



HEALTHYSELF RESET

WEEK 3 | MEAL PLAN





WEEK 3 | MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
blood orange turmeric smoothie	paleo porridge	blood orange turmeric smoothie	paleo porridge	blood orange turmeric smoothie	paleo porridge	blood orange turmeric smoothie
SNACK						
¼ cup roasted chickpeas (see product list)	½ bell pepper with 2 Tbsp hummus	¼ cup roasted chickpeas (see product list)	½ bell pepper with 2 Tbsp hummus	¼ cup roasted chickpeas (see product list)	½ bell pepper with 2 Tbsp hummus	¼ cup roasted chickpeas (see product list)
LUNCH						
pegan taco bowls	garlic crusted chicken-n-kale	wild salmon salad wraps	wild salmon salad wraps	pegan taco bowls	wild salmon salad wraps	pegan taco bowls
SNACK						
¼ cup cashews with apple	2 tbsp sauerkraut	¼ cup cashews with apple	2 tbsp sauerkraut	¼ cup cashews with apple	2 tbsp sauerkraut	¼ cup cashews with apple
DINNER						
garlic crusted chicken-n-kale	wild salmon salad wraps	garlic crusted chicken-n-kale	pegan taco bowls	garlic crusted chicken-n-kale	night out!	leftovers



WEEK 3 | SHOPPING LIST

PERISHABLES (mostly)

VEGETABLES

- 1 bag cauliflower rice
- 1 celery stalk
- 1 container broccoli sprouts
- 1 medium yellow onion
- 1 medium red onion
- 4 roma tomatoes
- 1 bunch fresh cilantro
- 1 head romaine lettuce
- 1 head garlic
- 1 head curly kale
- 2 medium bell peppers
- 1 jar sauerkraut (any flavor)

FRUITS

- 2 medium peaches*
- 1 12 oz bag frozen blueberries*
- 2 medium blood oranges
- 6 medium avocados
- 1 medium lime
- 1 medium lemon
- 2 medium apples*

DAIRY ALTERNATIVES

- 1 32 fl oz nut milk, unsweetened

MEATS, FISH + EGGS

- 2 cans wild salmon, boneless & skinless
- 4 6 oz chicken breasts, skinless*
- 1 lb grass-fed ground beef*

note: one recipe includes the option to add an additional vegetable of your choice

NON-PERISHABLES (mostly)

MISC.

- Himalayan salt
- Black pepper
- 1 tsp cinnamon
- 2 tsp fresh turmeric root
- 2 tsp fresh ginger root
- 1 jar dill pickles
- 2 tbsp chili powder
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp ground cumin
- 4 scoops collagen powder

HEALTHY FATS + OILS

- 3 11 fl oz can culinary/full-fat coconut milk
- 1 8 oz jar grass-fed ghee
- 1 jar avocado oil mayonnaise
- 1 8 fl oz bottle extra virgin olive oil

GLUTEN-FREE GRAINS

- 1 bag tortilla chips*

NUTS, SEEDS + BEANS

- 1 16 oz bag raw cashews
- 1 8 oz bag hemp seeds
- 1 8 oz bag ground flax seeds
- 1 box gluten-free wraps (Siete Foods)
- 1 can black beans
- 1 box gluten-free crackers (Simple Mills)
- 1 bag roasted chickpeas
- 1 container hummus

*recommend purchasing ingredients organic



WEEK 3 | PALEO PEACH PORRIDGE



MEAL PREP TIP

- Prepare porridge at the beginning of the week. Store in mason jars in the refrigerator for breakfast on to go!

