

FALL 5-DAY

# *Reset*

with Edie Hoppin



all in one

This document contains the Handbook,  
Suggested Recipes, and Complete Shopping  
List all in one convenient PDF.



## Welcome to the Fall 5-Day Reset!

If you've never detoxed or cleansed before, rest assured – you are in good hands.

I'm committed to your Reset success, and I want you to have a great experience this week. See below for some **quick tips**:

- Read this guide from beginning to end – there's a lot of great information that will help you have a successful (and possibly even fun) cleanse.
- Set aside 3-4 hours before the program starts so you can have time to go shopping and do prep work for your recipes. You'll find the cleanse goes much more smoothly if you have healthy meals and snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning your own habits and giving your body a break.
- Find a Reset buddy with whom you can share the cooking duties. You can each do half of the cooking and then share the food to make things a little easier.

If you have questions, post in our online Facebook group.

Or contact me via email [edie@ediehoppin.com](mailto:edie@ediehoppin.com)

It's going to be a great week!

Love and Health!

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## PREPARATION CHECKLIST

- Read through this *Fall 5-Day Reset Handbook*
- Read through the *Fall 5-Day Reset Recipes* – this includes suggested recipes and snack ideas
- Review the *Fall 5-Day Reset Shopping List/Form*
- Schedule a specific time to go grocery shopping. Date/Time\_\_\_\_\_
- Schedule time to do meal prep work in the kitchen. Date/Time(s)\_\_\_\_\_

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- What are your intentions or goals for this cleanse week (more energy, better sleep, clean out the gluten, lose weight, reset taste buds, learn to cook healthy meals, give up an unhealthy habit, weight loss, self-care)?

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- Read the Bonus Eating Out Guide (it has tips for how to eat out without blowing the cleanse guidelines)
- Review the Bonus Tips for Deepening Your Reset and choose which, if any, you'll do during your detox week (available in the bonus handouts)
- Read the Dirty Dozen & Clean Fifteen at <http://www.ewg.org/foodnews/>, or print the Bonus Doc in our Dropbox. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.
- Review the *Bonus Make It Last Handbook*, and all of the bonus material now, or after the cleanse.



## WHAT IS A WHOLE FOOD RESET?



By definition, a *detox* is a process by which the body gets rid of poisonous substances. To *cleanse* is defined as removing dirt or making something clean. Throughout this program, you'll see the two terms used interchangeably. Basically, a food-based detox is an opportunity to remove known toxins and "bad foods" from our diet for a pre-determined amount of time. The *Fall 5-Day Reset* works through the process of taking out unhealthy foods and adding in nutritious foods.



## WHAT CAN I EAT DURING THE RESET?

To make the process easier for you, I've provided *Fall 5-Day Reset Suggested Recipes* to ensure that you have plenty to eat during the 5 days. Our goal is to focus on whole grains, proteins and vegetables, while staying away from caffeine, sugar, dairy, red meat, pork, and gluten.

We'll eat foods that nourish us and increase our bodies' natural cleansing processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits, so we can begin to learn about our relationship with food and what we can do to make some positive changes.

**I encourage you to put a strong focus on all the delicious foods you can eat during the next few days, as opposed to what you can't.** Keep focused on all the wonderful options that are available to you!



## WHAT TO EXPECT DURING YOUR RESET

Please keep in mind that each person detoxes a little bit differently and each time you do the Reset you may have a different experience.

### The goals of this week are threefold:

1. To take all processed food out of your diet.
2. To add in whole grains and vegetables to increase fiber intake.
3. To help you recognize the habits you have that aren't supporting your health.

During your Fall 5-Day Reset/Cleanse/Detox, you may experience the following:



- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings, which will be related to toxins being in your bloodstream
- Food cravings, especially for “bad” foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Hunger or lack of hunger
- Personal insights into your eating habits
- Improved sleep
- Weight loss
- Lots and lots of energy, especially at the end and in the days after the Reset
- And maybe some things not on this list...



## GENERAL RESET GUIDELINES

- Take the opportunity to become mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink  $\frac{1}{2}$  your body weight in ounces each day. For example, if you weigh 140 lbs, your goal would be to consume 70 ounces of water each day, or about 8.5 cups of water. Consume herbal teas to stay warm. You can flavor your water with lemon, cucumber, or even a bunch of basil popped into a pitcher and covered with water.



- Try to keep your meals mindful. The idea for this cleanse is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. No point in starving yourself!
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. Chew your food at least 42 times. If you can't do this at every meal, then focus on doing this really well for one meal each day.
- Be sure to focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward rather than focusing on taking care of spouses, children, colleagues, and other people in your life.
- Recognize that the weather may not be as warm as you would like, as we head into Fall. Pay attention to what your body needs from you and don't restrict the amount you eat if you truly feel hungry.
- Keep taking all medications as prescribed by your doctor. If you have any questions about medications, if you have a chronic medical condition, or if you have special medical needs, please clear this program with your doctor before participating.

- Try to limit the amount of work you do during the week of the Reset. This doesn't mean you have to take a week off, but skip after-work events if possible, in favor of giving your body and mind a rest.



- Modify your exercise for the week by focusing on taking walks outdoors, stretching, and trying lower impact forms of exercise like yoga and Pilates. If you absolutely need to do more, try to lessen the amount of exercise you get. For example, instead of running 5 miles at an 8-minute-mile pace, jog 3 miles at a leisurely 10-minute-mile pace. Check out yoga studios in your area – many of them offer a free class or first week. If you end up doing an intense workout, compensate by drinking extra water and snacking on high protein items like chia seeds, walnuts and almonds, and organic chicken or turkey slices.

- **Listen to your body.** If you are hungry, eat something. If you're thirsty, drink something. If you're sleepy, take a nap. It's amazing how much we can learn from our bodies and our cravings once we start to listen.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein and ask if the veggies can be steamed instead of sautéed in oil or butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried. Refer to the bonus "Eating Out Guide" for more tips and advice on what to order when eating out.
- Be sure to get enough essential fatty acids (EFAs) during the Reset. You can have olive oil, avocado, wild-caught salmon, coconut butter, coconut milk, coconut cream, ghee, butter, pretty much all nuts (except peanuts), flax seed, pumpkin seeds, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Finally, remember to ask for help if you need it! Feel free to reach out to the Facebook group, or [edie@ediehoppin.com](mailto:edie@ediehoppin.com).



## DAILY PROTOCOL

This daily protocol is a guide for how your days should be structured during the Reset. If something doesn't work for you, then just do your best. In addition, there are bonus detox steps you can take to increase the benefits of this process.

The *Fall Reset Suggested Recipes* includes all the recipes you'll need to make this week's meals. Refer to this handbook to get ideas on what to eat each day for breakfast, lunch and dinner.

