



VEG FOR ONE 2017 SPRING BODY RESET: MENU & PREP

MENU

DAY 1

Coconut Yogurt Parfait
White Bean Ragu with Broccoli
Mushroom & Green Beans Pot

DAY 2

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

DAY 3

Protein Breakfast
Leftover Lunch: Mushroom & Green Beans Pot
Glass Noodle Tofu

DAY 4

Coconut Blueberry Muesli
Tofu Salad
Broccoli Frittata with Romaine Salad

DAY 5

Coco-Banana Smoothie
Leftover Lunch
Broccoli Bean Soup

DAY 6

High Protein Breakfast
Peasant Bean Stew
Taco Salad

DAY 7

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



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PREP GUIDE

FOR THE WEEK

Freeze 1 banana, cut in half

1-2 lemons, zested & juiced (2½ Tablespoons juice, 1 teaspoon zest)

DAY ONE

¼ yellow onion, chopped (¼ cup)

¼ yellow onion, thinly sliced (¼ cup)

¼ head broccoli, chopped (1 cup)

¾ red bell pepper, thinly sliced (¾ cup)

¼ cup fresh green beans, finely chopped (for garnish)

DAY TWO

⅔ bunch fresh kale, chopped (2½ cups)

¼ yellow onion, diced (¼ cup)

¾ green bell pepper, diced (¾ cup)

DAY THREE

Few slices of melon

½ carrot, peeled and diced or shredded (¼ cup)

¼ green bell pepper, large dice (¼ cup)

½ cup broccoli florets

DAY FOUR

Few slices of melon

¼ yellow onion, thinly sliced (¼ cup)

¼ red bell pepper, chopped (¼ cup)

¼ red bell pepper, thinly sliced (¼ cup)

½ head romaine lettuce, chopped (2 cups)

½ cup broccoli florets

DAY FIVE

Few slices of melon

¼ bunch kale, chopped (1 cup)

¼ head romaine lettuce, chopped (1 cup)

¼ yellow onion, roughly chopped (¼ cup)

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

½ red bell pepper, sliced (½ cup)

DAY SIX

2 hardboiled eggs

⅓ yellow onion, chopped (⅓ cup)

½ carrot, grated (2½ Tablespoons)

¾ carrot, peeled and cut into small dice (⅓ cup)

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

¼ head romaine lettuce, finely chopped (1 cup)



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DAY SEVEN

- 1 hard-boiled egg, peeled and cut in half
- 1 medium carrot, cut into sticks
- ½ cup broccoli florets
- ¾ green or red bell pepper, sliced (¾ cup)

Note:

Check out Day 1 to see how to incorporate healthy snacks into your daily meal plan. We've included a mid-morning and evening snack into the Day 1 plan. Refer to the "Guide to Snacks" and choose your own favorites to incorporate into the rest of the week! The snacks for Day 1 are just a suggestion and are not included on the shopping list.

VEGETARIAN



**2017 SPRING BODY RESET
Week 1**

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	11	6	3	2	
yellow onion	7	4	2	7	
red bell pepper	7	4	2	7	
green bell peppers	7	4	2	7	
avocado	8	4	2	8	
green beans	1 cup	1/2 cup	1/4 cup	2	
lemon	4	2	1	2	
cherry tomatoes	2 pints	1 pint	1/2 pint	5	
tomatoes	10	5	3	5	
kale	5 bunches	3 bunches	2 bunches	10	
parsley	3 bunches	2 bunches	1 bunch	5	
apples (any kind)	5	3	2	3	
bananas	4	2	1	3	
romaine lettuce	4 heads	2 heads	1 head	8	
melon (your choice)	2	1	1	4	
broccoli	5 heads	3 heads	2 heads	10	
basil	10 leaves	5 leaves	3 leaves	1	<i>optional</i>
button mushrooms	16 ounces	8 ounces	4 ounces	6	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
coconut milk yogurt	4 cups	2 cups	1 cup	8	<i>Note: Be sure to keep some extra fruit, veggies, and all natural, no sugar added nut butters on hand for snacking! Refer to the 'Guide to Snacks' for more great ideas.</i>
cinnamon	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon	1	
chili powder	1 teaspoon	1/2 teaspoon	1/4 teaspoon	1	
cannellini beans	10 (15 oz) cans	5 (15 oz) cans	3 (15 oz) cans	15	
black beans	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
rice noodles	1 pound	1/2 pound	1/4 pound	6	
tamari sauce (gf soy)	1 Tablespoon	1/2 Tblspn	3/4 teaspoon	1	
salsa	2 cups	1 cup	1/2 cup	3	
red wine/ balsamic vinegar	3 Tablespoons	1-1/2 Tblspns	1 Tablespoon	1	
firm tofu	3 (15 oz) pkgs	2 (15 oz) pkgs	1 (15 oz) pkg	7.5	

