



# HEALTHYSELF RESET

WEEK 4 | MEAL PLAN





# WEEK 4 | MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
coconut chia seed pudding	butternut squash breakfast hash	coconut chia seed pudding	butternut squash breakfast hash	coconut chia seed pudding	butternut squash breakfast hash	coconut chia seed pudding
<b>SNACK</b>						
snack bar (see product list)	¼ cup almonds with an orange	snack bar (see product list)	gf crackers with hummus	¼ cup almonds with an orange	snack bar (see product list)	gf crackers with hummus
<b>LUNCH</b>						
zoodles & turkey sausage	zoodles & turkey sausage	buttery crab & noodles with broccoli sauce	buttery crab & noodles with broccoli sauce	wild salmon poke bowl	buttery crab & noodles with broccoli sauce	wild salmon poke bowl
<b>SNACK</b>						
gf crackers with hummus	snack bar (see product list)	¼ cup almonds with an orange	¼ cup almonds with an orange	snack bar (see product list)	gf crackers with hummus	¼ cup almonds with an orange
<b>DINNER</b>						
buttery crab & noodles with broccoli sauce	wild salmon poke bowl	zoodles & turkey sausage	wild salmon poke bowl	zoodles & turkey sausage	night out!	leftovers



# WEEK 4 | SHOPPING LIST

## PERISHABLES (mostly)

### VEGETABLES

- 1 small butternut squash
- 1 medium yellow onion
- 1 6 oz bag of spinach
- ¼ cup fresh cilantro
- 1 medium bell pepper
- 2 roma tomatoes
- 2 medium zucchini
- 2 medium yellow squash
- 1 head garlic
- 2 7 oz bags shirataki noodles
- 1 medium beefsteak tomatoes
- 1 16.9 fl oz broccoli & cauliflower soup by Fawen Soup OR 1 32 oz carton vegetable broth
- 1 medium cucumber
- 1 15 oz jar sauerkraut
- 1 head red leaf lettuce
- 1 bunch green onions

### FRUITS

- 16 oz frozen mixed berries
- 1 lime
- 1 avocado
- 5 medium oranges

### DAIRY ALTERNATIVES

- 1 32 fl oz nut milk, unsweetened

### MEATS, FISH + EGGS

- 1 10 oz jar grass-fed collagen powder
- 1/2 dozen eggs\*
- 2 packages Italian turkey sausage\*
- 1 16 oz can fresh crab meat
- 1 lb fresh wild salmon

## NON-PERISHABLES (mostly)

### MISC.

- himalayan salt
- black pepper
- 1 10 fl oz bottle tamari sauce (or coconut aminos)
- 8.5 ounce jar sun dried tomatoes, in oil
- garlic powder
- 2 tbsp nutritional yeast
- dried basil
- 1 tbsp rice vinegar
- 1 tsp roasted red chili paste
- ½ tsp red pepper flakes
- 5 snack bars (see product list)

### HEALTHY FATS + OILS

- 1 8 fl oz bottle extra virgin olive oil
- 1 11 fl oz can culinary/full-fat coconut milk
- 1 8 oz jar grass-fed ghee
- 1 8 oz jar unrefined coconut oil
- 1 12 oz jar avocado oil mayonnaise

### GLUTEN-FREE GRAINS

- 1 bag gluten-free crackers (see product list)
- 1/2 cup brown rice, uncooked

### NUTS, SEEDS + BEANS

- 1 8 oz bag chia seeds
- 1 12 oz bag raw almonds
- 4 tbsp toasted sesame seeds
- 1 17 oz hummus
- 8 oz bean sprouts

\*recommend purchasing ingredients organic



## WEEK 4 | COCONUT CHIA SEED PUDDING



### MEAL PREP TIP

- Prepare pudding & topping at the beginning of the week and store in separate containers.
- Top pudding with the berry topping the day that you will eat.

