



A Taste of The World

67 DELICIOUS ULTIMATE RESET-FRIENDLY
RECIPES FROM AROUND THE GLOBE



**BEACHBODY
ULTIMATE
RESET®**

Introduction

RESET WITH DISHES FROM AROUND THE WORLD...

When you typically think of a “cleanse,” chances are the soup or juice variety comes to mind—bland liquid diets that require you to gulp down the same thing over and over again.

But we created Ultimate Reset® because we knew there was a better way to help you revitalize your body and cleanse your system. That it was possible to rid your diet of toxins and achieve a total-body reset without starving or depriving yourself of real food.

We recommend referring to the original Ultimate Reset guide for an in-depth refresh of the program Phases, as well as additional information regarding supplements and the roles they play during each Phase.

If you’re beginning your Ultimate Reset journey for the first time, the original guide also includes a wealth of foundational recipes and daily menus to help you get started. And with this cookbook, we’ll open the door to even more tasty, Reset-friendly dishes from around the world.

Inside, you’ll find wholesome and nourishing Latin American, Mediterranean, and Indian-inspired recipes to give your routine some delicious variety. Using budget-friendly pantry staples, you’ll find that each one is easy to make, full of mouthwatering flavor, and should keep you full and satisfied while you reset.

You’ll also get a few Reset In A Crunch meal plans inspired by these global cuisines. If you’re short on time or want to fine-tune your food prep, use these to simplify your meal planning for the week and reduce waste.

We want to help make your reset as easy and enjoyable for you as possible, so you can focus on what’s important—your journey toward a healthier you!

PHASE 1 (DAYS 1–7) – RECLAIM

- Slowly remove animal proteins including eggs and dairy as well as refined foods.
- Begin to properly hydrate your body.
- Give your body vital nutrition to help maintain the body’s alkaline/acidic balance.
- Introduce the following Ultimate Reset supplements: Power Greens, Mineralize, Optimize, and Soothe.

PHASE 2 (DAYS 8–14) – RELEASE

- Eat delicious vegan meals.
- Introduce Ultimate Reset supplement Detox.
- Pay attention as your body begins to release unwanted substances, toxic emotions, or negative habits.
- Be gentle with yourself and remember that each person’s release experience is different. Yours will be right for you and occur when your body is ready.

PHASE 3 (DAYS 15–21) – RESTORE

- Consume mainly fruits and vegetables. Remove grains and legumes.
- Provide your body with pure, whole, highly nutritious foods that are easily absorbed.
- Introduce Ultimate Reset supplement, pre- and probiotic Revitalize.
- Learn to think about food in a new way and notice profoundly positive effects on your body.

All of our recipes are simple, satisfying, healthy, and delicious. Since your nutrition should be tailored to your tastes, preferences, and goals, we’ve added helpful symbols after the recipe titles to help you find the meals you’ll most enjoy. Here’s what they mean:

- | | |
|---|---|
| F recipes containing at least 6 g of fiber per serving. | QE recipes designed to be made in less than 15 minutes and require little to no cooking. |
| GF recipes designed to be Gluten-Free and contain no gluten. | V recipes designed to be Vegan and contain no animal products. |
| ND recipes that are designed to be made without dairy ingredients. | VG recipes designed to be Lacto-Ovo Vegetarian and contain no poultry, meat, or fish. |
| P recipes containing at least 10 g of protein per serving. | |

The Nutritional Information copy below each recipe provides estimated nutritional information for that recipe.



Table of Contents

INTRODUCTION 2

LATIN AMERICAN

RECIPES 6

RESET IN A CRUNCH 18

GROCERY LISTS 22

MEDITERRANEAN

RECIPES 26

RESET IN A CRUNCH 40

GROCERY LISTS 44

INDIAN

RECIPES 48

RESET IN A CRUNCH 62

GROCERY LISTS 66

WHILE YOU RESET 72

SUPPLEMENT REGIMEN 74

BREAKFAST RECIPES

Apricot and Avocado Salad 27

Avocado and Egg Ranchero 7

Brazilian Avocado Smoothie 8

Chickpea Hash 28

Cilantro and Red Lentil Roti 52

Dandelion Toast 28

Golden Chia Pudding 53

Greek Breakfast Bowl 30

Green Shakshuka 32

Grilled Pineapple with Chili 12

Kitchari 55

Mango Lassi 55

Oven-Roasted Figs 36

Papaya Oats Parfait 13

Savory Spanish Oatmeal Bowl 38

Spiced Millet Breakfast 58

Spiced Stewed Apples 59

Tropical Salad 17

Zucchini Chilaquiles with Scrambled Eggs 17

LUNCH AND DINNER RECIPES

Avocado Soup 7

Baja-Style Cauliflower Ceviche Tostada 8

Broccoli Almond Salad 49

Cabbage and Carrot Tinga 9

Calabacitas a la Mexicana (Mexican Zucchini) 10

Carrot and Pea Sabzi 50

Carrot Ginger Soup 50

Cauliflower “Chorizo” 10

Cauliflower Korma 50

Chana Masala 51

Chile Relleno de Tempeh 11

Cilantro and Red Lentil Roti 52

Cumin and Mustard Green Beans 53

Cumin-Roasted Carrots 28

Falafel 29

French Carrot Salad 29

Garden Cilantro Cauliflower Rice 12

Garlic Leeks 30

Greek Orange and Dill Black-Eyed Peas with Chicken 30

Green Lentil Keftas 31

Israeli Salad 33

Kachumber 54

Kitchari 55

Lemon Garlic Salmon 34

Masoor Dal Tadka 56

Mediterranean Pasta and Tempeh 35

Minestrone 35

Moroccan Vegetable Tagine 36

Peas Pulao 56

Peruvian Quinoa Salad 14

Rajas Poblanas 15

Refried Beans 15

Saag 57

Sautéed Squash and Olives 37

Squash and Cabbage Sabzi 59

Tempeh Fajitas 16

Tempeh Shawarma 39

Vegetable Curry 60

Zucchini and Red Lentil Fritters 61

CONDIMENTS AND SNACKS RECIPES

Celery Root Hummus 27

Chimichurri 12

Cilantro Chutney 52

Edamame Guacamole 12

Golden Chia Pudding 53

Hummus Dressing 33

Romesco 36

Salsa Ranchera 16

Salsa Verde Crudo 16

Tzatziki 39

SUPPLEMENTAL RECIPES

Cashew Milk 70

Homemade Vegetable Broth 70





LATIN AMERICAN RECIPES



Avocado and Egg Ranchero

(Makes 1 serving)

F **GF** **ND** **P** **QE** **VG** **BREAKFAST**

Phases: 1 (see tips for Phases 2 and 3 on the right)

Total Time: 10 min. • Prep Time: 6 min. • Cooking Time: 4 min.

- 1 tsp. avocado oil
- 2 large eggs
- ½ medium avocado, sliced
- 1 serving Salsa Ranchera (see recipe on page 16)
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ cup / 5 g fresh chopped cilantro (coriander leaves)

- 1 Heat oil in a large nonstick skillet over medium-high heat.
- 2 Add eggs; cook for 3 to 4 minutes, or until done to preference.
- 3 Spread avocado on serving plate; top with eggs. Spoon Salsa Ranchera over eggs; season with salt. Garnish with cilantro.



TIP To make this recipe during Phase 2, substitute ½ cup (85 g) beans or 4 oz. (115 g) tempeh for the eggs.

• To make this recipe during Phase 3, substitute 2 oz. (60 g) boiled, crumbled tempeh for the eggs.

Nutritional Information (per serving):

Calories: 362 • Total Fat: 29 g • Saturated Fat: 6 g • Cholesterol: 372 mg
Sodium: 784 mg • Carbohydrates: 13 g • Fiber: 7 g • Total Sugars: 0 g
Added Sugars: 0 g • Protein: 15 g

Avocado Soup

(Makes 2 servings, approx. 2 cups each)

F **GF** **ND** **QE** **V** **VG** **LUNCH, DINNER**

Phases: 1, 2, 3

Total Time: 10 min. • Prep Time: 7 min. • Cooking Time: 3 min.

- 2 servings **Homemade Vegetable Broth**
(see recipe on page 70)
- 2 medium avocados
- ½ medium onion, chopped
- ½ cup / 10 g chopped fresh cilantro (coriander leaves)
- 1 medium lime, juiced
- 2 tsp. avocado oil
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

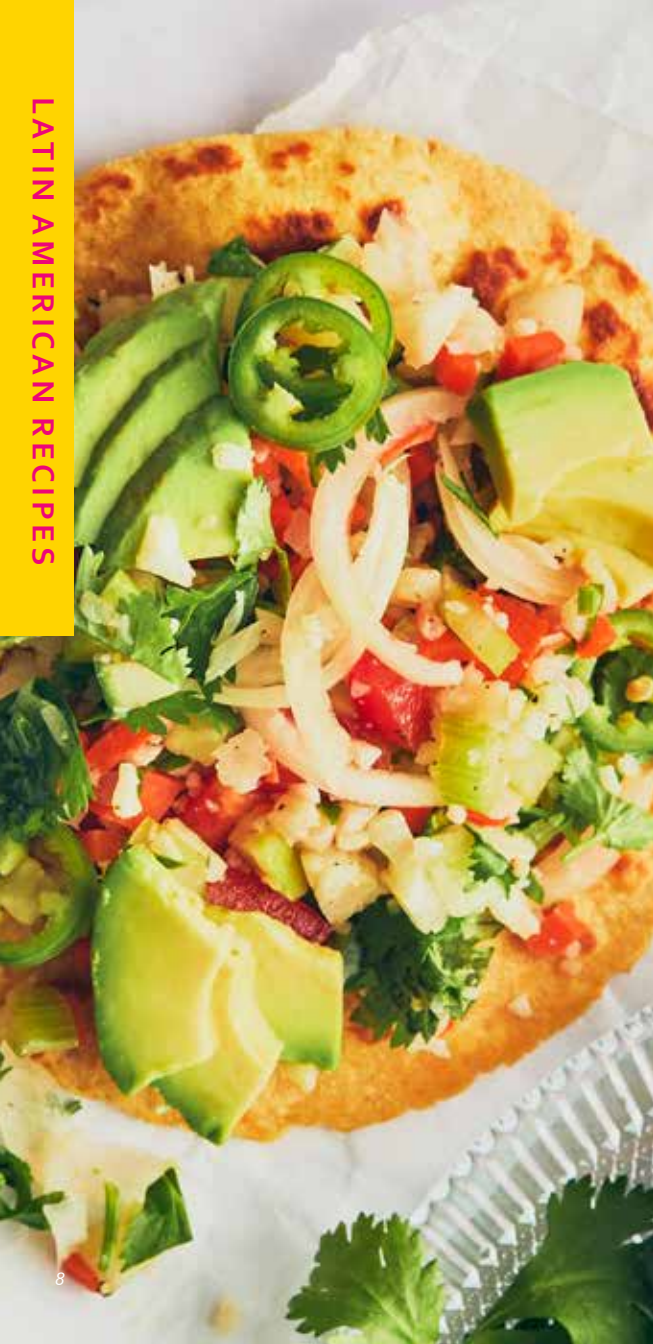
- 1 Add Homemade Vegetable Broth, avocados, onion, cilantro, lime juice, oil, salt, and pepper to a blender; cover. Blend until smooth.
- 2 Pour into a medium pot over medium-high heat. Bring to a gentle boil; cook for 3 minutes, or until warmed through. Serve immediately.

TIP This soup is also delicious chilled.

Nutritional Information (per serving):

Calories: 400 • Total Fat: 34 g • Saturated Fat: 5 g • Cholesterol: 0 mg
Sodium: 251 mg • Carbohydrates: 26 g • Fiber: 15 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 5 g





Baja-Style Cauliflower Ceviche Tostada

(Makes 2 servings, approx. 3 cups each)

F **GF** **ND** **V** **VG** **LUNCH, DINNER**

Phases: 1 (see tip for Phases 2 and 3 on the right)

Total Time: 20 min. + 1 hr. chilling time • Prep Time: 10 min.
• Cooking Time: 10 min.

- | | |
|-------------------------|---|
| 2 tsp. | avocado oil |
| 2 cups / 170 g | cauliflower florets, chopped |
| ½ | medium onion, sliced |
| 2 | medium carrots, finely chopped |
| ½ | medium cucumber, chopped |
| 4 | medium celery stalks, chopped |
| 1 | medium red bell pepper, finely chopped |
| ½ cup / 10 g | fresh cilantro (coriander leaves) |
| ½ | medium avocado, sliced |
| ¼ cup / 60 ml | apple cider vinegar |
| 1 | medium lime, juiced |
| 1 | medium jalapeño pepper, deveined, deseeded, thinly sliced |
| ¼ tsp. | sea salt (or Himalayan salt) |
| ¼ tsp. | ground black pepper |
| | Nonstick avocado oil cooking spray |
| 2 (6-inch / 15-cm each) | corn tortillas |

- Heat oil in a large nonstick skillet over medium-high heat.
- Add cauliflower; cook, stirring occasionally, for 8 to 10 minutes, or until soft. Remove from heat.
- Add onion, carrots, cucumber, celery, bell pepper, cilantro, avocado, vinegar, lime juice, jalapeño, salt, and pepper; stir to combine. Refrigerate in an airtight container for 1 hour, or until chilled.
- When ceviche has chilled, heat a dry nonstick skillet over medium-high heat; lightly coat with spray.
- Add tortillas; cook for 3 minutes. Flip; cook for an additional 3 minutes, or until crispy.

TIP To make this recipe during Phases 2 and 3, omit the tortillas.

Nutritional Information (per serving):
Calories: 288 • Total Fat: 13 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 353 mg • Carbohydrates: 40 g • Fiber: 13 g • Total Sugars: 12 g
Added Sugars: 0 g • Protein: 8 g

Brazilian Avocado Smoothie

(Makes 1 serving)

F **GF** **ND** **P** **QE** **V** **VG** **BREAKFAST**

Phases: 1, 2, 3
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- | | |
|----------------|--------------------------|
| 1 cup / 240 ml | water |
| ½ | medium avocado |
| 2 | medium kiwifruit, peeled |
| ¼ cup / 35 g | unsalted almonds |
| 1 | pitted date |

- Add water, avocado, kiwi, almonds, and date to a blender; cover. Blend until smooth. Serve immediately.

Nutritional Information (per serving):
Calories: 491 • Total Fat: 34 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 12 mg • Carbohydrates: 46 g • Fiber: 16 g • Total Sugars: 23 g
Added Sugars: 0 g • Protein: 11 g



Cabbage and Carrot Tinga

(Makes 2 servings, approx. 3 cups each)

F **GF** **ND** **QE** **V** **VG** **LUNCH, DINNER**

Phases: 1, 2, 3
Total Time: 15 min. • Prep Time: 5 min. • Cooking Time: 10 min.

- | | |
|--------------|---|
| 2 | medium tomatoes, chopped |
| 2 | chipotle peppers in adobo |
| 2 tsp. | avocado oil |
| ½ | medium head white cabbage, thinly sliced |
| 2 | medium carrots, shredded |
| ¼ tsp. | sea salt (or Himalayan salt) |
| ¼ tsp. | ground black pepper |
| ½ cup / 10 g | chopped fresh cilantro (coriander leaves) |

- Add tomatoes and chipotle peppers to a blender; cover. Blend until smooth; set aside.
- Heat oil in a medium nonstick skillet over medium-high heat until fragrant.
- Add cabbage, tomato mixture, carrots, salt, and pepper; cook, stirring occasionally, for 8 to 10 minutes, or until cabbage is soft.
- Add cilantro; stir to combine. Serve warm. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 154 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 371 mg • Carbohydrates: 25 g • Fiber: 10 g • Total Sugars: 14 g
Added Sugars: 0 g • Protein: 5 g

Calabacitas a la Mexicana
(Mexican Zucchini)

(Makes 2 servings, approx. 2 cups each)

GF ND QE V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 15 min. • Prep Time: 7 min. • Cooking Time: 8 min.

- 2 tsp. avocado oil
- 2 medium zucchini, chopped
- 2 medium tomatoes, chopped
- ½ medium onion, chopped
- 1 tsp. garlic powder
- ½ tsp. ground (or dried) oregano (or 2 tsp. fresh oregano)
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 1 Tbsp. chopped fresh cilantro (coriander leaves)

- 1 Heat oil in a medium nonstick skillet over medium-high heat.
- 2 Add zucchini, tomatoes, onion, garlic powder, oregano, salt, and pepper; cook, stirring occasionally, for 7 to 8 minutes, or until vegetables are soft.
- 3 Garnish with cilantro. Serve immediately

Nutritional Information (per serving):
Calories: 114 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 234 mg • Carbohydrates: 15 g • Fiber: 4 g • Total Sugars: 9 g
Added Sugars: 0 g • Protein: 4 g



Cauliflower “Chorizo”

(Makes 2 servings, approx. 1½ cups each)

GF ND V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 25 min. • Prep Time: 5 min. • Cooking Time: 20 min.

- 2 dried guajillo chiles, deveined, deseeded
- ¼ cup / 60 ml apple cider vinegar
- 4 cloves garlic
- ½ tsp. ground cumin
- ½ tsp. ground (or dried) oregano (or 1 tsp. fresh oregano)
- 2 tsp. avocado oil
- 2 cups / 170 g cauliflower rice
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

- 1 Bring a medium pot of water to boil over medium-high heat.
- 2 Add guajillo chiles; boil for 5 minutes. Drain; reserve water.
- 3 Add chiles, vinegar, ½ cup (60 ml) reserved water, garlic, cumin, and oregano to a blender; cover. Blend until smooth; set aside.
- 4 Heat oil in medium nonstick skillet over medium heat until fragrant.
- 5 Add cauliflower rice; cook, stirring occasionally, for 3 to 5 minutes, or until soft and moisture has evaporated.
- 6 Add chile mixture, salt, and pepper; cook, stirring occasionally, for 10 minutes, or until liquid is absorbed. Serve warm.

Nutritional Information (per serving):
Calories: 127 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 242 mg • Carbohydrates: 15 g • Fiber: 3 g • Total Sugars: 2 g
Added Sugars: 0 g • Protein: 5 g

Chile Relleno de Tempeh

(Makes 2 servings, approx. 2 cups each)

GF ND P V VG LUNCH, DINNER

Phases: 1 & 2 (see tip for Phase 3 on the right)
Total Time: 25 min. + 10 min. steaming time • Prep Time: 5 min.
• Cooking Time: 20 min.

- 8 oz. / 230 g organic tempeh
- 2 medium poblano peppers
- 2 Resealable plastic bag
- 2 tsp. avocado oil
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 2 servings Salsa Ranchera (see recipe on page 16)

- 1 Bring a medium pot of water to boil over medium-high heat; add tempeh. Boil for 10 minutes; drain. Slice; set aside.
- 2 While tempeh boils, char poblano peppers directly over gas flame (or under broiler), turning occasionally, for 5 to 6 minutes, or until blackened on all sides. Place peppers in resealable plastic bag; seal. Set aside to steam for 10 minutes. Peel peppers; remove seeds. Slice in half lengthwise; set aside.
- 3 While peppers steam, heat oil in a large nonstick skillet over medium-high heat until fragrant.
- 4 Add tempeh, salt, and pepper; cook for 1 to 2 minutes. Flip; cook for an additional 1 to 2 minutes, or until golden brown on both sides. Crumble.
- 5 Stuff peppers with tempeh. Top with Salsa Ranchera.