### WAKE UP:

- 12 oz. hot water with juice of half a lemon

### BREAKFAST:

- Green or herbal tea
- Morning meal or Smoothie
- 12 oz. filtered water
- Supplements: 1 probiotic, 2000-4000 IU Vitamin D, 2000 mg Vitamin C, 1000 mg Vitamin B (supplements are a bonus step – skip if you are pregnant or nursing)



### MID-MORNING:

- Snack (if needed): a handful of soaked almonds, an apple with almond butter, miso soup, black bean dip with carrots, etc.
- A cup of Nettle or Dandelion tea (this is a bonus step – both Dandelion and Nettle help your liver clear out toxins. Skip this step if you are pregnant or nursing)

### LUNCH:

- Lunch
- 12 oz. filtered water

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### LATE AFTERNOON SNACK:

- Dandelion or Nettle tea (bonus step)
- Snack as needed: a handful of almonds, an apple with almond butter, fresh olives, miso soup, etc.
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. If the weather is bad, turn on some music and dance around for a bit – anything to get you up and moving (this helps your lymphatic system move toxins).



### DINNER:

- Turn off all media (TV, computer, radio, and even your phone!) and focus on your meal. Take a few deep breaths before you begin eating.
- Dinner
- 12 oz. filtered water

### EVENING SNACK:

- Keep it small and eat an evening snack only if you really need one. Have a small handful of nuts, a slice or two of organic turkey or a pear.
- You can also have a cup of herbal tea to help you wind down for the evening but be aware that this might make you wake up during the night.

### BEDTIME:

- Get to bed 15-30 minutes earlier than usual.
- Write a gratitude journal for 15 minutes – simply list all the things you were grateful for or that went well during your day. (optional)
- 2 capsules milk thistle herb (bonus step – but this is an extra powerful one because milk thistle boosts the liver's detoxing capacity. Skip if pregnant or nursing)
- Epsom salt bath – run a hot bath with 1-2 cups Epsom salts and soak for 30 minutes. Epsom salts are great for drawing out toxins. You can also add lavender oil to increase relaxation. Try to do this at least twice during the detox week. If you are pregnant, follow your doctor's advice about soaking or baths.



## COOKING AND PREP-WORK TIPS

Set aside 3-4 hours on Saturday or Sunday before you begin the Reset, so you have enough time to go grocery shopping, familiarize yourself with ingredients and prepare foods to eat later in the week. Wash and pre-chop veggies and snacks. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the food guidelines.



1. Pre-cut snacking veggies like celery, carrots, turnips, bell peppers, cucumbers, etc. so you always have something you can easily grab out of the fridge. Store them in covered dish with a little water to keep them from drying out. It's a lot easier to make a good choice if you have good choices readily available. Dip them in a little tahini, hummus, or black bean dip for a quick and nutritious snack.
2. Make one snack recipe and one sweet treat recipe so you have these ready to go when you're feeling tired or have a craving.
3. If you're super rushed for time in the mornings, make double batches of smoothies or breakfasts that are easy to grab and go.
4. Make a big pot of greens that are ready to go anytime by setting a pot of water to boil. Clean and de-stem the greens, then tear them into bite-sized pieces. Once the water is boiling, drop in greens. Turn off the heat and cover – let sit for 2 minutes. Drain, rinse with cool water and store in the fridge. Blanched greens will keep for about a week in your fridge.
5. Set up a salad bar in your fridge. Make a few salad dressings to last you through the 5-day detox. Wash a bunch of lettuce and greens and pre-cut cucumber, celery, radish, carrots, green onion and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.



## WHAT TO SKIP (AND SOME SUGGESTIONS FOR SUBSTITUTIONS) DURING THE RESET

Hands down, the best way to avoid gluten, dairy, and sugar is to read labels. Here are some additional keys to ingredients that you'll want to avoid during the Reset.

### GLUTEN

Gluten products to avoid:

- Bread/ Bagels/Rolls
- Pasta
- Any products with wheat, barley, rye, semolina, durum, triticale, and farro

Detox Approved Starch/Whole Grain Alternatives:

- Brown or wild rice
- Quinoa
- Amaranth
- Millet
- Buckwheat
- Mary's Gone Crackers – these whole grain crackers are delicious and easy to find at most health food stores.
- Starchy veggies like sweet potatoes, yams, and squash
- If you can't give up bread, you can order healthy, Detox approved bread online from <https://happycampersgf.com>, or reach out to NufLOURS in Seattle for their Vegan Flax Bread. YUM!



**Please note: Skip the gluten-free aisle of your grocery store** – most of the foods there are highly processed and packed with sugar, salt and preservatives. Many of my clients found that they gained a ton of weight when they went gluten-free. It was because they started eating too many gluten-free packaged foods. For this challenge, simply skip that aisle and focus on fresh, whole foods.

### DAIRY

Dairy products to avoid:

- Milk and milk products, including ice cream and whey
- Cheeses, including hard cheese like parmesan, and soft cheeses like cream cheese and cottage cheese
- Sour cream

Alternatives:

- Coconut milk (no guar gum)
- Quinoa milk
- Hemp milk
- Almond milk
- Cashew milk

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- **Please Note:** Soy milk and soy products are not recommended as an alternative during the reset. Conventional soy products can have high pesticide loads, unless they are organic and non-GMO. Be aware that even organic soy contains phytoestrogens, which mimic estrogen in the body which can be harmful in cases of estrogen sensitivity. Also discussed below in CORN & SOY.

## SUGAR

Sugar products to avoid:



- Sugar, candy, sweets, baked goods
- Cane sugar (organic, natural, dehydrated, etc. included)
- Corn syrup, brown rice syrup, barley syrup
- Alcohol – yes, this includes beer, wine, and hard liquor

Alternatives:

- Natural sweeteners used sparingly like local wild honey, dates, and 100% pure maple syrup

**Pro Tip:** It is helpful to start to reduce your sugar intake before the start of the cleanse. Substitute dessert for some dried fruit, fresh-fruit sorbet or 70 percent or higher dark chocolate as a way to ease into the reset. Continue weaning until dessert is the exception rather than the rule. As you reduce the amount of sugar in your diet, you will reset your taste buds, so you lose your cravings for sweets. Challenge yourself to reduce your processed food consumption which has a lot of hidden sugar a little more each day as well to prepare for the cleanse. If you drink soda, start to wean yourself by reducing the amount of soda each day as well by  $\frac{1}{4}$  of the amount you drink each day.

## WHITE POTATOES

This may seem like a strange addition to the “no” list, but white potatoes can cause a big rise in blood sugar. We are working on keeping your blood sugar at a good steady level through these five days (also the reason to cut out sugar and alcohol).

Also, white potatoes contain some “anti-nutrients” or toxins. These are greatly diminished during the cooking process but can still be hard on the body. As this is a diet designed to give the body an opportunity to de-toxify, there is no need to add a possible toxin by eating white potatoes.

Alternatives:

- Sweet potatoes and yams come from a whole different plant family!

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## COFFEE

We will be avoiding caffeinated and decaffeinated coffee during the program. Remember this program can be altered for you, if giving up coffee would be too difficult, challenge yourself to limit your intake and drink before 9 am.

Alternatives:

- Herbal tea
- Green tea

If you decide to avoid coffee during the Summer 5-Day Reset, it is recommended to gradually cut back before the cleanse starts. *(Not enough time to follow the chart? Do what you need to do this week and try it for the next Reset.)*

Caffeine withdrawal Symptoms could include a headache, feeling tired, depression anxiety, nausea, muscle pain and lack of focus. Generally, people who drink a cup of coffee can wean off in four days (cutting back ¼ cup each day). For those who drink more than a cup usually will need a week or more to wean off gradually. If you drink caffeinated soda, start to wean yourself by reducing the amount of soda each day as well by ¼ of the amount you drink each day.