### NUTRITION INFORMATION

- Total Servings: 4; Calories: 367; Total Fat: 32g; Sodium: 102mg; Carbs: 15g; Fiber: 8g;
- Total Sugar: 2g; Added Sugar: 0g; Protein: 10g

### INGREDIENTS

for the pudding

- 1 can of full-fat coconut cream/milk
- 2 Tbsp collagen protein powder
- 2 cups unsweetened nut milk
- 1/2 cup chia seeds
- 1/2 tsp vanilla extract

for the topping

- 1 cup frozen berries
- 1/2 cup unsweetened nut milk
- 1/2 cup water



### INSTRUCTIONS

1. in a medium size bowl, add the chia seeds, full-fat coconut cream/milk, collagen, nut milk and vanilla extract.
2. use a whisk to mix the ingredients well.
3. place the bowl in the refrigerator and let sit for 1+ hours to allow the chia seeds to gelatinize (for best results, refrigerate overnight).
4. in a blender, combine berries, nut milk and water. Blend on medium speed for about 45 seconds or until smooth.
5. dish the chia seed pudding into individual mason jars.
6. pour the pureed berry mixture into a large tupperware and add to each individual chia seed pudding container before use.



# WEEK 4 | BUTTERNUT SQUASH BREAKFAST HASH



## MEAL PREP TIP

- Prepare dish at the beginning of the week and store in three individual storage containers with two eggs per container.

## NUTRITION INFORMATION

- Total Servings: 3; Calories: 410; Total Fat: 31g; Sodium: 256mg; Carbs: 18g; Fiber: 4g;
- Total Sugar: 6g; Added Sugar: 0g; Protein: 19g



## INGREDIENTS

- 2 cups butternut squash, cubed
- 6 eggs
- 2 tbsp extra virgin olive oil
- 1 tsp coconut oil
- 1/2 yellow onion, diced
- 2 cups spinach
- 1/4 cup cilantro
- 1/2 bell pepper, seeded and diced
- 1 cup roma tomatoes, diced
- dash of himalayan salt
- 1/2 tsp ground black pepper
- 1 tsp garlic powder



## INSTRUCTIONS

1. preheat the oven to 425 F.
  2. add the butternut squash to a medium size bowl and evenly coat with extra virgin olive oil, salt, pepper, and garlic powder.
  3. spread out the squash evenly onto a baking sheet.
  4. bake the butternut squash for 20-25 minutes.
  5. in a large sauté pan heat coconut oil over medium heat.
  6. add diced onion and bell pepper to the pan and cook for 5 minutes.
  7. remove the butternut squash from the oven and add it to the pan, in addition to the spinach, tomato & cilantro.
  8. sauté the vegetables for an additional 3 minutes, stirring frequently.
  9. use a spoon to create six small holes and add one egg to each hole.
  10. cover the pan for about five minutes or until desired doneness.
- optional toppings: diced tomatoes, avocado slices, hot sauce, etc.



# WEEK 4 | ZOODLES & TURKEY SAUSAGE



## MEAL PREP TIP

- Prepare zoodles & turkey sausage at the beginning of the week.



## NUTRITION INFORMATION

- Total Servings: 5; Calories: 480; Total Fat: 35g; Sodium: 952mg; Carbs: 29g; Fiber: 7g;
- Total Sugar: 6g; Added Sugar: 0g; Protein: 21g



## INGREDIENTS

- 2 zucchini
- 2 yellow squash
- 8.5 ounces sun dried tomatoes  
in extra virgin olive oil (in a glass jar)
- 1 can cannellini beans, rinsed and drained
- 2 packages italian chicken & turkey  
sausage, remove from casing and  
cut into 1 inch pieces
- 2 cups spinach
- 2 tbsp extra virgin olive oil
- dash of himalayan salt
- dash of black pepper



## INSTRUCTIONS

1. insert the zucchini and yellow squash into a spirilizer or spiral slicer to create zucchini noodles/zoodles.
2. in a large pan heat the extra virgin olive oil over medium heat.
3. add the chicken/turkey to pan and sauté for about 6-8 minutes, or until sausage is cooked well.
4. pour the zucchini/yellow squash noodles, sun dried tomatoes and liquid, cannellini beans, spinach, salt and pepper into the pan. Sauté for an additional 5 minutes.
5. mix ingredients together and portion into meals for the rest of the week.



## WEEK 4 | BUTTERY CRAB & NOODLES WITH BROCCOLI SAUCE



### MEAL PREP TIP

- Prepare crab and noodle dish at the beginning of the week and top with sauce. Store avocado separately and add prior to consuming.