TIP Tempeh is often gluten-free, but not always. Be sure to check the nutrition label to ensure it’s gluten-free.
• During Phase 3, only consume half of a serving.

Nutritional Information (per serving):
Calories: 255 • Total Fat: 11 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 438 mg • Carbohydrates: 19 g • Fiber: 11 g • Total Sugars: 3 g
Added Sugars: 0 g • Protein: 23 g



Chimichurri

(Makes 5 servings, approx. 3 Tbsp. each)

GF ND QE V VG CONDIMENT

Phases: 1, 2, 3
Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

- 1 cup / 60 g

1/4 cup / 60 ml

1

2 Tbsp.

6 cloves

1 tsp.

1/4 tsp.

1/4 tsp.
- chopped fresh parsley

apple cider vinegar

medium shallot, roughly chopped

extra-virgin olive oil

garlic

sea salt (or Himalayan salt)

crushed red pepper flakes

ground (or dried) oregano (or 1 tsp. fresh oregano)

- 1 Add parsley, vinegar, shallot, oil, garlic, salt, red pepper flakes, and oregano to a food processor; cover. Pulse until combined. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 66 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 345 mg • Carbohydrates: 4 g • Fiber: 1 g • Total Sugars: 1 g
Added Sugars: 0 g • Protein: 1 g

Edamame Guacamole

(Makes 2 servings, approx. 1 1/2 cups each)

F GF ND P QE V VG CONDIMENT, SNACK

Phases: 1, 2, 3
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- 1 cup / 155 g

1

1

2 tsp.

1/4 tsp.

1/4 tsp.

1/2

1/2 cup / 10 g
- cooked shelled edamame

medium avocado, chopped

medium lime, juiced

avocado oil

sea salt (or Himalayan salt)

ground black pepper

medium onion, chopped

chopped fresh cilantro (coriander leaves)

- 1 Place edamame, avocado, lime juice, oil, salt, and pepper in a food processor; cover. Process until smooth.
- 2 Add edamame mixture, onion, and cilantro to a medium mixing bowl; stir to combine. Serve immediately.

Nutritional Information (per serving):
Calories: 314 • Total Fat: 24 g • Saturated Fat: 3 g • Cholesterol: 0 mg
Sodium: 225 mg • Carbohydrates: 20 g • Fiber: 12 g • Total Sugars: 4 g
Added Sugars: 0 g • Protein: 12 g

Garden Cilantro Cauliflower Rice

(Makes 2 servings, approx. 2 1/3 cups each)

F GF ND QE V VG LUNCH, DINNER

Phases: 1 & 2 (see tip for Phase 3 on the right)
Total Time: 15 min. • Prep Time: 8 min. • Cooking Time: 7 min.

- 2 tsp.

2 cups / 170 g

1

2/3 cup / 95 g

1/2

2/3 cup / 10 g

1/4 tsp.

1/4 tsp.
- avocado oil

cauliflower rice

medium carrot, finely chopped

fresh green peas

medium onion, finely chopped

fresh cilantro (coriander leaves)

sea salt (or Himalayan salt)

ground black pepper

- 1 Heat oil in a medium nonstick skillet over medium heat.
- 2 Add cauliflower rice, carrot, peas, and onion; cook, stirring occasionally, for 6 to 7 minutes, or until onion is translucent.
- 3 Add cilantro, salt, and pepper; stir to combine. Serve warm.

TIP To make this recipe during Phase 3, omit the peas.

Nutritional Information (per serving):
Calories: 126 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 262 mg • Carbohydrates: 17 g • Fiber: 6 g • Total Sugars: 7 g
Added Sugars: 0 g • Protein: 5 g

Grilled Pineapple with Chili

(Makes 1 serving)

GF ND QE V VG BREAKFAST

Phases: 1, 2, 3
Total Time: 10 min. • Prep Time: 4 min. • Cooking Time: 6 min.

- 1/2

1/4 tsp.
- medium pineapple, cored, sliced into 1/2-inch (1-cm) rings

chili powder

- 1 Preheat a grill (or grill pan) to medium-high.
- 2 Add pineapple; grill for 2 to 3 minutes. Flip; grill for 2 to 3 minutes, or until charred on both sides.
- 3 Place on a serving plate; season with chili powder. Serve immediately.

Nutritional Information (per serving):
Calories: 169 • Total Fat: 1 g • Saturated Fat: 0 g • Cholesterol: 0 mg
Sodium: 42 mg • Carbohydrates: 44 g • Fiber: 5 g • Total Sugars: 33 g
Added Sugars: 0 g • Protein: 2 g



Papaya Oats Parfait

(Makes 1 serving)

F GF P QE VG BREAKFAST

Phases: 1
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- 1/2 cup / 50 g

1/2

3/4 cup / 185 g

1 Tbsp.
- cooked rolled oats

medium papaya, cubed

reduced-fat (2%) plain Greek yogurt

chopped fresh mint (optional)

- 1 Place half of oats in a tall serving glass; top with half of papaya and half of yogurt; repeat with remaining oats, papaya, and yogurt.
- 2 Top with mint (if desired). Serve immediately or refrigerate in an airtight container for up to 3 days.

Nutritional Information (per serving):
Calories: 394 • Total Fat: 7 g • Saturated Fat: 3 g • Cholesterol: 18 mg
Sodium: 74 mg • Carbohydrates: 58 g • Fiber: 7 g • Total Sugars: 18 g
Added Sugars: 0 g • Protein: 26 g



Peruvian Quinoa Salad

(Makes 2 servings, approx. 2½ cups each)

F GF ND P QE V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

FOR DRESSING:

- 1
- 2 tsp.
- ¾ tsp.
- ¾ tsp.
- medium lime, juiced
- extra-virgin olive oil
- sea salt (or Himalayan salt)
- ground black pepper

FOR SALAD:

- 1 cup / 185 g
- 1
- 2
- ¾ cup / 95 g
- ¾ cup / 120 g
- ½ cup / 10 g
- 2 Tbsp.
- cooked quinoa
- medium red bell pepper, chopped
- medium carrots, chopped
- fresh green peas
- cooked lima beans, drained, rinsed
- chopped fresh cilantro (coriander leaves)
- chopped unsalted Brazil nuts

- 1 To make dressing, add lime juice, oil, salt, and pepper to a large serving bowl; whisk to combine.
- 2 To make salad, add quinoa, bell pepper, carrots, peas, lima beans, cilantro, and Brazil nuts to dressing; toss gently to blend. Serve immediately.

Nutritional Information (per serving):
Calories: 372 • Total Fat: 13 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 268 mg • Carbohydrates: 53 g • Fiber: 14 g • Total Sugars: 9 g
Added Sugars: 0 g • Protein: 14 g

Rajas Poblanas

(Makes 2 servings, approx. 1 cup each)

GF VG LUNCH, DINNER

Phases: 1
Total Time: 20 min. + 10 min. steaming time • Prep Time: 9 min.
• Cooking Time: 11 min.

- 2
- 2 tsp.
- ½
- ⅓ cup / 90 g
- 1 tsp.
- ½ cup / 125 g
- ¼ tsp.
- ¼ tsp.
- medium poblano peppers
- Resealable plastic bag
- avocado oil
- medium onion, chopped
- fresh corn kernels
- garlic powder
- reduced-fat (2%) plain Greek yogurt
- sea salt (or Himalayan salt)
- ground black pepper

- 1 Char poblano peppers directly over gas flame (or under broiler), turning occasionally, for 5 to 6 minutes, or until blackened on all sides. Place peppers in resealable plastic bag; seal. Set aside to steam for 10 minutes.
- 2 Peel peppers; remove seeds. Slice; set aside.
- 3 Heat oil in a large nonstick skillet over medium-high heat.
- 4 Add peppers, onion, corn, and garlic powder; cover. Reduce heat to medium; cook, stirring occasionally, for 4 to 5 minutes, or until onion is translucent and vegetables begin to brown.
- 5 Add yogurt, salt, and pepper; stir to combine. Serve warm.

Nutritional Information (per serving):
Calories: 157 • Total Fat: 7 g • Saturated Fat: 1 g • Cholesterol: 6 mg
Sodium: 236 mg • Carbohydrates: 17 g • Fiber: 3 g • Total Sugars: 8 g
Added Sugars: 0 g • Protein: 9 g

Refried Beans

(Makes 3 servings, approx. ½ cup each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 25 min. • Prep Time: 8 min. • Cooking Time: 17 min.

- 2 tsp.
- ½
- 4 cloves
- 1½ cups / 255 g
- ½ cup / 120 ml
- ½ tsp.
- ½ tsp.
- ½ tsp.
- ½ tsp.
- 2 Tbsp.
- ½
- avocado oil
- medium onion, finely chopped
- garlic, finely chopped
- cooked pinto beans, drained, rinsed
- water
- chili powder
- ground oregano
- ground cumin
- sea salt (or Himalayan salt)
- chopped fresh cilantro (coriander leaves)
- medium lime, juiced

- 1 Heat oil in a medium pot over medium-high heat.
- 2 Add onion; cook, stirring occasionally, for 6 to 8 minutes, or until translucent.
- 3 Add garlic; cook, stirring frequently, for 1 minute, or until fragrant.
- 4 Add pinto beans, water, chili powder, oregano, cumin, and salt; stir to combine. Reduce heat to low; cover. Cook for 5 minutes.
- 5 Mash beans partially (it should be chunky); cook, uncovered, stirring frequently, for 3 additional minutes, or until liquid has evaporated.
- 6 Add cilantro and lime juice; stir to combine. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 144 • Total Fat: 4 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 578 mg • Carbohydrates: 22 g • Fiber: 6 g • Total Sugars: 2 g
Added Sugars: 0 g • Protein: 6 g

Salsa Ranchera
(Makes 4 servings, approx. ¼ cup each)

GF ND QE V VG CONDIMENT

Phases: 1, 2, 3
Total Time: 15 min. • Prep Time: 5 min. • Cooking Time: 10 min.

- 1 medium tomato
- 2 medium serrano peppers, deseeded
- ¼ medium onion
- 3 cloves garlic
- ¾ tsp. sea salt (or Himalayan salt)

- 1 Bring a medium pot of water to boil over medium-high heat.
- 2 Add tomato and serrano peppers; boil for 8 to 10 minutes, or until soft.
- 3 Add tomato, serrano peppers, onion, garlic, and salt to a food processor; cover. Process on low until smooth. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 11 • Total Fat: 0 g • Saturated Fat: 0 g • Cholesterol: 0 mg
Sodium: 212 mg • Carbohydrates: 2 g • Fiber: 1 g • Total Sugars: 1 g
Added Sugars: 0 g • Protein: 1 g

Salsa Verde Crudo
(Makes 3 servings, approx. 1½ cups each)

GF ND QE V VG CONDIMENT

Phases: 1, 2, 3
Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

- 8 oz. / 230 g fresh tomatillos, husked
- 1 medium onion, chopped
- 1 serrano pepper, chopped
- ½ cup / 10 g chopped fresh cilantro (coriander leaves)
- ¼ cup / 60 ml water
- 4 cloves garlic
- 1 Tbsp. avocado oil
- ¼ tsp. sea salt (or Himalayan salt)

- 1 Place tomatillos, onion, serrano pepper, cilantro, water, garlic, oil, and salt in a food processor; cover. Pulse until smooth. Refrigerate in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 87 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 144 mg • Carbohydrates: 9 g • Fiber: 2 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 1 g



Tempeh Fajitas
(Makes 2 servings, approx. 2 cups each)

GF ND P V VG LUNCH, DINNER

Phases: 1 & 2 (see tip for Phase 3 on the right)
Total Time: 25 min. • Prep Time: 7 min. • Cooking Time: 18 min.

- 8 oz. / 230 g organic tempeh, sliced into ½-inch (1-cm) strips
- 2 tsp. avocado oil
- 1 medium red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 1 medium yellow bell pepper, sliced
- ½ medium onion, thinly sliced
- ¼ tsp. ground smoked paprika
- ¼ tsp. garlic powder
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

- 1 Bring a medium pot of water to boil over medium-high heat; add tempeh. Boil for 10 minutes; drain.
- 2 Heat oil in a large nonstick skillet over medium-high heat.

- 3 Add bell peppers, onion, paprika, garlic powder, salt, and pepper; cook, stirring frequently, for 2 to 3 minutes.
- 4 Add tempeh; cook, stirring occasionally, for 4 to 5 minutes, or until tempeh is golden brown. Serve immediately.

TIP Tempeh is often gluten-free, but not always. Be sure to check the nutrition label to ensure it's gluten-free.
• During Phase 3, only consume half of a serving.

Nutritional Information (per serving):
Calories: 393 • Total Fat: 11 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 231 mg • Carbohydrates: 27 g • Fiber: 13 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 24 g

Tropical Salad
(Makes 2 servings, approx. 2¼ cups each)

F GF ND QE V VG BREAKFAST

Phases: 1, 2, 3
Total Time: 15 min. • Prep Time: 15 min. • Cooking Time: None

- 2 medium mangoes, peeled, cubed
- 1 medium jicama, peeled, cubed
- 1 medium cucumber, cubed
- ½ cup / 10 g chopped fresh cilantro (coriander leaves)
- 1 medium lime, juiced
- 1 tsp. chili powder
- ¼ tsp. sea salt (or Himalayan salt)

- 1 Add mangoes, jicama, cucumber, cilantro, lime juice, chili powder, and salt to a serving bowl; toss to combine. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 146 • Total Fat: 1 g • Saturated Fat: 0 g • Cholesterol: 0 mg
Sodium: 337 mg • Carbohydrates: 35 g • Fiber: 7 g • Total Sugars: 25 g
Added Sugars: 0 g • Protein: 3 g



Zucchini Chilaquiles with Scrambled Eggs
(Makes 1 serving)

F GF ND P VG BREAKFAST

Phases: 1
Total Time: 20 min. • Prep Time: 6 min. • Cooking Time: 14 min.

- Parchment paper
- 2 medium zucchini, thinly sliced
- 1 tsp. avocado oil
- ½ tsp. garlic powder
- ¼ tsp. sea salt (or Himalayan salt), *divided use*
- ¼ tsp. ground black pepper, *divided use*
- Nonstick avocado oil cooking spray
- 2 large eggs, lightly beaten
- 1 serving Salsa Verde Crudo (see recipe on page 16)

- 1 Preheat oven to 425° F (220 °C).
- 2 Line a large baking sheet with parchment paper.
- 3 Add zucchini, oil, garlic powder, 1 dash salt, and 1 dash pepper; toss to coat. Spread in a single layer on prepared sheet.
- 4 Bake for 5 minutes; flip. Bake for an additional 5 minutes, or until browned; set aside.
- 5 When zucchini finish baking, heat a medium nonstick skillet over medium-high heat; lightly coat with spray.
- 6 Add zucchini, eggs, remaining 1 dash salt, and remaining 1 dash pepper; cook, stirring frequently, for 3 to 4 minutes, or until eggs are cooked to your liking.
- 7 Place zucchini mixture on a serving plate; top with Salsa Verde Crudo. Serve immediately.

Nutritional Information (per serving):
Calories: 345 • Total Fat: 21 g • Saturated Fat: 5 g • Cholesterol: 372 mg
Sodium: 739 mg • Carbohydrates: 24 g • Fiber: 6 g • Total Sugars: 14 g
Added Sugars: 0 g • Protein: 19 g

Reset In A Crunch Meal Plans

Use the following meal plans if you’re short on time, running low on energy, or just want to get a meal on the table quickly. There are separate meal plans inspired by Latin American, Mediterranean, and Indian cuisines, but feel free to mix and match recipes to suit your taste, schedule, or mood. You’ll notice that each meal plan utilizes leftovers and many of the pantry items remain the same from week to week. This will save you time and money, while helping you reduce waste.

Reset In A Crunch – LATIN AMERICAN

P H A S E O N E							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Avocado and Egg Ranchero	Zucchini Chilaquiles with Scrambled Eggs	Avocado and Egg Ranchero	Papaya Oats Parfait	½ medium papaya + ½ cup (115 g) cooked oatmeal + ½ cup (125 g) Greek yogurt + 1 tsp. grade B dark maple syrup	Brazilian Avocado Smoothie	Brazilian Avocado Smoothie
LUNCH	Chile Relleno de Tempeh + ½ cup (90 g) cooked quinoa + 2 Tbsp. pepitas	Chile Relleno de Tempeh + ½ cup (90 g) cooked quinoa + 2 Tbsp. pepitas	Cauliflower "Chorizo" + 1 corn tortilla + 4 oz. (115 g) tempeh	Baja-Style Cauliflower Ceviche Tostada	Cauliflower "Chorizo" + 2 corn tortillas + Refried Beans + 2 Tbsp. pepitas	Rajas Poblanas + ½ cup (90 g) cooked quinoa	Rajas Poblanas + ½ cup (90 g) cooked quinoa + 2 Tbsp. pepitas
DINNER	Tempeh Fajitas + Salsa Verde Crudo	Tempeh Fajitas + Salsa Verde Crudo	Cabbage and Carrot Tinga + Edamame Guacamole	Cabbage and Carrot Tinga + Edamame Guacamole	Baja-Style Cauliflower Ceviche Tostada + 2 Tbsp. pepitas	Calabacitas a la Mexicana (Mexican Zucchini) + ½ cup cooked quinoa + Refried Beans + 1 Tbsp. pepitas	Calabacitas a la Mexicana (Mexican Zucchini) + ½ cup cooked quinoa + Refried Beans
MEAL PREP NOTES			Slice tempeh; sauté in a nonstick skillet lightly coated with spray. Add to Cauliflower "Chorizo."		Serve oatmeal topped with yogurt, papaya, and maple syrup.		

P H A S E T W O							
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	2 servings Tropical Salad	Brazilian Avocado Smoothie	Brazilian Avocado Smoothie	2 servings Tropical Salad	Tropical Salad + 1 Tbsp. pepitas	Grilled Pineapple with Chile	Grilled Pineapple with Chile + Tropical Salad
LUNCH	Garden Cilantro Cauliflower Rice + Refried Beans + ½ avocado	Garden Cilantro Cauliflower Rice + Refried Beans + Salsa Verde Crudo	Tempeh Fajitas + Chimichurri	Tempeh Fajitas + Salsa Verde Crudo + ½ avocado	Chile Relleno de Tempeh + ½ cup (90 g) quinoa + Chimichurri	Avocado Soup	Cabbage and Carrot Tinga + Peruvian Quinoa Salad
DINNER	Baja-Style Cauliflower Ceviche Tostada (omit tortilla) + ½ avocado + 4 oz. (115 g) tempeh + 1 tsp. avocado oil	Baja-Style Cauliflower Ceviche Tostada (omit tortilla) + 2 oz. (60 g) tempeh + ½ avocado	Calabacitas a la Mexicana (Mexican Zucchini) + Refried Beans + Chimichurri	Calabacitas a la Mexicana (Mexican Zucchini) + ½ cup (90 g) cooked quinoa + 2 Tbsp. pepitas + Chimichurri	Avocado Soup + ½ cup (90 g) cooked quinoa + Salsa Verde Crudo	Chile Relleno de Tempeh + Peruvian Quinoa Salad + Chimichurri	Cauliflower "Chorizo" + Edamame Guacamole
MEAL PREP NOTES	Sauté tempeh in oil; top with avocado.	Sauté tempeh in a nonstick skillet lightly coated with spray; top with avocado.					

