



## 2017 SPRING BODY RESET VEG FOR ONE: MENU & PREP

---

### MENU

#### DAY 8

Breakfast Muffins  
Italian Salad  
Black Bean Burgers & Roasted Veggies

#### DAY 9

Egg Cups  
Burger Platter  
Chili Spiced Egg Salad

#### DAY 10

Apple Pie Oats  
Vegetable Protein Bowl  
Potato & Lentils

#### DAY 11

Breakfast Muffin & Power Smoothie  
Asparagus Potato Soup  
Pepper Stir Fry

#### DAY 12

Egg Cups  
L.A. Salad  
Tofu & Lentil Bowl with Oven Fries

#### DAY 13

Paleo Pancakes  
Saturday Lunch Leftovers  
Tofu Asada Plate

#### DAY 14

Baked Apples & Oatmeal  
Quiche & Salad  
Simple Quinoa Bowl



## 2017 SPRING BODY RESET VEG FOR ONE: MENU & PREP

---

### PREP GUIDE

#### FOR THE WEEK

1½ cups cooked quinoa prepared according to package directions  
5 eggs, hard boiled  
1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)

#### DAY EIGHT

½ carrot, grated (2½ Tablespoons)  
¼ green bell pepper, finely chopped (¼ cup)  
2 Tablespoons finely chopped yellow onion  
1 pound par boiled new potatoes, quartered (boiled 5-6 minutes) – for 2 meals

#### DAY NINE

Egg salad can be made ahead  
¼ head romaine lettuce, chopped (1 cup)  
3 ounces green beans, end trimmed (½ cup)  
1 rib celery, chopped (½ cup)

#### DAY TEN

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

#### DAY ELEVEN

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

#### DAY TWELVE

¼ head romaine lettuce, chopped (about 1 cup)  
¼ (15 oz) can artichoke hearts, chopped  
½ carrot, grated (2½ Tablespoons)

#### DAY THIRTEEN

Salsa can be made ahead  
2 Tablespoons finely chopped red or yellow onion

#### DAY FOURTEEN

3 ounces asparagus, chopped (3 spears)  
3 ounces green beans, chopped (½ cup)  
2 Tablespoons finely chopped red or yellow onion  
¼ small red onion, finely sliced (3 Tablespoons)

VEGETARIAN



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

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	1-1/3 pounds	2/3 pound	1/3 pound	4	
lemon	4-5	3	2	3	
asparagus	6 pounds	3 pounds	1-1/2 pounds	12	
new potatoes	6-1/2 pounds	3-1/4 pounds	1-3/4 pounds	14	
oranges	10	5	3	5	
greens beans	2 pounds	1 pound	1/2 pound	4	
romaine lettuce	2 heads	1 head	1/2 head	5	
apples	13	7	4	6.5	golden delicious
avocado	6	3	2	6	
cucumber	2	1	1	2	
yellow onion	4	2	1	4	
red onion	2	1	1	2	
green bell peppers	3	2	1	3	
parsley	2 bunches	1 bunch	1/2 bunch	3	
celery	4 ribs	2 ribs	1 rib	2	
spinach	8 ounces	4 ounces	2 ounces	3	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
Qty					
baking powder	1 teaspoon	1/2 teaspoon	1/4 teaspoon	0.5	
cinnamon	3 teaspoons	1.5 teaspoon	3/4 teaspoon	1	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
pecans	1-1/2 cups	3/4 cup	6 Tablespoons	5	
raisins	1-1/4 cups	2/3 cup	1/3 cup	2	
firm tofu	3 (14 oz) blocks	2 (14 oz) blocks	1 (14 oz) block	6	
pine nuts	1-1/4 cups	2/3 cup	1/3 cup	3	
canned artichoke hearts	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	3	
mild chili powder	4-1/2 teaspoons	2.5 teaspoons	1.25 tsp	1.5	
canned lentils	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	4.5	
tamari	4.5 Tablespoons	2.25 Tblspns	1.25 Tblspns	3	gluten free soy sauce
coconut flour	1/3 cup	2.5 Tblspns	1.5 Tblspns	2	
black beans	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	9	
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	2 Tablespoons	1 Tablespoon	.5 Tblspn		
Garlic cloves	19 cloves	10 cloves	5 cloves		
Herbes de Provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
eggs	44	22	12		
cumin	2 Tablespoons	1 Tablespoon	.5 Tblspn		
cayenne					
paprika	1.5 teaspoons	3/4 teaspoon	1/4 teaspoon		
vegetable 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	1.25 tsps		
kosher salt	8 teaspoons	4 teaspoons	2 teaspoons		
black pepper	4 teaspoons	2 teaspoons	1 teaspoon		
nuts					
gluten free oats	6 cups	3 cups	1-1/2 cups		

