

MENU

■ DAY ONE ■

Blue Morning Smoothie
No Mayo Egg Salad
Spanish Meatloaf with Cauliflower & Green Beans
Snacks: Almonds & Oranges/Toasted Cashews

■ DAY TWO ■

Energy Bowl
Sweet Potato Tuna Avocado Toast
Cioppino
Snacks: Tea Milk with Apples & Nut Butter/Bell Peppers & Egg Salad

■ DAY THREE ■

Eggs & Avocado
Leftover Cioppino & Pears
Chicken Chowder
Snacks: Spicy Paleo Hummus & Cucumbers/Chocolate Almond Butter Dates

■ DAY FOUR ■

Blue Morning Smoothie
Chicken Chowder
Warm Taco Salad
Snacks: Carrots with Nut Butter/Cucumber Salad & Paleo Hummus

■ DAY FIVE ■

Energy Bars
Leftovers Salad Plate
Cauliflower Fried Rice
Snacks: Oranges/Carrots with Nut Butter

PREP GUIDE

■ FOR THE WEEK ■

3 eggs, hard boiled
½ pound blanched green beans * *see below*
1¾ cups cauliflower rice, warmed * *see below*
1 lime, zested & juiced (2 Tablespoons juice, ¼ teaspoon zest)

■ DAY ONE ■

½ green onions, green & white parts, chopped
¼ head romaine lettuce, chopped (1 cup)
½ cucumber, cut into ½" rounds
¼ large head of cauliflower, leaves removed, cut into florets
¼ yellow onion, small dice (¼ cup)
¼ green bell pepper, small dice (¼ cup)
½ carrot, grated (2½ Tablespoons)

■ DAY TWO ■

½ green onion, thinly sliced
½ green bell pepper, cut in half, seeds removed
2 Tablespoons minced yellow onion

■ DAY THREE ■

½ cucumber, sliced
¼ yellow onion, diced (¼ cup)
¼ green bell pepper, diced (¼ cup)
¼ head romaine, chopped (1 cup)
½ carrot, grated (2½ Tablespoons)
¾ cup chopped broccoli florets

■ DAY FOUR ■

2 carrots, cut into sticks
½ medium cucumber, peeled and diced
½ green onion, chopped
1 small tomatillo, diced
½ head romaine lettuce, chopped (2 cups)
¼ green bell pepper, diced (¼ cup)

■ DAY FIVE ■

½ cucumber, diced (1 cup)
¼ head romaine lettuce, chopped (1 cup)
2 carrots, cut into sticks
¼ yellow onion, chopped (¼ cup)
½" fresh ginger, grated (¾ teaspoon)
¾ cup broccoli, chopped



2018 WINTER MIND BODY RESET

PALEO FOR ONE PREP GUIDE Week Two

Blanched Green Beans

$\frac{3}{8}$ pound green beans

Bring a large pot of water to a boil and add green beans, in batches if necessary, and cook 2-3 minutes until bright green. Immediately place green beans in ice water to stop cooking. Refrigerate until needed.

Cauliflower Rice

$\frac{1}{2}$ cauliflower head, florets (2 cups)

$\frac{1}{4}$ yellow onion, chopped ($\frac{1}{4}$ cup)

$\frac{1}{8}$ teaspoon organic sea salt

$\frac{1}{8}$ teaspoon black pepper

$\frac{3}{4}$ teaspoon olive oil

Place all ingredients (except oil) in food processor and pulse until cauliflower is rice sized. Heat oil in a large skillet and add contents of food processor. Sauté for 5-6 minutes or until golden brown.