P H A S E T H R E E							
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BREAKFAST	2 servings Grilled Pineapple with Chile	Grilled Pineapple with Chile	Tropical Salad	2 servings Tropical Salad	2 servings Grilled Pineapple with Chile	Grilled Pineapple with Chile + Tropical Salad	Grilled Pineapple with Chile
LUNCH	Cabbage and Carrot Tinga + 3 cups (255 g) cauliflower rice + 1 tsp. avocado oil + Chimichurri + 2 Tbsp. pepitas	Avocado Soup + 3 red bell peppers + 1 tsp. avocado oil + Chimichurri + 1 Tbsp. pepitas	Avocado Soup + 3 green bell peppers + 1 tsp. avocado oil + Chimichurri + 1 Tbsp. pepitas	Cauliflower "Chorizo" + 3 yellow bell peppers + 2 tsp. avocado oil + Chimichurri + 2 Tbsp. pepitas	Cauliflower "Chorizo" + 3 zucchini + 2 tsp. avocado oil + Chimichurri + 2 Tbsp. pepitas	Cabbage and Carrot Tinga + Edamame Guacamole	Cabbage and Carrot Tinga + 3 cups (255 g) cauliflower rice + 1 tsp. avocado oil + Edamame Guacamole
DINNER	Cauliflower "Chorizo" + Edamame Guacamole	Calabacitas a la Mexicana (Mexican Zucchini) + 2 oz. (60 g) tempeh + 1 tsp.avocado oil + ½ avocado + 1 Tbsp. pepitas	Calabacitas a la Mexicana (Mexican Zucchini) + 2 oz. (60 g) tempeh + 1 tsp.avocado oil + ½ avocado + 1 Tbsp. pepitas	½ serving Chile Relleno de Tempeh + Garden Cilantro Cauliflower Rice (omit peas) + ½ avocado + 2 Tbsp. pepitas	½ serving Chile Relleno de Tempeh + Garden Cilantro Cauliflower Rice (omit peas) + ½ avocado + 1 Tbsp. pepitas	½ serving Chile Relleno de Tempeh + Baja-Style Cauliflower Ceviche Tostada (omit tortilla)	½ serving Chile Relleno de Tempeh + Baja-Style Cauliflower Ceviche Tostada (omit tortilla)
MEAL PREP NOTES	Sauté cauliflower rice in oil; top with Chimichurri and pepitas.	Sauté bell peppers in oil; top with Chimichurri and pepitas. Sauté tempeh in oil; top with avocado and pepitas.	Sauté bell peppers in oil; top with Chimichurri and pepitas. Sauté tempeh in oil; top with avocado and pepitas.	Sauté bell peppers in oil; top with Chimichurri and pepitas.	Sauté zucchini in oil; top with Chimichurri and pepitas.		Sauté cauliflower rice in oil; serve Cabbage and Carrot Tinga over top. Top with Edamame Guacamole.

Latin American Grocery Lists

Latin American Grocery List Week 1

PRODUCE	
4 medium avocados	
2 large bunches fresh cilantro (coriander leaves)	
1 small bunch fresh mint	
5 medium tomatoes	
8 oz. / 230 g tomatillos	
5 medium onions	
2 bulbs garlic (need 15 cloves)	
4 medium poblano peppers	
3 medium serrano peppers	
1 medium jalapeño pepper	
2 medium red bell peppers	
1 medium green bell pepper	
1 medium yellow bell pepper	
4 medium zucchini	
6 oz. / 170 g cauliflower rice	
8 oz. / 230 g cauliflower florets	
1 medium head white cabbage	
4 medium carrots	
6 oz. / 170 g cooked shelled edamame	
1 medium cucumber	
1 bunch celery	
1 oz. / 30 g pitted dates	

PRODUCE	
4 oz. / 115 g fresh corn kernels	
3 medium limes	
1 medium papaya	
4 medium kiwifruit	

MEAT AND DAIRY (AND ALTERNATIVES)	
1 lb. 4 oz. / 575 g organic tempeh	
½ dozen large eggs	
15 oz. / 430 g reduced-fat (2%) plain Greek yogurt	

DRY AND PACKAGED GOODS	
1 small bag dry quinoa (need 5 oz. / 140 g)	
4 oz. / 115 g unsalted pepitas	
1 small package dried guajillo chiles (need 2)	
1 package (6-inch / 15-cm each) corn tortillas (need 5)	
1 small can chipotle peppers in adobo (need 2)	
1 small package dry rolled oats (need ½ cup / 40 g)	
1½ cups / 255 g cooked pinto beans, drained	
2 oz. / 60 g unsalted almonds	

PANTRY	
Avocado oil	
Apple cider vinegar	
Grade B dark maple syrup	
Sea salt (or Himalayan salt)	

PANTRY	
Ground black pepper	
Black peppercorns	
Ground smoked paprika	
Garlic powder	
Ground cumin	
Ground oregano	
Chili powder	

OTHER	
Resealable plastic bags	
Parchment paper	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Make Salsa Ranchera.	
Make Salsa Verde Crudo.	
Freeze the other half of the cabbage head for next week's Cabbage and Carrot Tinga.	
Cook ⅔ cup of dry quinoa according to package directions.	
Boil 4 oz. (115 g) tempeh for 10 minutes; drain. Use this for lunch on day 3. Feel free to marinate in flavors of your choice until ready to cook.	
Refrigerate any cooked foods in separate airtight containers.	
Save the other half of the last avocado for lunch on day 8.	
Save the other half of the last lime for next week's Refried Beans.	

Latin American Grocery List
Week 2

PRODUCE	
3 large bunches fresh cilantro (coriander leaves)	
1 small bunch fresh thyme	
1 small bunch fresh rosemary	
1 large bunch fresh parsley	
3 medium jicama	
4 medium cucumbers	
8 oz. / 230 g cauliflower florets	
12 oz. / 340 g cauliflower rice	
12 medium carrots	
7 oz. / 200 g fresh green peas	
2 bunches celery	
8 oz. / 230 g tomatillos	
5 medium tomatoes	
3 medium red bell peppers	
1 medium green bell pepper	
1 medium yellow bell pepper	
2 medium poblano peppers	
3 medium serrano peppers	
1 medium jalapeño pepper	
2 medium zucchini	
6 oz. / 170 g cooked shelled edamame	
7 medium onions	
3 bulbs garlic (need 31 cloves)	
1 medium shallot	

PRODUCE	
7 medium limes	
6 medium avocados	
6 medium mangoes	
1 medium pineapple	
4 medium kiwifruit	
1 oz. / 30 g pitted dates	

MEAT AND DAIRY (AND ALTERNATIVES)	
1 lb. 6 oz. / 630 g organic tempeh	

DRY AND PACKAGED GOODS	
5 oz. / 140 g dry quinoa	
2 oz. / 60 g unsalted almonds	
1 oz. / 30 g unsalted pepitas	
1 oz. / 30 g unsalted Brazil nuts	
1 small package dried guajillo chiles (need 2)	
1 small can chipotle peppers in adobo (need 2)	
¾ cup / 115 g cooked lima beans, drained	
1½ cups / 255 g cooked pinto beans, drained	

PANTRY	
Avocado oil	
Extra-virgin olive oil	
Apple cider vinegar	
Sea salt (or Himalayan salt)	
Ground black pepper	
Chili powder	
Ground oregano	

PANTRY	
Ground cumin	
Ground smoked paprika	
Garlic powder	
Crushed red pepper flakes	
Bay leaves	
Black peppercorns	

OTHER	
Nonstick avocado oil cooking spray	
Resealable plastic bags	

MEAL PREP NOTES	
Make Salsa Verde Crudo.	
Make Refried Beans.	
Boil 6 oz. (170 g) tempeh for 10 minutes; drain. Use this for dinner on days 8 and 9. Feel free to marinate in flavors of your choice until ready to cook.	
Make Salsa Ranchera. Freeze the other 2 servings for next week.	
Make Homemade Vegetable Broth. Freeze servings separately. Thaw 2 servings on day 11 to be ready for making Avocado Soup on day 12.	
Refrigerate (or freeze) any cooked foods in separate airtight containers.	
Thaw the other half of the cabbage head on day 13 for Cabbage and Carrot Tinga on day 14.	
Save the other half of the cucumber for a snack or share it with someone in your family.	

Latin American Grocery List
Week 3

PRODUCE	
1 large bunch fresh parsley	
2 large bunches fresh cilantro (coriander leaves)	
1 lb. 14 oz. / 850 g cauliflower rice	
8 oz. / 230 g cauliflower florets	
5 medium zucchini	
4 medium tomatoes	
2 medium jicama	
3 medium cucumbers	
4 medium red bell peppers	
3 medium green bell peppers	
3 medium yellow bell peppers	
2 medium poblano peppers	
1 medium jalapeño pepper	
5 medium carrots	
1 medium head white cabbage	
6 oz. / 170 g cooked shelled edamame	
1 bunch celery	
3 medium onions	
1 medium shallot	
1 bulb garlic (need 10 cloves)	

PRODUCE	
5 medium limes	
6 medium avocados	
4 medium mangoes	
4 medium pineapples	

MEAT AND DAIRY (AND ALTERNATIVES)	
12 oz. / 340 g organic tempeh	

DRY AND PACKAGED GOODS	
4 oz. / 115 g unsalted pepitas	
1 small package dried guajillo chiles (need 2)	
1 small can chipotle peppers in adobo (need 2)	

PANTRY	
Avocado oil	
Extra-virgin olive oil	
Apple cider vinegar	
Sea salt (or Himalayan salt)	
Ground black pepper	
Chili powder	
Crushed red pepper flakes	
Ground oregano	
Garlic powder	
Ground cumin	

OTHER	
Resealable plastic bag	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Make the Chimichurri.	
Defrost 2 servings of Salsa Ranchera on day 17.	
Defrost 2 servings of Homemade Vegetable Broth on day 15.	
Boil 4 oz. (115 g) tempeh; drain. Use this for dinner on days 16 and 17. Feel free to marinate in flavors of your choice until ready to cook.	
Refrigerate any cooked foods in separate airtight containers.	
Use the 2nd servings of Cabbage and Carrot Tinga, Cauliflower "Chorizo," and Edamame Guacamole from day 14 for day 15.	



Apricot and Avocado Salad

(Makes 2 servings)

F **GF** **ND** **QE** **V** **VG** **BREAKFAST**

Phases: 1, 2, 3

Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

- 4 medium clementines, peeled, separated into segments
- 3 medium apricots, pitted, chopped
- 1 cup / 175 g pomegranate seeds
- 1 medium avocado, chopped
- 2 Tbsp. chopped fresh mint

- 1 Add clementines, apricots, pomegranate seeds, avocado, and mint to a large mixing bowl; stir to combine. Divide mixture evenly between 2 serving bowls.

TIP To segment the clementines, use a sharp paring knife to cut off the tops and bottoms of the rind. Follow the contours of the fruit with your knife to remove the remaining rind in vertical strokes. Cut between the segments to release the fruit in beautiful, jewel-like pieces.

- You can also substitute 1 mango, 1 pear, 1 nectarine, or 1 peach for the apricots.
- Try subbing fresh basil for the fresh mint!

Nutritional Information (per serving):

Calories: 294 • Total Fat: 13 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 6 mg • Carbohydrates: 48 g • Fiber: 10 g • Total Sugars: 30 g
Added Sugars: 0 g • Protein: 6 g



Celery Root Hummus

(Makes 4 servings, ½ cup each)

GF **ND** **V** **VG** **CONDIMENT, SNACK**

Phases: 1, 2, 3

Total Time: 30 min. • Prep Time: 6 min. • Cooking Time: 24 min.

- 1 Nonstick avocado oil cooking spray
- 3 cloves medium onion, chopped
- 1 garlic, chopped
- 2 servings medium celery root, peeled, chopped
- Homemade Vegetable Broth (see recipe on page 70)
- ¼ cup / 60 g tahini paste
- ½ medium lemon, juiced
- ½ tsp. ground smoked paprika
- ¼ tsp. ground cumin
- ¼ tsp. ground sumac
- ¼ tsp. sea salt (or Himalayan salt)

- 1 Heat a large nonstick skillet over medium-high heat; lightly coat with spray.
- 2 Add onion; cook, stirring occasionally, for 7 to 8 minutes, or until translucent.
- 3 Add garlic; cook, stirring occasionally, for 1 minute, or until fragrant.
- 4 Add celery root and Homemade Vegetable Broth; bring to a gentle boil. Gently boil for 10 to 15 minutes, or until soft. Strain broth (reserve for another recipe).
- 5 Add vegetable mixture, tahini paste, lemon juice, smoked paprika, cumin, sumac, and salt to a food processor; cover. Pulse until smooth. Refrigerate in an airtight container for up to 4 days.

Nutritional Information (per serving):

Calories: 149 • Total Fat: 8 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 300 mg • Carbohydrates: 16 g • Fiber: 3 g • Total Sugars: 3 g
Added Sugars: 0 g • Protein: 4 g



MEDITERRANEAN RECIPES

Chickpea Hash

(Makes 1 serving)

F GF ND QE V VG BREAKFAST

Phases: 1 & 2
Total Time: 15 min. • Prep Time: 5 min. • Cooking Time: 10 min.

- 1 tsp.

½ cup / 85 g

½

1

1

2 cloves

¼ serving
- avocado oil

cooked chickpeas, drained, rinsed

medium onion, finely chopped

medium carrot, grated

medium celery stalk, chopped

garlic, finely chopped

Homemade Vegetable Broth

(see recipe on page 70)

ground smoked paprika

sea salt (or Himalayan salt)

ground black pepper

chopped fresh parsley

- 1 Heat oil in a large nonstick skillet over medium-high heat.
- 2 Add chickpeas, onion, carrot, celery, and garlic; cook, stirring occasionally, for 7 to 8 minutes, or until vegetables are soft.
- 3 Add Homemade Vegetable Broth, paprika, salt, and pepper; cook, mashing constantly, for 1 to 2 minutes, or until liquid evaporates.
- 4 Place hash on a serving plate; garnish with parsley. Serve immediately.

Nutritional Information (per serving):
Calories: 215 • Total Fat: 7 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 853 mg • Carbohydrates: 33 g • Fiber: 9 g • Total Sugars: 9 g
Added Sugars: 0 g • Protein: 7 g

Cumin-Roasted Carrots

(Makes 2 servings, approx. 2 cups each)

F GF ND V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 35 min. • Prep Time: 5 min. • Cooking Time: 30 min.

- 8

2 tsp.

½ tsp.

½ tsp.

¼ tsp.

¼
- Parchment paper

medium carrots, halved lengthwise

avocado oil

ground cumin

ground coriander

sea salt (or Himalayan salt)

medium orange

- 1 Preheat oven to 400° F (200 °C).
- 2 Line a large baking sheet with parchment paper.
- 3 Add carrots, oil, cumin, coriander, and salt to prepared sheet; toss to combine.
- 4 Bake, stirring occasionally, for 25 to 30 minutes, or until tender-crisp. Squeeze orange over top; toss to combine. Serve warm.

Nutritional Information (per serving):
Calories: 149 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 459 mg • Carbohydrates: 25 g • Fiber: 7 g • Total Sugars: 12 g
Added Sugars: 0 g • Protein: 2 g



Dandelion Toast

(Makes 1 serving)

F ND P V VG BREAKFAST

Phases: 1
Total Time: 20 min. • Prep Time: 6 min. • Cooking Time: 14 min.

- 4 oz. / 115 g

½ cup / 120 ml

1 Tbsp.

1 Tbsp. + ¼ tsp.

¼

1 slice

1 tsp.

1 bunch

1 tsp.
- organic tempeh, chopped

water

apple cider vinegar

sea salt (or Himalayan salt), *divided use*

medium red onion, thinly sliced

whole wheat bread

avocado oil

dandelion greens (or spinach), chopped

chopped unsalted walnuts

- 1 Bring a small pot of water to boil over medium-high heat; add tempeh. Boil for 10 minutes; drain. Set aside.
- 2 While tempeh boils, add water, vinegar, and 1 Tbsp. salt to a medium bowl; stir until salt dissolves. Add onion; let pickle for 10 minutes. Drain; set aside.

- 3 While onion pickles, toast bread. Set aside.
- 4 When tempeh finishes boiling, heat oil in a large nonstick skillet over medium-high heat.
- 5 Add dandelion greens and tempeh; cook, stirring occasionally, for 3 to 4 minutes, or until wilted. Add *remaining* ¼ tsp. salt; stir to combine.
- 6 Top toast with dandelion greens, tempeh, onion, and walnuts. Serve immediately.

Nutritional Information (per serving):
Calories: 443 • Total Fat: 15 g • Saturated Fat: 3 g • Cholesterol: 0 mg
Sodium: 935 mg • Carbohydrates: 53 g • Fiber: 21 g • Total Sugars: 5 g
Added Sugars: 2 g • Protein: 32 g

Falafel

(Makes 3 servings, 5 each)

F GF ND V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 20 min. • Prep Time: 5 min. • Cooking Time: 15 min.

- 1½ cups / 255 g

1

½ cup / 10 g

3 Tbsp.

2 cloves

1 tsp.

1 tsp.

1 tsp.

½ tsp.

½ tsp.

1 pinch
- Parchment paper

Nonstick avocado oil cooking spray

cooked chickpeas, drained, rinsed

medium onion, roughly chopped

fresh cilantro (coriander leaves)

ground flaxseeds

garlic

baking powder

ground coriander

ground cumin

sea salt (or Himalayan salt)

ground black pepper

ground cayenne pepper (optional)

- 1 Preheat oven to 400° F (200 °C).
- 2 Line a large baking sheet with parchment paper; lightly coat with spray. Set aside.
- 3 Add chickpeas, onion, cilantro, flaxseeds, garlic, baking powder, coriander, cumin, salt, black pepper, and

- cayenne pepper (if desired) to a food processor; cover. Process until a dough forms.
- 4 Using clean hands, divide into 15 equal portions; roll into balls. Place balls on prepared sheet.
- 5 Bake for 15 minutes, or until browned on the outside. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 177 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 555 mg • Carbohydrates: 26 g • Fiber: 9 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 8 g

French Carrot Salad

(Makes 2 servings, approx. 2 cups each)

GF ND QE VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- 1

2 Tbsp.

2 tsp.

2 tsp.

½ tsp.

¼ tsp.

4 cups / 225 g

2 Tbsp.

2
- medium lemon, juiced

Dijon mustard

honey

extra-virgin olive oil

ground black pepper

sea salt (or Himalayan salt)

shredded carrots

(approx. 4 medium carrots)

chopped fresh parsley

green onions, thinly sliced

- 1 Add lemon juice, mustard, honey, oil, pepper, and salt to a large mixing bowl; whisk to combine.
- 2 Add carrots and parsley; toss to coat.
- 3 Place in a serving bowl; garnish with green onions.

Nutritional Information (per serving):
Calories: 122 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 570 mg • Carbohydrates: 21 g • Fiber: 3 g • Total Sugars: 12 g
Added Sugars: 6 g • Protein: 2 g



Garlic Leeks

(Makes 2 servings, approx. 1 cup each)

GF ND QE V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 10 min. • Prep Time: 4 min. • Cooking Time: 6 min.

- 2 tsp. avocado oil
- 4 medium leeks, sliced (white and light green parts only)
- 4 cloves garlic, finely chopped
- ½ medium lemon, juiced
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

- 1 Heat oil in small nonstick skillet over medium heat.
- 2 Add leeks; cook, stirring occasionally, for 5 minutes, or until tender.
- 3 Add garlic; cook for 1 minute.
- 4 Add lemon juice, salt, and pepper; stir to combine. Serve warm.

