



HEALTHYSELF RESET

WEEK 2 | MEAL PLAN





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
arugula crustless quiche	arugula crustless quiche	arugula crustless quiche	arugula crustless quiche	arugula crustless quiche	arugula crustless quiche	arugula crustless quiche
SNACK						
3 celery stalks with hummus	1 medium apple + 2 tbsp nut butter	3 celery stalks with hummus	1 medium apple + 2 tbsp nut butter	½ bell pepper with a handful of cashews	snack bar	snack bar
LUNCH						
buffalo chicken chili side salad	parsley crusted salmon salad	cucumber & bell pepper quinoa salad + crispy brussels sprouts	parsley crusted salmon salad	buffalo chicken chili side salad	buffalo chicken chili side salad	Leftovers
SNACK						
1 handful cashews	1 serving GF crackers + hummus	1 handful cashews	1 serving GF crackers + hummus	1 serving GF crackers + hummus	1 handful cashews	1 handful cashews
DINNER						
parsley crusted salmon salad	cucumber & bell pepper quinoa salad + crispy brussels sprouts	parsley crusted salmon salad	cucumber & bell pepper quinoa salad + crispy brussels sprouts	arugula crustless quiche	cucumber & bell pepper quinoa salad + crispy brussels sprouts	night out!



WEEK 2 | SHOPPING LIST

PERISHABLES (mostly)

VEGETABLES

- 2 medium yellow onions
- 2 medium bell peppers (any color)*
- 2 medium cucumbers
- 1 celery head*
- 1 medium heirloom tomato*
- 3, 5 oz bags arugula
- 2 heads of garlic
- 1 bunch fresh parsley
- 2 tbsp fresh basil
- 1 head tuscan kale
- 16 oz brussels sprouts
- 1 5 oz bag mixed greens

FRUITS

- 5 medium avocado
- 3 lemons
- 3 medium apples*

DAIRY ALTERNATIVES

- 1 16 fl oz carton almond milk, unsweetened

MEATS, FISH + EGGS

- 1 dozen eggs*
- 1 lb ground chicken*
- 4 6 oz wild salmon filets (fresh or frozen)
- 8 fl oz chicken broth, low sodium*

NON-PERISHABLES (mostly)

MISC.

- 1 tsp red pepper flakes
- 2 tbsp oregano
- 1 tsp turmeric
- 1 tbsp garlic powder
- ½ tsp chili powder
- 1 tsp cumin
- himalayan salt
- black pepper
- 1 12 oz jar tomato sauce (no added sugar)*
- 1 32 fl oz carton vegetable broth
- 1 5 oz bottle hot buffalo sauce (optional)
- 1 12 oz bottle dijon mustard
- 1 12.7 oz bottle red wine vinegar
- 1 16 oz bottle apple cider vinegar, raw, unfiltered, with the 'mother'*

HEALTHY FATS + OILS

- 1 8 fl oz bottle avocado oil
- 1 16 fl oz bottle extra virgin olive oil
- 1 jar grass-fed ghee

GLUTEN-FREE GRAINS

- 1 8 oz bag quinoa, dry
- 1 box gluten-free crackers

NUTS, SEEDS + BEANS

- 1 can kidney beans
- 1 can great northern beans
- 1 8 oz bag red lentils, dry
- 1 8 oz bag almond meal
- 1 container hummus
- 1 16 oz jar nut butter (almond, cashew, peanut, etc.)
- Snack bars (see product list)
- 1 8 oz bag cashews



WEEK 2 | ARUGULA CRUSTLESS QUICHE



MEAL PREP TIP

- Make this recipe with your weekly meal prep. Cut 6 pieces of the quiche and store in individual containers for the week. Serve with ½ avocado.

NUTRITION INFORMATION

- Total Servings: 6; Calories: 326; Total Fat: 26g; Sodium: 161mg; Carbs: 12g; Fiber: 8; Total Sugar: 3g; Added Sugar: 0g; Protein: 13g

INGREDIENTS

- 1 tbsp avocado oil
- ½ yellow onion, diced
- 1 garlic clove, minced
- 1 cup bell peppers, chopped
- 1 heirloom tomato, diced
- 2 cups arugula
- 1 tbsp basil
- 10 large eggs
- ¼ cup nut milk, unsweetened
- ½ tsp red pepper flakes
- 1 tbsp garlic powder
- 3 avocados, large
- dash of Himalayan salt
- dash of black pepper



INSTRUCTIONS

1. preheat oven to 350 F.
2. in a large skillet add avocado oil and heat over medium heat.
3. when avocado oil heats, add onion and garlic and peppers.
4. when the onion starts to caramelize, add tomatoes.
5. after 2 minutes add arugula and basil and cook all vegetables for another 3 minutes.
6. pour vegetable mixture into a 9x11 baking dish.
7. pat vegetables with a paper towel to remove excess water.
8. in a medium size bowl, whisk eggs, nut milk, red pepper flakes, garlic powder, salt, and black pepper.
9. pour egg mixture over the vegetables in the baking dish.
10. place in the oven for 25-30 minutes. Serve each piece of quiche with ½ of an avocado.