Meal #	Meat/Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1	ground beef	2 pounds	1 pound	1/2 pound	\$12.00	
2	halibut or cod	3 pounds	1-1/2 pounds	3/4 pound	\$24.00	
2,5	tuna	6 (5 oz) cans	3 (5 oz) cans	2 (5 oz) cans	\$12.00	
2	uncured bacon	12 ounces	6 ounces	3 ounces	\$4.00	
3	chicken breast	3 pounds	1-1/2 pounds	3/4 pound	\$12.00	
5	shrimp	2 pounds	1 pound	1/2 pound	\$20.00	

Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4	frozen blueberries	4 cups	2 cups	1 cup	\$2.00	
2,4	green apples	8	4	2	\$4.00	
1,3,4	pears	6	3	2	\$3.00	
1,2,5	oranges	10	5	3	\$5.00	
3,5	broccoli	2 heads	1 head	1 head	\$4.00	
2,3,4	lime	4	2	1	\$2.00	
4	tomatillos	3	2	1	\$1.50	
5	grapes	2 cups	1 cup	1/2 cup	\$3.00	
1,2,4	green onion	6	3	2	\$1.00	
1,3,4,5	romaine lettuce	5 heads	3 heads	2 heads	\$10.00	
1,3,4,5	cucumbers	9	5	3	\$9.00	
1,2,3,5	yellow onion	5	3	2	\$5.00	
1,2,3,4	green bell pepper	5	3	2	\$5.00	
1,3,4,5	carrots	20	10	5	\$3.00	
1,2,3,4	cilantro	2 bunches	1 bunch	1 bunch	\$3.00	
1,3	green beans	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$5.00	
2	banana	2	1	1	\$1.00	
1,2,5	cauliflower	3 heads	2 heads	1 head	\$6.00	
1,2,3,4,5	avocado	9	5	3	\$9.00	
2,3	sweet potatoes	6 medium	3 medium	2 medium	\$3.00	
3	yellow squash	2 medium	1 medium	1 small	\$4.00	

Meal #	Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,4	full fat coconut milk	4 cups (32 fl oz)	2 cups (16 fl oz)	1 cup (8 fl oz)	\$4.00	
2	almond milk	4 cups (32 fl oz)	2 cups (16 fl oz)	1 cup (8 fl oz)	\$4.00	
1,2,3,4,5	almond or cashew butter	2 cups	1 cup	1/2 cup	\$10.00	
3	cacao powder	4 teaspoons	2 teaspoons	1 teaspoon	\$2.00	
1,2,4,5	almonds	3 cups	1-1/2 cups	3/4 cup	\$15.00	
1,3	cashews	2 cups	1 cup	1/2 cup	\$10.00	
1,4	chili powder	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon	\$1.00	
2,5	raisins/dried fruit	1-1/2 cups	3/4 cup	1/2 cup	\$3.00	
2,5	unsweetened coconut	1 cup	1/2 cup	1/4 cup	\$2.00	
2	organic herbal tea	4 tea bags	2 tea bags	1 tea bag	\$2.00	
2,3	sesame seeds	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	
3	hot sauce	1/3 cup	3 Tablespoons	1-1/2 Tablespoons	\$2.00	
3,5	dates	20	10	5	3	

PANTRY INGREDIENTS

	olive oil	1-1/2 cups	3/4 cup	1/2 cup		
	grapeseed oil	2/3 cup	1/3 cup	3 Tablespoons		
	balsamic vinegar					
	white wine vinegar	1/2 cup	1/4 cup	2 Tablespoons		
	low sodium broth	10 cups (80 fl oz)	5 cups (40 fl oz)	2.5 cups (20 fl oz)		
	garlic cloves	16 cloves	8 cloves	4 cloves		
	kosher salt	5 teaspoons	2-1/2 teaspoons	1-1/2 teaspoons		
	black pepper	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
	cayenne pepper					
	paprika	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
	dried oregano	2 teaspoons	1 teaspoon	1/2 teaspoon		
	herbes de provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
	ground cumin	3-1/2 teaspoons	2 teaspoons	1 teaspoon		
	raw honey/maple syrup					
	organic tomato paste	3/4 cup	1/2 cup	1/4 cup		
	Dijon mustard	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
	low sodium soy sauce					
	raw old fashioned oats					
	eggs	15	8	4		
	almond flour	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		

OPTIONAL ITEMS

2	vanilla	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
5	fresh ginger	1-2"	1"	1/2"		
1,4,5	cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon		

■ DAY ONE ■

BREAKFAST: Blue Morning Smoothie

- ½ cup full fat coconut milk
- ½ cup frozen blueberries
- ¼ ripe pear, cored and quartered
- 1 Tablespoon cashew or almond butter
- 2 Tablespoons raw almonds (or nut of choice)
- ⅛ teaspoon cinnamon
- ¼-½ cup ice

Place ingredients with ¼ cup of ice in a blender or food processor and puree on high for 30-60 seconds. Check consistency and if desired add additional ice or water.