Nutritional Information (per serving):
Calories: 161 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 327 mg • Carbohydrates: 28 g • Fiber: 3 g • Total Sugars: 7 g
Added Sugars: 0 g • Protein: 3 g

Greek Breakfast Bowl

(Makes 1 serving)

GF P QE VG BREAKFAST

Phases: 1
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- 1 cup / 245 g reduced-fat (2%) plain Greek yogurt
- 1 medium fig, sliced
- ¼ cup / 45 g pomegranate seeds
- 2 Tbsp. unsalted pistachios
- ½ tsp. honey

- 1 Add yogurt to a serving bowl; top with fig, pomegranate seeds, pistachios, and honey. Enjoy!

TIP If you cannot find figs, you can substitute ½ cup (85 g) of sliced grapes.

Nutritional Information (per serving):
Calories: 314 • Total Fat: 9 g • Saturated Fat: 1 g • Cholesterol: 12 mg
Sodium: 90 mg • Carbohydrates: 34 g • Fiber: 5 g • Total Sugars: 26 g
Added Sugars: 3 g • Protein: 29 g

Greek Orange and Dill Black-Eyed Peas with Chicken

(Makes 1 serving)

F GF ND P LUNCH, DINNER

Phases: 1 (see tip for Phase 2 below)
Total Time: 35 min. • Prep Time: 7 min. • Cooking Time: 28 min.

- 1 tsp. avocado oil
- 5 oz. / 140 g raw chicken breast, boneless, skinless, chopped
- 4 medium carrots, grated
- ½ cup / 85 g cooked black-eyed peas, drained, rinsed
- ¼ cup / 15 g chopped fresh parsley
- ¼ cup / 5 g chopped fresh dill
- 1 green onion, chopped
- 1 serving Homemade Vegetable Broth (see recipe on page 70)
- 1 bay leaf
- ½ medium orange, sliced
- ¼ tsp. ground black pepper
- 1 dash sea salt (or Himalayan salt)

- 1 Heat oil in a large nonstick skillet over medium-high heat.
- 2 Add chicken; cook, stirring occasionally, for 4 to 5 minutes, or until browned.
- 3 Add carrots, peas, parsley, dill, and green onion; cook, stirring occasionally, for 3 minutes.
- 4 Add Homemade Vegetable Broth, bay leaf, orange slices, pepper, and salt; bring to a boil. Boil for 20 minutes, or until thickened into a stew; discard orange slices and bay leaf. Serve warm.

TIP To make this recipe during Phase 2, substitute 4 oz. (115 g) of sliced tempeh for the chicken.

Nutritional Information (per serving):
Calories: 446 • Total Fat: 10 g • Saturated Fat: 2 g • Cholesterol: 103 mg
Sodium: 678 mg • Carbohydrates: 52 g • Fiber: 14 g • Total Sugars: 22 g
Added Sugars: 1 g • Protein: 39 g

Green Lentil Keftas

(Makes 2 servings, 3 each)

F GF ND P QE V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 15 min. • Prep Time: 7 min. • Cooking Time: 8 min.

- 1½ cups / 285 g cooked green lentils
- 2 Tbsp. fresh cilantro (coriander leaves)
- 6 cloves garlic
- 1 tsp. ground paprika
- ½ tsp. ground cumin
- ½ tsp. ground black pepper
- ¼ tsp. sea salt (or Himalayan salt)
- 2 tsp. avocado oil

- 1 Add lentils, cilantro, garlic, paprika, cumin, pepper, and salt to a food processor; cover. Pulse until well combined.
- 2 Divide lentil mixture into 6 even portions. Using clean hands, form each portion into a cylinder; set aside.
- 3 Heat oil in a medium nonstick skillet over medium-high heat.
- 4 Add keftas; cook, turning every 2 minutes, for 8 minutes, or until browned and crispy on all sides. Serve warm.

Nutritional Information (per serving):
Calories: 226 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 576 mg • Carbohydrates: 33 g • Fiber: 12 g • Total Sugars: 3 g
Added Sugars: 0 g • Protein: 14 g





Green Shakshuka

(Makes 1 serving)

F **GF** **ND** **P** **VG** **BREAKFAST**

Phases: **1** (see tip for Phases **2** and **3** on the right)
Total Time: 20 min. • Prep Time: 5 min. • Cooking Time: 15 min.

- | | |
|-----------------------|--|
| 1 tsp. | avocado oil |
| ¼ | medium onion, chopped |
| 2 cups / 30 g | chopped kale |
| 1 clove | garlic, finely chopped |
| ¼ tsp. | ground coriander |
| ¼ tsp. | ground cumin |
| ½ serving | Homemade Vegetable Broth
(see recipe on page 70) |
| ½ | medium lemon, juiced |
| 4 cups / 225 g | raw spinach |
| | Nonstick avocado oil cooking spray |
| 2 | large eggs |
| 1 dash | sea salt (or Himalayan salt) |

- | | |
|----------------|-----------------------------------|
| 1 | green onion, thinly sliced |
| 1 Tbsp. | chopped fresh parsley |

- Heat oil in a cast-iron (or large nonstick) skillet over medium-high heat.
- Add onion; cook, stirring occasionally, for 3 minutes.
- Add kale; cook, stirring occasionally for 3 to 4 minutes, or until onion is translucent and kale is wilted.
- Add garlic, coriander, and cumin; cook, stirring frequently, for 1 minute or until fragrant. Add Homemade Vegetable Broth and lemon juice; stir to combine. Add spinach; cook, stirring occasionally, for 2 minutes, or until spinach is wilted.
- Make 2 wells in greens; lightly coat wells with spray. Crack eggs into wells; sprinkle with salt. Cover; cook for 4 to 5 minutes, or until eggs are basted. (If you prefer hard yolks, cook for an additional 2 to 3 minutes, or until set.)



Hummus Dressing

(Makes 5 servings, approx. 3 Tbsp. each)

GF **ND** **QE** **V** **VG** **CONDIMENT**

Phases: **1 & 2**
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- | | |
|---------------------|--|
| ½ cup / 85 g | cooked chickpeas, drained, rinsed |
| 4 cloves | garlic |
| 3 Tbsp. | water |
| 1 Tbsp. | tahini paste |
| ½ | medium lemon, juiced |
| 1 Tbsp. | extra-virgin olive oil |
| ¼ tsp. | ground sumac (optional) |
| ½ tsp. | sea salt (or Himalayan salt) |

- Add chickpeas, garlic, water, tahini, lemon juice, oil, sumac (if desired), and salt to a food processor; cover. Process on high for 1 minute, or until super-smooth. Refrigerate leftovers in an airtight container for up to 2 days.

Nutritional Information (per serving):
Calories: 77 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 238 mg • Carbohydrates: 6 g • Fiber: 1 g • Total Sugars: 0 g
Added Sugars: 0 g • Protein: 2 g

TIP To make this dish during Phases 2 and 3, omit the eggs. Substitute with a ¾ cup (115 g) cooked beans or 4 oz. (115 g) tempeh in Phase 2, or 2 oz. (55 g) tempeh in Phase 3.

Nutritional Information (per serving):
Calories: 283 • Total Fat: 14 g • Saturated Fat: 4 g • Cholesterol: 430 mg
Sodium: 677 mg • Carbohydrates: 20 g • Fiber: 8 g • Total Sugars: 4 g
Added Sugars: 0 g • Protein: 20 g

Israeli Salad

(Makes 2 servings)

GF **ND** **QE** **V** **VG** **LUNCH, DINNER**

Phases: **1, 2, 3**
Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

- | | |
|---------------------|--|
| 1 | medium cucumber, chopped |
| 1 | medium tomato, chopped |
| 1 | medium red bell pepper, chopped |
| ¼ | medium onion, chopped |
| ¼ cup / 15 g | chopped fresh parsley |
| 2 tsp. | extra-virgin olive oil |
| ½ | medium lemon, juiced |
| ¼ tsp. | sea salt (or Himalayan salt) |
| ¼ tsp. | ground black pepper |

- Add cucumber, tomato, bell pepper, onion, parsley, oil, lemon juice, salt, and pepper to a large mixing bowl; toss to combine. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 95 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 302 mg • Carbohydrates: 11 g • Fiber: 3 g • Total Sugars: 6 g
Added Sugars: 0 g • Protein: 2 g



Lemon Garlic Salmon

(Makes 1 serving)

GF ND P LUNCH, DINNER

Phases: 1 (see tip for Phases 2 and 3 on the right)
Total Time: 19 min. + 5 min. resting time • Prep Time: 7 min.
• Cooking Time: 12 min.

- 1 (6-oz. / 170-g) raw salmon fillet
- Paper towels
- water
- 2 Tbsp. medium lemon, juiced
- ½ chopped fresh oregano
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. garlic
- 2 cloves avocado oil
- 1 tsp. ground paprika
- ¼ tsp.

- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- Parchment paper
- 2 cups / 40 g arugula
- 1 medium cucumber, sliced
- ¼ medium onion, thinly sliced

- 1 Preheat oven to 375° F (190 °C).
- 2 Pat salmon dry with paper towels; set aside.
- 3 Add water, lemon juice, oregano, parsley, garlic, oil, paprika, salt, and pepper to a food processor; cover. Pulse until well combined.
- 4 Line a baking sheet with parchment paper; add salmon. Fold up sides of parchment paper to form an open packet; pour ½ of lemon garlic mixture over salmon. Fold and crease parchment paper to

- close packet. Bake for 10 to 12 minutes; remove from oven. Let rest for 5 minutes in closed packet.
- 5 While salmon bakes, add arugula, cucumber, onion, and remaining ½ of lemon garlic mixture to a medium mixing bowl; toss to coat.
- 6 Serve salmon with arugula salad on side.

TIP To make this dish during Phases 2 and 3, substitute 6 oz. (170 g) of sliced tempeh for the salmon.

Nutritional Information (per serving):
Calories: 372 • Total Fat: 16 g • Saturated Fat: 2 g • Cholesterol: 94 mg
Sodium: 671 mg • Carbohydrates: 18 g • Fiber: 5 g • Total Sugars: 9 g
Added Sugars: 0 g • Protein: 39 g

Mediterranean Pasta and Tempeh

(Makes 2 servings)

F ND P V VG LUNCH, DINNER

Phases: 1
Total Time: 20 min. • Prep Time: 14 min. • Cooking Time: 6 min.

- 4 oz. / 115 g dry whole wheat pasta
- 8 oz. / 225 g organic tempeh, cubed
- 2 tsp. avocado oil
- 2 cups / 300 g cherry tomatoes, halved
- 4 green onions, chopped (white and light green parts only)
- 4 cloves garlic, finely chopped
- 2 Tbsp. chopped fresh parsley
- 1½ cups / 390 g canned artichoke hearts (in water), drained, rinsed, coarsely chopped
- 8 kalamata olives, pitted, halved
- ¼ cup / 10 g chopped fresh basil
- 1 medium lemon, juiced
- 1 tsp. finely grated lemon peel (lemon zest)
- ¼ tsp. crushed red pepper flakes

- 1 Cook pasta according to package directions. Boil tempeh with pasta. Drain; set aside.
- 2 Heat oil in a medium nonstick skillet over medium-high heat.
- 3 Add tempeh; cook, stirring occasionally, for 4 to 5 minutes, or until crisp on all sides.
- 4 Add tomatoes, green onions, garlic, and parsley; cook, stirring frequently, for 1 minute.
- 5 Add drained pasta, artichoke hearts, olives, basil, lemon juice, lemon peel, and red pepper flakes; remove from heat. Mix until well combined. Serve hot or cold.

Nutritional Information (per serving):
Calories: 572 • Total Fat: 16 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 637 mg • Carbohydrates: 74 g • Fiber: 19 g • Total Sugars: 7 g
Added Sugars: 0 g • Protein: 36 g

Minestrone

(Makes 3 servings, approx. 4 cups each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2 (see tip for Phase 3 on the right)
Total Time: 30 min. • Prep Time: 8 min. • Cooking Time: 22 min.

- 1 Tbsp. avocado oil
- 1 medium onion, chopped
- 2 medium carrots, sliced
- ¾ tsp. ground black pepper
- ½ tsp. sea salt (or Himalayan salt)
- 2 medium zucchini, chopped
- 4 cloves garlic, chopped
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. chopped fresh thyme
- 4 servings Homemade Vegetable Broth (see recipe on page 70)
- 28 oz. / 800 g canned diced tomatoes
- 1½ cups / 255 g cooked white beans, drained, rinsed
- 2 bay leaves
- 4 cups / 225 g fresh spinach (or kale)
- 1 medium lemon, juiced

- 1 Heat oil in large pot over medium heat.
- 2 Add onion, carrots, pepper, and salt; cook, stirring frequently, for 5 minutes, or until onion is translucent.
- 3 Add zucchini, garlic, oregano, and thyme; cook, stirring occasionally, for 2 minutes.
- 4 Add Homemade Vegetable Broth, tomatoes (with juice), beans, and bay leaves; stir to combine. Bring to a boil; partially cover. Boil for 15 minutes, or until vegetables are soft.
- 5 Add spinach and lemon juice; stir until wilted. Serve hot. Refrigerate leftovers in an airtight container for up to 4 days or freeze for up to 2 weeks.

TIP To make this for Phase 3, omit the beans.

Nutritional Information (per serving):
Calories: 269 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 823 mg • Carbohydrates: 46 g • Fiber: 11 g • Total Sugars: 17 g
Added Sugars: 1 g • Protein: 11 g



Moroccan Vegetable Tagine

(Makes 2 servings, approx. 2 cups each)

F GF ND V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 45 min. • Prep Time: 9 min. • Cooking Time: 36 min.

- 2 tsp.
½
2 cups / 215 g
1 cup / 100 g
1 serving

avocado oil
medium onion, sliced
cauliflower florets
fresh green beans, roughly chopped
Homemade Vegetable Broth
(see recipe on page 70)
medium zucchini, roughly chopped
medium carrots, sliced
medium tomatoes, chopped
garlic, finely chopped
ground coriander
ground turmeric
ground paprika
ground cumin
sea salt (or Himalayan salt)
ground black pepper
medium lemon, juiced
chopped fresh cilantro (coriander leaves)

- 1

Heat oil in a large nonstick skillet over medium-high heat.
- 2

Add onion; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 3

Add cauliflower, green beans, Homemade Vegetable Broth, zucchini, carrots, tomatoes, garlic, coriander, turmeric, paprika, cumin, salt, and pepper; stir to combine. Reduce heat to medium; cover.
- 4

Cook, stirring occasionally, for 25 to 30 minutes, or until vegetables are tender. (Add water, 1 Tbsp. at a time, if the skillet becomes too dry.)

- 5

Add lemon juice and cilantro; stir to combine. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 195 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 743 mg • Carbohydrates: 32 g • Fiber: 10 g • Total Sugars: 17 g
Added Sugars: 0 g • Protein: 8 g

Oven-Roasted Figs

(Makes 1 serving)

F GF ND QE VG BREAKFAST

Phases: 1, 2, 3
Total Time: 15 min. • Prep Time: 5 min. • Cooking Time: 10 min.

- Parchment paper
- 4

medium fresh figs, halved
- ¼ tsp.

ground cinnamon
- 1 Tbsp.

chopped unsalted pistachios
- ½ tsp.

honey
- 1 dash

sea salt (or Himalayan salt)

- 1

Preheat oven to 400° F (200° C).
- 2

Line a small baking sheet with parchment paper.
- 3

Spread figs on prepared sheet; sprinkle with cinnamon. Bake for 5 to 10 minutes, or until soft.
- 4

When fruit finishes baking, add to a serving plate. Garnish with pistachios, honey, and salt. Serve warm.

TIP You can substitute 1 pear, 1 nectarine, 4 apricots, or 1 cup (165 g) of sliced strawberries for figs.
• Try substituting ground, dried, or fresh thyme for the cinnamon!

Nutritional Information (per serving):
Calories: 303 • Total Fat: 4 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 292 mg • Carbohydrates: 44 g • Fiber: 7 g • Total Sugars: 36 g
Added Sugars: 3 g • Protein: 3 g

Romesco

(Makes 12 servings, approx. ⅓ cup each)

GF ND QE V VG CONDIMENT

Phases: 1, 2, 3
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- 15 oz. / 410 g
¾ cup / 240 g
½ cup / 60 g
6 cloves
3 Tbsp.
2 Tbsp.
1½ tsp.

fire-roasted tomatoes
roasted red bell peppers
unsalted almonds
garlic
olive oil
apple cider vinegar
sea salt (or Himalayan salt)

- 1

Add tomatoes, bell peppers, almonds, garlic, oil, vinegar, and salt to a food processor; cover. Process on high for 1 to 2 minutes, or until smooth. Refrigerate leftovers in an airtight container for up to 1 week.

Nutritional Information (per serving):
Calories: 75 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 370 mg • Carbohydrates: 3 g • Fiber: 1 g • Total Sugars: 2 g
Added Sugars: 0 g • Protein: 1 g

Sautéed Squash and Olives

(Makes 2 servings, approx. 2 cups each)

GF ND QE V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 10 min. • Prep Time: 5 min. • Cooking Time: 5 min.

- 2 tsp.
2
2
16
¼ cup / 60 ml
½ tsp.
¼ tsp.
¼ tsp.

avocado oil
medium zucchini, sliced
medium yellow squash, sliced
kalamata olives, pitted, chopped
apple cider vinegar
dried oregano
sea salt (or Himalayan salt)
ground black pepper

- 1

Heat oil in medium nonstick skillet over medium-high heat.
- 2

Add zucchini, squash, and olives; cook, stirring occasionally, for 5 minutes.
- 3

Add vinegar, oregano, salt, and pepper; stir to combine. Serve immediately.

Nutritional Information (per serving):
Calories: 187 • Total Fat: 14 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 790 mg • Carbohydrates: 15 g • Fiber: 4 g • Total Sugars: 9 g
Added Sugars: 0 g • Protein: 5 g



Savory Spanish Oatmeal Bowl

(Makes 1 serving)

F GF ND P QE V VG BREAKFAST

Phases: 1
Total Time: 15 min. • Prep Time: 5 min. • Cooking Time: 10 min.

- 1 1/3 cups / 320 ml water
- 1 serving Cashew Milk (see recipe on page 70)
- 2/3 cup / 55 g dry rolled oats
- 1 serving Romesco (see recipe on page 36)
- 1 Tbsp. chopped fresh parsley
- 1 dash ground black pepper

- 1 Add water, Cashew Milk, and oats to a small pot over medium heat; bring to a gentle boil. Reduce heat to low; gently boil for 7 to 10 minutes, or until all liquid is absorbed.
- 2 Pour oatmeal into a serving bowl; top with Romesco, parsley, and pepper. Serve warm.

Nutritional Information (per serving):
Calories: 445 • Total Fat: 23 g • Saturated Fat: 3 g • Cholesterol: 0 mg
Sodium: 375 mg • Carbohydrates: 47 g • Fiber: 9 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 13 g



Tempeh Shawarma

(Makes 2 servings)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2 (see tip for Phase 3 on the right)
Total Time: 50 min. • Prep Time: 5 min. • Cooking Time: 45 min.