NUTRITION INFORMATION

- Total Servings: 4; Calories: 381; Total Fat: 31g; Sodium: 471mg; Carbs: 21g; Fiber: 4g; Total Sugar: 9g; Added Sugar: 0g; Protein: 11g

INGREDIENTS

- 1 cup raw, unsalted cashews (soak for two hours)
- 1 cup full-fat coconut milk, refrigerated
- 1 cup unsweetened nut milk
- 2 peaches, diced
- 4 tbsp hemp seeds
- 1 tsp cinnamon
- 1 tsp himalayan salt



INSTRUCTIONS

1. place cashews in a small bowl and add water until it just covers the cashews.
2. soak cashews for about an hour.
3. add the soaked cashews, full-fat coconut milk, and nut milk to a blender. Blend ingredients until smooth.
4. add the blended mixture to a pot on the stove, over high heat.
5. stir the mixture continuously until it comes to a boil. Reduce to low/medium heat and continue to stir for the next 2-3 minutes, until it thickens.
6. add diced peaches, hemp seed, cinnamon, and himalayan salt. Continue to stir for 2-3 additional minutes.



WEEK 3 | BLOOD ORANGE TURMERIC SMOOTHIE



MEAL PREP TIP

- Make first batch of smoothies at the beginning of the week for Mon & Wed. Make second batch Thurs night or Fri morning. Store in refrigerator in a mason jar or other sealed container.

NUTRITION INFORMATION

- Total Servings: 2; Calories: 269; Total Fat: 15g; Sodium: 175mg; Carbs: 21g; Fiber: 9g; Total Sugar: 9g; Added Sugar: 0g; Protein: 18g



INGREDIENTS

- 1 ½ cups frozen blueberries
- 1 tsp fresh turmeric root
- 1 tsp fresh ginger root
- 2 tbsp blood orange zest
- 1 cup frozen cauliflower rice
- ¼ cup full-fat coconut milk
- 4 tbsp ground flax seeds
- 2 cups nut milk, unsweetened
- 2 scoops collagen powder

INSTRUCTIONS

1. place all of the ingredients in a high-powered blender and mix until smooth and creamy.





WEEK 3 | WILD SALMON SALAD WRAPS



MEAL PREP TIP

- Can make these on Tuesday evening, before dinner. Prepare salmon salad in a large mixing bowl or storage container. Store wraps, avocado, and broccoli sprouts separately.
- Fill each wrap prior to eating and top with avocado and sprouts.

NUTRITION INFORMATION

- (does not include wrap): Total Servings: 4; Calories: 390; Total Fat: 32g; Sodium: 655mg;
- Carbs: 4.5g; Fiber: 3g; Total Sugar: 1g; Added Sugar: 0g; Protein: 24g

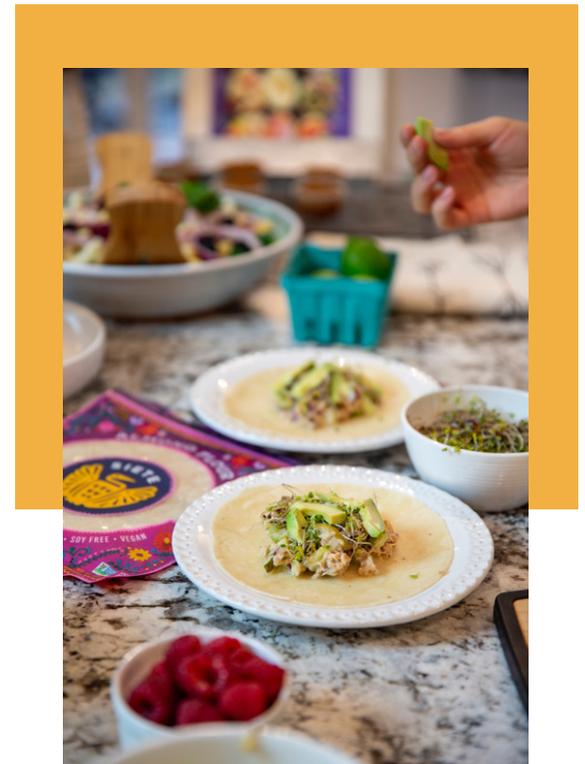


INGREDIENTS

- 2 cans wild salmon, boneless & skinless
- ½ cup avocado oil mayonnaise
- 2 cups celery, diced
- ¾ cup dill pickles, diced
- 1/2 avocado
- pinch of broccoli sprouts
- 4-8 gluten-free wraps (ex: Siete Foods)

INSTRUCTIONS

1. open two cans of salmon and drain.
2. pour salmon in medium size bowl.
3. stir in avocado oil mayonnaise.
4. add celery and pickles and mix together.
5. take 1-2 wraps (depending on fullness, size, activity, etc.) and fill with salmon salad.
6. top each wrap with a pinch of broccoli sprouts and ¼ sliced avocado.
7. recommend pairing with a side salad or vegetable of your choice.





