



Welcome to the Happy Body Reset

Congratulations on making a great investment in your future health and happiness. I am so thrilled to be working with you and look forward to being with you every step of the way!

Keep this welcome guide handy over the next 5 days so you can refer back to it for grocery lists, meal plans, recipes, training resources and much more!

*Be sure to use the **#happybody** and **#eatthedamncookie** program hashtag on your social media posts so we can spot and support you!*

The Happy Body Reset Program is one Heck of a Jumpstart Plan!

The reset was designed so that anyone, with any schedule, home or away could participate and completely give their body a well-deserved break. Our staff of highly knowledgeable dietitians prepared several resources to aid you in preparing and completing the 5-day reset successfully. I'm excited to begin working with each of you and believe that once you get acclimated to the HBW food philosophy it'll become second nature, stress-free, and will help you reach your health, fitness, and personal goals.

This packet provides the tools you will need to make your 5-day reset a success. Please PRINT IT OUT and use it throughout the 5 days. Keep in mind that we are here to support you, but YOU are your biggest advocate and motivator.

You will be added to the private Facebook group where updates will be posted to assist you with your progression throughout the reset. I ask that you SHARE as much as you can on the Facebook page, as it will help you *and* help others. Examples can include how you are feeling during the reset, the foods you are preparing (include purchased meals or snacks as well), any struggles you are having, wins and milestones, and improvements to your mind and/or body.

The 5 Day Happy Body Reset is one of the BEST ways to establish a foundation for a happier body and mental state.

We look forward to educating, motivating, and inspiring you over the next 5 days as you kick-off your program with a totally system refresh!!

You will be OVERWHELMED in the beginning. I'm basically giving you a crash course of everything I learned over the past 10 years of being a fitness professional and Registered Dietitian. Try to hang with me through the first which, which is by far the hardest, and you will do great!

How the 5 Day Happy Body Reset Works

HBW provides a meal plan for the week (simpler meal plan on page 23), you provide feedback and daily meal intake pictures (through the private Facebook group), and throughout the week you'll receive feedback as well as new ideas for meals, snacks, exercises, stress reduction routines, etc. throughout the week.

The Simple Guidelines to feeling your best at the end of 5 days.

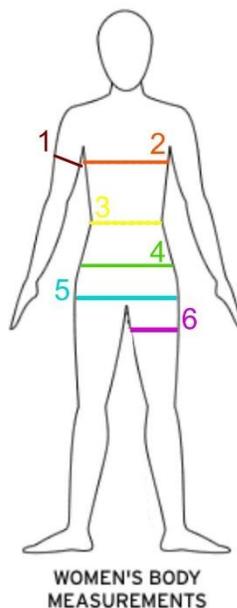
- Eliminate caffeine
- Eliminate alcohol
- No added sugars
- No processed, packaged, or prepared foods
- Limit dairy
- Limit gluten-containing grains
- Intermittent: Fasting 12 hours eating, 12 hours fasting.

There are reasons for eliminating the above from your diet. Over the 5 days we will discuss all of them.

Throughout the reset I am here to guide you and provide support in any way. Please do not hesitate to contact me for help. So, without further ado, here's the important information. I know this is a lot but think of this as information you can use for the rest of your life!

Before Your Start Day

1. Take and record some measurements.
2. Take a before picture (Front, Side, Back)



	STARTING
ARM	
CHEST	
WAIST	
STOMACH	
HIPS	
THIGH	
WEIGHT	
TOTAL INCHES	

Meal Plans / Food Choices

We purposely do not provide restrictive meal plans based on calories and macronutrients because we want you to continue eating whole foods you enjoy.

However, starting out it's highly recommended that you keep things simple. It will help you learn how to eat and recognize hunger and satiety cues and realize what foods cause problems when they are slowly reintroduced back into your routine (like dairy, gluten, processed and prepared foods).

I want you to read the recipes below and decide whether you would like to follow the simple or recipe-based meal plan (or a mix of both!). Plan for your meals for the next five days from these guides (remember, failing to plan = planning to fail). Bulk meal prep is also a great way to ensure you stick to your plan. If you consider different cooking styles, different combinations, and different spices the options are nearly unlimited, so variety should not be an issue. Refer to the private Facebook and text group to get ideas on new recipes and cooking styles, it's a great resource.

Meal Schedules and Timing

Intermittent Fasting.

Overnight your body fasts (the time when your body is not currently digesting anything) and during that time insulin levels drop and human growth hormone increase. Your cells also initiate important cellular repair processes and change gene expression.

To reach the most beneficial fasted state, a decrease in the 'eating window' must take place. To shift to a Happy Body Lifestyle, I recommend using the 5-day reset to shorten the window to 12 hours eating and then adapt to the 10 hour window in the following weeks.