PANTRY INGREDIENTS

Olive Oil	1-1/2 cups	3/4 cup	6 Tablespoons	
white vinegar				
coconut milk (13.5 oz can)	52 fl oz	26 fl oz	13 fl oz	
Dijon mustard				
Garlic cloves	24 cloves	12 cloves	6 cloves	
Herbes de Provence				
eggs	28	14	7	
cumin	1-3/4 teaspoons	1 teaspoon	1/2 teaspoon	
cayenne	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon	
paprika	2-1/4 tsp	1-1/4 tsp	3/4 teaspoon	
vegetable broth	160 fl oz	80 fl oz	40 fl oz	
brown rice				
tomato paste	2 Tablespoons	1 Tablespoon	1/2 Tblspn	
oregano	2 Tablespoons	1 Tablespoon	1/2 Tblspn	
kosher salt	5 teaspoons	2-1/2 tsp	1-1/4 tsp	
black pepper	4-1/2 teaspoons	2-1/4 tsp	1-1/4 tsp	
nuts: raw cashews	2-1/4 cups	1-1/4 cup	2/3 cup	
gluten free oats	6 cups	3 cups	1-1/2 cups	



VEG 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 half the crushed cashews, sprinkle of cinnamon, and half the berries.
3. Top with remaining yogurt, cashews, berries, and cinnamon.

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

MID-MORNING SNACK

Carrots & Cashew Butter

2 carrots, cut into sticks, 1 Tablespoon cashew butter for dipping.

160kcal, 4g Protein, 21g Carb, 80mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 15% Calcium, 6% Iron

LUNCH: WHITE BEAN RAGU w/ BROCCOLI (Double Batch)

½ Tablespoon olive oil
¼ yellow onion, chopped (¼ cup)
¾ garlic clove, minced
¼ head broccoli, chopped (1 cup)
¼ teaspoon dried oregano
½ pint cherry tomatoes, halved
¾ (15 oz) can organic cannellini beans, drained and rinsed
½ teaspoon balsamic or red wine vinegar
Dash of kosher salt
Pinch of ground black pepper
2-3 basil leaves, julienned

1. Heat olive oil over medium-high heat. When oil is hot, add onion and sauté for 3-4 minutes. Add garlic, broccoli, and oregano and sauté for an additional minute.
2. Add cherry tomatoes and cook for 4-5 minutes until tomatoes are somewhat broken down, add beans and warm through. Add vinegar, salt, pepper, and basil. Remove from heat and toss gently to combine.
3. Save 1 cup of mixture for Lunch Day 2.

250 kcal, 12g Protein, 37g Carb, 300mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 6g Sugar, 8% Calcium, 20% Iron



VEG FOR ONE 2017 SPRING BODY RESET: DAY 1

DINNER: MUSHROOM & GREEN BEANS POT (Double Recipe)

Dash of kosher salt
Dash of black pepper
¼ teaspoon paprika
¼ teaspoon dried herb seasoning (your choice oregano or Italian)
4 ounces button mushrooms
½ teaspoon olive oil
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 vegetable broth
Pinch of kosher salt
Pinch of black pepper
2 ounces rice noodles
¾ teaspoon fresh, finely chopped parsley (for garnish)
¼ cup fresh green beans, finely chopped (for garnish)

1. In a small bowl, combine a dash of salt and pepper, paprika, and your choice of dried herb seasoning (oregano or Italian).
2. Season mushrooms.
3. Heat oil in a medium stock pot over medium high heat. Add onion, garlic & bell pepper slices and cook 3-4 minutes until softened.
4. Add seasoned mushrooms.
5. Combine vinegar, broth, and a pinch of salt & pepper – stir to combine and pour over mushrooms.
6. Cover and simmer for 4-5 minutes.
7. Reserve half of vegetables for Lunch Day 3.
8. Place rice noodles in boiling hot water or broth for about 2-3 minutes until softened. Drain and add to a serving bowl. Ladle vegetables over noodles.
9. Garnish with raw chopped green beans (for crunch) and parsley.