- 8 oz. / 230 g organic tempeh, sliced 1/2-inch (1-cm) thick
- 1/4 tsp. ground cumin
- 1/4 tsp. ground turmeric
- 1/4 tsp. garlic powder
- 1/4 tsp. ground paprika
- 1/4 tsp. sea salt (or Himalayan salt)
- 1 dash ground coriander
- 1 dash ground cloves
- 1 dash ground cayenne pepper
- 1 medium onion, sliced
- 1 medium lemon, juiced
- 1 tsp. avocado oil

- 1 Bring a medium pot of water to boil over high heat.
- 2 Add tempeh; boil for 15 minutes. Drain; set aside.
- 3 Preheat oven to 425° F (220 °C).
- 4 Add cumin, turmeric, garlic powder, paprika, salt, coriander, cloves, and cayenne pepper to a medium mixing bowl; mix well. Add tempeh, onion, lemon juice, and oil; toss to coat.
- 5 Add tempeh mixture to a cast-iron (or oven-safe) skillet.
- 6 Bake, stirring occasionally, for 30 minutes, or until onion is translucent. Store leftovers in an airtight container for up to 4 days.

TIP For Phase 3, this recipe makes 4 servings (2-oz. / 60-g each).

Nutritional Information (per serving):
Calories: 242 • Total Fat: 9 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 307 mg • Carbohydrates: 21 g • Fiber: 11 g • Total Sugars: 3 g
Added Sugars: 0 g • Protein: 22 g



Tzatziki

(Makes 4 servings, approx. 1/2 cup each)

GF QE VG CONDIMENT

Phases: 1
Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

- 1/2 medium cucumber, grated
- 1 Cheesecloth
- 1 cup / 245 g reduced-fat (2%) plain Greek yogurt
- 5 cloves garlic
- 1 medium lemon, juiced
- 1 Tbsp. fresh dill
- 1 tsp. apple cider vinegar
- 1/2 tsp. sea salt (or Himalayan salt)
- 1/4 tsp. ground black pepper (to taste; optional)
- 1 Tbsp. chopped fresh mint (for garnish; optional)

- 1 Place cucumber in cheesecloth; squeeze out excess moisture.
- 2 Place yogurt, cucumber, garlic, lemon juice, dill, vinegar, and salt in a food processor; cover. Process until smooth. Season with black pepper (if desired) and top with mint (if desired).

Nutritional Information (per serving):
Calories: 59 • Total Fat: 1 g • Saturated Fat: 1 g • Cholesterol: 6 mg
Sodium: 312 mg • Carbohydrates: 6 g • Fiber: 1 g • Total Sugars: 3 g
Added Sugars: 0 g • Protein: 7 g

Reset In A Crunch – MEDITERRANEAN

PHASE ONE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Green Shakshuka + ½ avocado + 1 slice whole wheat toast + 1 tsp. olive oil	Green Shakshuka + ½ avocado + 1 Tbsp. hemp seeds	Savory Spanish Oatmeal Bowl	Savory Spanish Oatmeal Bowl	Savory Spanish Oatmeal Bowl	Greek Breakfast Bowl	Greek Breakfast Bowl
LUNCH	Minestrone	Minestrone	Minestrone + 4 oz. (115 g) tempeh	Falafel + French Carrot Salad + Tzatziki	Falafel + 3 cups (60 g) arugula + Tzatziki	Falafel + 3 cups (60 g) arugula + Tzatziki	Sautéed Squash and Olives + 3 cups (60 g) arugula + ½ avocado + Tzatziki + 2 Tbsp. hemp seeds
DINNER	Lemon Garlic Salmon	Greek Orange and Dill Black-Eyed Peas with Chicken	French Carrot Salad + Israeli Salad	Chickpea Hash + Israeli Salad	Mediterranean Pasta and Tempeh	Mediterranean Pasta and Tempeh	Tempeh Shawarma + Hummus Dressing + 3 cups (60 g) arugula
MEAL PREP NOTES	Spread oil and avocado over toast.		Add tempeh to Minestrone.	Serve Tzatziki on side of Falafel for dipping.	Serve Falafel and Tzatziki over arugula.	Serve Falafel and Tzatziki over arugula.	Make a salad of the arugula, avocado, Tzatziki, and hemp seeds.

P H A S E T W O							
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	Oven-Roasted Figs*	Chickpea Hash + Romesco	Oven-Roasted Figs*	Chickpea Hash + Celery Root Hummus + 1 Tbsp. fresh cilantro (for garnish; optional)	Chickpea Hash + Celery Root Hummus + 1 Tbsp. fresh cilantro (for garnish; optional)	Apricot and Avocado Salad	Apricot and Avocado Salad
LUNCH	Tempeh Shawarma + ½ avocado + Hummus Dressing + 3 cups (140 g) romaine lettuce	Falafel + 3 cups (140 g) romaine lettuce + Hummus Dressing	Falafel + Celery Root Hummus + 3 cups (140 g) romaine lettuce + Romesco	Falafel + Garlic Leeks + ½ cup (90 g) cooked quinoa + Romesco	Minestrone + Garlic Leeks	Minestrone + ½ cup (90 g) cooked quinoa + Celery Root Hummus	Minestrone + ½ avocado
DINNER	Cumin-Roasted Carrots + Hummus Dressing + Garlic Leeks + Sautéed Squash and Olives	Cumin-Roasted Carrots + 4 oz. (115 g) tempeh + Hummus Dressing + Garlic Leeks + 1 Tbsp. hemp seeds	Israeli Salad + Sautéed Squash and Olives + 2 Tbsp. hemp seeds + 4 oz. (115 g) tempeh	Israeli Salad + Sautéed Squash and Olives + 1 Tbsp. hemp seeds	French Carrot Salad + Green Lentil Keftas + Romesco	Moroccan Vegetable Tagine + French Carrot Salad + ½ avocado	Moroccan Vegetable Tagine + ½ cup (90 g) cooked quinoa + Green Lentil Keftas
MEAL PREP NOTES	Serve Hummus Dressing over Cumin-Roasted Carrots.	Slice tempeh. Sauté in a nonstick skillet lightly coated with spray. Enjoy with Hummus Dressing on side to dip; sprinkle hemp seeds over Hummus Dressing.	Chop tempeh. Add to Sautéed Squash and Olives; sprinkle hemp seeds over top.	Spread Romesco over quinoa.		Spread Celery Root Hummus over quinoa.	Serve Moroccan Vegetable Tagine over quinoa.

*see recipe for seasonal substitutions

P H A S E T H R E E							
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BREAKFAST	Apricot and Avocado Salad*	3 cups fresh fruit	Apricot and Avocado Salad*	3 cups fresh fruit	Apricot and Avocado Salad*	3 cups fresh fruit	Apricot and Avocado Salad*
LUNCH	Sautéed Squash and Olives + 3 cups (60 g) arugula + Romesco	Sautéed Squash and Olives + 3 cups (60 g) arugula + Celery Root Hummus	Garlic Leeks + Celery Root Hummus + 3 cups (60 g) arugula + Israeli Salad	Sautéed Squash and Olives + 1 cup (150 g) baby red potatoes + Romesco	2 cups (300 g) baby red potatoes + 3 cups (50 g) kale + 2 tsp. avocado oil + ½ avocado + Romesco	Sautéed Squash and Olives + ½ avocado + Moroccan Vegetable Tagine + 2 cups (170 g) cauliflower rice + 1 tsp. avocado oil	½ serving Tempeh Shawarma + 3 cups (60 g) arugula + Romesco
DINNER	Cumin-Roasted Carrots + 2 Tbsp. hemp seeds + 2 oz. (60 g) tempeh + 1 tsp. avocado oil + Celery Root Hummus + Israeli Salad	Cumin-Roasted Carrots + 2 Tbsp. hemp seeds + Garlic Leeks + 2 oz. (60 g) tempeh + 1 tsp. avocado oil	Sautéed Squash and Olives + 2 Tbsp. hemp seeds + Israeli Salad + 2 oz. (60 g) tempeh + 1 tsp. avocado oil	Israeli Salad + Garlic Leeks + Celery Root Hummus + ½ serving Tempeh Shawarma	½ serving Tempeh Shawarma + French Carrot Salad + Garlic Leeks	½ serving Tempeh Shawarma + Garlic Leeks + Romesco	Moroccan Vegetable Tagine + Garlic Leeks + Sautéed Squash and Olives + French Carrot Salad
MEAL PREP NOTES	Slice tempeh. Sauté in oil. Serve with Celery Root Hummus for dipping. Sprinkle hemp seeds over Celery Root Hummus.	Chop tempeh. Sauté in oil. Add to Garlic Leeks; sprinkle with hemp seeds.	Chop tempeh. Sauté in oil. Add to Sautéed Squash and Olives. Sprinkle hemp seeds over top.	Chop potatoes. Sauté in a nonstick skillet lightly coated with spray. Top with Romesco.	Chop potatoes and kale. Sauté in oil. Top with Romesco and avocado.	Sauté cauliflower rice in oil. Serve Moroccan Vegetable Tagine over cauliflower rice; top with avocado.	

*see recipe for seasonal substitutions

Mediterranean Grocery Lists

Mediterranean Grocery List Week 1

PRODUCE	
1 small bunch fresh oregano	
1 small bunch fresh thyme	
1 small bunch fresh dill	
1 small bunch fresh rosemary	
1 small bunch fresh mint (optional)	
1 small bunch fresh cilantro (coriander leaves)	
1 small bunch fresh basil	
1 large bunch fresh parsley	
1 bunch celery	
1 bunch green onions	
10 oz. / 280 g fresh arugula	
2 oz. / 60 g chopped kale	
1½ lbs. / 690 g spinach	
12 medium carrots	
3 medium cucumbers	
8 oz. / 230 g shredded carrots	
1 medium tomato	
1 medium red bell pepper	
13 oz. / 370 g cherry tomatoes	
2 medium yellow squash	
4 medium zucchini	
7 medium onions	
4 bulbs garlic (need 41 cloves)	

PRODUCE	
8 medium lemons	
2 medium avocados	
3 oz. / 90 g pomegranate seeds	
2 medium figs	
1 medium orange	

MEAT AND DAIRY (AND ALTERNATIVES)	
½ dozen large eggs (need 4)	
1 lb. 10 oz. / 740 g reduced-fat (2%) plain Greek yogurt	
6 oz. / 170 g raw salmon fillet	
5 oz. / 140 g raw chicken breast, boneless, skinless	
1¾ lbs. / 575 g organic tempeh	

DRY AND PACKAGED GOODS	
2 cups / 160 g dry rolled oats	
4 oz. / 115 g dry whole wheat pasta	
1 small package whole wheat bread (need 1 slice)	
1¾ lbs. / 800 g canned diced tomatoes	
15 oz. / 430 g canned fire-roasted tomatoes	
9 oz. / 260 g jarred roasted red bell peppers	
14 oz. / 390 g canned artichoke hearts, drained	
1 small jar kalamata olives (need 24)	
1 small jar tahini paste (need 1 oz. / 30 g)	
2½ cups / 420 g cooked chickpeas, drained	

DRY AND PACKAGED GOODS	
½ cup / 85 g cooked black-eyed peas, drained	
1½ cups / 255 g cooked white beans, drained	
1 oz. / 30 g hemp seeds	
1 oz. / 30 g ground flaxseeds	
4 oz. / 115 g unsalted cashews	
1 oz. / 30 g unsalted pistachios	
2 oz. / 60 g unsalted almonds	

PANTRY	
Extra-virgin olive oil	
Avocado oil	
Grade B dark maple syrup	
Apple cider vinegar	
Dijon mustard	
Honey	
Baking powder	
Sea salt (or Himalayan salt)	
Ground black pepper	
Black peppercorns	
Ground coriander	
Ground cumin	
Bay leaves	
Ground paprika	
Ground cayenne pepper	
Ground smoked paprika	
Crushed red pepper flakes	
Dried oregano	

PANTRY	
Ground turmeric	
Garlic powder	
Ground cloves	
Ground sumac	

OTHER	
Paper towels	
Parchment paper	
Cheesecloth	
Parchment paper	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Make Homemade Vegetable Broth. Freeze 1 serving.	
Save second half of avocado from day 7 for day 8.	
Make Cashew Milk. Freeze 5 servings.	
Make Romesco. Freeze 9 servings in separate containers or resealable plastic bags.	
Boil 4 oz. (115 g) tempeh; drain.	

Mediterranean Grocery List

Week 2

PRODUCE	
1 large bunch fresh parsley	
1 large bunch fresh cilantro (coriander leaves)	
1 small bunch fresh thyme	
1 small bunch fresh rosemary	
1 small bunch fresh oregano	
1 small bunch fresh mint	
1 bunch green onions	
1 bunch celery	
4 oz. / 115 g spinach	
1 lb. 2 oz. / 510 g romaine lettuce	
20 medium carrots	
8 oz. / 230 g shredded carrots	
1 medium celery root	
1 medium cucumber	
3 medium tomatoes	
1 medium red bell pepper	
6 medium zucchini	
2 medium yellow squash	
8 oz. / 230 g cauliflower florets	
4 oz. / 115 g fresh green beans	
8 medium leeks	
8 medium onions	
4 bulbs garlic (need 41 cloves)	

PRODUCE	
1 medium orange	
4 medium clementines	
5 medium lemons	
3 medium apricots	
8 medium figs	
6 oz. / 170 g pomegranate seeds	
2 medium avocados	

MEAT AND DAIRY (AND ALTERNATIVES)	
8 oz. / 230 g organic tempeh	

DRY AND PACKAGED GOODS	
3 oz. / 90 g dry quinoa	
5 oz. / 140 g dry green lentils	
1¾ lbs. / 800 g canned diced tomatoes	
3 cups / 510 g cooked chickpeas, drained	
1½ cups / 255 g cooked white beans, drained	
2 oz. / 60 g tahini paste	
1 small jar kalamata olives (need 16)	
1 oz. / 30 g unsalted pistachios	
2 oz. / 60 g hemp seeds	
1 oz. / 30 g ground flaxseeds	

PANTRY	
Avocado oil	
Extra-virgin olive oil	
Apple cider vinegar	
Dijon mustard	

PANTRY	
Honey	
Baking powder	
Sea salt (or Himalayan salt)	
Ground cinnamon	
Ground cumin	
Ground coriander	
Black peppercorns	
Ground black pepper	
Ground smoked paprika	
Ground cayenne pepper (optional)	
Bay leaves	
Ground sumac	
Dried oregano	
Ground paprika	
Ground turmeric	

OTHER	
Parchment paper	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Defrost remaining serving of Homemade Vegetable Broth.	
Make another batch of Homemade Vegetable Broth. Freeze 1 serving.	
Boil 8 oz. (230 g) tempeh; drain.	
Defrost 4 servings of the Romesco.	

Mediterranean Grocery List

Week 3

PRODUCE	
1 small bunch fresh mint	
1 small bunch fresh parsley	
1 small bunch fresh cilantro (coriander leaves)	
1 bunch green onions	
8 medium zucchini	
6 medium yellow squash	
9 oz. / 260 g arugula	
2 oz. / 60 g kale	
8 oz. / 230 g shredded carrots	
10 medium carrots	
1 medium celery root	
2 medium cucumbers	
4 medium tomatoes	
2 medium red bell peppers	
1 lb. / 460 g baby red potatoes	
8 oz. / 230 g cauliflower florets	
6 oz. / 170 g cauliflower rice	
4 oz. / 115 g fresh green beans	
12 medium leeks	
3 medium onions	

PRODUCE	
2 bulbs garlic (need 17 cloves)	
1 medium orange	
6 medium lemons	
8 medium clementines	
3 medium pears	
1 lb. 2 oz. / 510 g grapes	
1 lb. 2 oz. / 510 g strawberries	
6 medium apricots	
13 oz. / 370 g pomegranate seeds	
3 medium avocados	

MEAT AND DAIRY (AND ALTERNATIVES)	
14 oz. / 400 g organic tempeh	

DRY AND PACKAGED GOODS	
2 oz. / 60 g hemp seeds	
1 small jar kalamata olives (need 48)	
1 small jar tahini paste (need 2 oz. / 60 g)	

PANTRY	
Extra-virgin olive oil	
Avocado oil	
Apple cider vinegar	
Dijon mustard	
Honey	

PANTRY	
Sea salt (or Himalayan salt)	
Ground black pepper	
Dried oregano	
Ground cumin	
Ground coriander	
Ground smoked paprika	
Ground sumac	
Ground turmeric	
Garlic powder	
Ground paprika	
Ground cloves	
Ground cayenne pepper	

OTHER	
Parchment paper	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Boil 6 oz. (170 g) tempeh; drain.	
Make Celery Root Hummus.	
Defrost remaining serving of Homemade Vegetable Broth.	
Defrost remaining 5 servings of Romesco.	



Broccoli Almond Salad

(Makes 2 servings, approx. 2 cups each)

F **GF** **ND** **VG** **LUNCH, DINNER**

Phases: 1, 2, 3

Total Time: 10 min. + 8 hr. refrigeration time • Prep Time: 10 min.

• Cooking Time: None

1 Tbsp.	extra-virgin olive oil
½	medium lemon, juiced
1 tsp.	honey
¼ tsp.	ground coriander
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
4 cups / 285 g	broccoli florets, chopped into bite-sized pieces
¼ cup / 30 g	chopped unsalted almonds
6 cloves	garlic, finely chopped
2 Tbsp.	chopped fresh cilantro (coriander leaves)
2 Tbsp.	chopped fresh mint
1 (½-inch / 1-cm) piece	fresh ginger, peeled, chopped

- 1 Add oil, lemon juice, honey, coriander, salt, and pepper to a large mixing bowl; whisk to combine.
- 2 Add broccoli, almonds, garlic, cilantro, mint, and ginger; toss to coat. Refrigerate for at least 8 hours, or overnight. Enjoy!

Nutritional Information (per serving):
Calories: 223 • Total Fat: 15 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 333 mg • Carbohydrates: 18 g • Fiber: 6 g • Total Sugars: 6 g
Added Sugars: 3 g • Protein: 8 g



Carrot and Pea Sabzi

(Makes 2 servings, approx. 3½ cups each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 35 min. • Prep Time: 6 min. • Cooking Time: 29 min.

- 3 cups / 255 g
1 serving

cauliflower rice
Homemade Vegetable Broth
(see recipe on page 70),
divided use
- 2 tsp.
½

avocado oil
- 1 tsp.

medium onion, chopped
- 1 tsp.

mustard seeds
- 1 tsp.

cumin seeds
- 4
1½ cups / 220 g
1 (1-inch / 2½-cm)

medium carrots
- piece

fresh green peas
- 1 tsp.

fresh ginger, finely chopped
- ½ tsp.

sea salt (or Himalayan salt)
- 1 tsp.

garam masala
- 1 tsp.

ground turmeric
- ½ tsp.

crushed red pepper flakes

- 1 Add cauliflower rice and ¼ cup (60 ml) Homemade Vegetable Broth to a microwave-safe bowl; microwave on high for 7 to 8 minutes, or until tender.
- 2 Heat oil in a large nonstick skillet over medium-high heat.
- 3 Add onion; cook, stirring occasionally, for 3 to 4 minutes.
- 4 Add mustard seeds and cumin seeds; cook, stirring frequently, for 1 to 2 minutes, or until seeds begin to pop.
- 5 Reduce heat to medium; add carrots, peas, ginger, and salt; cook, stirring occasionally, for 4 to 5 minutes.
- 6 Add remaining ¾ cup (180 ml) Homemade Vegetable Broth, garam masala, turmeric, and red pepper flakes; stir to combine. Cover; cook, stirring occasionally, for 8 to 10 minutes. If any liquid remains, remove cover and cook until dry.

- 7 Divide cauliflower rice and sabzi evenly between 2 serving bowls.