A typical schedule looks like this:

Week 1: First Meal at 8am, Last Meal Before 8pm

Recommendations for after the 5 day Reset: First Meal at 9 am, Last Meal Before 7 pm.

Water and Fluid

Drink half your body weight in fluid ounces. Example: A person that weighs 200 pounds would drink 100 ounces of fluid every day. Fluid can include hydration from sources like fruits, soups, stews, caffeine free herbal tea, etc.

Progress Photos

Again, for your records only and to see what physical changes your body has made. Be as consistent as possible; same outfit (bathing suit works well), same camera, same location, etc. Try to take 3 photos: front / side / back.

Plan Ahead

The easiest way to succeed with these habits is to plan ahead. We recommend looking at the meal plan a few times throughout the day to ensure that you have the ingredients for the next few day's meals. Also think about anything that will change your usual schedule like a work-from-home day or a school holiday.

Travel / Restaurants

Everyone panics when they travel or go to a restaurant. Here's a very simple solution: order chicken breast, rice, garden salad, dressing on the side. These options are available at nearly every restaurant on the planet. Ask your server to make it the way you want it!!

Alcohol

I will never scold or judge, but I will set realistic expectations: if alcohol is in the picture, your progress will be slower, so go without it for the five days! We don't restrict foods, but we do advise you to cut back on alcohol SIGNIFICANTLY to get the full benefits of the reset.

Read the Happy Body Reset Overview that follows

This document contains information that answers a lot of common questions for beginners so please take the time to read it thoroughly and let me know if you have any questions.

Referrals

If you are seeing success and value in the program we'd love for you to refer us to friends, family, or anyone else you feel would benefit from any of the Happy Body Programs.

Questions:

People always say "but I don't want to bug you with stupid questions" ... PLEASE do not think like that! I am your coach. I am here to help no matter what. My job is to help you learn and execute this reset to the best of your ability. You are never "bugging me" with questions.

Please post your questions on our Facebook group page so everyone can benefit. Do not send me a text, email or private message. We have a team of professionals here to support you and they may see your question and address it before I can. It will also help others in the program to see our responses and we can keep track of any reoccurring questions, comments or concerns.

Weekly Live Q & A Calls

Look out for the weekly Q & A Call announcement of date and time posted to the Facebook group. The link to the join the call will be posted in your private Facebook Group. Have your questions cued up and ready for me to address.

Remember, it takes forgiveness, commitment, action and belief to change.

None of us are perfect and we DON'T want to be. We want to work towards being the healthiest we can without losing our minds. So, drop the guilt and self-judgement then forgive anything you've been holding against yourself that will stand in the way of you becoming a healthier and happier person.

Commit and act; it takes 3 weeks to break bad habits, 6 weeks to see a significant change in your body, and 12 weeks for others to notice that change. We will show you how to jump start the Happy Body Lifestyle through this program and you WILL feel the results immediately. Keep us updated DAILY; we will be checking in on your progress but it's a two-way street. You will get out of the program what you put in.

Lastly, Believe in yourself. You can ABSOLUTELY do this. Even if every single program, diet, book, trainer, or nutritionist has failed you in the past, you can still succeed here. Stay positive and KNOW that this is it. You have what it takes and you're committed and ready to take action. These are long term results that are going to get you to a body and life you love.

I am honored that you have signed up to work with me and my team.

It is our privilege to work with you and we cannot wait for you to get started.

Thank you for investing in your future health and happiness.

Let's do this bombshell!

HAPPY BODY RESET SHOPPING LIST

* = one-time purchase that should last the entire 5 days

Fruit & Vegetables

- 2 small apples (salad toppings)
- 1 avocado
- 2 lemons or limes (for juice)
- 4 bananas
- 2 mangos
- 1 container fresh mixed berries
- 3 carrots
- 1 large cucumber
- 4 small yellow onions
- 3 red onions
- 2 whole garlic bulbs
- 12 oz zucchini noodles (zoodles)
- 1 head of cauliflower
- 1 bag frozen broccoli
- 5 bell peppers, any color
- 4 chilis/jalapenos
- 5 medium sweet potatoes
- 1 extra-large bag of baby spinach
- 1 small bunch or bag of baby kale
- 1 bunch fresh cilantro
- 1 container fresh cherry tomatoes (optional)
- 5-10 medjool dates (optional)

Nuts & Seeds

- 1 bag of chia seeds*
- Pomegranate seeds (salad topping)
- 1 small bag walnuts
- Bag of Brazil nuts*
- 1 bag sunflower seeds (optional)*

