21-Day Whole Body Reset: 1 Week Sample Meal Plan and Recipes

The sample plan is to give you ideas on what to eat and is not intended for you to follow perfectly. Blank meal planning sheets and shopping lists are provided at the end of this packet for you to customize your specific plan. All recipes can be modified to your liking if they remain within the guidelines of the 21-Day Reset.

More recipes can be found at www.nhrmc.org/21dayreset.

Weekly Check List:

✓ Clean out fridge and pantry of foods that aren’t on the 21-day reset “yes” list and replace with delicious Reset-friendly foods. This is a great way to avoid temptation!

✓ Identify foods you have that could be used to make meals for the following week. This will save you money.

✓ Use the blank meal planning sheets to make a rough list of the meals and snacks you’ll have each week. Each category can have as much or as little variety as you want.

✓ Use the blank shopping list to make a list from your rough meal plan.

✓ After you shop, commit some time to prep some “staple” foods for the week:
  
  o Energy bites and other quick grab and go snacks and breakfasts as to avoid skipping meals/snacks

  o Prep as much as you can (cook proteins, chop veggies, prepare grains, make egg muffins, etc.)

  o Wash/cut up and bag fresh fruits/veggies to snack on
# ONE WEEK SAMPLE RESET MEAL PLAN *(items in green are vegan)*

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<tr>
<td><strong>BREAKFAST</strong></td>
<td>Egg Muffin Cups (2)</td>
<td>Egg Muffin Cups (2)</td>
<td>Pumpkin Chocolate Chip Energy Bites (3)</td>
<td>Cranberry Pecan Overnight Oats</td>
<td>Blueberry Bliss Smoothie</td>
<td>Lara Bar</td>
<td>Veggie Scramble and Fresh Fruit</td>
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<td><strong>SNACK</strong></td>
<td>Apple Slices w Peanut Butter and Raisins</td>
<td>Celery Sticks w Peanut Butter and Raisins</td>
<td>RX Bar</td>
<td>Handful of Roasted Chickpeas</td>
<td>Skinny Pop Corn Cakes w/ Salsa</td>
<td>Baby Carrots w Hummus</td>
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<td><strong>LUNCH</strong></td>
<td>Fiesta Chicken Salad</td>
<td>Leftover Garlic-Lemon Asparagus Shrimp Stir-Fry</td>
<td>Sonoma Chickpea Salad over 2 Brown Rice Cakes w/ side Spinach Salad</td>
<td>Reset-Friendly Choice from Cafeteria</td>
<td>Leftover Avocado Tuna Salad w Mary’s Gone Crackers</td>
<td>Sonoma Chickpea Salad w Mary’s Gone Crackers</td>
<td>Reset-Friendly Choice from Restaurant (Chopt, Epic Foods, Clean Eatz, etc.)</td>
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<td><strong>SNACK</strong></td>
<td>Cucumber Slices w Hummus</td>
<td>Blueberry Bliss Smoothie</td>
<td>Cucumber Slices w Guac and Pico de Gallo</td>
<td>Leftover Sonoma Chickpea Salad</td>
<td>Handful of Roasted Chickpeas</td>
<td>Apple Slices w Peanut Butter</td>
<td>Celery Sticks w Sonoma Chickpea Salad</td>
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<td><strong>DINNER</strong></td>
<td>Garlic-Lemon Asparagus Shrimp Stir-Fry</td>
<td>Leftover Fiesta Chicken Salad</td>
<td>Reset-Friendly “Eating Well” Frozen Meal (found at Harris Teeter)</td>
<td>Avocado Tuna Salad Lettuce Wraps</td>
<td>Citrus Chicken Strips w Steamed Broccoli and Brown Rice</td>
<td>Reset-Friendly Choice from Restaurant (grilled fish and veggies, veggie sushi roll, etc.)</td>
<td>Jalapeno Turkey Burgers OR Spring Quinoa Bowl w Baked Sweet Potato “Fries”</td>
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SHOPPING LIST FOR ONE WEEK SAMPLE RESET MEAL PLAN

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<th>Vegetables/Fruits</th>
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<td>Sweet Potato (1-2)</td>
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<td>Nuts</td>
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<td>Vanilla extract</td>
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Ingredients

- 3 cups uncooked oats
- 1 cup pumpkin puree
- 1 cup all natural peanut or almond butter
- 2/3 cup pure maple syrup or honey
- ½ teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- ½ tablespoon vanilla extract
- 4-6 tablespoons flax seeds
- 1 cup small chopped nuts (any kind, like walnuts or almonds)
- Optional: ½ cup raw cocoa nibs (Trader Joes) or chopped dark, unsweetened baking cocoa (found at Trader Joes)

Directions

1. Combine all ingredients together in a medium bowl until very thoroughly mixed.

2. Roll into balls of about 1" in diameter (mine were a bit larger). Pumpkin Chocolate Chip Energy Balls Prep https://cleanfoodcrush.com/pumpkin-energy-balls/