Option #1 Four-day coffee wean before the Reset:

Day 1: 3/4 reg. - 1/4 decaf

Day 2: 1/2 reg. - 1/2 decaf, add a cup of herbal or green tea

Day 3: 1/4 reg. - 3/4 decaf, cup of herbal or green tea

Day 4: all decaf or herbal or/and green tea

Day 5: 5 - Day Reset starts, herbal or/ and green tea

Option #2 Seven - day coffee wean before Reset:

Day 1 & 2: 3/4 reg. - 1/4 decaf

Day 3 & 4: 1/2 reg. - 1/2 decaf, add a cup of herbal or green tea

Day 5 & 6: 1/4 reg. - 3/4 decaf, cup of herbal or green tea

Day 7: all decaf or herbal or/and green tea

Day 8: 5 - Day Reset starts, herbal or/and green tea



## CORN & SOY

We will also be avoiding two ingredients that are found in much of our processed food supply: corn and soy. While fresh corn can be part of a nutritious diet, it is also a bit tough on our digestive system, plus the majority of the corn and corn-derivatives in our food supply is highly pesticide laden and genetically modified. The same goes for soy.

If you are vegan or vegetarian, you are welcome to include organic, non-GMO tofu, edamame, and tempeh to your meal plan. But for the rest of us, please omit all corn and soy products for these five days.

Corn & soy products to avoid:

- Soy lecithin (used as a thickening agent); soy sauce (tamari is OK, which is gluten-free soy sauce)
- Anything with corn flour, cornmeal, cornstarch, corn oil, corn syrup, high fructose corn syrup, dextrin's, maltodextrins

Alternatives:

- Tamari, coconut aminos, Bragg's liquid aminos, nutritional yeast; miso (fermented soy) is also OK

Other Alternatives:

- Roasted chickpeas instead of popcorn or kale chips instead of tortilla chips.



## RED MEAT AND PORK

We will be avoiding red meat and pork during the Reset to give our digestive system a much-needed rest.

Alternative lean proteins such as:

- Chicken
- Turkey
- Wild-caught cold-water fish such as salmon, halibut, or cod
- Beans and lentils



## WHAT TO INCLUDE/FOODS TO ENJOY

### Proteins

- Lean proteins like chicken, turkey, wild-caught cold-water fish and beans. Bonus points for choosing grass-fed/pastured and organic meats.

### Fruits & Vegetables

- Fruits are a great choice during this Reset. Berries are extra helpful because they are packed full of antioxidants and have a low glycemic load.
- Vegetables are fair game in this program. Try to eat a wide variety and choose leafy greens at least once a day.
- Add fresh herbs like cilantro, parsley and dill to your meals as they increase the flavor profile and also have a lot of detoxifying properties.
- Skip potatoes and potato products. Please note that sweet potatoes and yams are acceptable during this program as they are botanically different from potatoes.

### Whole Grains

- Look for whole grains like brown rice, black rice, quinoa, millet and amaranth.
- Watch out for ancient grains like spelt, barley, and farro – although these are whole grains, they contain gluten, which we are avoiding.



### Essential Fatty Acids

- Healthy fats like avocado, fatty fish, lean proteins, olive oil, coconut oil, and nuts and seeds.

### Beverages

- Water is your primary drink for the next week. Aim to get ½ your body weight in ounces per day. For example, if you weight 150 lbs, that means you'll want to drink 75 ounces, or about 9 cups, of pure filtered water every day. You can add sliced lemon, lime, oranges, cucumbers, frozen berries, or even herbs like parsley, cilantro, and basil to make your own “spa” water.
- Sparkling water is fine as long as it doesn't have added sugars (check the label)
- Herbal teas, especially dandelion or nettle help clean out your liver.

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## THE IMPORTANCE OF ELIMINATION DURING THE RESET

Your body eliminates toxins in 4 ways:

- Sweating
- Breathing
- Urination
- Bowel movements

It's critical for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may experience increased fatigue, brain fog, headaches, and flu-like symptoms.

To avoid sabotaging your detoxing efforts, here are a few suggestions:

- Drink enough water that you are urinating frequently. If your urine is not light in color, drink more water. Your urine should have a light straw color. However, if you are taking B vitamins, your urine will likely look bright yellow for most of the day.
- Do gentle physical activities such as yoga or brisk walking to enhance sweat.
- If you have access to a sauna or steam room... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. It has been shown that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body.
  - Note: If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna or steam therapy. When your physician has cleared you, start with short time increments and gradually increase time as tolerated.
  - Remember to drink at least 16 ounces of water before entering the sauna and the same amount after therapy to flush the mobilized toxins.
- You should be having bowel movements daily; otherwise, you reabsorb the toxins in your gut. If you are not having daily BMs, consider taking an herbal laxative at bedtime. Herbal laxatives could include cascara or Senna and can be found in capsule or tea preparations. Magnesium or Triphala can also help.







## DAILY CHECKLISTS (ALSO A SEPARATE BONUS DOC)

### DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

### DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early



### DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## HAVE QUESTIONS?

Great. I'd love to chat with you! Send me an email at [edie@ediehoppin.com](mailto:edie@ediehoppin.com) or post in our private Facebook group so we can all learn from each other.

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FALL 5-DAY

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recipes





## SUGGESTED MEAL PLAN

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
DAY 1	<a href="#">Ginger Apple Muffins</a>	<a href="#">Maple Squash Salad</a>	<a href="#">Stuffed Acorn Squash with Turkey</a>
DAY 2	<a href="#">Sage and Egg Squash Bake</a>	<a href="#">Pumpkin Curry Soup</a>	<a href="#">Mexican Black Bean Stuffed Sweet Potatoes</a>
DAY 3	<a href="#">Oatmeal Baked Apples</a>	<a href="#">Butternut Quinoa Patties</a>	<a href="#">Pan Roasted Fish with Root Mash</a>
DAY 4	<a href="#">Ginger Molasses Smoothie</a>	<a href="#">Asian Cabbage Crunch</a>	<a href="#">Slow Cooker Lemon Oregano Chicken with Greens</a>
DAY 5	<a href="#">Broccoli Chard Scramble</a>	<a href="#">Fall Farmer's Market Salad</a>	<a href="#">Spanish Style Lentil Soup</a>

### Bonus Recipes:

- [Creamy Cauliflower Green Bean Casserole](#)
- [Gingered Salmon, Coconut Green Beans and Rice](#)
- [Broccoli Slaw Fried Rice](#)
- [Apple Tahini Smoothie](#)

# PERSONALIZE YOUR MEAL PLAN

	BREAKFAST	LUNCH	DINNER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			



## THE BASICS



### Brown Rice

Makes 3 cups cooked rice

Ingredients:

- 1 C brown rice
- 2 C water

Place rice and water into a medium sized pot and bring to a boil over high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

### Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 C quinoa
- 2 C water or broth

Place quinoa and liquid into a medium sized pot and bring to a boil over medium-high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and the liquid has been absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

## Oven Roasted Vegetables

Makes 3 cups vegetables

Ingredients:

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli or 12 Brussels sprouts, trimmed
- 2 TB coconut or olive oil

Directions:

1. Preheat your oven to 375-400° F. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once when roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight fitting lid for 5-6 days in the refrigerator. Gently re-heat them on the stove top with a little bit of oil over medium heat.