## 2017 SPRING BODY RESET VEG FOR ONE: DAY 8

### BREAKFAST: BREAKFAST MUFFINS

½ cup old fashioned oats  
 ¼ teaspoon baking powder  
 ½ teaspoon cinnamon, optional  
 ⅛ teaspoon kosher salt  
 ½ a ripe banana, mashed  
 1 egg white, lightly beaten  
 ½ carrot, grated (2½ Tablespoons)  
 ½ teaspoon vanilla, optional  
 ¼ cup light coconut milk (could also use almond milk)  
 1 Tablespoon pecans, chopped (or pepitas or other nut)  
 1 Tablespoon raisins  
 oil for muffin pan

1 egg, hard boiled, sliced

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

Serving: 2 muffins and 1 egg

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

### LUNCH: ITALIAN SALAD

#### *For dressing*

½ Tablespoon olive oil  
 ½ Tablespoon balsamic vinegar  
 ½ teaspoon Italian seasoning  
 ⅛ teaspoon kosher salt  
 ⅛ teaspoon black pepper

#### *For salad*

¼ (14 oz) block firm tofu, sliced  
 2 ounces arugula or romaine (2 cups)  
 7-8 cherry tomatoes, sliced  
 ¼ bunch basil leaves, shredded (about 4 leaves)  
 Pinch of kosher salt and pepper  
 2 Tablespoons toasted pine nuts

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



## 2017 SPRING BODY RESET VEG FOR ONE: DAY 8

### LUNCH: ITALIAN SALAD - continued

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

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

### DINNER: BLACK BEAN BURGERS & ROASTED VEGGIES

#### *For burgers*

½ (15 oz) can black beans, drained and rinsed  
¼ green bell pepper, finely chopped (¼ cup)  
2 Tablespoons finely chopped yellow onion  
½ Tablespoon olive oil  
1 clove garlic, minced  
¾ teaspoon chili powder  
¾ teaspoon cumin  
½ teaspoon kosher salt  
Pinch of black pepper  
¼ teaspoon Dijon mustard

#### *For vegetables*

¼ pound fresh asparagus, bottom of stem snapped off (about 4 spears)  
¾ pound par boiled new potatoes, quartered, for 2 meals (boiled 5-6 minutes)  
7-8 cherry tomatoes, halved  
½ Tablespoon olive oil  
Pinch of kosher salt  
Pinch of black pepper  
1 teaspoon lemon juice  
¼ teaspoon lemon zest  
1 Tablespoon chopped pecans, lightly toasted

1. Preheat oven to 400°F.
2. In a bowl, mash burger ingredients with a potato masher or a large serving fork.
3. Form two 4" burger patties.
4. Line a baking pan with foil, and place the burgers on one side of pan.
5. Place the asparagus, potatoes, and cherry tomatoes on other side of the pan. Drizzle with olive oil, salt, and pepper. Sprinkle with lemon zest, juice and chopped pecans.
6. Bake 15-20 minutes.
7. Save ¼ cup potatoes for Breakfast tomorrow. Save 1 burger patty for Lunch tomorrow.

Burger: 120kcal, 6g Protein, 15g Carb, 160mg Sodium, 5g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 1g Sugar, 4% Calcium, 6% Iron

Veggies: 280kcal, 7g Protein, 35g carb, 180mg Sodium, 7g Fiber, 180mg Sodium, 0mg Cholesterol, 14g Fat, 1.5g Saturated, 6g Sugar, 4% Calcium, 20% Iron



## 2017 SPRING BODY RESET VEG FOR ONE: DAY 9

---

### BREAKFAST: EGG CUPS

*Can be made ahead and reheated*

2 eggs, beaten  
¼ cup roasted potatoes \* *from Day 8*  
2 Tablespoons chopped basil  
3-4 cherry tomatoes, cut in half

1 orange

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

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

### LUNCH: BURGER PLATTER

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

1. Toss romaine with lemon juice, zest, olive oil, salt, pepper and basil.
2. Place in a serving bowl.
3. Place burger and remaining ingredients over lettuce in any order you desire.