WEEK 2 | BUFFALO CHICKEN CHILI



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 tbsp extra virgin olive oil	3 cups vegetable broth
1 yellow onion, diced	1/2 cup hot sauce (skip if you don't like spicy food)
5-6 garlic cloves, minced	3 cups tomato sauce (with no added sugar)
1 pound ground chicken (organic is best)	1 medium avocado
1/4 tsp red pepper flakes	
1 tbsp oregano	
1 tsp turmeric	
1/2 tsp chili powder	
dash himalayan salt	
dash black pepper	
1 can kidney beans, strained and rinsed	
1 can great northern beans, strained and rinsed	



INSTRUCTIONS

1. coat the bottom of a large chili pot with extra virgin olive oil and place on the stovetop over medium heat.
2. add diced yellow onion and minced garlic to the pot and cook for 3-4 minutes.
3. place the ground meat in the pot and continue to sauté for an additional 5 minutes, sitting frequently.
4. when the meat begins to brown, add the red pepper flakes, oregano, turmeric, chili powder, salt and pepper and mix well.
5. add the kidney and great northern beans and pour in the vegetable broth, buffalo sauce and tomato sauce. Reduce to low heat.
6. cover the chili and allow to cook for the next 45 minutes, stirring occasionally.
7. serve ¼ avocado with each bowl of chili.



WEEK 2 | SIDE SALAD

INGREDIENTS

- 1 bag mixed greens
- ¼ yellow onion, diced
- 1 cucumber, diced
- 2 celery stalks, diced
- 1 cup extra virgin olive oil
- ½ cup apple cider vinegar
- Juice from 1 lemon
- 5 garlic cloves, minced
- 1 tbsp mustard

INSTRUCTIONS

1. rinse and pour mixed greens into a big bowl.
2. top with yellow onion, cucumber, and celery.
3. in a shaker bottle (that you would otherwise use for protein shakes), combine extra virgin olive oil, apple cider vinegar, lemon juice, minced garlic and mustard.
4. shake the bottle vigorously.
5. store salad in individual storage containers. Keep dressing in the shaker bottle in the refrigerator. Shake and add dressing prior to meal.



WEEK 2 | PARSLEY CRUSTED SALMON SALAD



MEAL PREP TIP

- Prep salmon at the beginning of the week and store in a glass container in the refrigerator. Store lemon juice and mustard mixture in a mason jar. Assemble the arugula with salmon, avocado and dressing the same day that you plan to eat the meal.

NUTRITION INFORMATION

- Total Servings: 4; Calories: 445; Total Fat: 24g; Sodium: 191mg; Carbs: 13g; Fiber: 6g; Total Sugar: 3g; Added Sugar: 0g; Protein: 45g

INGREDIENTS

- 4, 6 oz salmon filets
- 10 oz arugula
- 8 garlic cloves, minced
- 1 tbsp avocado oil
- ½ cup fresh parsley, diced
- 1 tbsp basil
- 1 tbsp oregano
- dash himalayan salt
- dash black pepper
- juice from 1 ½ lemons
- 2 tsp dijon mustard
- 1 avocado, diced



INSTRUCTIONS

1. preheat oven to 450 F. Line baking sheet with parchment paper and set aside.
2. in a small bowl mix fresh parsley with basil, oregano, garlic and avocado oil using your fingertips.
3. rinse salmon filets and dry with a paper towel.
4. place salmon on baking sheet and top with salt and pepper.
5. evenly distribute herb mixture and juice from ½ lemon on each salmon filet.
6. bake in the oven for 10-12 minutes.
7. in a small bowl mix lemon juice from one lemon with dijon mustard.
8. toss arugula in lemon juice and mustard combination.
9. top each bed of arugula with ¼ avocado and a crusted salmon filet.



WEEK 2 | CUCUMBER & BELL PEPPER QUINOA SALAD



MEAL PREP TIP

- Make the quinoa halfway through the week and store leftovers in individual containers.
- Can store additional leftovers that aren't eaten this week in the freezer.

NUTRITION INFORMATION

- Total Servings: 5 Calories: 375; Total Fat: 21g; Sodium: 153mg; Carbs: 37g; Fiber: 8g; Total
- Sugar: 3g; Added Sugars: 0g; Protein: 13g

INGREDIENTS

- 1 cup quinoa, uncooked
- 1 cup water
- 1 cup chicken broth, low sodium
- 2 garlic cloves, minced
- 1 cup red lentils, cooked
- 2 cups Tuscan kale, chopped
- 1 cup bell peppers, chopped
- 1 cup cucumbers, diced
- Juice from ½ lemon
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 tsp cumin
- Dash himalayan salt
- Dash black pepper



INSTRUCTIONS

1. in a medium size pot, add quinoa with one cup of water and one cup chicken broth. Bring to a boil.
2. add garlic cloves, reduce to simmer and cover with a lid until most water is absorbed.
3. when there is a little bit of water remaining, add chopped kale to the quinoa, place the lid back on top and let ingredients sit for the remaining 3-4 minutes.
4. pour the cooked quinoa into a large bowl and stir in red lentils, bell peppers and cucumber.
5. add lemon juice, extra virgin olive oil, red wine vinegar, cumin, salt and pepper.
6. mix all ingredients thoroughly.



WEEK 2 | CRISPY BRUSSELS SPROUTS



MEAL PREP TIP

- Make the Brussels sprouts during meal prep and place in four separate containers for the week.

NUTRITION INFORMATION

- Total Servings: 4; Calories: 191; Total Fat: 15 g; Sodium: 69 mg; Carbs: 12 g; Fiber: 5 g;
- Total Sugar: 3 g; Added sugar: 0 g; Protein: 5 g

INGREDIENTS

- 16 oz brussels sprouts
- 3 tbsp grass-fed ghee, melted
- 3 garlic cloves, minced
- ¼ cup almond meal
- dash himalayan salt
- dash black pepper

INSTRUCTIONS

1. preheat oven to 400 degrees F.
2. trim ends of Brussels sprouts and cut in half.
3. place brussels sprouts in a medium mixing bowl. Add ghee and minced garlic. Season with salt and pepper. Toss gently to coat.
4. add almond meal and mix ingredients together.
5. place brussels sprouts on a baking sheet.
6. bake for 25 to 30 minutes OR until the vegetables are brown and crispy.

