pepper flakes or cayenne pepper, optional

1. Heat a large sauté pan over medium heat and add oil; once hot add onions, mushrooms, and spinach. Stir to combine and cook 1 – 2 minutes.
2. Add in the garlic, tomatoes, broth, tomato paste, oregano, salt & black pepper, and beans (optional red pepper flakes). Stir to combine and simmer over low heat for 10 minutes. Reserve 2 cups of ragu for Dinner #20. Allow to cool and then store in the refrigerator. Serve remaining ragu with cauliflower & zucchini and any leftover turkey scaloppini.

For cauliflower & zucchini

- 1 head cauliflower, florets (4 cups)
- 2-4 Tablespoons low sodium chicken or vegetable broth
- 1 Tablespoon olive oil
- 2 medium zucchini, cut into half moons
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon Herbes de Provence
- ½ teaspoon lemon zest

1. Place cauliflower in a large skillet over medium heat and add broth.
2. Cover skillet and heat over medium-high heat for 4-5 minutes until cauliflower is just tender. Remove from skillet and set aside.
3. Return skillet to heat and add oil and zucchini and cook 3-4 minutes until zucchini is tender.
4. Add cauliflower back to pan and season with salt, pepper, and Herbes. Stir to combine and garnish with lemon zest.

Mushroom Ragu & Veggies:

310kcal, 16g Protein, 46g Carb, 510mg Sodium, 14g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 15% Calcium, 30% Iron

BREAKFAST: BAKED BACON AVOCADO EGGS

2 avocados
 4 eggs
 ¼ teaspoon kosher salt
 ½ teaspoon black pepper
 4 pieces cooked bacon, crisp, crumbled
 4 pieces or servings fresh fruit

1. Preheat oven to 425°F.
2. Cut avocados in half and remove the pit.
3. With a spoon, scoop out some of the avocado so it's a tad bigger than your egg and yolk. Place avocado halves in a muffin pan to keep stable while cooking.
4. Crack 1 egg into each avocado half. Top with salt, pepper, and crumbled bacon.
5. Cook for 14-16 minutes. Serve warm with fresh fruit.

Prepared avocado half: 210kcal, 13g Protein, 7g Carb, 290mg Sodium, 5g Fiber, 240mg Cholesterol, 16g Fat, 3g Saturated, 0g Sugar, 2% Calcium, 6% Iron
 Fruit: Varies

LUNCH: CLEAN IT OUT LEFTOVERS

This is a great time to clean out any leftovers you have from this week, aim for 400 calories for lunch.

DINNER: "PIZZA"

2 Tablespoons olive oil
 8 (6") corn tortillas
 ½ cup Cashew Ricotta Cheese (from Day 15)
 2 cups (approx.) Mushroom Ragu (from Day 19)
 1 red onion, sliced (1 cup)
 1 Tablespoon oregano
 1 cucumber, sliced

1. Heat oven to 400°F.
2. Brush olive oil on both sides of tortillas.
3. Spread 1 Tablespoon ricotta on each tortilla and top with Mushroom Ragu.
4. Sprinkle with red onion and oregano.
5. Bake for 10 minutes until top is starting to brown and bottom is crisp.
6. Serve with cucumber slices.

Pizza: 470kcal, 17g Protein, 58g Carb, 470mg Sodium, 8g Fiber, 0mg Cholesterol, 20g Fat, 2g Saturated, 13g Sugar, 15% Calcium, 20% Iron