



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: MENU & PREP

MENU

DAY 15

Mushroom Scramble
Black Bean Tostadas
Chili Verde

DAY 16

Avocado "Toasts"
Chopped Egg Salad
Sautéed Kidney Beans with Lemony Potatoes & Green Beans

DAY 17

Pineapple Smoothie
Mexican Lasagna
Ricotta Rice with Sautéed Vegetables

DAY 18

Oatmeal Cakes
Vegetable Lettuce Wraps
Mushroom Soup & Spinach Salad

DAY 19

Pineapple Smoothie
Fridge Salad
Mushroom Ragu with Cauliflower & Zucchini

DAY 20

Baked Avocado Eggs
Clean it Out Leftover Lunch
Pizza



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: MENU & PREP

PREP GUIDE

FOR THE WEEK

Cauliflower Rice * *see recipe below*

Cashew Ricotta Cheese **see Day 15 for recipe*

4 eggs, hard boiled

1 lime, juiced (2 Tablespoons)

1 lemon, zested & juiced (3 Tablespoons juice, 1 teaspoon zest)

DAY FIFTEEN

⅓ red onion, small dice (⅓ cup)

¾ red onion, cut into quarters

¼ pound brown mushrooms, cleaned and sliced (about 1½ cups)

¼ head of Bibb lettuce, chopped thinly into shreds (1 cup)

2 teaspoons minced jalapeno

½ scallion, thinly sliced

DAY SIXTEEN

¼ red onion, chopped (¼ cup)

½ red bell pepper, chopped (½ cup)

1 scallion, chopped

¼ cucumber, diced (½ cup)

1 ounce baby spinach, chopped (¾ cup)

¼ head Bibb lettuce, chopped (1 cup)

½ celery stalk, chopped (¼ cup)

2 ounces fresh green beans, trimmed and cut in half (⅓ cup)

DAY SEVENTEEN

½ cup cooked brown rice

2 Tablespoons diced yellow onion

¾ ounce baby spinach, chopped (½ cup)

½ cup chopped Bibb lettuce

¾ red bell pepper, diced (¾ cups)

1 medium zucchini, diced (1 cup)

DAY EIGHTEEN

Few thin slices red onion

2 Tablespoons diced yellow onion

½ pound brown mushrooms, sliced (1¾-2 cups)

DAY NINETEEN

¼ yellow onion, diced (¼ cup)

3½ ounces baby spinach, chopped (2¼-2½ cups)

1½ ounces brown mushrooms, wiped clean & thinly sliced (½ cup)

¼ head cauliflower, florets (1 cup)

½ medium zucchini, cut into half moons

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VEGETARIAN FOR ONE 2017 SPRING BODY RESET: MENU & PREP

DAY TWENTY

¼ red onion, sliced (¼ cup)

For cauliflower rice

¼ large head cauliflower, florets

¼ yellow onion, chopped (¼ cup)

¼ garlic clove

Pinch of kosher salt

¾ teaspoon 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 1¼ cups for Dinner 15 and ¼ cup for Lunch 18.

VEGETARIAN



**2017 SPRING BODY RESET
Week (Days 15-20)**

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	3	2	1	3	
red onion	5	3	2	5	
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)	12 servings	6 servings	3 servings	6	
Bibb lettuce	3 heads	2 heads	1 head	6	
tomato	9	5	3	5	
avocado	11	6	3	9	
jalapeno pepper	1	1	1	1	
cilantro	2 bunches	1 bunch	1 bunch	3	
lime	5	3	2	3	
lemon	4	2	1	2	
red bell pepper	5	3	2	5	
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	5.00	
zucchini	6	3	2	6	
bananas	2	1	1	2	
apples	2	1	1	1.00	
celery	2 stalks	1 stalk	1 stalk	1	
parsley	1 bunch	1 bunch	1 bunch	2	<i>optional, need 3 Tablespoons</i>