Smoothie: 340 kcal, 7g Protein, 33g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 21g Fat, 7g Saturated, 16g Sugar, 6% Calcium, 6% Iron

MORNING SNACK: Almonds & Oranges

- 10 almonds
- 1 orange

Feel free to substitute any piece of fruit with your choice of nut.

Per serving: 140kcal, 5g protein, 16g carbs, 0mg sodium, 4g fiber, 0mg cholesterol, 7g fat, 0.5g saturated, 6% calcium, 0% iron

LUNCH: No Mayo Egg Salad

For salad

- 3 hard boiled eggs
- ½ green onion, green & white parts, chopped
- ¼ head romaine lettuce, chopped (1 cup)
- ¼ avocado, sliced
- ½ cucumbers, cut into ½" rounds
- 2 ounces blanched green beans, cut in half (⅓ cup)
- * see prep guide

For dressing

- ⅛ teaspoon Dijon mustard
- 1 Tablespoon grapeseed or flaxseed oil
- ⅛ teaspoon paprika
- ½ Tablespoon white wine vinegar
- ⅛ teaspoon organic sea salt

1. Whisk dressing ingredients together until smooth.
2. With a fork, roughly mash eggs in a bowl.
3. Add green onions and ½ Tablespoon dressing to mashed eggs. Save ¼ cup of egg salad for Day 2 snack.
4. Toss romaine with remaining dressing and place in serving bowl.
5. Place remaining egg salad, avocado, cucumber rounds, and green beans over romaine.

Egg Salad: 280 kcal, 14g Protein, 11g Carb, 290mg Sodium, 5g Fiber, 300mg Cholesterol, 20g Fat, 3g Saturated, 3g Sugar, 8% Calcium, 10% Iron

■ DAY ONE ■

AFTERNOON SNACK (Made ahead): Toasted Cashews

¼ cup whole raw cashews
 ¼ teaspoon organic sea salt
 ⅛ teaspoon cumin
 Pinch each of cinnamon, paprika, salt, pepper

This is a simple snack that satisfies the desire for crunch and provides protein and fiber. Add any of your favorite seasonings: salt and pepper, cumin, chili powder, cinnamon, or a pinch of cayenne for heat lovers. Cook in a 450° oven for about 10-15 minutes until toasted. Stir midway through cooking.

*For 1/4 cup with 1/8 teaspoon each salt and pepper and 1/4 teaspoon ground cumin:
190kcal, 5g protein, 10g carbs, 150mg sodium, 1g fiber, 0mg cholesterol, 15g fat, 2.5g saturated, 2% calcium, 10% iron.*

DINNER: Spanish Meatloaf with Cauliflower & Green Beans

For meatloaf

½ pound ground beef
 ¼ yellow onion, small dice (¼ cup)
 ¼ green bell pepper, small dice (¼ cup)
 ½ carrot, grated (2½ Tablespoons)
 1 clove garlic, minced
 2 Tablespoons chopped cilantro
 ¼ teaspoon cumin
 ¼ teaspoon chili powder
 ¼ teaspoon organic sea salt
 ⅛ teaspoon black pepper

For garlic mashed cauliflower

¼ head of cauliflower, leaves removed, cut
 into florets
 1 clove garlic, roughly chopped
 2¼ teaspoons olive oil
 ⅛ teaspoon organic sea salt
 Pinch of black pepper

For Spanish meatloaf

1. Heat oven to 425°F.
2. Combine all ingredients (do not over mix) and place in a small baking or loaf pan.
3. Cook for about 30 minutes.
4. Save ½ the meatloaf for Dinner Day 4.

