

5 DAY RESET (STEP 1) DINNER IDEAS

Turkey & Zucchini Stir-Fry

Instruction:

- 4 CUPS CHICKEN BREAST
- 4 TBSP WORTH AVOCADO OR GUACAMOLE
- EVERYTHING BUT THE BAGEL SEASONING

Directions:

- SEASON CHICKEN BREASTS WITH SALT & PEPPER
- BAKE UNTIL CHICKEN IS COOKED THROUGH
- SPRINKLE SEASONING & SERVE WITH SLICED AVOCADO



CALORIES | 400 APPROX.

MACROS | P: 30G | C: 5G | F: 30G

FOOD BREAKDOWN | CHICKEN = PROTEIN |
AVOCADO = FAT

****IF YOU'RE FOLLOWING THE PROGRAM PLEASE DRINK YOUR MINERALS & PHYTOS SEPARATELY OR TOGETHER****



5 DAY RESET (STEP 1) DINNER IDEAS

** NICOLE'S GO TO** Crack Slaw

Ingredients:

- 2 LBS EXTRA LEAN GROUND BEEF OR TURKEY
- 1 BAG OF COLESLAW
- SRIRACHA SAUCE TO TASTE
- 2 TBSP VINEGAR
- 2-4 TBSP LOW SODIUM SOY SAUCE

Directions:

- IN A NON STICK PAN, SAUTE GROUND MEAT UNTIL BROWNED
- STIR IN COLESLAW
- ALLOW TO COOK FOR ABOUT 2 MINUTES, STIRRING OCCASIONALLY
- STIR IN SAUCES
- SIMMER FOR AN ADDITIONAL MINUTE
- SERVE WITH A DOLLOP OF PLAIN GREEK YOGURT ON TOP IF DESIRED



CALORIES | 250 APPROX.

MACROS | P: 27G | C: 14G | F: 9G

FOOD BREAKDOWN | GROUND BEEF = PROTEIN | COLESLAW = VEGETABLE

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5 DAY RESET (STEP 1) DINNER IDEAS

Grilled Lemon Herb Chicken w/ Roasted Vegetable

Instruction:

- 4 BONELESS, SKINLESS CHICKEN BREAST
- 2 TBSP LEMON JUICE
- 1 TSP DRIED ROSEMARY
- 1 TSP DRIED THYME
- 1 TSP DRIED OREGANO
- SALT & PEPPER TO TASTE
- 2 CUPS MIXED VEGETABLES (BELL PEPPERS, ZUCCHINI, ONION)
- 2 CLOVE MINCED GARLIC

Directions:

- PREHEAT GRILL TO MEDIUM-HIGH HEAT
- IN A SMALL BOWL, MIX LEMON JUICE, DRIED HERBS, SALT & PEPPER. RUB THE MIXTURE OVER CHICKEN BREASTS
- GRILL CHICKEN FOR 6-8 MINUTES PER SIDE UNTIL COOKED THROUGH
- IN A LARGE BOWL, TOSS MIXED VEGETABLES WITH MINCED GARLIC, SALT, & PEPPER
- SPREAD THEM ON A BAKING SHEET AND ROAST IN THE OVEN AT 400°F (200°C) FOR 20-25 MINUTES OR UNTIL TENDER
- SERVE GRILLED CHICKEN WITH ROASTED VEGETABLES

CALORIES | 400 APPROX.

MACROS | P: 40G | C: 20G | F: 15G

FOOD BREAKDOWN | CHICKEN = PROTEIN | MIXED VEG = VEGETABLES

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5 DAY RESET (STEP 1) DINNER IDEAS

Baked Salmon w/ Steamed Broccoli & Cauliflower

Instruction:

- 4 SALMON FILLETS
- ZEST OF 1 LEMON
- 1 TSP OF GARLIC POWDER
- SALT & PEPPER TO TASTE
- 4 CUPS BROCCOLI FLORETS
- 4 CUPS CAULIFLOWER FLORETS
- 2 TBSP LEMON JUICE
- 1 TSP DIJON MUSTARD

Directions:

- PLACE SALMON FILLETS ON A BAKING SHEET LINED WITH PARCHMENT PAPER. SEASON WITH LEMON ZEST, GARLIC POWDER, SALT & PEPPER. BAKE FOR 12-15 MINUTES OR UNTIL COOKED THROUGH
- STEAM BROCCOLI & CAULIFLOWER UNTIL TENDER
- IN A SMALL BOWL, WHISK TOGETHER LEMON JUICE, DIJON MUSTARD, SALT, & PEPPER TO MAKE THE DRESSING
- SERVE BAKED SALMON WITH STEAMED BROCCOLI & CAULIFLOWER, DRIZZLED WITH THE LEMON VINAIGRETTE DRESSING

CALORIES | 350 APPROX.

MACROS | P: 35G | C: 15G | F: 18G

FOOD BREAKDOWN | SALMON = PROTEIN | BROCCOLI & CAULIFLOWER = VEGETABLE

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5 DAY RESET (STEP 1) DINNER IDEAS

Teriyaki Chicken Lettuce Wrap

Instruction:

- 2 RED ONION
- 2 TBSP GINGER
- 2 TBSP GARLIC
- 1.5 LB GROUND CHICKEN
- 1 CUP SUGAR-FREE STIR-FRY SAUCE
- 1 GREEN ONION
- BOSTON LETTUCE LEAVES

Directions:

- IN A NON STICK PAN, SAUTE ONION, GINGER, & GARLIC
- STIR IN GROUND CHICKEN, COOK UNTIL BROWNED
- ALLOW TO COOK FOR ABOUT 5 MINUTES, STIRRING OCCASIONALLY
- STIR IN STIR-FRY SAUCE
- TOP WITH GREEN ONION
- SERVE IN LETTUCE WRAP



CALORIES | 250-300 APPROX.

MACROS | P: 25-30G | C: 15-20G | F: 10-15G

FOOD BREAKDOWN | CHICKEN = PROTEIN | LETTUCE & ONION = VEGETABLE

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