Dairy Foods

- 1 tub (20-32 oz) of plain Greek or lactose-free yogurt
- 1 block/bag cheddar or mozzarella cheese*
- ½ gallon cow's milk or almond milk (used for several recipes)
- 8oz feta cheese
- 1 tub cottage cheese (alternative for hummus)
- 1 small block of parmesan cheese (optional)*

Meat, Seafood, Eggs, Tofu

- 2 lbs. chicken breasts (6-7 medium)
- 1.5 lbs. ground lean turkey
- 12 eggs
- 1 lb. shrimp, either fresh or frozen
- Two 6-oz salmon fillets
- Two 6-oz white fish fillets
- 1 lb. ground beef

Rice, Pasta, & Canned Foods

- 1 can chunk light tuna in water
- 1 large bottle of no salt added, organic marinara sauce or 2 tins diced tomatoes
- 1 additional tin diced tomatoes
- Small pesto sauce*
- 16 oz. canned chickpeas

- 2oz (60g) pitted black olives (optional)*

Gluten-Free Grains

- 1 box of quinoa*
- 1 loaf sprouted grain Ezekiel bread

Bottled Foods & Oils

- 1 bottle of extra virgin olive oil*
- Sesame oil (optional)*
- Peanut oil (optional)*
- Protein powder (optional)*

Condiments, Herbs & Spices

- Vanilla extract (optional)*
- 1 16 oz. jar nut butter
- Small bag unsweetened coconut flakes
- Small bag unsweetened cocoa powder*
- Small jar dijon mustard (optional)*
- Dried basil, coriander, oregano (optional)*
- Cinnamon, nutmeg, chili, cumin powder (optional)*
- 1 jar of honey (optional)*
- 1 bottle of maple syrup (optional)*

Additional recommendations from Happy Body Wellness Dietitian

Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)	Optional Swaps *Ingredients not included on master shopping list
Breakfast: <ul style="list-style-type: none"> • 1 large banana • Sweet Potato (Recipe 1) Lunch: <ul style="list-style-type: none"> • Avocado, Shrimp, Cilantro Salad (Recipe 2) Dinner: <ul style="list-style-type: none"> • White Fish with Quinoa and Broccoli (Recipe 3) 	Breakfast: <ul style="list-style-type: none"> • Overnight Chocolate Chia Pudding (Recipe 4) Lunch: <ul style="list-style-type: none"> • Greek yogurt tuna or chicken salad (Recipe 5) Dinner: <ul style="list-style-type: none"> • Shakshuka + ground turkey with quinoa to serve (Recipe 6) 	Breakfast: <ul style="list-style-type: none"> • Egg-o-cado on Whole Grain Toast (Recipe 7) Lunch: <ul style="list-style-type: none"> • Middle-Eastern Mason Jar Salad (Recipe 8) Dinner: <ul style="list-style-type: none"> • Shrimp & Pesto Zoodles (Recipe 9) 	Breakfast: <ul style="list-style-type: none"> • Green Monster Smoothie (Recipe 10) Lunch: <ul style="list-style-type: none"> • Grilled Chicken Berry Salad (Recipe 11) Dinner: <ul style="list-style-type: none"> • Quinoa Crusted Chicken Parmesan + vegetables to serve (Recipe 12) 	Breakfast: <ul style="list-style-type: none"> • California Sweet Potato Hash with Feta and Eggs (Recipe 13) Lunch: <ul style="list-style-type: none"> • Autumn Harvest Salad (Recipe 14) Dinner: <ul style="list-style-type: none"> • Grilled Salmon with Mango Salsa (Recipe 15) 	Breakfast: Sweet Potato, Egg, Avocado Breakfast Bowl. Overnight Oats Veggie and Egg Muffin Frittata Lunch: Quinoa Spinach Salad with Nuts. Grilled Chicken Antipasto salad. Edamame Chickpea Salad Dinner: Healthy Chipotle Chicken Sweet Potato Skins Baked Italian Chicken Taco Salad
Snack 1 *Ingredients not included on master shopping list	Apple ¼ cup (c.) Almonds	½ c. Greek yogurt 1 c. Mixed Berries	1 orange ¼ c. cashews 2 Tbsp. Craisins	Banana 2 Tbsp. Nut Butter	2 Hardboiled Eggs 1 Pear ½ c. Greek Yogurt topped with ¼ apple, ½ pear and ¼ c. blueberries
Snack 2 *Ingredients not included on master shopping list	3 c. veggies ¼ c. hummus	2 Hardboiled Eggs 1 Pear	½ c. Greek Yogurt topped with ¼ apple, ½ pear and ¼ c. blueberries	3 c. veggies ¼ c. hummus	½ c Greek Yogurt 1 cup Mixed Berries Banana 2 Tbsp. Nut Butter

MONDAY (Day 1)

Stuffed Sweet Potato

(Recipe 1)