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	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	9	<i>organic</i>
kidney beans	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	3	<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 teaspoons	3/4 teaspoon	1	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	1	
cocoa powder	1 Tablespoon	1.5 teaspoons	3/4 teaspoon	1	<i>optional</i>
cornstarch	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	1	
white wine	1/2 cup	1/4 cup	2 Tablespoons	2	<i>optional</i>
red pepper flakes	3/4 teaspoon	1/2 teaspoon	1/4 teaspoon	1	<i>optional</i>

PANTRY INGREDIENTS

Olive Oil	2-1/4 cups	1-1/4 cups	3/4 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 teaspoons	3/4 teaspoon	1/2 teaspoon		
eggs	34	17	9		
cumin	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
cayenne	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
paprika	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
vegetable broth	7 cups	3-1/2 cups	1-3/4 cups		
brown rice	1 cup	1/2 cup	1/4 cup		
tomato paste	5 Tablespoons	2.5 Tablespoons	4 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		



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 15

BREAKFAST: MUSHROOM SCRAMBLE

- 1½ teaspoons olive oil
- ¼ red onion, small dice (¼ cup)
- ¼ pound brown mushrooms, cleaned and sliced (about 1½ cups)
- 2 large eggs, whisked with 1½ teaspoons water
- 1 piece or 1 serving fruit of choice

1. Heat oil in a skillet over medium heat. Add onion and mushrooms and cook for 3-4 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

- 3 (6") organic corn tortillas (for two meals)
- ½ Tablespoon olive oil
- Sprinkle of kosher salt

- ¼ (15 oz) can organic black beans, discard about half the liquid (heaping ⅓ cup)
- ¼-½ garlic clove, minced
- Pinch of ground cumin
- Pinch of cayenne pepper
- ¼ head of Bibb lettuce, chopped thinly into shreds (1 cup)
- 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 4-6 minutes or until lightly browned and crispy. Sprinkle with salt, save one for breakfast tomorrow, use two for tostadas.
3. Heat a small sauce pot over low heat and combine black beans, garlic, cumin, and cayenne.
4. Simmer for 3-4 minutes then mash with a fork; set aside.
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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VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 15

For avocado salsa

3 Tablespoons diced tomato
 1 Tablespoon red onion, small dice
 ¼ avocado, ripe but firm, cut into small dice
 ¼ teaspoon finely minced jalapeno pepper, optional
 1 Tablespoon roughly chopped fresh cilantro
 ¼ lime, juiced (½ Tablespoon)
 ¾ teaspoon olive oil
 Pinch of kosher salt
 Pinch of black pepper

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

For cashew ricotta (prep ahead)

¼ cup raw cashews – soaked overnight
 1 lemon, juiced (2 Tablespoons)
 1 Tablespoon olive oil
 1 garlic clove
 ½ (15 oz) package firm tofu, drained and crumbled
 ½ teaspoon kosher salt
 ¼ 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 ⅓ cup of mixture for Day 17 and 2 Tablespoons 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: CHILI VERDE

½ Tablespoon olive oil
 ¼-½ teaspoon minced jalapeno pepper
 ¼ red onion, roughly chopped
 ¼ (12 oz) jar of tomatillo salsa (check label for unprocessed ingredients)
 1 garlic clove
 1 Tablespoon chopped cilantro
 ½ cup low sodium vegetable broth
 ¾ teaspoon lime juice
 Pinch of ground cumin
 ¼ teaspoon dried oregano
 Dash of kosher salt
 Pinch of black pepper
 ¾ (15 oz) can white beans, in liquid (heaping ⅓ cup)



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 15

Garnish

¼ cup cilantro, roughly chopped

1 lime, cut into wedges

1. Heat a 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 2-3 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 teaspoons 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 beans to the pot. Bring to a boil then reduce to a low simmer and cover with a lid. Cook for about 8-10 minutes.
4. Remove ½ cup beans and sauce 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

½ Tablespoon olive or grapeseed oil

½ garlic clove, minced

½ scallion, thinly sliced

1 Tablespoon unsalted cashews, crushed or finely chopped

1¼ cups cauliflower rice * *see prep guide*

½ Tablespoon water

½ teaspoon raw coconut aminos

1. Heat a 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 3-5 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: 267kcal, 14g Protein, 45g Carb, 628mg Sodium, 10g Fiber, 0mg Cholesterol, 5g Fat, 1g Saturated, 3g Sugar, 16% Calcium, 32% 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

VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 16

BREAKFAST: AVOCADO "TOASTS"

½ ripe avocado, pitted
½ teaspoon lime juice
1 toasted corn tortilla (from Day 15)
Kosher salt to taste
Black pepper to taste

1 egg, hard boiled, sliced

1. Mash avocado and combine with lime juice.
2. Spread mashed avocado mixture over toasted corn tortilla.
3. Top 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 EGG SALAD

2½ eggs, hard boiled
¼ red bell pepper, chopped (¼ cup)
1 scallion, chopped
¼ cucumber, diced (½ cup)
1 ounce baby spinach, chopped (¾ cup)
2 Tablespoons cilantro, finely chopped
¼ large avocado, diced

¼ head Bibb lettuce, chopped (1 cup)

1. Peel and chop hardboiled eggs.
2. Toss remaining ingredients, except lettuce, together with dressing. Gently fold in chopped eggs.
3. Serve over bed of lettuce.

For dressing

½ lime, juiced (1 Tablespoon)
½ Tablespoon olive oil
¼ teaspoon honey
¼ teaspoon Dijon mustard
Pinch of organic sea salt and black pepper

Whisk all ingredients together.

Dressed Salad: 328kcal, 22g Protein, 12g Carb, 238mg Sodium, 5g Fiber, 487mg Cholesterol, 22g Fat, 3g Saturated, 4g Sugar, 8% Calcium, 29% Iron



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 16

DINNER: SAUTEED KIDNEY BEANS with LEMONY STEAMED POTATOES & GREEN BEANS

For kidney beans

½ Tablespoon olive oil
¼ red onion, chopped (¼ cup)
¼ red bell pepper, chopped (¼ cup)
½ celery stalk, chopped (¼ cup)
½ medium tomato, chopped (½ cup)
2¼ teaspoons tomato paste
2 Tablespoons water
½ (15 ounce) can kidney beans, drained and rinsed (about ¾ cup)
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
⅛ teaspoon red pepper flakes, optional
1 Tablespoon parsley, chopped

1. Heat a nonstick sauté pan over medium-high heat; add in oil and once hot add onion, bell pepper, and celery. Sauté for 3-4 minutes, until tender.
2. Add tomatoes, tomato paste, water, kidney beans, salt & pepper, and red pepper. Stir until thickened.
3. Cook about 2 minutes. Garnish with parsley and serve with potatoes and green beans.

For lemony steamed potatoes & green beans

1 teaspoon lemon juice
¼ teaspoon lemon zest
½ Tablespoon olive oil
½ garlic clove, minced
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
2 ounces red or gold baby potatoes, peeled and cut into large dice
2 ounces of fresh green beans, trimmed and cut in half (½ cup)
¼ cup chopped tomato

1. In a small bowl, whisk to combine lemon juice, zest, olive oil, garlic, and salt & pepper – set aside.
2. Fill a pot with cold water and a pinch of salt; add potatoes and bring to a boil.
3. Boil potatoes until just about fork tender, about 6-8 minutes. When potatoes are just minutes from being done, add in green beans for the last 1½-2 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.

Serving: ¾ cup beans, ¾ cup potatoes & green beans

Kidney Beans: 298 kcal, 12.8 Protein, 41.7 Carb, 624mg Sodium, 12.5g Fiber, 0mg Cholesterol, 8.6g Fat, 1g Saturated, 12g Sugar, 12% Calcium, 22% 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



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 17

BREAKFAST: PINEAPPLE SMOOTHIE

1 ounce baby spinach ($\frac{3}{4}$ cup)
 $\frac{1}{2}$ cup coconut milk
 $\frac{1}{2}$ cup frozen pineapple
 $\frac{1}{4}$ 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

$1\frac{1}{2}$ (6") organic corn tortillas
 $\frac{3}{4}$ teaspoon olive oil
2 Tablespoons diced yellow onion
 $\frac{1}{2}$ cup chopped baby spinach
 $\frac{1}{4}$ red bell pepper, diced ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ (15 oz) can organic black beans, drained and rinsed (heaping $\frac{1}{3}$ cup)
1 Tablespoon chopped cilantro
 $\frac{3}{4}$ cup leftover Chili Verde (from Day 15)
 $\frac{1}{2}$ cup Cashew Ricotta (from Day 15)