Nutritional Information (per serving):
Calories: 242 • Total Fat: 6 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 776 mg • Carbohydrates: 40 g • Fiber: 14 g • Total Sugars: 17 g
Added Sugars: 0 g • Protein: 11 g

Carrot Ginger Soup

(Makes 2 servings, 2 cups each)

GF ND V VG LUNCH, DINNER

Phases: 1, 2, 3
Total Time: 50 min. • Prep Time: 9 min. • Cooking Time: 41 min.

- 1 Tbsp.
1
3 cloves
4
1 (1-inch / 2½-cm)
piece
1 (1-inch / 2½-cm)
piece
4 servings

extra-virgin organic coconut oil
medium onion, chopped
garlic, smashed
medium carrots, chopped
- 1 (1-inch / 2½-cm)
piece

fresh ginger, grated
- 1 (1-inch / 2½-cm)
piece

fresh turmeric, grated
- 4 servings

Homemade Vegetable Broth
(see recipe on page 70)
- 1 Tbsp.
¾ tsp.
2 tsp.
1 Tbsp.

apple cider vinegar
sea salt (or Himalayan salt)
grade B dark maple syrup (optional)
chopped fresh cilantro (coriander leaves) (for garnish; optional)

- 1 Heat oil in a large pot over medium heat.
- 2 Add onion and garlic; cook, stirring occasionally, for 5 minutes, or until onion is translucent.
- 3 Add carrots; cook, stirring occasionally, for 5 minutes.
- 4 Add ginger and turmeric; cook, stirring frequently, for 1 minute, or until fragrant.

- 5 Add Homemade Vegetable Broth, vinegar, and salt; bring to a boil. Reduce heat to medium-low; gently boil for 25 to 30 minutes, or until carrots are soft.
- 6 Let cool slightly; transfer to a blender (or use an immersion blender in pot). Add maple syrup (if desired); blend until smooth. Garnish with cilantro (if desired).

Nutritional Information (per serving):
Calories: 183 • Total Fat: 7 g • Saturated Fat: 6 g • Cholesterol: 0 mg
Sodium: 637 mg • Carbohydrates: 27 g • Fiber: 5 g • Total Sugars: 17 g
Added Sugars: 6 g • Protein: 2 g

Cauliflower Korma

(Makes 2 servings)

F GF P VG LUNCH, DINNER

Phases: 1 (see tip for Phases 2 and 3 on the right)
Total Time: 30 min. • Prep Time: 5 min. • Cooking Time: 25 min.

- 1 serving

Homemade Vegetable Broth
(see recipe on page 70)
- ½ tsp.
½ tsp.
½ tsp.
¼ tsp.
¼ tsp.
1 pinch
2 tsp.

ground turmeric
ground cumin
ground coriander
ground cinnamon
sea salt (or Himalayan salt)
saffron threads
avocado oil
- 1
6 cups / 640 g
4 cloves
1 (1-inch / 2½-cm)
piece
1 cup / 245 g
3 Tbsp.
2 Tbsp.

medium onion, sliced
cauliflower florets
garlic, finely chopped
- fresh ginger, finely chopped
reduced-fat (2%) plain Greek yogurt
finely chopped unsalted almonds
shredded unsweetened coconut

- 1 Add Homemade Vegetable Broth, turmeric, cumin, coriander, cinnamon, salt, and saffron to a medium mixing bowl; whisk to combine. Set aside.
- 2 Heat oil in a large nonstick skillet over medium-high heat.
- 3 Add onion; cook, stirring occasionally, for 3 to 4 minutes.
- 4 Add cauliflower; cook, stirring occasionally, for 4 to 5 minutes.
- 5 Add garlic and ginger; cook, stirring frequently, for 1 minute.
- 6 Add broth mixture; stir to combine. Reduce heat to medium-low; cover. Cook, stirring occasionally, for 10 to 15 minutes, or until most liquid has been absorbed and cauliflower is tender-crisp. Remove from heat; add yogurt. Stir to combine; set aside.
- 7 While korma cooks, heat a small nonstick skillet over medium-high heat.
- 8 Add almonds and coconut; cook, stirring frequently, for 2 to 3 minutes, or until toasted. Set aside.
- 9 Serve korma garnished with toasted almonds and coconut. Refrigerate leftovers in an airtight container for up to 4 days. (Store almonds and coconut separately from korma.)

TIP To make this recipe in Phases 2 and 3, substitute canned light coconut milk for the Greek yogurt.

Nutritional Information (per serving):
Calories: 356 • Total Fat: 17 g • Saturated Fat: 6 g • Cholesterol: 12 mg
Sodium: 499 mg • Carbohydrates: 34 g • Fiber: 10 g • Total Sugars: 15 g
Added Sugars: 0 g • Protein: 22 g

Chana Masala

(Makes 3 servings, approx. 2 cups each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 40 min. • Prep Time: 11 min. • Cooking Time: 29 min.

- 1 Tbsp.
½
⅓ cup / 5 g

extra-virgin organic coconut oil
medium onion, finely chopped
finely chopped fresh cilantro
(coriander leaves)
- 2
4 cloves
1 (1-inch / 2½-cm)
piece
28 oz. / 800 g

serrano peppers, finely chopped
garlic, finely chopped
- 1½ cups / 255 g
1½ tsp.
1½ tsp.
½ tsp.
1 tsp.
½ tsp.
2 tsp.

fresh ginger, grated
canned whole peeled tomatoes,
pureed (preferably San Marzano)
cooked chickpeas, liquid reserved
ground cumin
ground coriander
ground turmeric
garam masala
sea salt (or Himalayan salt)
coconut sugar (optional)

- 1 Heat oil in large pot over medium heat.
- 2 Add onion; cook for 5 minutes, or until soft.
- 3 Add cilantro, serrano peppers, garlic, and ginger; cook, stirring frequently, for 3 to 4 minutes.
- 4 Add tomatoes, chickpeas, cumin, coriander, and turmeric; stir to combine. (If mixture looks too thick, add water, ¼ cup (60 ml) at a time.)
- 5 Increase heat to medium-high; bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes, or until thickened.
- 6 Remove from heat; add garam masala and salt. Add sugar (if desired). Serve warm.

TIP Garnish with chopped cilantro and a squeeze of lemon, if desired.

- Serve over brown basmati rice or cauliflower rice.
- If you want an extra kick, add 1 tsp. of chili powder when you add other spices.
- You can also freeze this recipe in an airtight container for up to 2 weeks.

Nutritional Information (per serving):
Calories: 267 • Total Fat: 6 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 442 mg • Carbohydrates: 36 g • Fiber: 9 g • Total Sugars: 8 g
Added Sugars: 2 g • Protein: 10 g

Cilantro and Red Lentil Roti

(Makes 2 servings, 3 each)

F GF ND P V VG BREAKFAST, LUNCH, DINNER

Phases: 1 & 2
Total Time: 15 min. + 1 hr. soaking time • Prep Time: 9 min.
• Cooking Time: 6 min.

- 1 cup / 240 ml water
- ½ cup / 95 g dry red lentils, rinsed
- 2 Tbsp. fresh cilantro (coriander leaves)
- ¼ tsp. garam masala
- ¼ tsp. ground turmeric
- ¼ tsp. sea salt (or Himalayan salt)
- 1 Tbsp. extra-virgin organic coconut oil

- 1 Add water and lentils to a blender; let sit for 1 hour.
- 2 Add cilantro, garam masala, turmeric, and salt; cover. Blend until smooth.
- 3 Heat oil in a large nonstick skillet over medium-low heat.
- 4 Pour approx. ¼ cup (60 ml) batter into skillet; spread to a 4-inch (10-cm) diameter with the back of a spoon. Cover; cook for 3 to 4 minutes, or until you can easily flip. Flip; cook (uncovered) for an additional 1 to 2 minutes, or until golden brown. Repeat with remaining batter (should make 6 roti). Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 215 • Total Fat: 6 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 301 mg • Carbohydrates: 31 g • Fiber: 6 g • Total Sugars: 0 g
Added Sugars: 0 g • Protein: 12 g

Cilantro Chutney

(Makes 8 servings, approx. 3 Tbsp. each)

GF ND QE V VG CONDIMENT

Phases: 1,2,3
Total Time: 10 min. • Prep Time: 4 min. • Cooking Time: 6 min.

- 1 Tbsp. extra-virgin organic coconut oil
- ½ tsp. cumin seeds
- ¼ tsp. mustard seeds
- ¾ cup / 10 g finely chopped fresh cilantro (coriander leaves)
- ¾ cup / 60 g shredded unsweetened coconut
- ½ cup / 120 ml water
- 2 medium limes, juiced
- ½ medium serrano pepper, chopped
- 2 Tbsp. unsalted cashews
- 1 (½-inch / 1-cm) piece fresh ginger, finely chopped
- ¼ tsp. sea salt (or Himalayan salt)

- 1 Melt oil in small nonstick skillet over medium heat.
- 2 Add cumin seeds and mustard seeds; cook, stirring occasionally, for 2 to 3 minutes, or until aromatic and seeds begin to pop.
- 3 Add cilantro, coconut, water, lime juice, serrano pepper, cashews, ginger, cumin seeds, mustard seeds, and salt to a blender; cover. Blend, stirring occasionally, for 1 to 3 minutes, or until smooth. (Consistency should be slightly textured. If too thick, add a small amount of additional lime juice or water.)

TIP

Refrigerate chutney in an airtight container for up to 4 days.
• Enjoy the chutney with dal or vegetable dishes, or on flatbreads like roti, naan, or dosa.

Nutritional Information (per serving):
Calories: 81 • Total Fat: 8 g • Saturated Fat: 6 g • Cholesterol: 0 mg
Sodium: 77 mg • Carbohydrates: 4 g • Fiber: 1 g • Total Sugars: 1 g
Added Sugars: 0 g • Protein: 1 g



Cumin and Mustard Green Beans

(Makes 2 servings, approx. 1½ cups each)

GF ND QE V VG LUNCH, DINNER

Phases: 1,2,3
Total Time: 15 min. • Prep Time: 7 min. • Cooking Time: 8 min.

- 2 tsp. avocado oil
- 3 cups / 300 g fresh green beans, cut into 1-inch (2½-cm) pieces
- 2 cloves garlic, finely chopped
- ¼ tsp. mustard seeds
- ¼ tsp. ground cumin
- 1 dash crushed red pepper flakes
- 1 dash sea salt (or Himalayan salt)
- 2 tsp. apple cider vinegar

- 1 Heat oil in a medium nonstick skillet over medium-high heat.
- 2 Add green beans; cook, stirring occasionally, for 4 to 5 minutes, or until blistered.
- 3 Add garlic, mustard seeds, cumin, red pepper flakes, and salt; cook, stirring frequently, for 1 minute, or until fragrant.
- 4 Add vinegar; cook, scraping up browned bits, for 1 to 2 minutes, or liquid evaporates. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 94 • Total Fat: 5 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 155 mg • Carbohydrates: 12 g • Fiber: 4 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 3 g

Golden Chia Pudding

(Makes 2 servings, approx. 2 cups each)

F GF ND V VG BREAKFAST, SNACK

Phases: 1 & 2
Total Time: 5 min. + 8 hr. refrigeration time • Prep Time: 3 min.
• Cooking Time: 2 min.

- 2 servings Cashew Milk (see recipe on page 70)
- 2 tsp. grade B dark maple syrup (or honey)
- ½ tsp. pure vanilla extract
- ½ tsp. ground turmeric
- ½ tsp. ground cinnamon
- 1 dash ground cardamom
- 1 dash ground ginger
- 1 dash sea salt (or Himalayan salt)
- 1 pinch ground black pepper
- ¼ cup / 60 g chia seeds
- 2 Tbsp. shredded unsweetened coconut

- 1 Add Cashew Milk, maple syrup, extract, turmeric, cinnamon, cardamom, ginger, salt, and pepper to a small saucepot over medium-high heat; stir to combine. Bring to a boil; reduce heat to medium-low. Gently boil for 2 minutes.
- 2 Add chia seeds; stir to combine. Divide evenly between two 8-oz. (240-ml) jars (or sealable containers); seal. Refrigerate for 8 hours, or overnight. Top each with 1 Tbsp. coconut before serving. Refrigerate leftovers, sealed, for up to 4 days.

Nutritional Information (per serving):
Calories: 301 • Total Fat: 20 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 155 mg • Carbohydrates: 22 g • Fiber: 9 g • Total Sugars: 6 g
Added Sugars: 4 g • Protein: 5 g



Kachumber

(Makes 1 serving)

GF ND QE V VG LUNCH, DINNER

Phases: 1,2,3
Total Time: 10 min. • Prep Time: 10 min. • Cooking Time: None

- | | |
|--------------|---|
| ½ | medium lemon, juiced |
| ½ tsp. | ground cumin |
| 1 dash | sea salt (or Himalayan salt) |
| ½ | medium cucumber, finely chopped |
| ½ | medium tomato, finely chopped |
| ¼ | medium onion, finely chopped |
| ¼ cup / 15 g | shredded carrots |
| ¼ | medium serrano pepper, finely chopped |
| 2 Tbsp. | pomegranate seeds |
| 2 Tbsp. | chopped fresh cilantro (coriander leaves) |
| 1 Tbsp. | chopped fresh mint |

- 1 Add lemon juice, cumin, and salt to a large mixing bowl; whisk to combine.
- 2 Add cucumber, tomato, onion, carrots, serrano pepper, pomegranate seeds, cilantro, and mint; toss to combine. Refrigerate leftovers in an airtight container for up to 1 day.

Nutritional Information (per serving):
Calories: 72 • Total Fat: 1 g • Saturated Fat: 0 g • Cholesterol: 0 mg
Sodium: 317 mg • Carbohydrates: 16 g • Fiber: 4 g • Total Sugars: 9 g
Added Sugars: 0 g • Protein: 3 g



Kitchari

(Makes 3 servings, approx. 1 cup each)

F GF ND P V VG BREAKFAST, LUNCH, DINNER

Phases: 1 & 2
Total Time: 50 min. • Prep Time: 11 min. • Cooking Time: 39 min.

- | | |
|-------------------------|---|
| 2 tsp. | extra-virgin organic coconut oil |
| ½ | medium onion, chopped |
| ½ tsp. | cumin seeds |
| ½ tsp. | mustard seeds |
| ½ tsp. | ground coriander |
| 4 cloves | garlic, finely chopped |
| 1 (½-inch / 1-cm) piece | fresh ginger, finely chopped |
| 2 servings | Homemade Vegetable Broth
(see recipe on page 70) |
| ½ cup / 105 g | dry red lentils (or split mung beans) |
| ¼ cup / 45 g | dry brown basmati rice, rinsed |
| 4 | medium carrots, finely chopped |
| ½ tsp. | ground paprika |
| ½ tsp. | ground turmeric |
| ½ tsp. | sea salt (or Himalayan salt) |
| ½ | medium lemon, cut into wedges |
| 2 Tbsp. | chopped fresh cilantro
(coriander leaves) |

- 1 Heat oil in large nonstick skillet over medium heat.
- 2 Add onion; cook, stirring occasionally, for 5 to 6 minutes.
- 3 Add cumin seeds, mustard seeds, and coriander; cook, stirring occasionally, for 1 minute. Add garlic and ginger; cook, stirring frequently, for an additional 1 to 2 minutes, or until seeds begin to pop.
- 4 Add Homemade Vegetable Broth, lentils, rice, carrots, paprika, turmeric, and salt; stir to combine. Bring to a boil; reduce heat to medium-low. Cover; gently boil for 20 to 25 minutes. Remove cover; gently boil for 5 additional minutes, or until all liquid has cooked off and lentils and vegetables are tender.

- 5 Garnish with lemon wedge and cilantro. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 282 • Total Fat: 5 g • Saturated Fat: 3 g • Cholesterol: 0 mg
Sodium: 462 mg • Carbohydrates: 50 g • Fiber: 9 g • Total Sugars: 7 g
Added Sugars: 0 g • Protein: 12 g

Mango Lassi

(Makes 4 servings, approx. ¾ cup each)

GF QE VG BREAKFAST

Phases: 1
Total Time: 5 min. • Prep Time: 5 min. • Cooking Time: None

- | | |
|----------------|---|
| 2 | medium mangoes, peeled, chopped |
| ½ cup / 125 g | reduced-fat (2%) plain Greek yogurt |
| ½ cup / 120 ml | water |
| 1 Tbsp. | honey |
| ½ tsp. | chopped fresh mint
(for garnish; optional) |

- 1 Add mangoes, yogurt, water, and honey to a blender; cover. Blend until smooth. Garnish with fresh mint (if desired). Refrigerate leftovers in an airtight container for up to 4 days.

TIP Make a thicker lassi by adding an additional ½ cup (125 g) yogurt.

Nutritional Information (per serving):
Calories: 87 • Total Fat: 1 g • Saturated Fat: 0 g • Cholesterol: 3 mg
Sodium: 12 mg • Carbohydrates: 18 g • Fiber: 1 g • Total Sugars: 16 g
Added Sugars: 4 g • Protein: 4 g





Masoor Dal Tadka
(Makes 4 servings, approx. 1 cup each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 40 min. • Prep Time: 10 min. • Cooking Time: 30 min.

- | | |
|---------------------------------|--|
| 3 cups / 720 ml | water |
| 1 cup / 210 g | dry red lentils, rinsed |
| 1 Tbsp. + 1 tsp. | extra-virgin organic coconut oil |
| 1 | medium onion, finely chopped |
| 1 | serrano pepper, stemmed, finely chopped |
| 1 (1-inch / 2½-cm) piece | fresh ginger, grated |
| 4 cloves | garlic, finely chopped |
| 2 tsp. | ground coriander |
| 2 tsp. | ground cumin |
| 2 tsp. | ground turmeric |
| 15 oz. / 430 g | canned diced tomatoes |
| 1 tsp. | sea salt (or Himalayan salt) |
| 3 Tbsp. | chopped fresh cilantro (coriander leaves) |

- 1 Add water and lentils to a large pot over medium heat.
- 2 Cook for 20 minutes, or until lentils are soft; drain. Set aside.
- 3 While lentils cook, heat oil in medium nonstick skillet over medium heat.
- 4 Add onion; cook, stirring occasionally, for 5 minutes. Add serrano pepper, ginger, garlic, coriander, cumin, and turmeric; cook, stirring occasionally, for an additional 2 minutes.
- 5 Add tomatoes and salt; cook, stirring occasionally, for 3 minutes.
- 6 When lentils finish cooking, add to tomato mixture (if mixture is too thick, add water, 1 to 2 Tbsp. at a time).
- 7 Garnish with cilantro. Serve warm. Refrigerate leftovers in an airtight container for up to 4 days.

