



2017 SPRING BODY RESET VEGETARIAN: 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 VEGETARIAN: MENU & PREP

PREP GUIDE

FOR THE WEEK

6 cups cooked quinoa prepared according to package directions
18 eggs, hard boiled
4 lemons, zested & juiced (11 Tablespoons juice, 3 Tablespoons zest)

DAY EIGHT

2 carrots, grated ($\frac{2}{3}$ cup)
1 green bell pepper, finely chopped (1 cup)
 $\frac{1}{2}$ yellow onion, finely chopped ($\frac{1}{2}$ cup)
4 pounds par boiled new potatoes, quartered, for 2 meals (boiled 5-6 minutes) – for 2 meals

DAY NINE

Egg salad can be made ahead
1 head romaine lettuce, chopped (4 cups)
12 ounces green beans, end trimmed (2 cups)
4 ribs celery, chopped (2 cups)

DAY TEN

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

DAY ELEVEN

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

DAY TWELVE

1 head romaine lettuce, chopped (about 4 cups)
1 (15 oz) canned artichoke hearts, chopped
2 carrots, grated ($\frac{2}{3}$ cup)

DAY THIRTEEN

Salsa can be made ahead
 $\frac{1}{2}$ red or yellow onion, finely chopped ($\frac{1}{2}$ cup)

DAY FOURTEEN

$\frac{3}{4}$ pound asparagus, chopped (12 spears)
12 ounces green beans, chopped (2 cups)
 $\frac{1}{2}$ small red or yellow onion, thinly sliced ($\frac{1}{2}$ cup)
1 small red onion, finely sliced ($\frac{3}{4}$ cup)

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 VEGETARIAN: DAY 8

BREAKFAST: BREAKFAST MUFFINS

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

4 eggs, hard boiled, sliced

1. Preheat oven to 350°F.
2. Grease a 12 muffin pan with coconut oil or vegetable oil.
3. Mix all ingredients together, allow to sit for a few minutes to thicken before adding 2 Tablespoons of batter to each muffin cup (make 12 muffins).
4. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.
5. Serve 2 muffins per person with 1 egg (save 4 muffins 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

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

For salad

1 (14 oz) block firm tofu, sliced
 8 ounces arugula or romaine (8 cups)
 1 pint cherry tomatoes, sliced
 1 bunch basil leaves, shredded (about 16 leaves)
 Dash of kosher salt and pepper
 ½ cup toasted pine nuts

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



2017 SPRING BODY RESET VEGETARIAN: 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

- 2 (15 oz) cans black beans, drained and rinsed
- 1 green bell pepper, finely chopped (1 cup)
- ½ yellow onion, finely chopped (½ cup)
- 2 Tablespoons olive oil
- 4 cloves garlic, minced
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- ½ teaspoon kosher salt
- Sprinkle of black pepper
- 1 teaspoon Dijon mustard

For vegetables

- 1 pound fresh asparagus, bottom of stem snapped off (about 16 spears)
- 3 pounds par boiled new potatoes, quartered, for 2 meals (boiled 5-6 minutes)
- 1 pint cherry tomatoes, halved
- 2 Tablespoons olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ lemon, zested and juiced (1½ Tablespoons juice, 1½ teaspoons zest)
- ¼ cup 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 eight 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 1 cup potatoes for Breakfast tomorrow. Save 4 burger patties 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 VEGETARIAN: DAY 9

BREAKFAST: EGG CUPS

Can be made ahead and reheated

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

4 oranges

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

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

LUNCH: BURGER PLATTER

1 head romaine lettuce, chopped (4 cups)
3 Tablespoons lemon juice
1 Tablespoon lemon zest
1 Tablespoon olive oil
Dash of kosher salt and black pepper
¼ cup chopped basil

4 black bean burger patties* *from Day 8*
1 (15 oz) can artichoke hearts, rinsed and drained
1 pint cherry tomatoes, cut in half
4 hard boiled eggs
12 ounces green beans, end trimmed (2 cups)

1. Toss romaine with lemon juice, zest, olive oil, salt, pepper and basil.
2. Divide into serving bowls.
3. Place burgers and remaining ingredients over lettuce in any order you desire. Or everyone could make their own design!