Serves 1

Ingredients

- 1 sweet potato
- 1 Tbsp. nut butter
- 1 Tbsp unsweetened coconut flakes
- ½ cup blue berries* optional
- 1 tbsp. dried fruit
- Drizzle of honey
- Dash of cinnamon and nutmeg

Instructions

1. Poke several small holes in a sweet potato, then microwave for 8-10 minutes until soft
2. Halve it, and place in a bowl.
3. Top the potato with 1 Tbsp. nut butter, 1 Tbsp. unsweetened coconut



Avocado, Shrimp, Cilantro Salad

(Recipe 2)

Serves 1

Ingredients

- 1 cup cooked shrimp
- 1 ripe chopped avocado
- 1/2 table spoon of extra virgin olive oil
- sprinkle of organic balsamic vinegar
- sprinkle of cilantro
- 1 pinch of sea salt and freshly ground black pepper

Instructions

1. Combine and enjoy



White Fish with Quinoa and Broccoli (Recipe 3)

Ingredients

Serves 2

2 large white fish fillets per person (1 per person)

Pinch Himalayan or fine sea salt

Few grinds freshly cracked black pepper

The juice of half a lemon or lime

1 bag of frozen broccoli

Instructions

For the fish

1. Pat the fish dry and season with a little bit of salt and pepper.

2. Heat a little bit of olive or coconut oil in a medium non-stick skillet, over medium high heat. When pan is hot enough, add fillets and cook until it starts to form a little bit of a brown crust and flesh turns almost completely opaque. Very delicately flip the fillets and continue cooking until fish is cooked all the way through and no longer translucent. This should take about 1½ to 2 minutes per side, depending on thickness.

3. Sprinkle with lemon or lime juice and transfer to dinner plates 4. Serve with braised fennel, loaded coleslaw and fresh greens. For the quinoa. The ratio is 1 cup of uncooked quinoa to 2 cups of liquid. Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 15 to 20 minutes. Fluff with a fork.

For the broccoli

Bring the water to a simmer over medium-high heat. Add the broccoli florets and stems and cover. Steam for 4 to 5 minutes, until tender

TUESDAY (Day 2)**Overnight Chocolate Chia Seed Pudding****(Recipe 4)****Serves 4****Ingredients**

- 1 1/2 cups (360 ml) Unsweetened original, vanilla or chocolate almond or cashew milk
- 1/3 cup (63 g) chia seeds
- 1/4 cup (24 g) cacao or unsweetened cocoa powder
- 2-5 Tbsp (30-75 ml) maple syrup if not blending (can sub 5-9 dates, pitted, if blending)
- *optional:* 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- *optional:* 1/2 tsp vanilla extract

Instructions

1. Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending, sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.
2. Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).
3. If blending, add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.
4. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.
5. Serve chilled with desired toppings, such as fruit, granola, or spices.

**Greek Yogurt Tuna or Chicken Salad****(Recipe 5)****Serves 2****Ingredients**

- 1/4 cup plain greek yogurt
- 1 tbsp. mayo (I bet spicy mustard would work fabulous!)
- 1 5 oz. can of tuna or 5 oz. chopped grilled chicken (or canned)
- 1 small apple, diced
- 2 stalks celery, diced
- 1 tsp chopped onion
- 1/4 tsp garlic salt
- salt & pepper
- lemon juice



Instructions

1. Chop the apple and celery. Add to a bowl
2. Drain tuna and add it to the bowl.
3. Add 1/4 cup of greek yogurt and 1 tbsp. of mayo to the bowl.
4. Add spices, salt & pepper, and lemon juice.

Mix thoroughly and serve in pitas!

Shakshuka with Ground Turkey**(Recipe 6)****Serves 4****Ingredients**

- 3 Tbsp. olive oil
- 1- 1.5 lb lean ground turkey
- 1 small onion, sliced in half moons
- 3 cloves garlic
- 1-2 small peppers, sliced (about 1 cup)
- 2 cups marinara sauce
- 4 eggs
- parsley
- toast

Instructions

1. Heat oil in large pan over medium heat.
2. Add ground turkey and cook through.
3. In a separate pan heat 1 Tbsp. of oil in a large pan over medium heat.
4. When oil is hot, add onion and garlic to pan.
5. Cook for about 3-4 minutes, until soft.
6. Add peppers to pan, stirring occasionally and cook for another 3 minutes.
7. Stir in marinara sauce and cook for 2 more minutes.
8. Lower heat to medium-low and make 4 indents in sauce.
9. Crack eggs into indents and slowly cook for about 9-14 minutes, until eggs are set and done to desired consistency
10. Top with parsley and serve with toast.