MUSHROOM & GREEN BEAN POT

250kcal, 6g Protein, 55g Carb, 320mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 6%Iron

EVENING SNACK

- 1 Piece or Serving Fresh Fruit
- 4 ounces plain coconut milk yogurt



VEG 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 a 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 White Bean Ragu (from Lunch 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, chopped

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 with reheated White Bean Ragu.

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



VEG FOR ONE 2017 SPRING BODY RESET: DAY 2

DINNER: VEGETARIAN CHILI

¼ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
1 clove garlic, minced or pressed
¼ green bell pepper, diced (¼ cup)
Dash of kosher salt
¼ teaspoon chili powder
1 tomato, finely diced (or sub ½ can crushed tomatoes)
¼ (15 oz) can black beans, drained and rinsed
¼ teaspoon lemon juice
½ Tablespoon finely chopped fresh parsley

½ apples, sliced

For chili

1. Heat oil in a medium skillet over medium heat. Add onion and garlic and cook 2-3 minutes.
2. Add peppers and cook 3-4 minutes.
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 apple slices.

CHILI

280kcal, 14g Protein, 44g Carb, 270mg Sodium, 13g Fiber, 0mg Cholesterol, 5g Fat, 0g Saturated, 7g Sugar, 10% Calcium, 20% Iron

APPLE

45kcal, 0g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron



VEG 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 vegetarian chili (from Dinner Day 2)

Few slices of melon

1. Heat oil in a 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: 270 kcal, 18g Protein, 13g Carb, 380mg Sodium, 3g Fiber, 450mg Cholesterol, 18g Fat, 4g Saturated, 2g Sugar, 6% 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 – MUSHROOM & GREEN BEAN POT with AVOCADO

Leftover Mushroom Pot (from Dinner Day 1)

½ avocado, sliced

1. Reheat leftover mushrooms.
2. Serve with sliced avocado.

SERVING SIZE: ½ avocado

160 kcal, 3g Protein, 14g Carb, 300mg Sodium, 6g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 6% Iron



VEG FOR ONE 2017 SPRING BODY RESET: DAY 3

DINNER: GLASS NOODLE TOFU

½ Tablespoon olive oil
½-1 garlic clove, minced
½ carrot, peeled and diced or shredded (¼ cup)
¼ green bell pepper, large dice (¼ cup)
½ cup broccoli florets
½ (15 oz) package firm tofu, diced
2 ounces rice noodles
Pinch of black pepper
1 cup low sodium vegetable broth
¾ teaspoon tamari sauce (gluten free soy)
1 teaspoon lemon juice
Optional: Pinch 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 tofu and cook an additional 3-4 minutes until heated through and vegetables are tender.
4. Remove ¼ cup tofu pieces only for Lunch Day 4 and store in fridge.
5. Boil water and pour over rice noodles in a separate bowl. Let sit for 3-5 minutes until the rice noodles are soft but not mushy.
6. Add pepper, broth, tamari, lemon juice, and rice noodles to tofu/vegetable mix. Stir to combine.
7. Season with salt if desired. Garnish with cashews.

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



VEG 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: TOFU SALAD

For salad

- ¾ teaspoon olive or grapeseed oil
- Pinch of cumin
- Pinch of kosher salt
- Pinch of black pepper
- Leftover tofu, about ¼ cup (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 oil, cumin, salt, and pepper. Add tofu and toss to coat.
3. In a serving bowl, combine romaine, beans, avocado, and red bell pepper.
4. Toss with dressing and serve salad topped with cold tofu.

Serve with a side of fresh melon slices

300 kcal, 13g Protein, 19g Carb, 260mg Sodium, 7g Fiber, 0mg Cholesterol, 20g Fat, 2.5g Saturated, 2g Sugar, 10% Calcium, 15% Iron



VEG 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
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, diced
2 Tablespoons toasted cashews, chopped

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 onto 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



VEG 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 a 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. Makes four servings.