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 VEGETARIAN: DAY 9

DINNER: CHILI SPICED EGG SALAD

You can make a day ahead for best flavor

10 eggs, hard boiled, peeled and chopped
4 ribs celery, chopped (2 cups)
2 garlic cloves, minced or pressed
1 teaspoon mild chili powder
2 Tablespoons olive oil
1 teaspoon Dijon mustard
½ teaspoon ground cumin
2 teaspoons dried oregano
½ teaspoon kosher salt
½ teaspoon black pepper

8 ounces spinach (about 6 cups)
1 Tablespoon olive oil

4 oranges

1. In a medium 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. Divide between plates.
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



VEGETARIAN 2017 SPRING BODY RESET: DAY 10

BREAKFAST: APPLE PIE OATS

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

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

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

LUNCH: VEGETABLE PROTEIN BOWL

- 2 cups cooked quinoa, warmed
- 2 Tablespoons lemon juice
- 2 avocados, diced
- 1 (15 oz) can organic black beans drained and rinsed
- 1 pound asparagus, shaved (16 spears)
- 2 carrots, shredded (¾ cup)
- 1 cucumber, sliced thin (2 cups)
- ¼ cup chopped basil
- 8 ounces arugula (8 cups)
- ¼ cup pine nuts
- 4 Tablespoons Pantry Dressing (www.thefresh20.com/pantrydressings)
- 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



VEGETARIAN 2017 SPRING BODY RESET: DAY 10

DINNER: POTATO & LENTILS

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

1. Heat a large pot over medium heat. Add oil, onions, garlic, and carrots and cook for 2-3 minutes.
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



VEGETARIAN 2017 SPRING BODY RESET: DAY 11

BREAKFAST: BREAKFAST MUFFIN & POWER SMOOTHIE

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

4 breakfast muffins **from Day 8*

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

Muffin: 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

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- ¼ teaspoon kosher salt
- ½ teaspoon fresh ground pepper
- 2 pounds asparagus, trimmed, cut into 1" pieces (keep tips intact) (32 spears)
- 4 cups low sodium vegetable broth
- 1 pound parboiled new potatoes, diced (boil 4-5 minutes before adding to soup)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon chili powder or cayenne
- 2 Tablespoons lemon juice
- 1 Tablespoon olive oil
- ½ cup toasted pine nuts

1. Heat oil in a large 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 (in batches) 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 a Tablespoon of 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



VEGETARIAN 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



VEGETARIAN 2017 SPRING BODY RESET: DAY 12

BREAKFAST: EGG CUPS

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

Serve one egg cup with one banana for a quick breakfast.

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

LUNCH: L.A. SALAD

For salad

1 head romaine lettuce, chopped (about 4 cups)
2 oranges, segments
1 (15 oz) canned artichoke hearts, chopped
½ bunch parsley, chopped
1 pint cherry tomatoes, cut in half
1 avocado, peeled, pitted and diced
½ cup pecans, chopped

For vinaigrette

2 Tablespoons olive oil
4 garlic cloves, minced or pressed
2 Tablespoons white wine vinegar
salt and pepper to taste

For vinaigrette

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

For salad

1. In a serving bowl, combine lettuce, 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



VEGETARIAN 2017 SPRING BODY RESET: DAY 12

DINNER: TOFU & LENTIL BOWL with OVEN BAKED FRIES

For tofu lentil bowl

- 1 (14 oz) block extra-firm tofu (sub chicken tenders)
- 2 Tablespoons olive oil or coconut oil
- ½ teaspoon kosher salt
- 1 Tablespoon Tamari sauce (gluten free soy)
- 1 Tablespoon wine vinegar (rice vinegar would be good too)
- 5 ounces arugula (5 cups) or any greens you like
- 1 (15 oz) can lentils, drained
- 2 carrots, grated (⅔ cup)
- Optional: hot sauce