WEDNESDAY (DAY 3)**Egg-o-cado on Whole Grain Toast****(Recipe 7)****Serves 1****Ingredients**

1 avocado

1 egg

1-piece whole grain toast (Herbs and spices to taste)

Instructions

1. Preheat to 450°F
2. Halve an avocado and scoop out center (enough for an egg to fit in).
3. Break an egg into the center of the avocado
4. Set on a baking sheet and bake until the egg about 10-12 minutes.
5. Enjoy a piece of whole grain toast along with the egg-o-cado!

**Middle Eastern Mason Jar Salad****(Recipe 8)****Serves 2****Ingredients**

- 1 1/2 tbsp. lemon juice
- 1 1/2 tbsp. olive oil
- 1 tsp Dijon mustard
- 1 tsp honey
- 1/4 cup red bell pepper finely diced
- 1/4 cup cucumber finely diced
- 1/2 cup canned chickpeas rinsed and drained
- 1/4 cup cooked quinoa
- 1/2 oz. feta cheese crumbled
- 1/3 cup cherry tomatoes sliced in half
- 2 tbsp. olives minced
- 1 tbsp. sunflower seeds
- 1 cup spinach

Instructions

Layer into a 1 L mason jar and enjoy!

Shrimp and Pesto Zoodles

(Recipe 9)

Ingredients

Serves 2

- 1/2 lb shrimp, peeled
- 12 ounces zoodles (spiralized zucchini- you can buy pre-spun)
- 1 bell pepper, chopped
- 1/3 cup prepared or homemade pesto sauce
- 2 tbsp olive oil

Instructions

1. Prepare pasta according to package.
2. Add 1 tbsp olive oil to medium high skillet and cook shrimp until brown. Don't stir too much or you won't get a crust! Remove from pan.
3. Cook pepper and zucchini in remaining olive oil until tender
4. Toss all together in a bowl with pesto.
5. Serve in bowls!



THURSDAY (Day 4)**Green Monster Smoothie****(Recipe 10)****Serves 2****Ingredients**

- 1 cup unsweetened almond milk
- 1 small banana, frozen
- 2 cups baby spinach
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder
- 8-10 cup ice cubes

Instructions

1. Blend all of the ingredients together in a blender until smooth.

**Grilled Chicken Berry Salad****(Recipe 11)****Serves 1****Ingredients**

- 3 cups spinach
- 1 sliced, grilled chicken breast,
- 1 c mixed berries,
- 2 tbsp chopped walnuts

Instructions

1. Top spinach with all other ingredients and enjoy



Quinoa Crusted Chicken Parmesan

(Recipe 12)

Serves 4

Ingredients

- 3-4 chicken breasts, sliced in half and pounded to thin cutlets (about 1 1/2 pounds)
- 1 1/2 cups lactose free milk
- 1/2 cup potato starch
- salt and pepper, to taste
- 2 eggs
- 2 cups cooked quinoa
- 2 teaspoons chopped basil
- 1/4 cup Parmesan cheese
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- Fresh sliced basil for garnish if desired

Instructions

1. Preheat oven to 375 degrees F.
2. Lightly oil large baking sheet.
3. In medium bowl, add milk and chicken breasts, set aside.
4. Place potato starch on plate and sprinkle with salt and pepper, set aside.
5. In small bowl, add eggs and whisk to blend, set aside.
6. Place quinoa in bowl and add basil, stir to blend, set aside.
7. Take one chicken cutlet out of milk and dip lightly on both sides in potato starch, shake to remove excess starch.
8. Dip starch coated chicken into eggs to coat and then into quinoa.
9. Press quinoa firmly into chicken breast, then place chicken on baking sheet.
10. Repeat process with the rest of the chicken.
11. Sprinkle Parmesan cheese over chicken breasts, evenly.
12. Bake for 25 minutes or until cooked through.
13. Remove from oven carefully and add 2 tablespoons of marinara over each breast and top with a sprinkle of the mozzarella cheese. Return to the oven for 5 minutes to melt cheese and heat sauce; top with fresh sliced basil if desired.



FRIDAY (Day 5)

California Sweet Potato Hash with Feta and Eggs**(Recipe 13)****Serves 2****Ingredients**

- 1 medium sweet potatoes {~ 4 cups shredded}
- 1 tablespoons extra virgin olive oil
- ½ medium onion, finely chopped
- 4 cups chopped baby spinach
- 1 tablespoon dried herbs
- ¼ teaspoon sea salt, or to taste
- fresh ground black pepper to taste
- 2 eggs**
- 2 ounces feta cheese* optional
- Fresh oregano for garnish, optional