For mashed cauliflower

1. Heat a sauce pan and add ¼ cup water. Using a steamer, add cauliflower stems and florets and steam until tender, about 8-10 minutes. Without a steamer, boil cauliflower until tender increasing water to 1½ cups.
2. Remove from heat, drain, and cool slightly. Place in food processor with garlic, oil, salt, and pepper. Blend until smooth.
3. Serve warm, reheating in stock pot if necessary.

continued



2018 WINTER MIND BODY RESET

PALEO FOR ONE Week Two

■ DAY ONE ■

For green beans

½ Tablespoon olive oil

¼ pound blanched green beans * *see prep guide*

Pinch of organic sea salt

Pinch of black pepper

1. Heat a non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add green beans, salt, and pepper and cook for 2-3 minutes until beans begin to brown.

Meatloaf: 190 kcal, 32g Protein, 3g Carb, 220mg Sodium, 1g Fiber, 100mg Cholesterol, 4.5g Fat, 2.5g Saturated, 2g Sugar, 2% Calcium, 20% Iron

Cauliflower: 160 kcal, 4g Protein, 10g Carb, 210mg Sodium, 4g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 6% Iron

Green Beans: 80 kcal, 2g Protein, 5g Carb, 150mg Sodium, 2g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 4% Calcium, 2% Iron

■ DAY TWO ■

BREAKFAST: Energy Bowl

- ½ ripe bananas
- ½ cup ice
- ⅛ teaspoon vanilla extract
- 2 Tablespoons nut of choice (almond, cashew, walnut, macadamia)
- 2 Tablespoons raisins
- 2 Tablespoons shredded coconut

Blend ice, bananas and vanilla until smooth. Top with nuts, raisins and shredded coconut. It looks like a treat but it's breakfast!!

Serving size: 1½ cups

210 kcal, 5g Protein, 33g Carb, 5mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 22g Sugar, 6% Calcium, 6% Iron

MORNING SNACK: Tea Milk with Apples & Nut Butter

- 8 ounces almond milk
- 1 bag organic herbal tea of choice
- 1 green apple, sliced
- 1 Tablespoon nut butter

Soak tea bag in warm almond milk for 3 minutes.

Tea Milk: 35kcal, 1g protein, 1g carbs, 160mg sodium, 0g fiber, 0mg cholesterol, 2.5g fat, 0mg saturated, 35% calcium, 6% iron

Apples with nut butter: 190kcal, 5g Protein, 24g Carb, 40mg Sodium, 5g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 4% Calcium, 6% Iron

LUNCH: Sweet Potato Tuna Avocado Toast

- ½ sweet potato, sliced lengthwise into 2 even slices
- ½ avocado
- ¾ (5 ounce) can of tuna, drained
- 1 teaspoon lime juice
- ½ green onion, thinly sliced
- 2¼ teaspoons sesame seeds
- Pinch of organic sea salt
- Pinch of cayenne pepper

½ orange, sliced

Toast sweet potatoes slices in toaster or broiler about 5 minutes per side. Meanwhile, mash avocado and tuna lightly with lime juice. Spoon avocado and tuna over sweet potato slices and top with green onions, sesame seeds, and a pinch each of salt and cayenne. Serve with a side of oranges.

Avocado toast: 460kcal, 32g protein, 24g carbs, 610mg sodium, 10g fiber, 35mg cholesterol, 27g fat, 4 g saturated, 10% calcium, 15% iron

Orange: 30kcal, 1g Protein, 7g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2% Calcium, 0% Iron

■ DAY TWO ■

AFTERNOON SNACK: Bell Peppers & Egg Salad

¼ cup egg salad * **from Lunch Day 1**
½ green bell pepper, cut in half, seeds removed
Pinch of salt and pepper

180 kcal, 10g Protein, 9g Carb, 250mg Sodium, 3g Fiber, 240mg Cholesterol, 12g Fat, 2.5g Saturated, 4g Sugar, 6% Calcium, 10% Iron

DINNER: Cioppino

2¼ teaspoons olive oil
3 ounces uncured bacon, diced
2 Tablespoons minced yellow onion
½ garlic clove, minced
2 Tablespoons fresh cilantro leaves
3 Tablespoons organic tomato paste
1 cup low sodium chicken broth (or ¾ cup broth + ¼ cup white wine)
¼ teaspoon dried oregano
⅛ teaspoon organic sea salt
¾ pound halibut or cod, cut into 2-3" pieces (can sub ¾ pound chicken tenders, cut in half)
1 cup cauliflower rice, warmed * **see prep guide**

