



HEALTHYSELF RESET

WEEK 1 | MEAL PLAN





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	apple chorizo ring	apple chorizo ring	apple chorizo ring	apple chorizo ring	apple chorizo ring	apple chorizo ring	apple chorizo ring
SNACK	½ bell pepper with a handful of cashews	½ cup blueberries with a handful of almonds	½ bell pepper with a handful of cashews	½ cup blueberries with a handful of almonds	½ bell pepper with a handful of cashews	1/2 bell pepper with cashews	½ cup blueberries with a handful of almonds
LUNCH	spinach turkey burgers shredded crucifer salad	spinach turkey burgers shredded crucifer salad	kale-in-it bean pasta shredded crucifer salad	kale-in-it bean pasta shredded crucifer salad	pan roasted chicken-n-veg	kale-in-it bean pasta shredded crucifer salad	pan roasted chicken-n-veg
SNACK	½ cup blueberries with a handful of almonds	1 hard-boiled egg with salt & pepper	½ cup blueberries with a handful of almonds	1 hard-boiled egg with salt & pepper	1/2 bell pepper with a handful of cashews	1 hard-boiled egg with salt & pepper	1 hard-boiled egg with salt & pepper
DINNER	kale-in-it bean pasta shredded crucifer salad	pan roasted chicken-n-veg	spinach turkey burgers shredded crucifer salad	pan roasted chicken-n-veg	spinach turkey burgers shredded crucifer salad	night out!	leftovers



WEEK 1 | SHOPPING LIST

PERISHABLES (mostly)

VEGETABLES

- 1 10 oz bag spinach*
- 1 head curly kale
- 1 head garlic
- 1 medium red onion
- 1 bunch radishes
- 1 head broccoli
- 12 oz green beans
- 1 medium turnip
- 10 oz brussels sprouts, shaved
- 10 oz napa cabbage, shredded
- 10 oz red cabbage, shredded
- 1 10 oz bag grated carrots
- 2 medium bell peppers
- 1 medium shallot
- 1 tbsp basil

FRUITS

- 1 medium granny smith apple*
- 2 medium red delicious apples*
- 2 pints blueberries*
- 2 lemons
- 1 avocado

DAIRY ALTERNATIVES

- 1 32 oz carton almond milk, unsweetened

MEATS, FISH + EGGS

- 4 6 oz chicken thighs, boneless & skinless*
- 8 fl oz chicken broth, low sodium*
- ½ dozen eggs*
- 1 lb ground turkey*
- 1 lb bulk chorizo*

NON-PERISHABLES (mostly)

MISC.

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 16 fl oz bottle apple cider vinegar* (raw, from the mother)
- himalayan salt
- black pepper
- 1 10 fl oz bottle tamari sauce (or coconut aminos)
- 1 8 oz jar dijon mustard
- snack bars (see product list)

HEALTHY FATS + OILS

- 1 8 fl oz bottle avocado oil
- 1 8 fl oz bottle extra virgin olive oil
- 1 8 oz jar coconut oil
- 1 11 fl oz can culinary/full-fat coconut milk

GLUTEN-FREE GRAINS

- 1 4.25 oz gluten-free crackers

NUTS, SEEDS + BEANS

- 1 8 oz box lentil/bean pasta
- 2 oz pine nuts
- 1 12 oz bag raw cashews
- 1 12 oz bag raw almonds

*recommend purchasing ingredients organic



WEEK 1 | APPLE CHORIZO RING



MEAL PREP TIP

- Make this recipe at the beginning of the week. Cut in individual servings and store in airtight containers in the refrigerator.

NUTRITION INFORMATION

- Total Servings: 6; Calories: 428; Total Fat: 33g; Sodium: 1,118mg; Carbs: 11g; Fiber: 2g;
- Total Sugar: 3g; Added Sugar: 0g; Protein: 21g

INGREDIENTS

- 1 large egg
- 1/4 cup almond milk, unsweetened
- 1 lb bulk chorizo
- 3/4 cup gluten-free crackers, crushed
- 3/4 cup granny smith apple, finely chopped
- 1/4 cup shallots, minced

INSTRUCTIONS

1. preheat oven to 350 F.
2. in a small bowl, whisk egg and almond milk.
3. in a medium size bowl, add sausage, crushed crackers, apple and shallots.
4. pour egg mixture in medium size bowl and mix all ingredients.
5. turn into a bunt pan and press lightly into the mold.
6. bake for 40-45 minutes.





WEEK 1 | KALE-IN-IT BEAN PASTA



MEAL PREP TIP

- Prepare pasta salad at the beginning of the week and store in individual airtight containers.