Burger platter: 340kcal, 18g Protein, 38g Carb, 420mg Sodium, 16g Fiber, 225mg Cholesterol, 14g Fat, 2.5g Saturated, 9g Sugar, 15% Calcium, 20% Iron

## 2017 SPRING BODY RESET VEG FOR ONE: DAY 9

---

### DINNER: CHILI SPICED EGG SALAD

*You can make a day ahead for best flavor*

2 eggs + 1 egg white, hard boiled, peeled and chopped

1 rib celery, chopped (½ cup)

½ garlic clove, minced or pressed

¼ teaspoon mild chili powder

½ Tablespoon olive oil

¼ teaspoon Dijon mustard

Dash of ground cumin

½ teaspoon dried oregano

⅛ teaspoon kosher salt

⅛ teaspoon black pepper

2 ounces spinach (about 1½ cups)

¾ teaspoon olive oil

1 orange

1. In a small bowl combine eggs with celery, garlic, chili powder, oil, Dijon, cumin, oregano, and salt & pepper. Refrigerate until cold up to 48 hours.
2. Toss spinach with a little olive oil. Place on serving plate.
3. Scoop a generous helping of egg salad over spinach. Enjoy with sliced orange wedges.

Egg Salad: 300kcal, 20g Protein, 7g Carb, 610g Sodium, 3g Fiber, 565mg Cholesterol, 23g Fat, 5g Saturated, 1g Sugar, 10% Calcium, 30% Iron  
Oranges: 80kcal, 1g Protein, 19g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 4% Calcium, 0% Iron



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 10

---

### BREAKFAST: APPLE PIE OATS

- ¾ apple, chopped
- ⅛ teaspoon cinnamon
- ½ cup raw old fashioned oats
- ½ cup light coconut milk
- ⅓ cup water
- 1 Tablespoon chopped pecans
- ½ Tablespoon raisins

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

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

### LUNCH: VEGETABLE PROTEIN BOWL

- ½ cup cooked quinoa, warmed
- ½ Tablespoon lemon juice
- ½ avocado, diced
- ¼ (15 oz) can organic black beans drained and rinsed
- ¼ pound asparagus, shaved (4 spears)
- ½ carrot, shredded (2½ Tablespoons)
- ¼ cucumber, sliced thin (½ cup)
- 1 Tablespoon chopped basil
- 2 ounces arugula (2 cups)
- 1 Tablespoon pine nuts
- 1 Tablespoon Pantry Dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Optional: hot sauce

Toss all ingredients together.

490 kcal, 17g Protein, 53g Carb, 210mg Sodium, 17g Fiber, 0mg Cholesterol, 26g Fat, 3g Saturated, 9g Sugar, 15% Calcium, 40% Iron





## VEG FOR ONE 2017 SPRING BODY RESET: DAY 10

---

### DINNER: POTATO & LENTILS

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

1. Heat a pot over medium heat. Add oil, onions, garlic, and carrots and cook for 2-3 minutes.
2. Add Herbes, tomatoes, pepper, broth, potatoes, and lentils. Bring to a simmer for about 10-15 minutes until potatoes are tender.

460kcal, 19g Protein, 81g Carb, 510mg Sodium, 18g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 10% Calcium, 40% Iron



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 11

### BREAKFAST: BREAKFAST MUFFIN & POWER SMOOTHIE

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

1 breakfast muffin *\*from Day 8*

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

Muffin: 120kcal, 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: ASPARAGUS POTATO SOUP

- ½ Tablespoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- Pinch of kosher salt
- ⅛ teaspoon fresh ground pepper
- ½ pound asparagus, trimmed, cut into 1" pieces (keep tips intact) (8 spears)
- 1 cup low sodium vegetable broth
- ¼ pound parboiled new potatoes, diced (boil 4-5 minutes before adding to soup)
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- ⅛ teaspoon chili powder or cayenne
- ½ Tablespoon lemon juice
- ¾ teaspoon olive oil
- ⅓ cup toasted pine nuts

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

320kcal, 9g Protein, 35g carb, 310mg Sodium, 8g Fiber, 310mg Sodium, 0mg Cholesterol, 18g Fat, 2g Saturated, 10g Sugar, 8% Calcium, 40% Iron



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 11

---

### DINNER: PEPPER STIR FRY

3 Tablespoons olive or coconut 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 (1½ cups)  
2 medium tomatoes, chopped (1½ cups)  
2 eggs, slightly beaten  
3 Tablespoons Tamari sauce (gluten free soy sauce)  
1 teaspoon white wine vinegar  
2 cups cooked quinoa, warmed  
¼ cup toasted sesame seeds, optional

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 eggs, Tamari, and vinegar and cook until eggs are cooked through.
5. Season with salt.
6. Serve 2 cups stir fry with a side of ½ cup warmed quinoa.

360kcal, 12g Protein, 37g carb, 490mg Sodium, 7g Fiber, 490mg Sodium, 0mg Cholesterol, 20g Fat, 3g Saturated, 8g Sugar, 10% Calcium, 20% Iron



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 12

---

### BREAKFAST: EGG CUPS

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

Serve egg cup with banana for a quick breakfast.