**Instructions**

1. Prepare the veggies: Peel the sweet potatoes, then shred them with a food processor, and set aside, then chop the onions by hand or in a food processor, and set aside. Chop the baby spinach, and set aside.
2. Heat the olive oil over medium in a 12-inch cast iron, or other, skillet. Add the shredded sweet potatoes and toss to coat in the oil. Cook the sweet potatoes over medium for about 5 minutes, tossing regularly so they don't burn. Add the chopped onion and cook for an additional 4 minutes, then add the chopped spinach and cook for 1-2 minutes, or until wilted.
3. Stir in the Greek seasoning, sea salt and ground black pepper to taste.
4. Spread the veggie mixture evenly across the pan, and make 4 holes in the veggies. Next, crack one egg in each hole, and cook for ~ 2 minutes, then place a lid over the pan and cook for an additional 3 minutes, or until eggs are cooked to your liking.
5. Remove skillet from heat, and top with crumbled feta cheese and fresh oregano for garnish before dividing in to 4 servings.

Autumn Harvest Salad

(Recipe 14)

Serves 1

Ingredients

- 3 cup baby kale topped
- ¼ c roasted sweet potato
- ¼ chopped apple
- ¼ c pomegranate seeds
- 2 tbsp. red onion
- 2 tbsp. sunflower seeds

Instructions

1. Combine and enjoy!



Grilled Salmon with Mango Salsa

(Recipe 15)

Serves 2

Ingredients

- 2 6-ounce salmon fillets
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- salt and pepper to taste
- juice of ½ lime

mango salsa

- 2 mangos, diced
- ¼ red pepper, diced
- ½ red onion, diced
- ½ small jalapeño, seeded and finely chopped
- Pinch cup packed cilantro leaves, roughly chopped

Instructions

1. In a medium bowl stir together mangos, red peppers, onions, jalapeños, and cilantro. Set aside until ready to use. 2. Stir together garlic powder, chili powder, and salt and pepper (I used about ½ teaspoon each). Rub mixture into salmon fillets. Grill over medium heat for 6-8 minutes on each side.



SWAP OUTS

BREAKFAST

Sweet Potato, Egg, Avocado Breakfast Bowl.

Poke several small holes in a sweet potato, then microwave for 8-10 minutes until soft, halve it, and place in a bowl. Add ½ a sliced avocado and 2 cooked eggs. Sprinkle with cilantro.

Overnight Oats

Mix together a 6-ounce carton of plain, low-fat yogurt or whole-milk Greek yogurt, 2/3 cup regular rolled oats, and 2/3 cup milk. Store in fridge overnight or for at least 3 hours.

*Add fresh or dried fruit, chopped nuts, peanut butter, honey, * Increase the nutritional value of your oatmeal with a scoop of protein powder.

Veggie and Egg Muffin Frittata

3 eggs ¼ c milk 2 c. assorted veggies (bell pepper, onion, mushroom, broccoli, spinach).

Heat oven to 350°F. Beat eggs & milk then stir in veggies, separate evenly into 3-6 greased muffin cups. Bake until set about 20 to 22 minutes.

* makes 3-6 muffin frittata

LUNCH

Quinoa Spinach Salad With Nuts

3 cups spinach topped with ½ cup cooked quinoa, 2 sliced beets, 1 tbsp unsalted almonds, 1 hardboiled egg, and banana peppers.

Grilled Chicken Antipasto Salad

3 cups chopped romaine lettuce, topped with ½ grilled chicken breast, 1 hardboiled egg, 2 tbsp red onion, 6 halved grape tomatoes, 6 black olives, 3 artichoke hearts, topped with oil and balsamic vinegar.

Edamame Chickpea Salad

3 cups spinach ¼ can chickpeas, ¼ cup cashews 3 oz. shelled edamame, cooked ½ cup chopped apples, salt and pepper to taste, 1 Tbsp chopped fresh basil (optional garnish)

DINNER

Healthy Chipotle Chicken Sweet Potato Skins

(Recipe 3)

Serves 2 (with leftovers)

Ingredients

- 3 medium sweet potatoes
- 3/4 -pound boneless skinless chicken breast
- ¼ cup olive oil
- 2 tablespoon fresh lime juice
- 2 cloves garlic minced or grated
- 3 whole chipotle pepper minced
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 cups spinach half a 10oz bag
- 5 ounces white low sodium cheese grated
- chopped cilantro for garnish
- Greek yogurt for serving

