

New Hanover Regional Medical Center

21 Day Whole Body Reset Food Reintroduction Meal Plan

**Recipes in green are vegan*

Day 1 (experimenting with gluten)

Breakfast: Egg sandwich using [Dave's Killer Bread](#) or [Tofu Scramble with Kale and Sweet Potatoes](#) with side of whole wheat toast, such as the Dave's Killer bread or Ezekiel bread

Snack: Apple with peanut butter

Lunch: [Turkey, Avocado and Hummus Roll Ups](#) or [Zucchini Pesto Roll Ups](#) with side of 4-5 whole grain crackers (such as Triscuits) dipped in hummus

Snack: RX Bar or Larabar

Dinner: [Baked Chicken Parmesan](#) (skip cheese) or [Broccoli Pasta with Creamy White Wine Sauce](#) with side of ½ cup 100% whole wheat pasta and a side salad

Day 2 (stay 100% on Reset)

Breakfast: [Berry Protein Power Smoothie](#)

Snack: Banana and almond butter

Lunch: Leftover baked chicken parmesan with a side salad or [Zucchini Pesto Roll Ups](#)

Snack: Pistachios and fresh strawberries

Dinner: [Spicy Tilapia Baja Tacos with Lime Slaw and Avocado Cilantro Sauce](#) or [Mexican Stuffed Bell Peppers](#)

Day 3 (stay 100% on Reset)

Breakfast: ["Zoodle" Breakfast Bowl](#) or [Healthy Chocolate Banana Shake](#)

Snack: Guacamole and salsa on brown rice cake

Lunch: Leftover Baja Tacos or Mexican Stuffed Bell Peppers

Snack: [Banana Oat Protein Balls](#) or [Pumpkin Chocolate Chip Energy Balls](#)

Dinner: [Grilled Flank Steak with Tomatoes, Red Onion and Balsamic](#)

New Hanover Regional Medical Center

Day 4 (experiment with dairy)

Breakfast: [Banana Split Overnight Oatmeal](#) (use plain Green yogurt, not vanilla)

Snack: Organic mozzarella cheese steak and piece of fresh fruit

Lunch: [Crunchy Chicken and Avocado Salad](#) or [Sonoma Chickpea Salad](#)

Snack: [Banana Oat Protein Balls](#) or [Pumpkin Chocolate Chip Energy Balls](#)

Dinner: [Chicken Burrito Brown Rice Bowl](#) or [Jerk Cauliflower Tacos](#)

Day 5 Day 3 (stay 100% on Reset)

Breakfast: [Strawberry Banana Smoothie Bowl](#) (add protein powder if desired)

Snack: [4-Ingredient Protein Bars](#)

Lunch: Leftover Chicken Burrito Brown Rice Bowl (no cheese)

Snack: Roasted chickpeas and baby carrots

Dinner: [Southwestern Quinoa Stuffed Portobello Mushrooms](#) with [Roasted Veggie Medley](#)

Day 6 Day 3 (stay 100% on Reset)

Breakfast: 2 hardboiled eggs and fresh fruit or [Gingerbread Chia Pudding](#)

Snack: Pistachios and apple

Lunch: [Make Ahead Low Card Asian Peanut Shrimp Bowls](#) or [Fiesta Brown Rice Salad](#)

Snack: 4-Ingredient Protein Bars

Dinner: [Paleo Artichoke Pesto Pasta with Chicken](#) or [Creamy Spinach Sweet Potato Noodles with Cashew Sauce](#)

Day 7 (evaluate the role of added sugar, alcohol and caffeine will have in your diet)

Breakfast: [Roasted Veggies with Easy Fried Egg](#) or [Sweet Potato Paleo Muffins](#)

Snack: Hummus and fresh veggies

Lunch: Leftover Paleo Artichoke Pesto Pasta or Creamy Spinach Sweet potato Noodles with Cashew Sauce

Snack: RX or Larabar

Dinner: [Lemon Garlic Parmesan Baked Salmon and Asparagus](#)

New Hanover Regional Medical Center