WEEK 3 | PEGAN TACO BOWLS



MEAL PREP TIP

- Make the taco meat and guaca-salsa during meal prepping and store in separate containers. Assemble each taco bowls prior to eating. There will be leftover guaca-salsa that can be used for snacks. Place an avocado pit in the Tupperware with the guaca-salsa to reduce browning.

NUTRITION INFORMATION

- Taco Meat Total Servings: 4; Calories: 216; Total fat: 12g; Carbs: 1g; Added sugars: 0g; Protein: 23g
- Guaca-Salsa Total Servings: 8; Calories: 230; Total fat: 16g; Carbs: 22g; Fiber: 12g; Added sugars: 0g; Protein: 6g

INGREDIENTS

for the taco meat

- 1 tsp extra virgin olive oil
- 1/2 yellow onion, minced
- 1 lb grass-fed ground beef
- 2 tbsp chili powder
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp ground cumin
- 1 tsp Himalayan salt

for the guaca-salsa

- 2 tsp himalayan salt
- 1/2 red onion, minced
- 4 medium avocados, mashed
- 4 roma tomatoes, diced
- 1/4 cup cilantro, minced
- juice from 1 lime
- head of romaine lettuce
- 3 cups tortilla chips
- 1 can black beans, drain & rinse





WEEK 3 | PEGAN TACO BOWLS



INSTRUCTIONS

1. add extra virgin olive oil (EVOO) to a large pan over medium heat.
2. add yellow onion and sauté for 3-4 minutes.
3. stir in ground beef and allow it to cook for a few minutes, stirring occasionally.
4. add chili powder, onion powder, garlic powder, cumin and himalayan salt and continue cooking beef until it's no longer pink.
5. while that cooks, start making the guaca-salsa. In a small bowl, combine the minced red onion and 2 tsp himalayan salt and allow to sit for 5 minutes.
6. in a separate medium size bowl combine the mashed avocado, tomatoes, cilantro and lime juice.
7. add red onion and himalayan salt to the guaca-salsa and mix well.
8. serve taco bowl on a bed of lettuce with ½ cup crushed tortilla chips, black beans and taco meat, topped with 2 tbsp guaca-salsa.



WEEK 3 | GARLIC CRUSTED CHICKEN-N-KALE



MEAL PREP TIP

- Bake chicken and prepare kale at the beginning of the week but store kale separately from chicken.

NUTRITION INFORMATION

- Total Servings: 4; Calories: 513; Total Fat: 32g; Sodium: 384mg; Carbs: 29g; Fiber: 7g;
- Total Sugar: 2g; Added Sugar: 0g; Protein: 32g



INGREDIENTS

- 4, 6 oz chicken breasts
- 1 cup full-fat coconut milk
- juice from 1 lemon
- 4 garlic cloves, minced
- dash himalayan salt
- dash black pepper
- 1 box gluten-free crackers
(ex: Simple Mills)
- ¼ cup grass-fed ghee, melted
- 1 head curly kale
- 1 avocado



INSTRUCTIONS

1. preheat oven to 350 F.
2. on a small bowl, combine coconut milk, lemon juice, garlic, salt and pepper. Mix well.
3. dip each chicken breast in the coconut milk mixture, coating the entire chicken.
4. smash a bag of Simple Mills Almond Flour Crackers into crumbs.
5. roll chicken in the almond flour crackers.
6. add chicken breasts to a baking sheet.
7. pour melted ghee over each chicken breast.
8. bake chicken for 45 minutes.
9. while chicken is baking, use your hands to massage one avocado into the kale,
10. portion kale into four servings and top each with a baked chicken breast.