Instructions

1. Preheat your oven to 350 degrees.
2. Wash your sweet potatoes and prick all over with a fork. Place in the oven and bake for 50-60 minutes or until fork tender.
3. Place your chicken in a baking dish and rub with a tablespoon of olive oil, salt and pepper. Place in the oven with the potatoes and bake for 25 minutes.
4. Allow to cool and shred the chicken with a fork or your hands. When the sweet potatoes are done cut in half and allow to cool for 5-10 minutes.
5. In a medium size bowl combine the olive oil, lime juice, garlic, chipotle peppers, oregano, cumin, chili powder, salt and pepper. Set aside.
6. Heat a small skillet over medium heat and wilt the spinach (this can also be done in the microwave). Toss the spinach and shredded chicken together, set aside and keep warm.
7. Turn the oven up to 400 degrees.
8. Scrape the sweet potato out of the peel, leaving a medium size layer of flesh inside with the peel so that it can stand up on its own and place in a baking dish. Brush the skins with a little of the chipotle sauce and bake for 5-10 minutes until nice and crisp.
9. While the skins bake mix the spinach, chicken and chipotle sauce together.
10. Remove skins from the oven and stuff with the chicken mixture, top with shredded cheese and bake for 10 minutes or until the cheese has melted and the skins are hot and crisp.

*Serve with fresh chopped cilantro and Greek yogurt if desired.

Baked Italian Chili Chicken

Ingredients

- 125g of boneless, skinless chicken breast
- 5 cherry tomatoes or 4 amoroso tomatoes, cut in half
- 1/2 a red chili, sliced thinly
- 5 basil leaves, shredded
- 1 tsp of olive oil
- 1/4 tsp of salt
- a pinch of group pepper
- 6-8 olives

Instructions

1. Heat the oven to 425 F
2. Trim any fat off the chicken and pop in a small baking dish
3. On top of the chicken put the tomato, chili, basil and olives
4. Drizzle the olive oil over the chicken and season with salt and pepper.
5. Pop the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then pop it back in the oven for a few minutes.
7. Serve with crusty bread or a baked potato to soak up the delicious juices.

Taco Salad

Serves 2

Ingredients

- 6 C romaine lettuce, chopped
- 2 tomatoes, large diced
- 2 avocados, cubed
- 1/4 red onion, thinly diced
- 1 small bunch cilantro leaves
- 2 limes, quartered olive oil
- 1 lb ground turkey
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 t cumin

- 1-2 t chili powder, to taste
- 1/2 t coriander salt and pepper

Instructions

1. Heat 1 T olive oil in skillet until bubbling and then sauté onion for five minutes or until soft. Add minced garlic cloves, spices and 1 t salt and sauté for another 30 seconds or until fragrant. Stir in the ground turkey, breaking it up with wooden spoon until no longer pink, between 5-10 minutes. Set aside.
2. Prepare salad by placing chopped romaine, diced tomatoes, cubed avocados, red onion and cilantro leaves in a serving bowl. drizzle lightly with olive oil.
3. Pour the taco meat onto the salad and generously squeeze quartered limes over the salad. Season with salt and pepper if needed.

Make your Own Quinoa Salad

Serves 2

Ingredients

- 1 part quinoa: I like to mix the red and white quinoa together (or buy the tricolor). To make, use one part quinoa and two parts water. Bring to a boil, then reduce to simmer for about 18 minutes or until the water is absorbed. I like to add lemon zest to the pot while cooking and then add a squeeze of lemon after cooking.
- 2 parts vegetables: here's where you can get as creative as you want. Whatever you go with, make sure you chop into bite-sized pieces. Some ideas are: steamed asparagus, chopped cucumbers, sliced cherry tomatoes, chopped zucchini, chopped broccoli (steamed or raw), fresh/frozen corn or peas, sliced radishes, chopped bell peppers, roasted Brussels sprouts, roasted cauliflower, etc.
- 1 part greens: the trick for adding the greens is to make sure you chop them into bite sized pieces! I love using softer greens like baby kale, spring mix, baby spinach, arugula, watercress, pea shoots, etc.
- 1 part fresh herbs: fresh herbs add so much flavor, don't skip this part! Experiment with chopped basil, mint, parsley, tarragon, dill or cilantro.
- 1 part fruit: you can use fresh or dried fruit here. I love sliced apples, grapes, and strawberries. Dried cherries, cranberries, currants and golden raisins are fun, too!
- 1 part nut: Every salad needs some crunch — sliced almonds are my go-to but I also love chopped walnuts, pecans, pistachios, and hazelnuts!
- Always the same: a simple dressing of 2 parts olive oil, 1 part vinegar (of your choice), salt and pepper, juice from half a lemon, 1 tsp Dijon mustard, a few drops liquid stevia or 1 tsp honey.
- *Other optional add-ins: black beans, chick peas or lentils are also a nice touch to any quinoa salad.*

Instructions

1. Prepare quinoa and let cool while you chop the vegetables. If using already prepared quinoa, place 1-2 cups into a large bowl.
2. Add your chopped vegetables, greens, herbs, and fruit to the bowl.
3. In a small Mason jar, add the dressing ingredients and shake well.
4. Pour dressing over salad and toss well to combine.
5. Top with nuts and serve.