1. Preheat the oven to 425°F.
2. Prepare a small oven proof baking dish (a mini loaf pan works great) by brushing lightly with olive oil.
3. Stack tortillas and cut into tortilla chip size pieces, set aside.
4. Heat a nonstick sauté pan over medium heat. Add in the oil and once hot add the onions, spinach, and bell pepper. Sauté the vegetables for 1-2 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 $\frac{1}{2}$ of the corn tortillas, $\frac{1}{2}$ the spinach mixture, and then pour half of the chili verde mixture over the top. Top with $\frac{1}{4}$ cup of the ricotta cheese. Repeat layers finishing with ricotta.
6. Cover loosely with foil and place into the preheated oven for 15-20 minutes. Remove foil and bake for an additional 5-10 minutes or until the top is bubbly and the cheese is melted.

For avocado salad

$\frac{1}{2}$ cup chopped Bibb lettuce
 $\frac{1}{4}$ medium tomato, cut into wedges
 $\frac{1}{4}$ 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

VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 17

DINNER: "RICOTTA" RICE with SAUTEED VEGETABLES

½ teaspoon oregano
¼ teaspoon paprika
¼ teaspoon kosher salt
Pinch black pepper
2 Tablespoons Cashew Ricotta Cheese (from Day 15)
¼ teaspoon lemon zest
¼ teaspoon dried oregano
Pinch of kosher salt
Pinch of black pepper
Pinch of cayenne pepper
½ cup cooked brown rice
2¼ teaspoons olive oil
½ red bell pepper, diced (about ½ cup)
1 garlic clove, minced or pressed
1 medium zucchini, diced (1 cup)
¾ teaspoon lemon juice
2½ ounces baby spinach (1½ cups)

1. Combine ½ teaspoon oregano, paprika, and salt & pepper; set aside.
2. In a small bowl combine cashew ricotta, zest, ¼ teaspoon oregano, salt & pepper, and cayenne; mix in ½ cup of brown rice; set aside.
3. Heat a nonstick sauté pan over medium heat and add in oil. Once the oil is hot, add the red bell pepper, garlic, and zucchini. Sauté for 1 – 2 minutes or until the zucchini is softened. Toss with mixed spices (from Step 1). Drizzle in the fresh lemon juice and stir to combine. Save ½ cup vegetable mix for Day 18.
4. Arrange 1½ cups spinach on a serving plate. Place rice on top of spinach.
5. Serve warm with zucchini and peppers.

Rice & Veggies: 319kcal, 11g Protein, 41g Carb, 362mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 7g Sugar, 13% Calcium, 24% Iron



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 18

BREAKFAST: OATMEAL CAKES

For oatmeal cakes

½ cup gluten free old fashioned oats
1 egg
½ banana
1 Tablespoon coconut or almond milk
½ teaspoon vanilla
¼ teaspoon cinnamon
⅛ teaspoon kosher salt
¼ teaspoon cocoa powder (optional)

For topping

¼ cup frozen pineapple
¼ 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 ½ Tablespoon water and ¼ 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: VEGETABLE LETTUCE WRAPS

½ cup vegetable mix, reheated (from Day 17 dinner)
Few thin slices red onion
1 ounce brown mushrooms, sliced (⅓ cup)
¼ cup prepared cauliflower rice * *see prep guide*
2 Bibb lettuce leaves
2 Tablespoons pantry dressing of your choice (www.thefresh20.com/pantrydressings)

1 serving your choice of fruit

Layer veggies, onion, mushrooms, and cauliflower rice in lettuce leaves. Use 1 Tablespoon dressing per wrap. Serve with fruit.