NUTRITION INFORMATION

- Total Servings: 4; Calories: 421; Total Fat: 27g; Sodium: 112mg; Carbs: 38g; Fiber: 10g;
- Total Sugar: 6g; Added Sugar: 0g; Protein: 16g

INGREDIENTS

- 1 8 oz box lentil or bean pasta
- 4 cups curly kale, chopped
- 3 garlic cloves, minced
- ¼ red onion, diced
- 1 tbsp avocado oil
- ¼ cup pine nuts
- ¼ cup extra virgin olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsp apple cider vinegar
- Dash himalayan salt
- Dash black pepper



INSTRUCTIONS

1. cook the bean pasta in a medium size pot, following instructions on the box.
2. in a large pan, heat avocado oil over medium heat.
3. add garlic, onion, and pine nuts and sauté for 3-4 minutes, stirring occasionally.
4. add kale and extra virgin olive oil to the pan, tossing all ingredients together.
5. cover the pan with a lid for 3-5 minutes to allow kale to steam and reduce.
6. on a large bowl combine strained bean pasta, garlic powder, onion powder, apple cider vinegar, salt and pepper.
7. once kale is soft, transfer vegetables into the bowl and stir all ingredients together.



WEEK 1 | PAN ROASTED CHICKEN-N-VEG



MEAL PREP TIP

Prep dish at the beginning of the week and store in individual airtight containers.

NUTRITION INFORMATION

Total Servings: 4; Calories: 498; Total Fat: 27g; Sodium: 639mg; Carbs: 29g; Fiber: 8g;
Total Sugar: 9g; Added Sugar: 0g; Protein: 40g

INGREDIENTS

1 bunch radishes, stemmed & halved
12 oz green beans, trimmed & halved
1 medium turnip, diced
1 head broccoli, chopped florets
4 garlic cloves, minced
juice from 1 ½ lemon
1/8 cup avocado oil
4 chicken thighs
2 dashes himalayan salt
¾ cup raw cashews, soaked for 1 hour
1 tbsp tamari sauce (or coconut aminos)
¼ cup full-fat canned coconut milk
1 tbsp dijon mustard



INSTRUCTIONS

1. preheat oven to 400 F.
2. cover two baking sheets with aluminum foil and spread vegetables and garlic on top.
3. pour ¼ cup avocado oil, juice from ½ lemon and a dash of salt on vegetables and mix.
4. create four openings and place chicken on baking sheet. Top chicken with juice from ½ lemon.
5. bake for 25-30 minutes or until chicken is done. Can use a meat thermometer and cook to 165 F.
6. in a food processor combine soaked cashews, tamari sauce, coconut milk, dijon mustard and a dash of salt. Top vegetables and chicken with the cashew sauce and serve.



WEEK 1 | SHREDDED CRUCIFER SALAD



MEAL PREP TIP

- Prep salad at the beginning of the week. Can store salad in individual airtight containers and dressing in a small mason jar. Apply dressing right before eating to prevent soggy vegetables.

NUTRITION INFORMATION

- Total Servings: 8; Calories: 97; Total Fat: 4g; Sodium: 103mg; Carbs: 15g; Fiber: 4g; Total Sugar: 8g; Added Sugar: 0g; Protein: 2g

INGREDIENTS

10 oz shaved brussels sprouts
10 oz shredded napa cabbage
10 oz shredded red cabbage
2 red delicious apples
8 oz grated carrots
2 tbsp dijon mustard
juice from ½ lemon
3 tbsp apple cider vinegar
2 tbsp extra virgin olive oil
dash himalayan salt
dash black pepper



INSTRUCTIONS

1. combine all vegetables in a large salad bowl.
2. dice apples into 1" wedges and add to the salad bowl, mixing all ingredients together.
3. in a small bowl mix the dijon mustard, lemon juice, apple cider vinegar, extra virgin olive oil, salt and pepper.



WEEK 1 | SPINACH TURKEY BURGERS



MEAL PREP TIP

- Prep turkey burgers at the beginning of the week and grill Sunday evening. Store leftovers for the week and avocado separately. Reheat prior to consumption.

NUTRITION INFORMATION

- Total Servings: 4; Calories: 323; Total Fat: 25g; Sodium: 369mg; Carbs: 6g; Fiber: 4g; Total Sugar: 1g; Added Sugar: 0g; Protein: 21g

INGREDIENTS

- 1 tsp extra virgin coconut oil
- 1/4 cup red onion, diced
- 1/4 cup grated carrots, sliced
- 2 cups baby spinach, chopped
- 1/2 tsp himalayan salt
- 1/2 tsp black pepper
- 1 tbsp basil, fresh, chopped
- 1 lb ground turkey
- 1 medium avocado



INSTRUCTIONS

1. in a medium size pan, heat coconut oil over medium heat.
2. add the red onion and carrots and sauté for 3-5 minutes.
3. stir in the chopped spinach and cook for an additional three minutes.
4. remove the vegetables from the heat and let them cool for about 20-30 minutes.
5. in a large bowl, mix the cooled vegetables with the ground turkey, basil, salt and pepper.
6. mix ingredients well and form into four patties.
7. add the patties to the grill or skillet and cook until desired doneness.
8. top each burger with 1/4 avocado wedge.