1. In a saucepan, heat olive oil over medium heat. When oil is hot, add bacon and cook 2 minutes.
2. Add onions, garlic, and cilantro. Cook 3-5 minutes until onions are soft.
3. Add tomato paste and mix well.
4. Add chicken broth, oregano, and salt; mix well. Cover and simmer for 20-25 minutes.
5. Stir in fish, bring to a boil, and lower heat to a simmer. Cook for 5-7 minutes until fish is cooked through and firm.
6. Remove from heat, reserve half for Lunch Day 3. Place cauliflower rice into a deep bowl and top with Cioppino.

Cioppino: 410 kcal, 39g Protein, 8g Carb, 660mg Sodium, 2g Fiber, 110mg Cholesterol, 24g Fat, 7g Saturated, 4g Sugar, 2% Calcium, 8% Iron
Cauliflower Rice: 90 kcal, 4g Protein, 10g Carb, 65mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 6% Iron

■ DAY THREE ■

BREAKFAST: Eggs and Avocado

2 eggs, any style (scrambled, poached, over easy, hard boiled)

½ ripe avocado, cut in half

⅛ teaspoon paprika

1. Prepare eggs.
2. Sprinkle avocado with a dash of paprika and serve sliced or mashed with eggs.

Eggs and Avocado: 250 kcal, 13g Protein, 8g Carb, 135mg Sodium, 5g Fiber, 360mg Cholesterol, 19g Fat, 4g Saturated, 0g Sugar, 4% Calcium, 10% Iron

MORNING SNACK: Paleo Hummus & Cucumbers

½ yellow squash, peeled and diced

¼ cup raw cashews (boiled for 2-3 minutes, drained and cooled)

2 Tablespoons cashew butter

1 Tablespoon sesame seeds or ½ Tablespoon sesame seed oil

1 Tablespoon olive oil

½ garlic clove, minced

¼ teaspoon ground cumin

⅛ teaspoon organic sea salt

⅛ teaspoon black pepper

1½ Tablespoons hot sauce (I use Frank's)

1 Tablespoon water

½ cucumber, sliced

1. Combine all ingredients except cucumbers in a food processor or high speed blender until smooth.
2. If necessary, add more water a little at a time until desired consistency. Reserve ⅓ for Snack Day 4.
3. Transfer the remainder to bowl and serve with cucumber slices or any vegetable you may have on hand.
4. You can shortcut this snack by buying a paleo hummus and adding hot sauce.

Paleo Hummus & Cucumber: 180kcal, 5g protein, 12g carbs, 2g fiber, 0mg cholesterol, 14g fat, 2.5g saturated, 2g fiber, 4g sugar, 0mg cholesterol, 4% calcium, 8% iron

LUNCH: Leftover Cioppino & Pears

1 (12 ounce) serving cioppino, warmed * **from Dinner Day 2**

1 pear, sliced

Cioppino: 410 kcal, 39g Protein, 8g Carb, 660mg Sodium, 2g Fiber, 110mg Cholesterol, 24g Fat, 7g Saturated, 4g Sugar, 2% Calcium, 8% Iron

Pear: 100 kcal, 1g Protein, 52g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

■ DAY THREE ■

AFTERNOON SNACK: Chocolate Almond Butter Dates

- 2 dates
- 1 Tablespoon almond butter
- 1 teaspoon cacao powder

Remove pits from dates and fill each with ½ Tablespoon nut butter. Sprinkle with cacao powder. Boom!