**Note:** If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.



## BREAKFAST OPTIONS

### Ginger Apple Muffins

Serves 3

**Note:** These are yummy with other sweet fruits such as peaches, too.

Ingredients:

- ½ C almond flour
- ½ C brown rice flour
- ½ tsp baking powder
- ¼ tsp salt
- 2 eggs
- 1 TB olive oil
- 1 TB honey
- 1 tsp ground ginger
- ¾ C apple, finely diced

Directions:

1. Preheat the oven to 350° F.
2. Sift together the almond flour, brown rice flour, ground ginger, baking powder and salt.
3. In a separate bowl, whisk together the eggs, olive oil, and honey.
4. Toss the apples in the flours and then slowly fold in the egg mixture.
5. As soon as it is a batter, dollop it into muffin cups or a mini-muffin tin.
6. Bake for 10-15 minutes for the mini-muffins and 18-25 minutes for the larger muffins. When a toothpick inserted in comes out clean, the muffins are done.



## Sage and Egg Squash Bake

Serves 1

Ingredients:

- 1 TB olive oil
- 1 TB fresh sage
- ½ C cooked winter squash purée or canned pumpkin
- 1 egg
- 1 pinch salt and pepper

Directions:

1. Preheat the oven to 350° F.
2. Place the olive oil in a small saucepan with the sage leaves over medium-low heat. Warm up the oil and arrange the fresh sage throughout the pan. Cook until the sage is just starting to crisp.
3. Whisk together the squash, egg, salt and pepper.
4. Remove the crisped sage leaves from the oil and set aside. Pour the sage-oil into the bottom of a small ramekin. Pour in the squash batter. Place in oven for 20-25 minutes until it is no longer jiggly in the center.
5. Serve with the crispy sage leaves on top.

## Oatmeal Baked Apples

Serves 1

Ingredients:

- 1 egg, beaten
- 1 TB water
- 1 TB honey or maple syrup
- 1 tsp cinnamon
- ½ C rolled oats
- ¼ C pecans, crumbled
- 1 apple, medium

Directions:

1. Preheat the oven to 375° F.
2. Whisk together the egg, water, honey and cinnamon. Fold in the oatmeal and pecans.
3. Cut the apple in half and scoop out the core and a bit extra of the flesh. Stuff the filling into the hole and mound the rest up on each half. Place the apples in a small casserole dish.
4. Bake for 20-25 minutes until the top is crispy golden and the apple feels soft.

## Ginger Molasses Smoothie

Makes 2 cups

Ingredients:

- 1 C almond milk or coconut yogurt (or other milk of choice)
- ½ frozen banana
- 1 tsp blackstrap molasses
- 2 TB chia seeds
- 2 TB flax seeds
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tsp vanilla extract
- 1 handful of fresh or frozen baby spinach, romaine lettuce, or kale
- ½ C water, as needed to top off to make 2 cups

Directions:

1. Place all ingredients except water in high-speed blender.
2. Blend until smooth. Top off with water to make 2 cups. Blend gently, until mixed well. Enjoy!

## Broccoli Chard Scramble

Serves 2

Ingredients:

- 1 C broccoli, florets and pieces of stems, chopped
- 4 leaves chard, roughly chopped into bite-sized pieces
- 1 tsp olive oil
- 3 eggs
- 1 pinch of salt and pepper, to taste

Directions:

1. Heat a skillet over medium-high heat. Add the broccoli and chard with a splash of water and steam sauté for about 5 minutes until they are just becoming tender and the water has cooked off.
2. Reduce the heat to medium-low and add the olive oil. Beat the eggs and pour into the skillet. Toss and fold gently until the eggs are cooked through. Season to taste with a pinch of salt & pepper. Serve immediately.



## LUNCH OPTIONS

### Maple Squash Salad

Makes 6 servings

Ingredients:

- 2 lbs butternut squash, peeled and cut into chunks
- 1 TB olive oil, or a higher heat vegetable oil
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 tsp salt
- 1 pinch black pepper
- 1 TB fresh ginger, peeled and roughly chopped
- 1 clove garlic
- 2 TB apple cider vinegar, or your favorite vinegar
- 2 TB maple syrup
- 1 tsp Dijon mustard
- ½ C pumpkin seeds, roasted
- ¼ C extra-virgin olive oil
- 4 C arugula or spinach, washed and dried

Directions:

1. Preheat the oven to 375° F.
2. Peel the butternut squash; it is easy with a vegetable peeler. Cut into chunks, discard the innards. Toss the chunks on a baking sheet with the olive oil, cinnamon, cardamom, salt, and black pepper. Roast for 20-30 minutes, until the edges are golden and the squash is almost meltingly soft.
3. Meanwhile, place the ginger, garlic, apple cider vinegar, maple syrup and Dijon mustard in a blender. Pulse until the garlic and ginger are puréed into the liquid. Add half of the roasted pumpkin seeds. Blend until smooth.
4. While leaving the blender on the lowest setting, slowly drizzle in the extra-virgin olive oil until the dressing is thick and luscious. Taste. Season with a pinch of salt & pepper.

5. Arrange the squash and remaining pumpkin seeds on top of the arugula with a drizzle of the dressing and enjoy.

## Pumpkin Curry Soup

Serves 4

Ingredients:

- 1 onion
- 1 TB olive oil
- 2 C pumpkin, cooked or canned
- 4 C broth
- 2 bay leaves
- 1 tsp curry powder
- ¼ tsp nutmeg
- 1 (14 oz) can full fat coconut milk
- 1 pinch salt
- 1 pinch black pepper

**Garnish:** Toasted pumpkin seeds, chopped chives, and/or the cream from the top of the coconut milk (see directions below)

Directions:

1. For an optional garnish topping, chill the coconut milk for at least 15 minutes up to overnight. Remove the lid and scrape out a few TB of the thick cream. Reserve for a garnish at the end. Use the rest of the coconut milk in the recipe.
2. Sauté the onions in the olive oil until golden brown. Add the pumpkin, ½ of the broth, bay leaf, curry powder, and nutmeg. Simmer uncovered for 15 minutes, stirring periodically.
3. Let the soup cool slightly and then purée the soup by transferring to a blender or using an immersion blender. DO NOT try to blend the soup in a blender when it is very hot. Add some of the cool broth when blending as needed. Return the soup to the pan and add the rest of the broth, the rest of the coconut milk, salt and pepper. Simmer for 5-10 min.
4. Top with a sprinkle of toasted pumpkin seeds, chopped chives and/or the reserved coconut cream.

## Butternut Quinoa Patties

Makes 2 servings

Ingredients:

- 1 C quinoa, cooked
- 1 C butternut squash, peeled and shredded\*
- ½ C almond meal
- 1 tsp sage, fresh or dried, minced
- 1 tsp salt, more or less, to taste
- 1 pinch freshly ground black pepper, to taste
- 1 egg, slightly beaten
- 3 TB olive oil

Directions:

1. Preheat the oven to 350° F.
2. Combine the cooked quinoa, butternut squash, and almond meal. Fold in the sage and season with salt and pepper, then fold in the egg.
3. Lightly grease a baking sheet with olive oil. Dollop 2-4 TB of the mixture onto the baking sheet. Make them larger to be 'burgers' or smaller to be more like a crispy 'nugget'. Either way works as long as you are consistent on the baking sheet.
4. Place in the oven and bake for 20 minutes, then flip over and bake for another 15-20 minutes until they are crispy on the edges and baked through. To really know when they are done, pull one out, cut in half and make sure the shreds of squash have cooked through.