TIP *Serve with brown basmati rice or cauliflower rice.*

Nutritional Information (per serving):
Calories: 273 • Total Fat: 6 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 594 mg • Carbohydrates: 43 g • Fiber: 9 g • Total Sugars: 5 g
Added Sugars: 0 g • Protein: 14 g

Peas Pulao
(Makes 4 servings, approx. 1 cup each)

F GF ND V VG LUNCH, DINNER

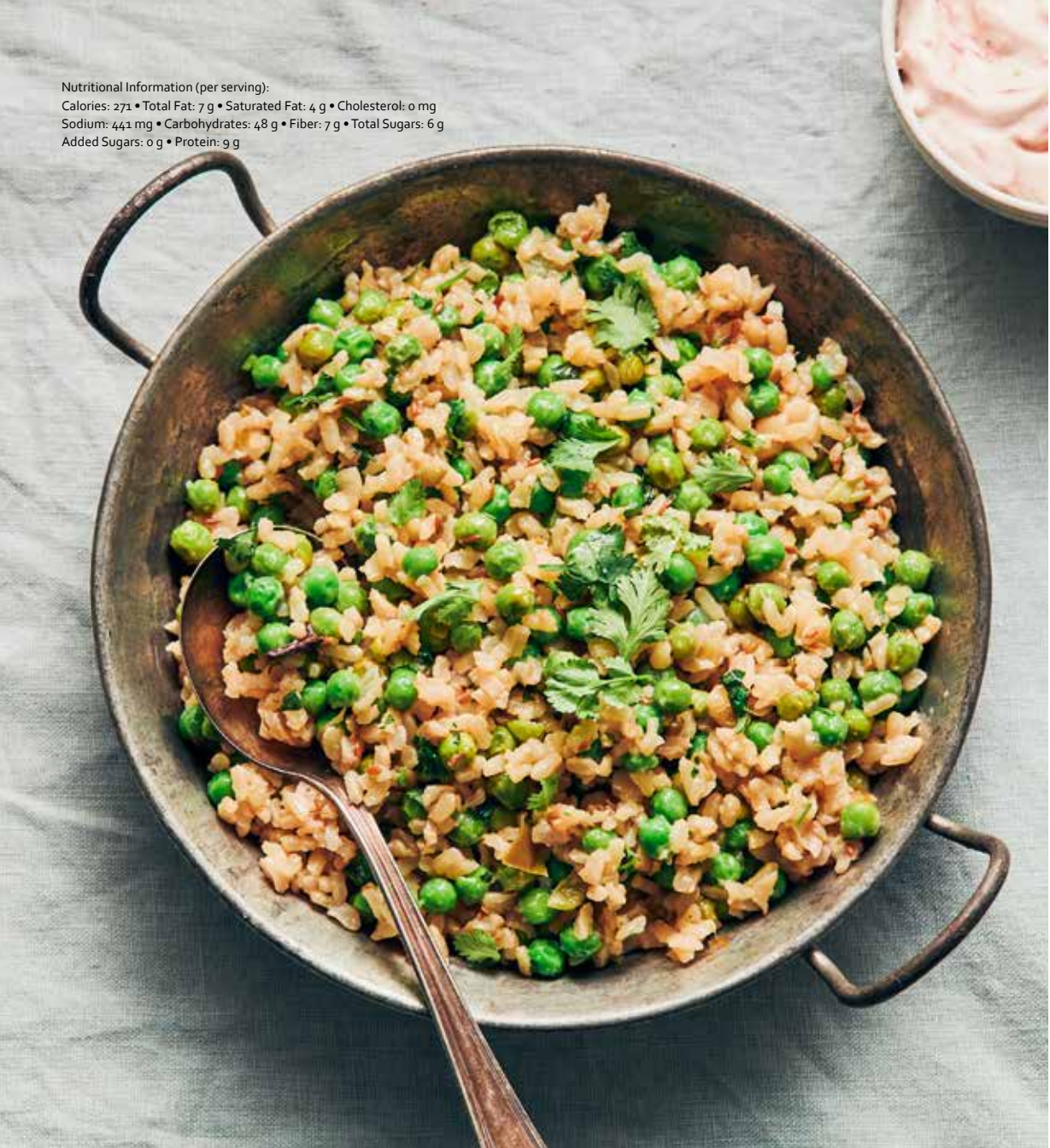
Phases: 1 & 2
Total Time: 30 min. + 30 min. soaking time • Prep Time: 9 min.
• Cooking Time: 21 min.

- | | |
|-------------------------|--|
| 3½ cups / 840 ml | water, <i>divided use</i> |
| 1 cup / 180 g | dry brown basmati rice, rinsed |
| 1 Tbsp. + 1 tsp. | extra-virgin organic coconut oil |
| 1 tsp. | cumin seeds |
| ½ tsp. | ground cardamom |
| 3 | whole cloves |
| 1 | bay leaf |
| 1 | medium onion, chopped |
| 1 | serrano pepper, stemmed, chopped |
| 2 cups / 290 g | fresh green peas |
| 3 Tbsp. | chopped fresh cilantro (coriander leaves), <i>divided use</i> |
| ¾ tsp. | sea salt (or Himalayan salt) |

- 1 Add 2 cups (480 ml) water and rice to a small bowl; let soak for 30 minutes. Drain; set aside.
- 2 Melt oil in a large nonstick skillet over medium heat.
- 3 Add cumin, cardamom, cloves, and bay leaf; cook, stirring frequently, for 1 minute, or until fragrant.
- 4 Add onion and serrano pepper; cook, stirring occasionally, for 3 to 4 minutes, or until onion is soft and starting to brown.
- 5 Add peas and 2 Tbsp. cilantro; cook for 1 minute.
- 6 Add remaining 1½ cups (360 ml) water and salt; bring to a boil. Add rice; cover. Reduce heat to medium; cook for 10 to 15 minutes, or until rice is soft.
- 7 Fluff rice with a fork. Garnish with remaining 1 Tbsp. cilantro. Serve warm.

TIP *Serve this fragrant rice with any curry or raita. It's also delicious on its own!*

Nutritional Information (per serving):
Calories: 271 • Total Fat: 7 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 441 mg • Carbohydrates: 48 g • Fiber: 7 g • Total Sugars: 6 g
Added Sugars: 0 g • Protein: 9 g



Saag
(Makes 2 servings, approx. 2 cups each)

F GF ND QE V VG LUNCH, DINNER

Phases: 1,2,3
Total Time: 15 min. • Prep Time: 3 min. • Cooking Time: 12 min.

- | | |
|--------------------------------|--|
| 2 tsp. | extra-virgin organic coconut oil |
| 1 | medium onion, finely chopped |
| 4 cloves | garlic, finely chopped |
| 1 (½-inch / 1-cm) piece | fresh ginger, grated |
| ½ | serrano pepper, stemmed, finely chopped |
| ½ tsp. | ground coriander |
| ½ tsp. | ground cumin |
| ½ tsp. | ground turmeric |
| 20 oz. / 570 g | fresh spinach, coarsely chopped |
| ½ cup / 120 ml | canned light coconut milk |
| ¼ tsp. | sea salt (or Himalayan salt) |

- 1 Heat oil in large pot over medium heat.
- 2 Add onion; cook, stirring occasionally, for 5 minutes, or until soft.
- 3 Add garlic, ginger, and serrano pepper; cook, stirring frequently, for 2 minutes.
- 4 Add coriander, cumin, and turmeric; cook, stirring occasionally, for 1 minute.
- 5 Add spinach, as much as can fit in pot; cook for 1 minute. Flip; add more spinach. Repeat until all spinach is in pot; cook for 3 minutes, or until evenly wilted.
- 6 Add half of cooked spinach mixture to a food processor; cover. Pulse until smooth. Return to skillet.
- 7 Add coconut milk and salt. Serve warm. Refrigerate leftovers in an airtight container for up to 4 days.

TIP *Serve over brown basmati rice or cauliflower rice.*

Nutritional Information (per serving):
• Calories: 190 • Total Fat: 9 g • Saturated Fat: 7 g • Cholesterol: 0 mg
• Sodium: 524 mg • Carbohydrates: 20 g • Fiber: 9 g • Total Sugars: 3 g
• Added Sugars: 0 g • Protein: 9 g

Spiced Millet Breakfast

(Makes 1 serving)

GF ND QE V VG BREAKFAST

Phases: 1 & 2
Total Time: 15 min. • Prep Time: 5 min. • Cooking Time: 10 min.

- ½ cup / 90 g cooked millet (sorghum)
- ½ serving Cashew Milk (see recipe on page 70)
- 1 tsp. grade B dark maple syrup
- 1 dash ground cinnamon
- 1 dash garam masala
- 1 dash ground cardamom
- 1 dash sea salt (or Himalayan salt)

- 1 Add millet and Cashew Milk to a small saucepot over medium-high heat. Bring to a boil. Reduce heat to medium-low; gently boil for 10 minutes, or until most liquid is absorbed.
- 2 Add maple syrup, cinnamon, garam masala, cardamom, and salt; stir to combine. Serve warm.

Nutritional Information (per serving):
Calories: 207 • Total Fat: 8 g • Saturated Fat: 1 g • Cholesterol: 0 mg
Sodium: 293 mg • Carbohydrates: 29 g • Fiber: 3 g • Total Sugars: 6 g
Added Sugars: 5 g • Protein: 5 g



Spiced Stewed Apples

(Makes 2 servings, approx. 3 cups each)

F GF ND V VG BREAKFAST

Phases: 1,2,3
Total Time: 30 min. • Prep Time: 5 min. • Cooking Time: 25 min.

- 2 tsp. 6 extra-virgin organic coconut oil
- medium sweet apples (like pink lady or honeycrisp), chopped
- ½ tsp. ground cinnamon
- ¼ tsp. garam masala
- 1 dash ground cloves
- 1 dash ground cardamom
- 1 dash sea salt (or Himalayan salt)
- ½ cup / 120 ml 100% apple cider
- 1 tsp. grade B dark maple syrup
- 1 tsp. pure vanilla extract
- 1 Tbsp. chopped unsalted almonds

- 1 Heat oil in a large nonstick skillet over medium-high heat.
- 2 Add apples; cook, stirring occasionally, for 9 to 10 minutes.
- 3 Add cinnamon, garam masala, cloves, cardamom, and salt; cook, stirring occasionally, for 4 to 5 minutes.
- 4 Add apple cider, maple syrup, and extract; cook, scraping up browned bits, for 9 to 10 minutes, or until apples are tender. Garnish with almonds. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 357 • Total Fat: 7 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 153 mg • Carbohydrates: 77 g • Fiber: 13 g • Total Sugars: 57 g
Added Sugars: 2 g • Protein: 1 g

Squash and Cabbage Sabzi

(Makes 3 servings, approx. 2 cups each)

F GF ND V VG LUNCH, DINNER

Phases: 1,2,3
Total Time: 20 min. • Prep Time: 8 min. • Cooking Time: 12 min.

- 1 Tbsp. extra-virgin organic coconut oil
- 2 tsp. cumin seeds
- 1 (1-inch / 2½-cm) piece fresh ginger, grated
- 4 cloves garlic, chopped
- 2 tsp. ground coriander
- 2 tsp. chili powder
- 1 tsp. ground turmeric
- ½ medium butternut squash, peeled, chopped into 1-inch (2½-cm) cubes
- ½ medium head red cabbage, thinly sliced
- 2 Tbsp. water
- ½ medium lime, juiced
- ½ tsp. sea salt (or Himalayan salt)

- 1 Heat oil in a large nonstick skillet over medium-high heat.
- 2 Add cumin seeds; cook for 1 minute, or until seeds begin to pop. Add ginger, garlic, coriander, chili powder, and turmeric; cook, stirring frequently, for 1 additional minute.
- 3 Add squash, cabbage, and water; reduce heat to low. Cook for 8 to 10 minutes, or until squash is tender. Add lime juice and salt; stir to combine. Serve warm. Refrigerate leftovers in an airtight container for up to 4 days.

Nutritional Information (per serving):
Calories: 145 • Total Fat: 6 g • Saturated Fat: 4 g • Cholesterol: 0 mg
Sodium: 484 mg • Carbohydrates: 23 g • Fiber: 6 g • Sugars: 8 g
Added Sugars: 0 g • Protein: 4 g



Vegetable Curry

(Makes 2 servings, approx. 2½ cups each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 30 min. • Prep Time: 4 min. • Cooking Time: 26 min.

- 2 tsp. extra-virgin organic coconut oil
- 2 tsp. cumin seeds
- 2 tsp. mustard seeds
- 2 tsp. ground turmeric
- 1 tsp. ground coriander
- 2 medium carrots, chopped
- 1 medium potato, chopped
- 2 cups / 200 g fresh green beans, cut in 2-inch (5-cm) pieces

- 1 cup / 145 g fresh green peas
- 1 serrano pepper, chopped (optional)
- 1 cup / 240 ml canned light coconut milk
- ½ cup / 120 ml water
- ¼ tsp. sea salt (or Himalayan salt)

- Heat oil in large nonstick skillet over medium heat.
- Add cumin seeds and mustard seeds; cook, stirring occasionally, for 3 minutes, or until seeds begin to pop. Add turmeric and coriander; stir to combine.
- Add carrots and potato; cook, stirring occasionally, for 2 to 3 minutes. Add green beans, peas, serrano pepper (if desired), coconut milk, water, and salt; stir to combine.
- Reduce heat to medium-low; cover. Cook for 15 minutes, or until vegetables become tender.

Remove lid; cook, for an additional 5 minutes, or until mixture thickens. Serve warm. Refrigerate leftovers in an airtight container for up to 4 days.

TIP Garnish with chopped fresh cilantro (coriander leaves), if desired.
• Serve over brown basmati rice or cauliflower rice.

Nutritional Information (per serving):
Calories: 309 • Total Fat: 13 g • Saturated Fat: 10 g • Cholesterol: 0 mg
Sodium: 385 mg • Carbohydrates: 42 g • Fiber: 11 g • Total Sugars: 13 g
Added Sugars: 0 g • Protein: 10 g

Zucchini and Red Lentil Fritters

(Makes 2 servings, 5 each)

F GF ND P V VG LUNCH, DINNER

Phases: 1 & 2
Total Time: 15 min. + 4 hr. soaking time • Prep Time: 5 min.
• Cooking Time: 10 min.

- 1 cup / 240 ml water
- ½ cup / 105 g dry red lentils, rinsed
- 2 medium zucchini, grated
- Cheesecloth (or paper towels)
- ½ medium onion, finely chopped
- ½ serrano pepper, finely chopped
- 3 cloves garlic, finely chopped
- ½ tsp. ground cumin
- ¼ tsp. ground turmeric
- ¼ tsp. ground coriander
- ¼ tsp. sea salt (or Himalayan salt)
- Nonstick avocado oil cooking spray

- Add water and lentils to a small bowl; let soak for 4 hours. Drain; set aside.
- While lentils soak, place zucchini in cheesecloth; wring out all excess moisture. Set aside.
- When lentils finish soaking, add to a blender; cover. Pulse until a chunky paste forms. Add to a medium mixing bowl.
- Add zucchini, onion, serrano pepper, garlic, cumin, turmeric, coriander, and salt to lentils; mix well.
- Heat a large nonstick skillet over medium-high heat; lightly coat with spray.
- Using clean hands, form 10 equal balls from lentil mixture. Flatten one ball; add it to skillet. Repeat until skillet is full, but not overcrowded. Cook for 4 to 5 minutes; flip. Cook for an additional 4 to 5 minutes, or until golden brown on all sides. Remove from skillet. Repeat with remaining balls. Serve warm.

Nutritional Information (per serving):
• Calories: 245 • Total Fat: 1 g
• Saturated Fat: 0 g • Cholesterol: 0 mg
• Sodium: 309 mg • Carbohydrates: 45 g
• Fiber: 10 g • Sugars: 7 g
• Added Sugars: 0 g • Protein: 16 g



Reset In A Crunch – INDIAN

P H A S E O N E							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	2 eggs + 1 tsp. avocado oil + Cilantro and Red Lentil Roti + Cilantro Chutney	2 eggs + 1 tsp. avocado oil + Cilantro and Red Lentil Roti + Cilantro Chutney	Mango Lassi + Spiced Millet Breakfast	Mango Lassi + Spiced Millet Breakfast	Spiced Stewed Apples	Spiced Stewed Apples	Mango Lassi + Spiced Millet Breakfast
LUNCH	Cauliflower Korma	Cauliflower Korma	Chana Masala + Peas Pulao	Chana Masala + Peas Pulao	Chana Masala + Peas Pulao	Peas Pulao + Squash and Cabbage Sabzi + 1 Tbsp. chopped almonds	Kitchari + Squash and Cabbage Sabzi
DINNER	Vegetable Curry + 4 oz. (115 g) chicken	Vegetable Curry + 4 oz. (115 g) salmon	Zucchini and Red Lentil Fritters + 4 oz. (115 g) tempeh + Cilantro Chutney	Zucchini and Red Lentil Fritters + 4 oz. (115 g) tempeh + Cilantro Chutney	Carrot and Pea Sabzi + Cilantro Chutney	Carrot and Pea Sabzi + Cilantro Chutney + 1 Tbsp. chopped almonds	Vegetable Curry + Chana Masala
MEAL PREP NOTES	Scramble eggs in oil; top with Cilantro Chutney. Serve Cilantro and Red Lentil Roti on side. Sauté chicken in a nonstick skillet lightly coated with spray; chop. Add to Vegetable Curry.	Scramble eggs in oil; top with Cilantro Chutney. Serve Cilantro and Red Lentil Roti on side. Sauté salmon in a nonstick skillet lightly coated with spray; chop. Add to Vegetable Curry.	Sauté tempeh in a nonstick skillet lightly coated with spray; top with Cilantro Chutney.	Sauté tempeh in a nonstick skillet lightly coated with spray; top with Cilantro Chutney.			

P H A S E T W O														
DAY 8		DAY 9		DAY 10		DAY 11		DAY 12		DAY 13		DAY 14		
BREAKFAST	Golden Chia Pudding		Golden Chia Pudding		Spiced Millet Breakfast		Spiced Millet Breakfast		Kitchari		Golden Chia Pudding		Golden Chia Pudding	
LUNCH	Kitchari + Squash and Cabbage Sabzi + Cilantro Chutney		Masoor Dal Tadka + Cilantro and Red Lentil Roti + Cilantro Chutney		Masoor Dal Tadka + Peas Pulao		Masoor Dal Tadka + Cilantro and Red Lentil Roti		Masoor Dal Tadka + Carrot and Pea Sabzi		Zucchini and Red Lentil Fritters + 4 oz. (115 g) unsweetened applesauce		Zucchini and Red Lentil Fritters + 4 oz. (115 g) unsweetened applesauce	
DINNER	Vegetable Curry + 1 Tbsp. chopped almonds		Cauliflower Korma (sub coconut milk)*		Cauliflower Korma (sub coconut milk)* + Kitchari		Peas Pulao + Chana Masala		Peas Pulao + Chana Masala		Kitchari + Peas Pulao + Saag		Kitchari + Carrot and Pea Sabzi + Saag	

*see recipe tips for Phase 2 substitutions

P H A S E T H R E E							
DAY 15		DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BREAKFAST	Spiced Stewed Apples	3 cups (500 g) fresh fruit	Spiced Stewed Apples	3 cups (500 g) fresh fruit	Spiced Stewed Apples	3 cups (500 g) fresh fruit	Spiced Stewed Apples
LUNCH	Kachumber + Carrot Ginger Soup	Kachumber + Carrot Ginger Soup	Broccoli Almond Salad + ½ avocado + Saag	Broccoli Almond Salad + ½ avocado + Saag	Carrot Ginger Soup + Cumin and Mustard Green Beans + ½ avocado	Carrot Ginger Soup + Cumin and Mustard Green Beans + 2 Tbsp. chopped almonds	Cauliflower Korma (sub coconut milk)* + ½ avocado + 1 Tbsp. chopped almonds
DINNER	Cauliflower Korma (sub coconut milk)* + 2 oz. (60 g) tempeh + Saag	Cauliflower Korma (sub coconut milk)* + 2 oz. (60 g) tempeh + Saag	Squash and Cabbage Sabzi + 2 cups (170 g) cauliflower rice + 2 tsp. avocado oil + ¼ cup coconut milk + 1 Tbsp. chopped almonds	Squash and Cabbage Sabzi + 2 cups (170 g) cauliflower rice + 2 tsp. avocado oil + ¼ cup coconut milk + 1 Tbsp. chopped almonds	Squash and Cabbage Sabzi + 2 cups (170 g) cauliflower rice + 2 tsp. avocado oil + 2 oz. (60 g) tempeh + ¼ cup coconut milk + 2 Tbsp. chopped almonds	Broccoli Almond Salad + Cauliflower Korma (sub coconut milk)* + 2 Tbsp. chopped almonds	Broccoli Almond Salad + 2 oz. (60 g) tempeh + 1 tsp. avocado oil
MEAL PREP NOTES	Slice tempeh; sauté in a nonstick skillet lightly coated with spray. Add to Cauliflower Korma.	Slice tempeh; sauté in a nonstick skillet lightly coated with spray. Add to Cauliflower Korma.	Sauté cauliflower rice in oil; add coconut milk and almonds.	Sauté cauliflower rice in oil; add coconut milk and almonds.	Slice tempeh; sauté with cauliflower rice in a nonstick skillet lightly coated with spray. Add coconut milk and almonds.		Slice tempeh; sauté in oil. Add to Broccoli Almond Salad.