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

### LUNCH: L.A. SALAD

#### *For salad*

- ¼ head romaine lettuce, chopped (about 1 cup)
- ½ orange, segments
- ¼ (15 oz) can artichoke hearts, chopped
- 2 Tablespoons parsley, chopped
- 7-8 cherry tomatoes, cut in half
- ¼ avocado, peeled, pitted and diced
- 2 Tablespoons pecans, chopped

#### *For vinaigrette*

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

#### *For vinaigrette*

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

#### *For salad*

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

340kcal, 7g Protein, 29g Carb, 170mg Sodium, 14g Fiber, 0mg Cholesterol, 23g Fat, 2.5g Saturated, 12g Sugar, 10% Calcium, 6% Iron



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 12

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

#### *For tofu lentil bowl*

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

#### *For dressing*

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

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

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

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

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

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

## VEG FOR ONE 2017 SPRING BODY RESET: DAY 13

---

### BREAKFAST: PALEO PANCAKES

¾ of a ripe banana  
1 egg + 1 egg white  
1½ Tablespoons coconut flour  
Pinch of kosher salt  
Olive or coconut oil for pan

1 apple, cut into slices  
2 Tablespoons water

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

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

### SATURDAY LUNCH LEFTOVERS

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

Aim for 400 calories for lunch.

### DINNER: TOFU ASADA PLATE

¼ (14 oz) block firm tofu, cut into four pieces  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper  
¼ teaspoon cumin  
¼ bunch parsley, chopped (¼ cup)  
½ Tablespoon olive oil

*For salsa:*

7-8 cherry tomatoes, cut in quarters  
2 Tablespoons finely chopped red or yellow onion  
⅛ teaspoon salt  
⅛ teaspoon olive oil  
¾ teaspoon lemon or lime juice



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 13

### DINNER: TOFU ASADA PLATE - continued

#### *For asparagus*

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

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

#### **PREP AHEAD**

Pat the tofu evenly on one side with the salt, pepper, and cumin. Set in a glass bowl or container. Cover with parsley. Pour olive oil over the tofu. 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 tofu from sticking. Remove the tofu from the marinade. Remove any parsley bits so they do not burn.
2. Arrange tofu on hot grill pan and cook for 4 minutes each side.
3. Remove from grill pan and slice; 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 juice. Combine all ingredients until well mixed. Cover and refrigerate for up to two days. Salsa is best when made ahead! Save 2 Tablespoons for Day 14.

#### *For asparagus*

Once tofu is cooked, place a little more oil in the grill pan and grill asparagus for 3-4 minutes. Garnish with lemon zest.

Tofu: 170kcal, 12g Protein, 1g Carb, 300mg Sodium, 0g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 0g Sugar, 15% Calcium, 10% 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



## VEG FOR ONE 2017 SPRING BODY RESET: DAY 14

---

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

#### *For baked apples*

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

#### *For oatmeal*

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

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

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

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

### LUNCH: ASPARAGUS QUICHE and SALAD

- ¾ teaspoon oil (for pan)
- 2 large eggs
- 1 Tablespoon water
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- Pinch of paprika
- 3 ounces asparagus, chopped (3 spears)
- 2 Tablespoons salsa \* *from Day 13*

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





## VEG FOR ONE 2017 SPRING BODY RESET: DAY 14

---

### LUNCH: ASPARAGUS QUICHE and SALAD - continued

#### *For dressing*

- ½ Tablespoon olive oil
- ¼ teaspoon dried oregano
- ¾ teaspoon Dijon mustard
- ⅛ teaspoon cumin
- ⅛ teaspoon black pepper
- ⅛ teaspoon kosher salt

#### *For salad*

- 3 ounces green beans, chopped (½ cup)
- 2 Tablespoons finely diced red or yellow onion
- 3-4 cherry tomatoes, chopped
- ½ Tablespoon freshly chopped parsley
- 1 Tablespoon pine nuts

1. Whisk together dressing ingredients until well incorporated.
2. In a bowl, combine salad ingredients, add dressing, and toss well to combine. Chill.

Quiche: 190kcal, 17g Protein, 8g Carb, 560mg Sodium, 3g Fiber, 450mg Cholesterol, 12g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 20% Iron

Salad: 160kcal, 3g Protein, 10g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 5g Sugar, 4% Calcium, 6% Iron

### DINNER: SIMPLE QUINOA BOWL

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

Salad (undressed): 440kcal, 16g Protein, 65g Carb, 35mg Sodium, 18g Fiber, 0mg Cholesterol, 14g Fat, 1.5g Saturated, 10g Sugar, 10% Calcium, 30% Iron