\* **To shred the Butternut Squash:** Since this isn't a typical preparation for squash, here is a tip for shredding it. For a cup of shredded squash, simply peel the squash with a vegetable peeler and cut into a big chunk, usually the size of a grapefruit. Holding firm, shred it on your box grater. If making a lot of shredded squash, do the entire butternut squash in big chunks and shred in your food processor. The squash can be used for other meals, sautéed as a super simple side dish or even frozen in shreds.



## Asian Cabbage Crunch

Serves 4-6

Ingredients:

Cabbage Crunch:

- 1 medium cabbage, approx. 6 C (OR 2 C red cabbage, shredded, 2 C savoy cabbage, shredded, 2 C green cabbage leaves, shredded -- this is about ½ small cabbage of each)
- 2 medium carrots
- 1 lb chicken thighs
- Sesame oil
- ¼ C scallions, diagonally sliced
- ½ C cilantro, chopped
- ¼ C mint, chopped
- ½ C almonds, toasted & chopped

Dressing:

- 3 TB brown rice vinegar
- 1 TB lime juice or lemon juice
- 4 TB coconut aminos (or 2 TB tamari soy sauce + 1 tsp maple syrup)
- 1 TB ginger, minced
- ¼ tsp seaweed (Wakame, Arame or kelp flakes)
- 1 tsp sesame oil, toasted

Directions:

1. Shred cabbage in a food processor. Place in a large bowl. Sprinkle with 1 tsp of good quality sea salt or Celtic salt, and juice of ½ lime or lemon. Massage and knead until it starts to wilt. Set aside.
2. Shred carrots in food processor. Set aside.
3. In a small mixing bowl, make the dressing. Whisk rice vinegar, lime or lemon juice, coconut aminos (or tamari and maple syrup), ginger, seaweed and sesame oil together. Taste for balance - does it need more lime, oil or salt? Cover and refrigerate until ready to use.
4. Heat a large skillet on medium-high heat. Sprinkle salt and pepper on both sides of chicken thighs. Add sesame oil to the skillet, then add chicken thighs to the skillet. Cook each side for 6-7 minutes, until cooked through. Remove from the pan and let the chicken rest for 5 minutes before slicing.

5. Prepare remaining ingredients – chop cilantro, mint, and scallions. Toast and chop the almonds. Slice chicken into bite-sized pieces.
6. Add cilantro, mint, scallions and ½ the almonds to the cabbage. Add the dressing and toss well. Top with almonds and chicken.

## Fall Farmer's Market Salad

Serves 4-6

Ingredients:

Squash:

- 2 lbs butternut squash, cut into ½-inch cubes
- Pinch of dried, crushed red pepper (optional)
- 2 TB extra-virgin olive oil
- Sea salt to taste

Dressing:

- 2 TB fresh orange juice
- 1½ tsp fresh lemon juice
- 1½ TB walnut oil or olive oil
- 1 garlic clove, minced
- sea salt and fresh black pepper, to taste

Salad:

- 5 oz arugula (about 8 C lightly packed)
- ½ C walnuts, toasted and coarsely chopped
- ½ C pomegranate seeds
- ½ - ¾ lbs cooked, shredded chicken (optional)

Directions:

1. Preheat oven to 450° F.
2. Mix squash, olive oil, and crushed red pepper together in a large bowl. Transfer to parchment-lined baking sheet. Sprinkle with coarse salt.
3. Roast 15 minutes. Using spatula, turn squash over. Roast another 15 minutes until edges are browned and squash is tender. Remove from oven and let stand at room temperature.
4. Whisk juices, oil, and garlic together in small bowl. Season to taste with salt and pepper.
5. In a large salad bowl, toss arugula, walnuts, pomegranate seeds, and dressing; toss to coat.
6. Add squash and chicken. Gently toss to combine.
7. Season to taste with salt and pepper.



## Stuffed Acorn Squash with Turkey

Makes 4 servings

Ingredients:

- 2 acorn squash (1 lb each), halved, seeded
- Salt and pepper
- 3 TB olive oil, divided
- 1 lb ground turkey
- 8 oz cremini mushrooms, trimmed and diced small
- 1 medium yellow onion, diced small
- 1½ tsp fennel seed
- 1 tsp dried oregano
- ¾ tsp dried thyme
- ½ - 1 C cooked brown rice (optional)
- 2-3 oz mixed salad greens
- Olive oil
- Apple cider vinegar (optional)

Directions:

1. Preheat oven to 450° F.
2. Season cut sides of squash with salt and pepper, drizzle with 1 TB oil and place squash, cut sides down, on parchment-lined baking sheet. Roast for 25-30 minutes, until tender.
3. Meanwhile, heat a large skillet over medium-high heat. Add the remaining 2 TB oil. Add the ground turkey and brown, stirring regularly and breaking up clumps, until cooked through, about 4 minutes.
4. Add onion, fennel seed, oregano and thyme. Stir regularly, for about 2 minutes until onion starts to soften.
5. Stir in mushrooms and cook until their liquid evaporates and mushrooms start to brown, about 2-4 minutes.
6. Add rice, if using, and stir in well.
7. Remove squash from oven and heat broiler. Carefully scoop out 2-3 TB of flesh from each squash half to create a bigger flesh bowl and stir into

turkey/mushroom medley. Cook together for another 2-3 minutes. Season with salt and pepper.

8. Divide turkey mixture among squash halves. Serve with a few handfuls of mixed salad greens topped with olive oil and apple cider vinegar.

## Mexican Black Bean Stuffed Sweet Potatoes

Makes 2 servings

Ingredients:

- 2 large sweet potatoes
- 1 onion
- 1 zucchini
- 2 TB extra-virgin olive oil
- 1 tsp salt
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp chili powder
- 1½ C black beans, canned or cooked and drained
- ½ C broth or water
- 1 (14 oz) can full-fat coconut milk, chilled in a fridge, optional
- 1 tsp chipotle pepper, paste or powder, optional
- ¼ C pumpkin seeds

Directions:

1. If the coconut milk isn't yet in the fridge, place it in there now.
2. Preheat the oven to 400° F. Prick the sweet potato all over with a fork and place in the oven on a roasting pan for 20 minutes.
3. Meanwhile, chop the onions and zucchini into small chunks. Toss with the olive oil, generous pinch of salt and half of each of the spices: coriander, cumin, smoked paprika and chili powder. After the 20 minutes, spread out the vegetables on the roasting pan with the sweet potatoes and continue to bake everything for 30 more minutes.
4. In a small saucepan, stir the black beans with the broth or water, pinch of salt and the remaining spices. Simmer gently on low heat until the liquid is absorbed and the spices meld.
5. Open the can of coconut milk. Reserve the thin coconut liquid for another use and scoop out the thickened cream. Place in a small bowl and stir in the chipotle paste or powder.
6. Toast the pumpkin seeds in a skillet over medium heat until they start to crackle.