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 lunch 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 with coconut milk cream.

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



VEG FOR ONE 2017 SPRING BODY RESET: DAY 5

DINNER: BROCCOLI BEAN SOUP

¼ teaspoon olive oil
¼ yellow onion, roughly chopped (¼ cup)
½ head broccoli, stems and florets chopped (2 cups)
½ (15 oz) can cannellini beans, rinsed and drained
½-1 garlic clove, cut in half
Dash of kosher salt
Dash of black pepper
1½ cups low-sodium vegetable broth

½ red bell pepper, sliced (½ cup)
Few slices of melon

1. Heat the oil in a soup pot over medium heat.
2. Add the onion and sauté until tender, about 3 minutes.
3. Add broccoli, beans, 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 with bell pepper and fresh melon slices.

BROCCOLI BEAN SOUP

330 kcal, 17g Protein, 56g Carb, 690mg Sodium, 19g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 11g Sugar, 15% Calcium, 30% Iron

FOR PEPPER AND MELON:

70kcal, 2g Protein, 21g Carb, 25mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 6% Calcium, 6% Iron



VEG FOR ONE SPRING BODY RESET: DAY 6

BREAKFAST: HIGH PROTEIN BREAKFAST

2 hardboiled eggs (or any style)
¼ (15 oz) can black beans, rinsed and drained
½ cup salsa (store bought Pico de Gallo okay)

1. Heat black beans for 1-2 minutes over medium- high heat.
2. Slice eggs in half and cover with salsa.
3. Spoon black beans over eggs and salsa. Enjoy.

260 kcal, 19g Protein, 23g Carb, 530mg Sodium, 5g Fiber, 450mg Cholesterol, 11g Fat, 3g Saturated, 8g Sugar, 15% Calcium, 20% Iron

RESET FAVORITE LUNCH: PEASANT BEAN STEW

½ Tablespoon olive or grapeseed oil
¼ yellow onion, chopped (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 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

VEG FOR ONE SPRING BODY RESET: DAY 6

DINNER: TACO SALAD

1 teaspoon extra virgin olive oil
2 Tablespoons diced yellow onion
¼ (15 oz) package firm tofu, cut into 1" squares
½ garlic clove, minced
½ Tablespoon tomato paste
¼ teaspoon oregano or Italian seasoning
¼ 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)
½ 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, 1-2 minutes.
2. Add in tofu, garlic, tomato paste, Italian seasoning, cumin, paprika, salt, and black pepper - stir to combine. Sauté over medium heat 3-4 minutes.
3. Toss lettuce, grated carrot, tomatoes, and avocado with oil and lemon juice.
4. Top salad mixture with taco mix.

360 kcal, 16g Protein, 19g Carb, 190mg Sodium, 7g Fiber, 0mg Cholesterol, 26g Fat, 3g Saturated, 7g Sugar, 20% Calcium, 15% Iron



VEG 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 a baking sheet. Bake for 4-5 minutes, or until the oatmeal starts to brown. Watch carefully! Transfer to a large bowl and let cool to room temperature.
3. While baking, sauté apples and cinnamon in a medium pan in 2 Tablespoons water until soft.
4. Fill a cereal bowl with toasted oatmeal.
5. Top with sautéed apple 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



VEG FOR ONE SPRING BODY RESET: DAY 7

DINNER: BEAN & BROCCOLI with SAUTÉED PEPPERS

For bean & broccoli

½ teaspoon olive oil
½ cup broccoli florets
½ (15 oz) can cannellini beans, drained and rinsed
¼ lemon, zested and juiced (2¼ teaspoons juice, ½ teaspoon zest)
½ cup low sodium vegetable broth

1. Heat a sauté pan over medium heat and add oil.
2. Toss in broccoli and cook for 3 minutes.
3. Add beans and stir.
4. Add lemon juice and zest and broth then cover pan and let cook for 3-4 minutes.
5. Serve with sautéed peppers.

For sautéed peppers

¾ teaspoon olive oil
¾ green or red bell peppers, 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 3-4 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

BEAN AND BROCCOLI-

210 kcal, 11g Protein, 33g Carb, 160mg Sodium, 10g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 4g Sugar, 8% Calcium, 15% Iron