Chocolate PB Dates: 150kcal, 4g Protein, 15g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 10g Sugar, 4% Calcium, 6% Iron

DINNER: Chicken Chowder

For ham chowder

- 2¼ teaspoons olive oil
- ¾ pound chicken breast, diced
- ¼ yellow onion, diced (¼ cup)
- ¼ green bell pepper, diced (¼ cup)
- ½ clove garlic, minced
- 2¼ teaspoons almond flour
- ¼ teaspoon Herbes de Provence
- 1 medium sweet potato, peeled and diced (1 cup)
- 1½ cups low-sodium chicken broth
- ¼ pound blanched green beans, diced * *see prep guide*
- ¼ teaspoon black pepper

1. Heat a soup pot over medium heat and add oil.
2. Add chicken and cook 2-3 minutes.
3. When oil is hot, add onion, bell pepper, garlic, and ham. Cook for about 3 minutes.
4. Add flour and Herbes, stirring until well combined.
5. Add sweet potatoes and broth; bring to a simmer and cook until potatoes are almost tender, about 10 minutes.
6. Add green beans and pepper, simmer for another 2-5 minutes. Save about 1½ cups for Lunch Day 4.

For side salad

- ¼ head romaine, chopped (1 cup)
- ½ carrot, grated (2½ Tablespoons)
- ¾ cup chopped broccoli florets
- ½ Tablespoon chopped cilantro
- ½ Tablespoon olive oil
- 1 teaspoon lime juice

Combine lettuce, carrots, broccoli, and cilantro in a medium bowl. Serve immediately or store in refrigerator until ready to use. Add oil and lime juice immediately before serving.

Chowder 340 kcal, 42g Protein, 18g Carb, 160mg Sodium, 5g Fiber, 125mg Cholesterol, 11g Fat, 2g Saturated, 5g Sugar, 6% Calcium, 10% Iron
Salad: 130kcal, 4g Protein, 14g Carb, 70mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 6% Calcium, 10% Iron

■ DAY FOUR ■

BREAKFAST: Blue Morning Smoothie

- ½ cup full fat coconut milk
- ½ cup frozen blueberries
- ¼ ripe pear, cored and quartered
- 1 Tablespoon cashew or almond butter
- 2 Tablespoons raw almonds (or nut of choice)
- ⅛ teaspoon cinnamon
- ¼-½ cup ice

Place ingredients with ¼ cup of ice in a blender or food processor and puree on high for 30-60 seconds. Check consistency and if desired add additional ice or water.

Smoothie: 340 kcal, 7g Protein, 33g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 21g Fat, 7g Saturated, 16g Sugar, 6% Calcium, 6% Iron

MORNING SNACK: Carrots with Nut Butter

- 2 carrots, cut into sticks
- 1 Tablespoons almond or cashew butter

Make your own nut butter in a high-speed blender or substitute with a jar of store-bought natural nut butter. This snack is full of crunch and the combination of vegetable-based carbohydrates, healthy fats, and fiber will help keep you full and satisfied.

170kcal, 5g protein, 19g carbs, 80mg sodium, 6g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 6% calcium, 6% iron

LUNCH: Chicken Chowder

- 1 (12 ounce) serving Chicken Chowder, warmed **from Dinner Day 3*
- 1 green apple, sliced

Chowder 340 kcal, 42g Protein, 18g Carb, 160mg Sodium, 5g Fiber, 125mg Cholesterol, 11g Fat, 2g Saturated, 5g Sugar, 6% Calcium, 10% Iron
Apple: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 19g Sugar, 0% Calcium, 0% Iron

AFTERNOON SNACK: Cucumber Salad & Paleo Hummus

- ½ medium cucumber, peeled and diced
- ½ green onion, chopped
- 1 Tablespoon fresh cilantro, chopped
- ¼ lime, zested (¼ teaspoon) and juiced (¾ teaspoon)
- ½ teaspoon grapeseed or flax oil
- ⅛ teaspoon organic sea salt
- ⅛ teaspoon black pepper
- Spicy paleo hummus ** from Snack Day 3*

Combine all ingredients except hummus in a medium bowl. Serve topped with a scoop of paleo hummus.

Cucumber Salad with Hummus: 210kcal, 5g protein, 12g carbs, 200mg sodium, 3g fiber, 0mg cholesterol, 16g fat, 2.5g saturated, 3g fiber, 0mg cholesterol, 4% calcium, 8% iron

■ DAY FOUR ■

DINNER: Warm Taco Salad

¾ teaspoon grapeseed oil
Spanish meatloaf, diced * **from Dinner Day 1**
1 small tomatillo, diced
¼ teaspoon oregano
¼ teaspoon cumin
½ head romaine lettuce, chopped (2 cups)
¼ green bell pepper, diced (¼ cup)
½ avocado, diced

1. Heat a non-stick skillet over medium heat and add oil.
2. Add diced meatloaf, tomatillos, oregano, and cumin. Cook until warmed, about 3-5 minutes.
3. In a serving bowl, toss together lettuce, bell pepper, and avocado; add in warmed meatloaf mixture.
4. Toss gently with dressing.