7. Once the vegetables are tender and slightly golden the dish is ready to assemble. Slice into the center of the sweet potato and push apart slightly like you might a baked potato. Sprinkle the inside with a pinch of salt and loosen the flesh a bit with your fork. Fill the inside with the black beans, top with the roasted vegetables, dollop on the chipotle cream and finish with the crackling pumpkin seeds. Of course, a favorite salsa, chopped avocado or more vegetables will be welcome additions to this, too.

## Pan Roasted Fish with Root Mash

Serves 4

Ingredients:

Fish:

- 2½ TB ghee or olive oil, divided
- 4 white fish filets (4-6 oz. each), skin removed (cod or halibut work nicely)
- Salt and pepper
- 15-20 sage leaves
- ¼ C water

Root Mash:

- 2 garlic cloves
- 1 small head cauliflower, chopped into small florets
- 2 medium parsnips cut into 1-inch cubes
- 1 medium rutabaga, peeled and cut into 1-inch cubes
- 1 C almond milk
- 1 tsp fresh oregano
- 1 tsp fresh thyme
- 1 bay leaf
- 2 TB ghee or olive oil
- Salt and pepper to taste

Directions:

Fish:

1. Preheat the oven to 400° F.
2. Season fish fillets with salt and pepper
3. Heat a large oven-safe skillet over medium-high heat. Add 1½ TB ghee/olive oil.
4. Add fish to skillet. Do not crowd in pan. Sear on one side until nicely browned, 2-3 minutes.
5. Flip the fillets, scatter sage leaves around them in the pan, and place skillet in the oven for about 5 minutes or until you can separate the flakes of the fish with a fork.
6. Remove from oven and place fish on a serving dish, leaving sage in pan.
7. Return pan to stovetop at medium heat. Add ¼ C water and the remaining 1 TB of ghee/olive oil. Scrape bottom bits gently and whisk until well-combined, about 1 minute. Transfer sauce to serving dish or pour sauce over fish. Serve with Root Mash.



### Root Mash:

1. Place the garlic, parsnips, rutabagas, and cauliflower in a large pot and cover with water, about 2-3 C water. Bring to a slight boil and then reduce to a simmer. Simmer for 20 minutes or until vegetables are tender and easily pierced with a fork.
2. In the meantime, place almond milk, oregano, thyme, bay leaf and ghee/olive oil in a small saucepan. Bring to a gentle simmer on low heat. Turn off heat, cover and let steep.
3. Drain vegetables and return to pot.
4. Remove bay leaf from herb milk. Using an immersion blender, blend vegetables, adding herb milk until you have desired mashed potato consistency. Add salt and pepper to taste.

## Slow Cooker Lemon Oregano Chicken with Greens

Makes 8-10 servings

Ingredients:

- 2 lbs organic boneless, skinless chicken thighs
- ½ C chicken broth
- ½ tsp lemon rind, grated (optional)
- 3 TB fresh lemon juice
- 2-3 garlic cloves, minced or pressed
- 1 tsp oregano
- ½ tsp sea salt
- ¼ tsp pepper
- 2 bunches or 10 oz of baby dark leafy greens – kale, arugula or spinach

Directions:

1. Add broth, lemon juice, rind, and garlic to slow cooker pot. Stir to combine.
2. Season chicken with salt, pepper and oregano. Add to pot in an even layer across bottom.
3. Cover and cook on low for 6-8 hours.
4. Remove chicken from pot and transfer temporarily to a dish. Add the greens and stir to combine. Add chicken back in and let the greens wilt for about 5 minutes. (You may have to turn the slow cooker back on).
5. Serve with rice.

**Note:** The easiest way to prepare this dish is with a slow cooker. If you do not have one, you can use a Dutch oven (like Le Creuset – make sure lid and handle are oven safe) and cook for 3-4 hours at 300° F.

## Spanish Style Lentil Soup

Serves 6

Ingredients:

- 2 C dried lentils
- 8 C chicken broth, vegetable broth or water
- ½ tsp sea salt
- 1 large sweet onion, chopped
- 5 carrots, chopped
- 3 celery stalks, sliced
- 4-6 garlic cloves, minced
- ¾ TB ground cumin
- ¾ TB ground coriander
- 3 TB olive oil
- Sea salt
- Fresh cracked black pepper
- 2 avocados, diced into small pieces
- 1/2 bunch fresh cilantro, chopped

Directions:

1. Overnight: Soak lentils in a quart size Mason jar. Add lentils and fill up with water (about 1½ cups). Add 1 TB apple cider vinegar. Soak for at least 3 hours, preferably overnight. Drain the lentils before using.
2. Heat a large pot at medium heat. Add 3 TB olive oil, then add chopped vegetables and cook for 5 minutes.
3. Add cumin and coriander, cook for 5-10 minutes.
4. Add broth/water and soaked lentils, bring to boil and simmer for 15-20 minutes, until soft. (Simmer for 30 to 45 minutes if lentils are not soaked).
5. Add avocado and cilantro for garnish. Season to taste with salt and black pepper.



## BONUS RECIPES

### Creamy Cauliflower Green Bean Casserole

Serves 6

Ingredients:

- 1 head cauliflower
- 3 TB olive oil, divided, more if needed
- 1 tsp salt, possibly more to taste
- 1 head garlic
- 1 onion, peeled and cut into strips
- ½ C rice flour or arrowroot
- 1 C water or broth
- ½ C almonds
- 2 lbs green beans
- 8 oz mushrooms

Directions:

1. Preheat the oven to 400° F.
2. Wash, dry and break up the cauliflower into pieces. A knife may be required, especially to cut away the stem and leaves, but do not worry about a consistent size for these florets. Toss the cauliflower with olive oil and a pinch of salt, spread on a baking sheet and place in the oven.
3. Cut off the top tip of the head of garlic. Wrap in a bit of foil, or leave it free and toss onto the same pan as the roasting cauliflower.
4. Cut the onion in half. Trim off the ends and then cut into strips from end to end. Toss the onion strips with the flour and a generous pinch of salt in a bowl. Drizzle olive oil all over a baking sheet. Shake the excess flour off of the onion strips, separate the onions and spread out on the baking sheet. Roast the onion strips. Check these every 5 minutes as they can go from white to burnt quickly. Toss periodically as most of the color will occur where the onions are touching the pan.
5. Next, place the green beans in the casserole dish with a generous splash of water (approximately ¼ C) and cover with a lid or foil. Place in the oven for about 10-20 minutes until they are as tender to the bite as you like. You will be

baking them again with the sauce, but oven-steaming them will get the texture closer to a more traditional green bean casserole.

6. Meanwhile, place the almonds and water in a high-powered blender or food processor. Blend until the liquid is smooth and thick without any chunks.
7. While everything is baking, slice up the mushrooms, sauté in a skillet with a generous splash of olive oil. Sprinkle with salt and pepper as well.
8. The garlic will probably finish first, when the tips are golden and a knife pierces into the cloves easily. Remove it from the oven and place in the fridge to cool enough to handle.
9. When the cauliflower is tender and soft, place the florets in the blender/food processor with the liquid almonds. Squeeze the roasted garlic out of their skins and add them in as well. Blend until the sauce is creamy and smooth.
10. Keep a close eye on the onions and remove when ready. When the green beans are the right texture, strain off any excess water, pour on the cauliflower sauce and toss to combine. Top with the cooked mushrooms. Cover it with foil and finish baking for about 15-20 minutes. Alternatively, make this dish to this point in advance, chill in the fridge and then bake for about 40-55 minutes until hot to the touch in the center.
11. Once the dish is hot and steamy, remove the foil and sprinkle on the crispy onions, bake another 5 minutes and then serve.