3. Place on a cookie sheet covered in parchment paper & freeze one hour.

4. Store in an airtight container and keep refrigerated for up to 1 week.
SONOMA CHICKPEA SALAD

Yield: 3 cups of salad

Ingredients

- 1 can (14 oz.) chickpeas, drained and rinsed or 3 cups cooked
- 1 cup of grapes (about 25), sliced in half
- 2 celery stalks, diced
- 1/2 cup pecans or walnuts, roughly chopped
- 1/4 cup poppy seed dressing
- Pinch of salt and pepper, to taste

Creamy Poppy-Seed Dressing

- 4 tablespoons tahini (1/4 cup)
- 2 tablespoons apple cider vinegar
- 1 tablespoon pure maple syrup
- 2 teaspoons poppy seeds
- Dash of garlic & onion powder
- Pinch of salt & fresh cracked pepper

Directions

1. **Dressing**: Place ingredients in a small bowl and mix to combine. Add a tablespoon or two of water as needed to thin. Set aside.

2. **Salad**: Add chickpeas, grapes, pecans, and celery to a medium-sized mixing/serving bowl. Top with dressing and mix to coat. Season with mineral salt and fresh cracked pepper to taste.

3. **Mashed Salad (perfect for sandwiches or as a dip)**: Add all ingredients plus 3 tablespoons plain Greek yogurt and 1 tablespoon olive oil to a hand food processor and mash until it has a creamy “chicken salad” consistency.

4. Serve chilled on top of greens, as a dip for veggies, as a spread or on rice crackers or brown rice cakes. Store in fridge for up to 3 days.
EGG MUFFIN CUPS

Yield: 12 muffins

Ingredients

- 1 cup Broccoli (cut into 1/2” pieces)
- 1 cup Cauliflower (cut into 1/2” pieces)
- 1 cup Red pepper (chopped into 1/2” pieces)
- 2 cloves Garlic (minced)
- 2 tablespoons Olive oil
- 8 large Eggs
- 1/4 cup Coconut cream
- 1 teaspoon Sea salt
- 1/2 teaspoon Black pepper

Directions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper or foil (grease if using foil).
2. In a large bowl, toss together the broccoli, cauliflower, red pepper, minced garlic, and olive oil.
3. Arrange the vegetables in a single layer on the baking sheet. Roast in the preheated oven for 15-20 minutes, until the edges of the broccoli are browned.
4. Meanwhile, line 12 muffin cups with parchment muffin liners or silicone muffin liners.
5. When the vegetables are done, keep the oven on. Arrange the veggies evenly in the muffin cups.
6. Whisk together the eggs, coconut cream, sea salt, and black pepper. Pour the egg mixture into the muffin cups over the vegetables.
7. Bake for 15-20 minutes, until the eggs are set.
FIESTA CHICKEN SALAD

From bowlofdelicious.com

Serves 4

**Ingredients**

- 1 avocado
- 2 cups cooked chicken, shredded/chopped
- 1/2 red bell pepper, finely diced
- 1/4 cup chopped fresh cilantro
- 2 scallions, thinly sliced (or 2 tablespoons finely diced red onion)
- Juice of 1 lime
- 1/4 teaspoon cumin
- 1/4 teaspoon smoked paprika
- pinch cayenne pepper
- salt and pepper, to taste

**Directions**

1. Mash avocado in a medium bowl.
2. Mix remaining ingredients together in bowl.

NOTE: Store in the fridge for up to a week in a bowl with plastic wrap pressed down on the surface. This will help prevent the avocado from browning.
ASPARAGUS SHRIMP STIR-FRY

Yield: 4 Servings

Ingredients

- 2 tablespoons coconut oil
- 1 pound shrimp, peeled
- 1 bundle asparagus, chopped
- 2 tablespoons lemon juice
- 4 cloves garlic, minced
- 2/3 cup low sodium chicken broth

Directions

1. Heat the oil in a skillet over medium-high heat.
2. Add the shrimp, asparagus, lemon juice, and garlic and cook, stirring, until the shrimp is pink, about 4 minutes.
3. Add the broth and simmer until the asparagus is tender, 3-5 minutes.
BLUEBERRY BLISS SMOOTHIE  From your NHRMC wellness dieticians

Makes one smoothie

**Ingredients**

- 1 cup fresh or frozen blueberries
- ½ frozen banana
- 1 handful fresh or frozen kale or spinach
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk
- Optional: 1 scoop whey or plant-based protein powder

**Directions**

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Pour into a glass and enjoy!

**Note:** Try placing all ingredients (except almond milk) in a Ziploc baggie and keeping in the freezer for a quick on-the-go option. Just dump the baggie contents in the blender, add the milk, blend and go!
CRANBERRY PECAN OVERNIGHT OATS
From thegraciouspantry.com

Makes one serving

Ingredients

• 1/2 cup old fashion oats
• 1/4 cup dried cranberries, fruit juice sweetened
• 1/4 cup chopped pecans
• 1 tablespoon maple syrup, honey or coconut sugar (you can use stevia for a no-calorie option, too)
• 1 teaspoon pure vanilla extract
• 1 teaspoon ground cinnamon
• 1 cup milk (any dairy-free milk)

Directions

FOR OVERNIGHT OATS:
1. Combine all ingredients in a small, zipper-top baggie and toss in the freezer for up to 6 months.
2. The night before you plan to eat your oats, place them in a jar or covered bowl with 1 cup milk (any kind) and let sit in the fridge overnight. Serve cold or warm up on the stove top or in the microwave.