The Simpler Happy Body Meal Plan

Breakfast

Step 1: Choose a protein	Step 2: Choose a whole grain	Step 3: Choose a fruit or vegetable
4 Egg whites 2 Hardboiled Eggs ½ cup Plain or Vanilla 0% Fat Greek yogurt 1 Tbsp. almond butter, natural 3 oz lean meat (ex. An omelet with grilled chicken, ground turkey)	½ cup Old fashion rolled oats ½ cup Steel Cut Oats 1 slice Organic whole grain Ezekiel sprouted bread ¾ cup Organic whole grain Ezekiel cereal ½ cup cooked and cooled Quinoa ½ cup cooked and cooled Brown Rice 2 Tbsp. Flax meal	1 grapefruit ½ cup melon 1 nectarine 1 small apple ½ cup blueberries 5 large strawberries ½ cup blackberries ½ cup raspberries ½ cup cranberries 2 cup spinach 1 cup tomatoes 1 cup Bell Peppers ½ cup Onion 1 cup broccoli 1 cup cucumbers ½ cup Brussel sprouts ½ cup cauliflower 1 cup asparagus

Lunch

Step 1: Choose a green	Step 2: Add a protein (3oz)	Step 3: Fruits (½ cup)	Step 4: Vegetables (1 cup)	Step 5: Dress it up (1-2 tbs.)	Step 5: Increase the flavor
Romaine Spinach Iceberg Lettuce Cabbage Water Cress Spring Mix	Chicken Turkey Tuna Salmon Shrimp Whitefish Hardboiled Egg Tofu Tempeh Lentils & Beans Edamame	Chopped apple Orange slices Chopped pear Strawberry Mango Pomegranate Papaya Grapes Blueberry Pineapple Dried fruits	Tomato Carrot Onion Bell pepper Jicama Mushroom Celery Beets Cucumber Broccoli Corn	Extra virgin olive oil Balsamic vinegar Rice wine vinegar Honey Apple cider vinegar Liquid aminos Citrus juices Tahini	Cilantro Spring Onions Basil Chives Parsley Mint Garlic Ginger

Dinner

Step 1: Choose a lean protein (4 oz.)	Step 2: Choose a whole grain (1/2 cup cooked)	Step 3: Choose a fruit or vegetable
Fish (tuna, salmon, tilapia, mahi mahi, flounder, orange roughy, etc.) Shellfish (oysters, shrimp crawfish, crabs, scallops) Poultry (chicken, turkey) Beans (Black, red, kidney, garbanzo, etc.) Tofu, tempeh, seitan Venison 4 Egg whites	Black rice, brown rice, wild rice Whole grain quinoa Whole grain buckwheat Whole grain barley Whole grain Farro Whole grain Amaranth Whole grain Rye Whole grain Millet Whole grain Spelt	Eggplant, spinach, asparagus, broccoli, cauliflower, mushrooms, lettuce/ salad, tomato, greens (turnips, collards), green beans, sweet potato, corn, onions, carrots, beets, avocado, peppers. Limit Starchy Vegetables: Sweet potatoes, carrots, beets, parsnips.

Snacks

(Always combine a carbohydrate + a protein. Choose 1 fruit-based snack per day and 1 vegetable-based snack per day)

Carbohydrate	Protein
Fresh Fruit (1 cup) <ul style="list-style-type: none"> • Apple • Banana • Grapes • Berries • Peach • Mango • Pineapple • Grapefruit* • Citrus fruits Any that you enjoy and are readily available Veggies (1.5 cups) <ul style="list-style-type: none"> • Raw, cooked-any will work! Whole Grains <ul style="list-style-type: none"> • Oatmeal (1/2 cup cooked) • 1 slice Whole Grain Bread • Whole grain organic cereal (<10g sugar/serving) 	<ul style="list-style-type: none"> • Greek yogurt (low sugar <12 g) • Low fat milk, flavored, regular or soy • Low fat mozzarella string cheese (1 stick) • ½ cup low fat cottage cheese • Eggs, egg whites, egg beaters or egg substitute • 1-2 Tbsp. Peanut butter, almond butter, cashew butter, real hazelnut spread • Nuts (3 Tbsp. or ¼ cup) • Hummus –mixture of garbanzo beans and oil (2 Tbsp.) • Edamame (soy beans)- Dried or steamed (1 cup) • Lean sandwich fillings such as low sodium turkey, chicken (2 slices or 3 oz.) • White albacore chunk light tuna fish (3 oz. or a single serving pouch) • ¼ cup chia seeds mixed with 1 cup almond milk • Protein balls (1.5 tbsp. almond butter + 2 tsp oats + ½ tbsp. honey, rolled into balls.