## Gingered Salmon with Coconut Green Beans

Makes 4-6 servings

Ingredients:

Salmon:

- 6-8 garlic cloves, minced or pressed
- ¼ tsp whole cumin seeds
- 2 inches fresh ginger, minced
- 2½ tsp ground coriander
- ¼ tsp sea salt
- Pinch of cayenne pepper (optional)
- 1½ TB fresh lime juice or orange juice
- 1½ lbs skinless salmon fillet cut into 4-6 oz. pieces
- 2 TB coconut oil

Green Beans:

- 3 TB coconut oil
- 1 TB black mustard seeds (optional)
- 3 whole dried red chilies (optional)
- 1 tsp cumin seeds
- ½ C unsweetened shredded coconut
- ¾ lbs green beans
- 1 tsp salt
- ½ C water
- 1 C brown rice (optional)
- 2 TB apple cider vinegar

Directions:

1. Place garlic, cumin seeds, ginger, coriander, salt, cayenne (optional), and lime (or orange) juice into a small bowl and mix well.
2. Rub over the salmon. Marinate salmon at least 15 minutes and up to overnight.
3. While salmon is marinating, trim ends of green beans and cut into 1-inch pieces.
4. Preheat medium skillet on medium-high heat. Add coconut oil and black mustard seeds, if using. Cover and cook until you hear them crackle, about 1-2 minutes.
5. Add dried chilies (optional) and cumin seeds and cook uncovered for another minute.
6. Add ¼ C shredded coconut, stir for 30 seconds. (Be careful not to let it burn.)

7. Add green beans and salt, stirring frequently for 5 minutes.
8. Add remaining ¼ C shredded coconut and water. Bring to a simmer, cover and cook until beans are tender, about 10 minutes.
9. Preheat another large skillet over medium-high heat. Add coconut oil.
10. Add salmon and cook until golden brown on 1 side, then flip and brown on other side as well, about 4 minutes each side.
11. Uncover green beans and cook until all the water has evaporated, about 5 minutes. Stir often.
12. Serve salmon immediately with green beans. Add brown rice if you'd like a heartier meal.

## Broccoli Slaw Fried Rice

Serves 4-6

Ingredients:

- 1½ -2 C cooked brown rice or cauliflower rice
- 2-3 TB sesame oil
- 1 small onion, ¼-inch slices
- 4 C shredded broccoli
- 2 C shredded carrots (can substitute with Bok Choy or savoy cabbage)
- 2-3 TB wheat-free tamari sauce, to taste
- 2 eggs, lightly beaten
- 2 TB chopped green onions (optional)
- 1 LB cooked shredded chicken (optional)

Directions:

1. Preheat a large skillet or wok to medium heat. Add 1 TB sesame oil in the bottom.
2. Add onion and sauté until it begins to become translucent.
3. Add broccoli slaw and stir, but not too often. You want a nice brown, caramelized texture. Add 1-2 TB of water or another TB of sesame oil if too dry. Sauté until nicely browned - about 10 minutes.
4. Slide the slaw mixture to the sides of pan. Add 1 TB sesame oil to center and crack the eggs on top. Scramble the eggs gently until cooked, then mix into slaw.
5. Add the rice and chicken (optional) to the veggie and egg mixture. Add the tamari sauce on top. Stir until heated through and well combined.
6. Serve hot. Add chopped green onions on top if desired.

**Note:** If you are in a pinch, you can buy precut organic broccoli slaw (Trader Joe's has a nice blend). Fresh is always better than precut, but precut is better than nothing.



## Apple Tahini Smoothie

Makes 2 cups

Ingredients:

- 2 TB tahini
- ½ ripe banana
- 1 small apple, quartered, seeds removed
- ½ tsp honey
- 2 TB chia seeds
- ¼ tsp cinnamon
- 1-2 handfuls of leafy greens (like spinach, romaine lettuce or kale) or 1-2 TB green powder (optional)
- 1½ C water

Directions:

1. Soak the chia seeds in a couple TB of water for about 10 minutes. They will thicken into a sort of gel.
2. Place the tahini, banana, apple, honey, chia gel, cinnamon, greens and water in high-speed blender.
3. Blend until smooth. Add more water if necessary to give you 2 cups.

 **SNACKS**

### Apples with Nut Butter

Serves 1

Ingredients:

- 1 apple, sliced
- 1-2 TB almond, cashew, macadamia, or sunflower seed butter (or your choice of nut butter)

Simply enjoy the apple slices with the nut butter of your choice

### Avocado and Sprouts on Roasted Seaweed

Serves 1

Ingredients:

- 1 nori sheet
- ½ avocado, sliced thinly
- 1 handful of sprouts or micro greens like broccoli, sunflower seed or radish
- 1 TB pumpkin seeds, lightly toasted
- Pinch of sea salt and black pepper, to taste
- 1 TB olive oil

Directions:

1. Lay out one nori sheet on a cutting board. Spread the avocado slices evenly across the bottom edge of the nori sheet. Sprinkle sprouts, pumpkin seeds and sea salt on top of avocado. Drizzle with olive oil.
2. Fold nori sheet over vegetables and begin to roll it up away from you. Seal with a dab of water across the top edge of nori sheet. Hold for a few seconds with the seal on the bottom of the cutting board. Cut rolls in half and enjoy.

## ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- 2 slices turkey breast
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Homemade trail mix
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices
- Lara bars – these are made from just fruit and nuts, and can be found in many grocery and convenience stores

Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full for longer

## SWEET TREATS

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. **Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.**

### Nutella

Makes 4 servings

Ingredients:

- 1 C hazelnuts
- 1 TB honey or agave nectar
- 2 dates (we used medjool dates)
- 1 TB coconut oil
- 2 TB cocoa, more to taste, if desired
- 1/3 C water

Directions:

If you purchased roasted and peeled hazelnuts, you can skip this first step entirely:

1. Turn the oven on to 375° F. Spread the hazelnuts on a baking sheet and roast for 15-25 minutes until the skin is crackling off and several of the nuts are turning golden. Remove from the oven and cover with a clean dish towel for about 5 minutes until the nuts are cool enough to handle. Place a small amount of nuts in the towel and rub around quickly. Most of the skins will fall off, but a few left is okay.
2. Place the roasted & peeled hazelnuts in a food processor or blender. Blend for about 5 minutes, until the oils release and it looks like a nut butter. Add the honey, pitted dates, coconut oil, cocoa powder and pinch of salt. Whirl around for another couple of minutes until it is smooth.
3. Now it will appear to be a thick, nut butter concoction that is not quite Nutella. This is where the magic occurs. While blending slowly, pour in just half of the water. Scrape the sides and test for its 'spreadability'. Keep in mind it will firm up just slightly in the fridge. Add a bit more water if desired, until it is exactly the way you like it. You may not use all of the water or you may want a splash more.
4. Store in the fridge in an airtight container for about a week.