For dressing

- 2 Tablespoons rice wine vinegar (or balsamic)
- 1 Tablespoon olive oil or grapeseed oil
- 1 teaspoon Tamari sauce (gluten free soy)
- Dash of black pepper

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

For crispy oven-baked garlic fries

- 1 pound new potatoes –skin on
- 2 Tablespoons olive oil
- ½ teaspoons kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- 1 garlic clove, minced

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

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

VEGETARIAN 2017 SPRING BODY RESET: DAY 13

BREAKFAST: PALEO PANCAKES

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

2 apples, cut into wedges
½ cup water

1. Preheat a non-stick skillet over medium heat.
2. Place the bananas, eggs, coconut flour, and salt in the blender. Puree until smooth.
3. The batter should be thick, but pour-able. If it seems thin, you can play with consistency by adding a little more coconut flour.
4. Brush the skillet lightly with oil. Pour in a 3-inch circle of batter. Cook for 2-4 minutes until the bottom of the pancake is golden-brown and the edges are firm. Flip gently and continue cooking another 2-4 minutes.
5. Makes 8 pancakes.
6. Add apples and water to a small saucepan and cook until soft.
7. Serve apples on top of pancakes.

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

SATURDAY LUNCH LEFTOVERS

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

Aim for 400 calories for lunch.

DINNER: TOFU ASADA PLATE

1 (14 oz) block firm tofu, cut into four pieces
½ teaspoon kosher salt
½ teaspoon black pepper
1 teaspoon cumin
1 bunch parsley, chopped (1 cup)
2 Tablespoons olive oil

For salsa:

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



VEGETARIAN 2017 SPRING BODY RESET: DAY 13

DINNER: TOFU ASADA PLATE - continued

For asparagus

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

1 (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 large 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 ½ cup 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



VEGETARIAN 2017 SPRING BODY RESET: DAY 14

BREAKFAST: BAKED APPLES & OATMEAL (4 servings)

For baked apples

4 large golden delicious apples, cored, cut 1 inch off the top and save (may use pears)
½ cup water
¾ cup raisins
½ cup chopped pecans
1 teaspoon lemon zest
1½ Tablespoons lemon juice
½ teaspoon ground cinnamon
optional: ⅛ teaspoon nutmeg if you have it

For oatmeal

2 cups raw oats
3 cups water
½ teaspoon salt

1. Preheat oven to 375°F. Place cored apples upright in a baking dish, filled with ½ cup of water or juice (enough to cover the bottom completely).
2. Combine raisins, pecans, lemon, cinnamon, and nutmeg and fill apples.
3. Place sliced top on each apple.
4. Bake until each apple is tender, about 45 minutes.
5. Combine oats, water and salt in a medium sauce pan.
6. Cook for 4-5 minutes. Cover and set aside to serve with baked apples.

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

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

LUNCH: ASPARAGUS QUICHE and SALAD

½ Tablespoon oil (for pan)
8 large eggs
¼ cup water
½ teaspoon kosher salt
½ teaspoon black pepper
¼ teaspoon paprika
¾ pound asparagus, chopped (12 spears)
½ cup salsa * *from Day 13*

1. Preheat oven to 350°F
2. Oil an 8x8 glass baking pan or a pie pan; set aside.
3. In a medium bowl, whisk together eggs, water, salt, black pepper, and paprika.
4. Stir in asparagus.
5. Pour into prepared pan. Bake 30 minutes, until golden brown.
6. Top with salsa.



VEGETARIAN 2017 SPRING BODY RESET: DAY 14

LUNCH: ASPARAGUS QUICHE and SALAD - continued

For dressing

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

For salad

- 12 ounces green beans, chopped (2 cups)
- ½ small red or yellow onion, thinly sliced (½ cup)
- ½ pint cherry tomatoes, chopped
- 2 Tablespoons freshly chopped parsley
- ¼ cup 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

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

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