For dressing

2¼ teaspoons lime juice
¾ teaspoon olive oil
1 Tablespoon chopped cilantro
¼ teaspoon cumin
¼ teaspoon chili powder
Pinch of organic sea salt
Pinch of black pepper

Whisk together all ingredients.

Taco Salad: 400kcal, 35g protein, 17g Carb, 320mg Sodium, 8g Fiber, 100mg Cholesterol, 22g Fat, 4g Saturated, 8g Sugar, 6% Calcium, 35% Iron

■ DAY FIVE ■

BREAKFAST: Energy Bars

¼ cup almonds or cashews
¼ cup dried fruit (cherries or apples)
3 whole dates, pitted, optional
2 Tablespoons shredded unsweetened coconut flakes
⅛ teaspoon cinnamon

1. Combine all ingredients in a food processor. Pulse a few times just to break them up. Separate the dates if they start to clump together.
2. Process continuously for 30 seconds.
3. Scrape the bowl then process for 1 minute more, until the mixture forms into a ball.
4. Form into a 1" thick square or rectangle. Wrap and chill.
5. Remove from refrigerator and cut into 3 bars. Wrap each bar in plastic wrap or wax paper.
6. Store up to a week in fridge or freeze for up to 3 months.
7. Serve cold.

Energy Bars (2 Bars): 260kcal, 5g Protein, 36g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 11g Fat, 4g Saturated, 25g Sugar, 3% Calcium, 10% Iron

MORNING SNACK: Oranges

1 medium orange

Orange: 60kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

LUNCH: Tuna Salad Plate

¾ (5 ounce) can of tuna, drained
½ avocado
½ cup red or green grapes
½ cucumber, diced (1 cup)
2¼ teaspoons white wine vinegar
½ Tablespoon olive oil
Pinch of organic sea salt and black pepper
¼ head romaine lettuce, chopped (1 cup)

Mix the tuna and avocado together, toss additional ingredients together and serve topped with tuna salad.

Tuna Salad: 520 kcal, 34g Protein, 32g Carb, 590mg Sodium, 12g Fiber, 35mg Cholesterol, 31g Fat, 4.5g Saturated, 17g Sugar, 10% Calcium, 20% Iron

■ DAY FIVE ■

AFTERNOON SNACK: Carrots with Nut Butter

2 carrots, cut into sticks

1 Tablespoon almond or cashew butter

Make your own nut butter in a high-speed blender or substitute with a jar of store-bought natural nut butter. This snack is full of crunch and the combination of vegetable-based carbohydrates, healthy fats, and fiber will help keep you full and satisfied.

170kcal, 5g protein, 19g carbs, 80mg sodium, 6g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 6% calcium, 6% iron

DINNER: Shrimp & Cauliflower Fried Rice

2¼ teaspoons grapeseed or sesame oil

¼ yellow onion, chopped (¼ cup)

½ clove garlic, minced

¾ teaspoon grated ginger, optional

½ pound shrimp, peeled and deveined

¾ cup broccoli, chopped

½ teaspoon black pepper

¾ cup cooked cauliflower rice * *see prep guide*

½ Tablespoon white wine vinegar OR raw coconut aminos

1 egg, beaten

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 2 minutes.
3. Add shrimp, broccoli, and pepper and cook for 3-4 minutes.
4. Add cauliflower rice and stir until heated through.
5. Whisk together vinegar or coconut aminos and eggs. Make a well in center of cauliflower rice and pour the mixture in.
6. Stir around until egg is cooked through then stir to distribute.

Fried Rice: 430 kcal, 42g Protein, 20g Carb, 1720mg Sodium, 5g Fiber, 480mg Cholesterol, 20g Fat, 3.5g Saturated, 6g Sugar, 20% Calcium, 8% Iron