Wrap: 236 kcal, 8g Protein, 24g Carb, 373mg Sodium, 9g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 9g Sugar, 14% Calcium, 23% Iron
Fruit: Varies



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 18

DINNER: MUSHROOM SOUP & SPINACH SALAD

2 teaspoons olive oil
2 Tablespoons diced yellow onion
½ clove garlic, minced or pressed
¼ pound brown mushrooms, stems removed, sliced (1½ cups)
Pinch of kosher salt
Pinch of black pepper
¼ teaspoon Herbes de Provence or oregano
2 Tablespoons white wine, optional
½ Tablespoon cornstarch
1 cup low sodium vegetable broth
⅓ cup 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 2-3 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 1-2 minutes, stirring occasionally.
4. Whisk the milk into the soup, then reheat gently, stirring. **Do not boil soup.**

For spinach apple salad

2 ounces baby spinach (1½ cups)
Fresh 20 dressing of choice (www.thefresh20.com/pantrydressings)
½ apple, diced
2 Tablespoons chopped cashews

1. Toss spinach with dressing of choice.
2. Top 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



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 19

BREAKFAST: PINEAPPLE SMOOTHIE

1 ounce baby spinach ($\frac{3}{4}$ cup)
 $\frac{1}{2}$ cup coconut milk
 $\frac{1}{2}$ cup frozen pineapple
 $\frac{1}{4}$ 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: FRIDGE SALAD

For salad

2 ounces baby spinach, chopped ($1\frac{1}{4}$ - $1\frac{1}{2}$ cups)
1 cup misc. vegetables from leftovers
 $\frac{1}{2}$ Tablespoon your choice of nuts, chopped

For dressing

1 teaspoon olive oil
 $2\frac{1}{4}$ teaspoons white wine vinegar
Pinch black pepper
Pinch of kosher salt
 $\frac{1}{4}$ clove garlic, minced
 $\frac{1}{4}$ teaspoon Dijon mustard

1. In a small bowl, whisk together dressing ingredients; set aside.
2. Place spinach in a serving bowl, add in veggies and toss with dressing.
3. Fold in chopped nuts.

Nutrition will vary based on vegetable inclusion. Aim is 300-350 calories.

VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 19

DINNER: MUSHROOM RAGU with CAULIFLOWER & ZUCCHINI

For mushroom ragu

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
1½ ounces brown mushrooms, wiped clean & thinly sliced (½ cup)
1½ ounces baby spinach, chopped (1 cup)
1 garlic clove, minced or pressed
1 tomato, diced (¾ cup)
¼ cup low sodium vegetable broth
½ Tablespoon tomato paste
¾ teaspoon dried oregano
⅛ teaspoon kosher salt
Pinch of black pepper
½ (15 oz) can cannellini beans, drained and rinsed (about ¾ cup)
Pinch red pepper flakes or cayenne pepper, optional

1. Heat a 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 6-8 minutes. Reserve ½ cup of ragu for Dinner #20. Allow to cool and then store in the refrigerator. Serve remaining ragu with cauliflower & zucchini.

For cauliflower & zucchini

¼ head cauliflower, florets (1 cup)
½-1 Tablespoon low sodium chicken or vegetable broth
¾ teaspoon olive oil
½ medium zucchini, cut into half moons
Pinch of kosher salt
Pinch of black pepper
Pinch of Herbes de Provence
⅛ teaspoon lemon zest

1. Place cauliflower in a 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 2-3 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.



VEGETARIAN FOR ONE 2017 SPRING BODY RESET: DAY 20

BREAKFAST: BAKED AVOCADO EGGS

1 avocado
2 eggs
Pinch of kosher salt
¼ teaspoon black pepper
1 piece or serving fresh fruit

1. Preheat oven to 425°F.
2. Cut avocado 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 and pepper.
5. Cook for 14-16 minutes. Serve warm with fresh fruit.

Prepared avocado half: 158kcal, 8g Protein, 7g Carb, 189mg Sodium, 5g Fiber, 190mg Cholesterol, 12g Fat, 2g 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"

½ Tablespoon olive oil
2 (6") corn tortillas
2 Tablespoons Cashew Ricotta Cheese (from Day 15)
½ cup (approx.) Mushroom Ragu (from Day 19)
¼ red onion, sliced (¼ cup)
¾ teaspoon oregano
¼ 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