### NUTRITION INFORMATION

- Total Servings: 4; Calories: 398; Total Fat: 25g; Sodium: 732mg; Carbs: 23g; Fiber: 12g;
- Total Sugar: 5g; Added Sugar: 0g; Protein: 26g

### INGREDIENTS

- 2 tbsp grass-fed ghee
- 4 garlic cloves, minced
- 2 7 oz bags shirataki noodles, drained
- 1 16 oz can fresh crab meat
- 2 tbsp nutritional yeast
- 1 beefsteak tomato
- ½ tsp himalayan salt
- ½ tsp black pepper
- 1 tbsp ground basil
- 1 16.9 fl oz broccoli & cauliflower soup by Fawen Soup OR 16 fl oz vegetable broth



### INSTRUCTIONS

1. in a large pan, over medium heat allow ghee to melt.
2. add minced garlic and saute for 3 minutes.
3. add shirataki noodles with beefsteak tomatoes and allow to cook for about 5 minutes.
4. pour fresh crab meat, himalayan salt, pepper, basil, nutritional yeast and broccoli & cauliflower soup (or vegetable broth) into the pan and mix well.
5. allow all ingredients to cook for an additional 5-8 minutes.
6. top each bowl with half of an avocado.



## WEEK 4 | WILD SALMON POKE BOWL



### MEAL PREP TIP

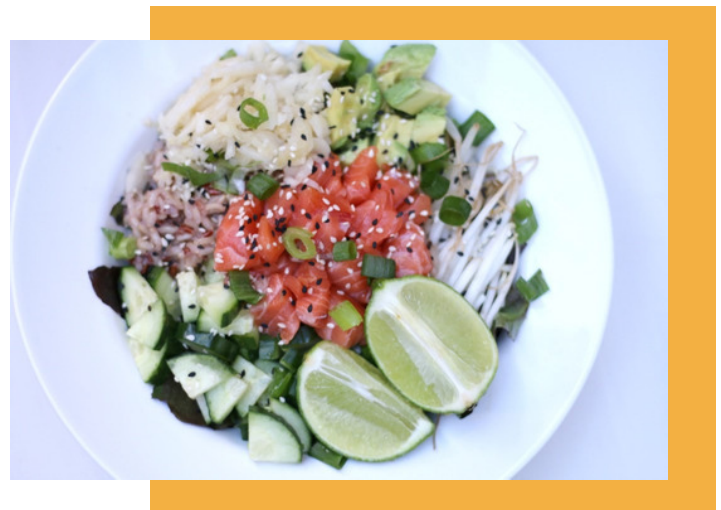
- Purchase raw salmon from a store that you can trust and be sure that the fish is fresh before consuming. Make these poke bowls at the beginning of the week and store leftovers in the refrigerator.

### NUTRITION INFORMATION

- Total Servings: 4 (1 serving=4 oz of fish with 3/4 cup salsa); Calories: 599; Total Fat: 40g; Carbs: 43g; Fiber: 12g; Added Sugar: 0g; Protein: 32g

### INGREDIENTS

- 1 lb fresh wild salmon, raw
- 1 medium avocado, diced
- 1 cucumber, diced
- 1 cup sauerkraut
- 2 cups brown rice, cooked
- 1 head red leaf lettuce
- 4 tbsp toasted sesame seeds
- juice from 1 lime
- 1 cup bean sprouts
- ¼ cup green onions, chopped
- 1 tbsp rice vinegar
- ½ cup avocado oil mayonnaise
- 1 tsp roasted red chili paste
- 2 tbsp tamari sauce
- ½ tsp red pepper flakes



### INSTRUCTIONS

1. cook brown rice on the stovetop following directions on the package.
2. wash lettuce under water, pat dry and tear into bite size pieces. Add the lettuce to large bowl.
3. top the lettuce with avocado, cucumber, sauerkraut and bean sprouts.
4. cut the fresh salmon in small pieces and add to the top of the poke bowl.
5. in a medium size bowl mix rice vinegar, mayonnaise, red chili paste, tamari sauce, and red pepper flakes together and drizzle over the top of the poke bowl (you should have leftovers).
6. top the poke bowl with toasted sesame seeds and garnish with green onions and lime wedges.