*see recipe tips for Phase 3 substitutions

Indian Grocery Lists

Indian Grocery List Week 1

PRODUCE	
1 large bunch fresh cilantro (coriander leaves)	
1 small bunch fresh thyme	
1 small bunch fresh rosemary	
1 small bunch fresh parsley	
1 small bunch fresh mint (optional)	
9 oz. / 260 g cauliflower rice	
1 lb. 7 oz. / 760 g cauliflower florets	
17 medium carrots	
14 oz. / 400 g fresh green beans	
1¾ lbs. / 800 g fresh green peas	
6 medium serrano peppers	
1 bunch celery	
2 medium zucchini	
1 medium head red cabbage	
1 medium butternut squash	
2 medium potatoes	
7 medium onions	
3 bulbs garlic (need 33 cloves)	
1 (6-inch / 15-cm) piece fresh ginger	
1 medium lemon	
3 medium limes	
6 medium sweet apples	
2 medium mangoes	
4 fl. oz. / 120 ml 100% apple cider	

MEAT AND DAIRY (AND ALTERNATIVES)	
½ dozen large eggs (need 4)	
13 oz. / 370 g reduced-fat (2%) plain Greek yogurt	
4 oz. / 115 g raw chicken breast, boneless, skinless	
4 oz. / 115 g raw salmon fillet	
8 oz. / 230 g organic tempeh	

DRY AND PACKAGED GOODS	
8 oz. / 230 g dry brown basmati rice	
4 oz. / 115 g dry millet (sorghum)	
11 oz. / 310 g dry red lentils	
16 fl. oz. / 480 ml canned light coconut milk	
3½ lbs. / 1.2 kg canned whole peeled tomatoes	
3 cups / 510 g cooked chickpeas, drained	
5 oz. / 140 g unsalted cashews	
2 oz. / 60 g unsalted almonds	
3 oz. / 90 g shredded unsweetened coconut	

PANTRY	
Avocado oil	
Extra-virgin organic coconut oil	
Honey	
Grade B dark maple syrup	
Pure vanilla extract	
Coconut sugar (optional)	
Sea salt (or Himalayan salt)	
Garam masala	

PANTRY	
Ground turmeric	
Ground cumin	
Ground coriander	
Ground cinnamon	
Saffron threads	
Cumin seeds	
Mustard seeds	
Bay leaves	
Black peppercorns	
Ground black pepper	
Ground cardamom	
Whole cloves	
Ground cloves	
Crushed red pepper flakes	
Chili powder	
Ground paprika	

OTHER	
Cheesecloth	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Make Homemade Vegetable Broth. Freeze 4 servings.	
Make Cashew Milk. Freeze 6 servings.	
Make Cilantro Chutney. Freeze 2 servings for next week.	
Freeze the other halves of the butternut squash and the red cabbage for week 3.	

Indian Grocery List
Week 2

PRODUCE	
1 large bunch fresh cilantro (coriander leaves)	
3 medium serrano peppers	
1 lb. 7 oz. / 760 g cauliflower florets	
9 oz. / 260 g cauliflower rice	
1 lb. 2 oz. / 510 g fresh green peas	
8 medium carrots	
2 medium zucchini	
1¼ lbs. / 575 g spinach	
6 medium onions	
2 bulbs garlic (need 19 cloves)	
1 (4-inch / 10-cm) piece fresh ginger	
1 medium lemon	

DRY AND PACKAGED GOODS	
1 lb. 2 oz. / 510 g dry red lentils	
8 oz. / 230 g dry brown basmati rice	
2 oz. / 60 g dry millet (sorghum)	
15 oz. / 430 g canned diced tomatoes	
12 fl. oz. / 360 ml canned light coconut milk	

DRY AND PACKAGED GOODS	
8 oz. / 230 g unsweetened applesauce	
3 oz. / 90 g chia seeds	
1 oz. / 30 g shredded unsweetened coconut	
1 oz. / 30 g unsalted almonds	

PANTRY	
Avocado oil	
Extra-virgin organic coconut oil	
Grade B dark maple syrup	
Pure vanilla extract	
Sea salt (or Himalayan salt)	
Ground black pepper	
Ground turmeric	
Ground cinnamon	
Ground cardamom	
Ground ginger	
Ground coriander	
Ground cumin	
Garam masala	
Saffron threads	
Cumin seeds	
Whole cloves	
Bay leaves	

PANTRY	
Coconut sugar	
Mustard seeds	
Ground paprika	
Crushed red pepper flakes	

OTHER	
Cheesecloth	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Defrost 3 servings of Cashew Milk.	
Defrost the remaining 2 servings of Cilantro Chutney.	
Defrost the remaining 4 servings of Homemade Vegetable Broth.	

Indian Grocery List
Week 3

PRODUCE	
1 large bunch fresh cilantro (coriander leaves)	
1 small bunch fresh mint	
1 small bunch fresh thyme	
1 small bunch fresh rosemary	
1 small bunch fresh parsley	
1 bunch celery	
1 lb. 2 oz. / 510 g cauliflower rice	
2 lbs. 13 oz. / 1.3 kg cauliflower florets	
1¼ lbs. / 575 g broccoli florets	
1 medium cucumber	
1 medium tomato	
1 oz. / 30 g shredded carrots	
2 medium serrano peppers	
18 medium carrots	
2½ lbs. / 1.2 kg spinach	
11 oz. / 310 g fresh green beans	
11 medium onions	
6 bulbs garlic (need 60 cloves)	
1 (7-inch / 18-cm) piece fresh ginger	
1 (2-inch / 5-cm) piece fresh turmeric	
2 medium lemons	

PRODUCE	
1 medium lime	
2 medium avocados	
2 oz. / 60 g pomegranate seeds	
3 medium pears	
1 lb. 2 oz. / 510 g grapes	
1 lb. 2 oz. / 510 g strawberries	
12 medium sweet apples	
8 fl. oz. / 240 ml 100% apple cider	

MEAT AND DAIRY (AND ALTERNATIVES)	
8 oz. / 230 g organic tempeh	

DRY AND PACKAGED GOODS	
7 oz. / 200 g unsalted almonds	
35 fl. oz. / 1.1 L canned light coconut milk	
1 oz. / 30 g shredded unsweetened coconut	

PANTRY	
Extra-virgin organic coconut oil	
Extra-virgin olive oil	
Avocado oil	
Apple cider vinegar	
Grade B dark maple syrup	
Pure vanilla extract	
Honey	

PANTRY	
Sea salt (or Himalayan salt)	
Ground cinnamon	
Garam masala	
Ground cloves	
Ground cardamom	
Ground cumin	
Ground turmeric	
Ground coriander	
Saffron threads	
Ground black pepper	
Cumin seeds	
Chili powder	
Mustard seeds	
Crushed red pepper flakes	
Bay leaves	
Black peppercorns	

OTHER	
Nonstick avocado oil cooking spray	

MEAL PREP NOTES	
Make two batches of Homemade Vegetable Broth. Freeze 6 servings.	
Boil 8 oz. (230 g) tempeh; drain.	
Defrost the remaining halves of butternut squash and red cabbage on day 16.	

Supplemental Recipes

Cashew Milk

(Makes 8 servings, approx. ¾ cup each)

GF ND V VG

Phases: 1, 2, 3
Total Time: 5 min. + 15 min. soaking time • Prep Time: 5 min.
• Cooking Time: None

8 cups / 2 L water, *divided use*
1 cup / 115 g unsalted cashews
Cheesecloth

- 1 Add 2 cups (500 ml) water and cashews to a small pot over medium-high heat.
- 2 Bring to a boil; remove from heat. Cover; let soak for 15 minutes; drain.
- 3 Add remaining 6 cups (1.5 L) water and cashews to a blender; cover. Blend on high until super-smooth.
- 4 Line a sieve with cheesecloth; place over a large bowl. Pour cashew mixture into cheesecloth. Using clean hands, wring out all excess liquid from cashew pulp. Discard pulp.
- 5 Refrigerate Cashew Milk in an airtight container for up to 4 days.

TIP Add 2 tsp. grade B dark maple syrup and ¼ tsp. salt, if desired.

Nutritional Information (per serving):
Calories: 157 • Total Fat: 12 g • Saturated Fat: 2 g • Cholesterol: 0 mg
Sodium: 14 mg • Carbohydrates: 9 g • Fiber: 1 g • Total Sugars: 2 g
Added Sugars: 0 g • Protein: 5 g

Homemade Vegetable Broth

(Makes 8 servings, approx. 1 cup each)

GF ND V VG

Phases: 1, 2, 3
Total Time: 2 hr. 15 min. • Prep Time: 15 min. • Cooking Time: 2 hr.

5 medium carrots, roughly chopped
5 celery stalks, roughly chopped
2 medium onions, quartered
10 cloves garlic
5 sprigs fresh thyme
5 sprigs fresh rosemary
5 sprigs fresh parsley
2 bay leaves
15 black peppercorns (or 1 tsp. ground)
10 cups / 2.4 L water

- 1 Add carrots, celery, onions, garlic, thyme, rosemary, parsley, bay leaves, and peppercorns to a large pot. Pour in water.
- 2 Bring to a boil over medium-high heat. Gently boil for 1 to 2 hours.
- 3 Strain through a mesh strainer; discard solids. Refrigerate in an airtight container for up to 4 days or freeze for up to 1 month.

TIP Feel free to add any extra vegetables you may have on hand, including the skins from the garlic and onions, and the greens from the carrots.

Nutritional Information (per serving):
Calories: 19 • Total Fat: 0 g • Saturated Fat: 0 g • Cholesterol: 0 mg
Sodium: 24 mg • Carbohydrates: 4 g • Fiber: 1 g • Total Sugars: 2 g
Added Sugars: 0 g • Protein: 1 g



While You Reset...

Here are a few tips to help you get the most from your reset experience. Refer to the original Ultimate Reset guide for more in-depth guidance on each recommendation.

Get The Rest You Need Your body relies on sleep to recover, so it's key that you get enough rest while you reset. Try turning off your electronics earlier, winding down with a meditation, or using a white-noise machine to help you fall asleep. These strategies can help you create a relaxing bedtime routine that enhances your shut-eye.

Deepen Your Breathing Proper breathing does wonders for your body's internal systems. For starters, it can help calm your nervous system, reduce muscular tension and mental fatigue, and ease pressure on your heart. Throughout the day, practice deepening your inhales to improve your breathing pattern.

Implement Conscious Eating Consider reflecting on your food before mealtime, removing your phone or other stressors from your eating environment, or simply chewing more deliberately. These habits can help you improve your relationship with food, and move you toward optimum health.

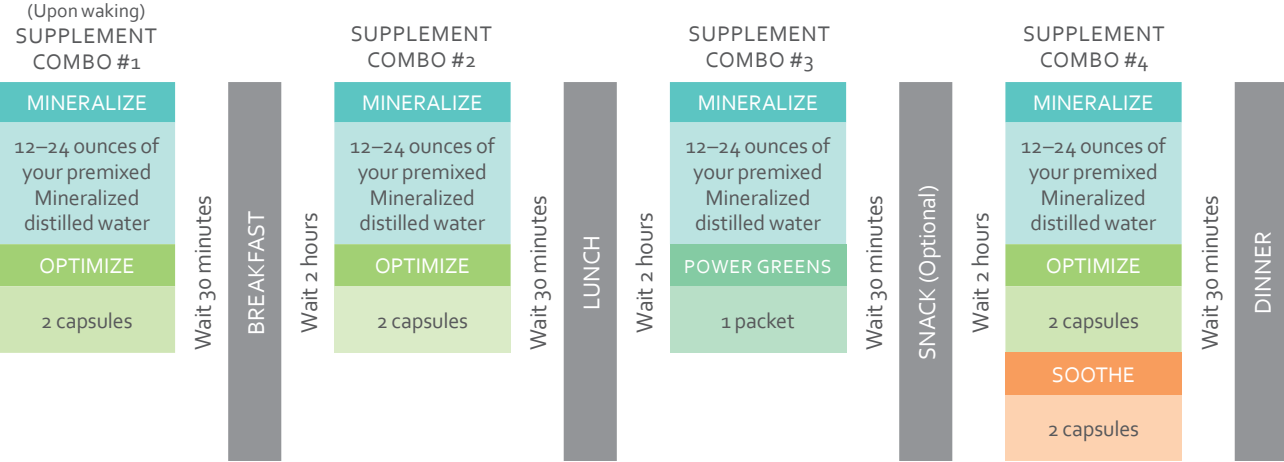
Drink Plenty Of Water Hydration is crucial to your reset. We recommend drinking distilled water with your Mineralize added to it. Try to drink before meals, not during, to help your body during its detoxification process.

Avoid Strenuous Exercise The Ultimate Reset gives your body a serious internal workout, so we recommend sticking to gentle activities during these three weeks. Feel free to take brisk walks, or check out the Beachbody On Demand app for programs like 3 Week Yoga Retreat or Tai Cheng for restorative mind-body movement. Right after your Reset, you can return to light resistance training (at 50% of your maximum effort). One week later, you can dive back into your strenuous Beachbody® exercise program, or begin a new one. You're likely to find your workouts to be more productive than ever before.

SUPPLEMENT REGIMEN

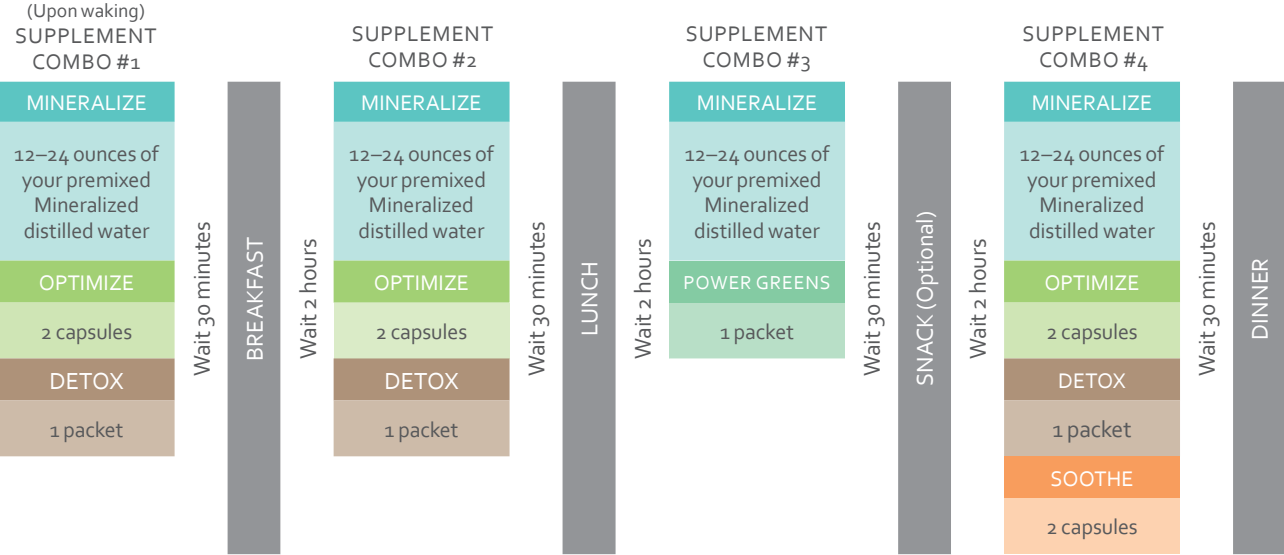
PHASE ONE

BEACHBODY
ULTIMATE RESET
DAILY REGIMEN
WEEK 1: RECLAIM



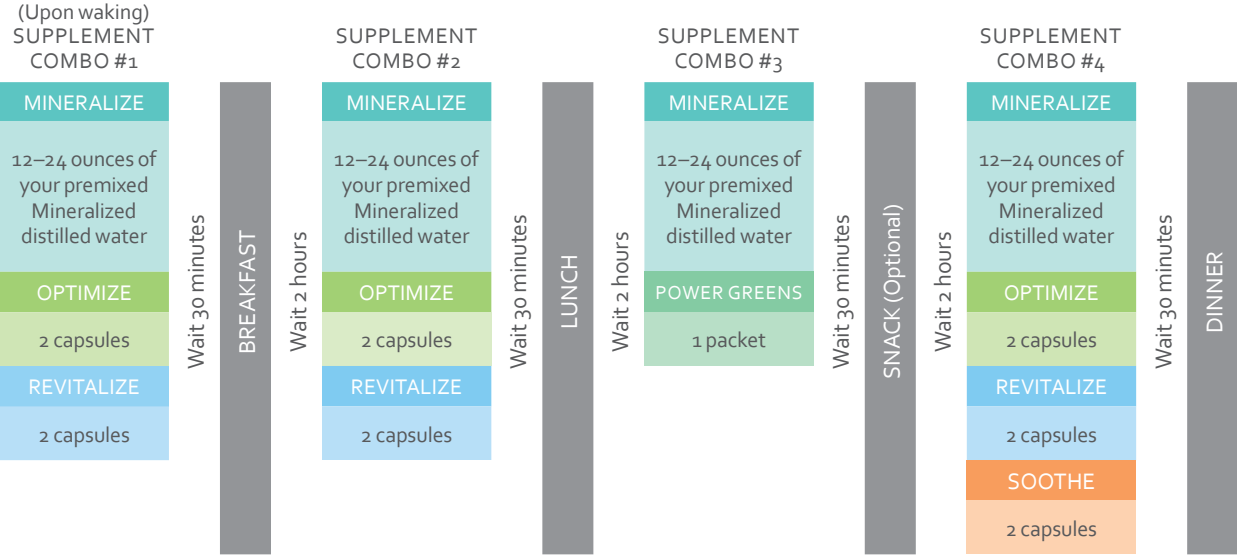
PHASE TWO

BEACHBODY
ULTIMATE RESET
DAILY REGIMEN
WEEK 2: RELEASE



PHASE THREE

BEACHBODY
ULTIMATE RESET
DAILY REGIMEN
WEEK 3: RESTORE



Planning Tip: Create your personalized daily regimen at [UltimateReset.com](#)

Scheduling Tip: Setting alarms on your phone is a great way to remind yourself when it's time to take your supplements.

Additional Tip: Remember, on days when you skip your optional midday snack you can take Power Greens 30 minutes before your pre-dinner supplement. Also, missed supplements can be taken two hours after dinner.



Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, eating disorders, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this or any other nutrition plan. This information is for general information purposes only and is not intended or implied to be a substitute for professional medical or nutrition advice, diagnosis, or treatment. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.



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