FOR COOKING OATS:
1. Combine all ingredients in a small, zipper-top baggie and toss in the freezer for a future busy morning!
2. When you're ready to cook simply put the contents of the bag into a small pot with a 1 cup of milk (any kind) and cook according to package directions on the oats container.
AVOCADO TUNA SALAD

From littlebroken.com

Serves 4

Ingredients

• 2 (5-6oz) cans of solid white albacore tuna in water, drained
• 1½ - 2 avocados
• ½ cup diced cucumber
• 2 tablespoons finely chopped red onion
• ½ cup fresh chopped cilantro, packed
• 1 green onion, sliced
• ½ teaspoon garlic powder
• ½ lime, juiced (or more if desired)
• salt and fresh ground black pepper

To serve

• Baby romaine leaves

Directions

1. In a medium bowl, flake the drained tuna with a fork. Add avocado to the tuna and mash with a fork, breaking up any large chunks. It should be creamy with some tuna chunks.
2. Add cucumber, red onion, cilantro, green onion and garlic salt. Stir together and add lime juice, mixing to combine. Season with salt and fresh black pepper, to taste.
3. Chill 20-30 minutes and serve.
CITRUS CHICKEN STRIPS

Yield: 4 Chicken breast filets

Ingredients

- Juice from 1 orange (about ½ cup)
- Juice from 1 lime (about 2 Tablespoons)
- 2 teaspoons minced fresh Garlic
- 1 teaspoon Chili Powder
- 1 teaspoon Cumin
- 4, 4 ounce chicken breast filets

Directions

1. Combine orange juice, lime juice, ginger, garlic, chili powder, and cumin and mix together thoroughly.

2. Pour mixture into a large freezer bag and add the chicken breast filets.

3. Seal and refrigerate for 2 hours or up to overnight.

4. After chicken is fully marinated, discard marinade.

5. Using an outdoor grill or indoor grill pan, grill chicken breasts thoroughly for 3-4 minutes on each side over medium high heat, or until cooked all the way through.

6. Slice into strips and serve over salad greens or with sides of choice.
EGG & VEGGIE SCRAMBLE

From your NHRMC wellness dieticians

Makes one serving

Ingredients

- Coconut oil or cooking spray
- 2 eggs
- Leftover veggies for cooking
  - Asparagus
  - Broccoli
  - Carrots
  - Spinach
- Leftover veggies for topping
  - Avocado
  - Cucumber
  - Pico de Gallo

Directions

1. Coat a medium to large skillet with cooking spray.
2. Scramble the eggs and any leftover veggies for cooking in the skillet.
3. Transfer cooked eggs to a plate and top with any leftover veggies for topping.
JALAPENO TURKEY BURGERS

From theorganickitchen.org

Yield: 4 Servings

Ingredients

- 1 pound ground turkey
- 1/2-3/4 of one jalapeño pepper, minced
- 1 medium size shallot, peeled and minced
- zest and juice of one lime
- 2 Tablespoons chopped cilantro
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- guacamole
- pico de gallo

Directions

1. Note: If your ground turkey seems to have extra liquid, set on paper towels to drain juices.
2. Place turkey, herbs, spices and lime in bowl and use hands to mix well.
3. Form into four patties.
4. Place pan on medium heat.
5. Add olive oil to bottom of pan.
6. When pan is hot, place patties in pan and cook for about 5 minutes each side or until cooked through.
7. Top with guacamole, pico de gallo
SPRING QUINOA BOWL

Yield: 4 Servings

Ingredients

For Vinaigrette:
- 1 teaspoon clove garlic
- 1 teaspoon whole grain Dijon mustard
- 2 tablespoons lemon juice or white-wine vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 6 tablespoons extra-virgin olive oil

- 2 cups cooked quinoa
- 1 cup cucumber, diced
- 1 cup roasted asparagus, cut in three parts
- ½ cup red onions, diced
- 1 cup cooked green peas
- Salt and ground fresh black pepper to taste

Directions

For Vinaigrette:
1. Finely mince a clove of garlic.
2. Place in a mason with the whole grain dijon mustard.
3. Pour the lemon juice into the mixture with kosher salt and black pepper.
4. Whisk to combine all the ingredients.
5. Slowly pour extra-virgin olive oil, whisking as you go to mix.
6. Taste to check the seasoning and it is done.
7. Set aside.

For Bowl:
1. In a big bowl add all the ingredients (except the vinaigrette) and mix together to combine.
2. Pour in about 1/3 cup of vinaigrette and stir to combine.
3. Put in the fridge for 15 minutes and serve it cold. Enjoy!
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# PERSONAL RESET BLANK MEAL PLANNER: WEEK 3

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**SHOPPING LIST FOR PERSONAL RESET MEAL PLAN: WEEK 3**