## Baked Pumpkin Custards

Makes 4-6 servings

Ingredients:

- 1¾ C cooked pumpkin or 1 (15-oz) can of pumpkin
- ½ C honey or maple syrup
- 1 tsp cinnamon
- 1 tsp ginger
- ¼ tsp cloves
- ½ tsp salt
- 2 eggs, beaten
- ¾ C almond milk or preferred non-dairy milk
- 1 TB coconut oil

Directions:

1. Preheat oven to 425° F. Whisk together the cooked pumpkin, honey, cinnamon, ginger, cloves, and salt. Taste and add more spices to your personal desire.
2. Whisk in the eggs and almond milk.
3. Grease 4-6 small dishes with coconut oil. Pour the pumpkin custard in small dishes. Place in a larger casserole dish. Place in the oven and then pour a few cups of water into the bottom of the casserole dish.
4. Bake for 15 minutes. Reduce the temperature to 350° and bake for 25-35 minutes until a toothpick inserted in the center comes out clean.
5. Serve with a dollop of coconut whipped cream if desired.

## Carrot Date Bars

Makes 12 servings

Ingredients:

- ½ C flax meal, ground
- 1 C carrot, shredded or leftover pulp after juicing
- 12 oz dates, about 2 C, pitted
- 1 tsp ginger, powdered
- 1 tsp cinnamon
- 1 C almonds, raw

Directions:

1. Line a small (9×9, 8×8 or some similar variation) casserole dish with wax or parchment paper.
2. Place the raw almonds in a food processor and pulse lightly to break them up. Once they appear coarsely crumbled, add in the shredded carrots. Pulse just enough to combine.
3. Add the dates, ginger, and cinnamon. Pulse until it appears paste-like and combined.
4. Add the flax meal. Pulse. Dump into the casserole dish. You will want to fold or knead in the flax meal further if it has not fully incorporated. Add even more flax meal if it appears damp.
5. Press into the dish. Cover and refrigerate for at least 30 minutes.
6. Remove from the dish onto a cutting board and slice into 12 bars or squares. Serve immediately or wrap individually in plastic wrap or paper to save for later.
7. They can be frozen for a couple months or refrigerated for a couple weeks. They are scrumptious straight out of the freezer, especially on a hot day.

Disclaimer and Terms of Use

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow Resetters, please do not share these materials with anyone.

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[www.ediehoppin.com](http://www.ediehoppin.com)



FALL 5-DAY

# *Reset*

with Edie Hoppin



shopping list

complete list of  
ingredients

This document contains the complete list of ingredients for all of the suggested recipes. Choose recipes and use this list to shop according to the meals you plan to make.



## SHOPPING TIPS

- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- Consider going to a health foods store for this cleanse as they'll be likely to have more organic items. Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <http://www.localharvest.org/> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags. If you don't have any, check out [www.envirosax.com](http://www.envirosax.com). These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- Ask questions – if you don't know where to find something, just ask someone who works there.
- Check your pantry, fridge, and freezer to see which items you already have to make sure you don't double up.
- Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print the The Dirty Dozen & Clean Fifteen list at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.

On the following pages, you'll find a space to write down all the ingredients you'll need, along with shopping tips. Set aside 20 minutes to read through the recipes and choose 2-3 from each section (breakfast, lunch, dinner, sweet treats and snacks) and add those ingredients to your shopping list. Be sure to check your pantry before heading to the store.



## For 5-Day Recipes

### **PRODUCE**

- 1 apple
  - 8 C arugula
  - 2 avocados
  - 1 banana
  - 1 C broccoli pieces
  - 1 medium cabbage
  - 7 carrots
  - 1 small head cauliflower
  - 3 celery stalks
  - 3 leaves chard
  - 1 bunch cilantro
  - 4 bunches dark leafy greens (kale, arugula, spinach, etc.)
  - 2 lemons (for juice and rind) or 1 lemon and 1 lime
  - ¼ C fresh mint
  - 8 oz cremini mushrooms
  - 4 onions
  - 2 medium parsnips
  - ½ C pomegranate seeds
  - 1 medium rutabaga
  - ¼ C scallions
  - 2 acorn squash (about 1 lb each)
  - 4-5 lbs butternut squash
  - ½ C winter squash (or can use canned pumpkin)
  - 2 large sweet potatoes
  - 1 zucchini
- 
- Download the [Environmental Working Group's Guide to Pesticides in Produce](#) so you can reduce your pesticide load by 80%.
  - Don't forget to purchase 3 lemons for your morning hot lemon water
  - Remember to include items for your smoothies + salads (optional)

## SPICES & HERBS

Check the bulk section for Spices and Herbs – they are often much fresher and it saves \$ to buy just what you need rather than purchasing them in a jar.

Grab some sea salt – REAL Salt is a great brand that can be found at health food stores and gourmet groceries. You can buy other brands as well; just be sure to buy sea salt that isn't bright white. Pink, grey, brown and black are all good colors.

- 3 bay leaves
- 1 tsp cardamom
- ½ tsp chili powder
- 2 ½ tsp cinnamon
- 1 ¼ TB coriander
- 1 ¼ TB cumin, ground
- 1 tsp curry powder
- 1 ½ tsp fennel seed
- 11-12 cloves garlic
- 2 TB fresh ginger
- 1 ¼ tsp ground ginger
- 1 tsp dijon mustard
- ¼ tsp nutmeg
- 2 tsp dried oregano
- 1 tsp fresh oregano
- 1 tsp smoked paprika
- several tsp black pepper (to taste)
- 1 tsp chipotle pepper paste or powder (optional)
- pinch crushed red pepper
- 20 or so fresh sage leaves
- 1 tsp dried sage
- several TB salt (to taste)
- ¾ tsp dried thyme
- 1 tsp fresh thyme
- 1 tsp vanilla extract



## BULK/DRY/CANNED GOODS

I love buying grains in bulk because I can buy the exact amount I need. Check your pantry before hitting the store.

- 1 C almond meal or almond flour
- ½ C almonds
- ½ tsp baking powder
- 1 ½ C black beans, canned or cooked
- 13 C (3 quarts + 1 C) broth
- ½ C brown rice flour
- 2 TB chia seeds
- 4 TB coconut aminos
- 2 cans coconut milk (full fat)
- 2 TB flax seeds
- 4 ½ TB ghee or olive oil
- 1 ½ C olive oil
- 2 TB honey or maple syrup
- 2 TB maple syrup
- 2 C dried lentils
- 1 tsp blackstrap molasses
- ¼ C pecans
- ¾ C pumpkin seeds
- 2 C pumpkin, canned or cooked
- 1 C quinoa
- 1 C brown rice (optional)
- ½ C rolled oats
- ¼ tsp seaweed
- 2 tsp sesame oil
- 4-5 TB apple cider vinegar
- 3 TB brown rice vinegar
- ½ C walnuts



## For Bonus Recipes, Snacks, Sweet Treats (by recipe)

### **BONUS RECIPES**

#### **Creamy Cauliflower Green Bean Casserole**

- 1 head cauliflower
- 3 TB olive oil
- 1 tsp salt, possibly more to taste
- 1 whole head garlic
- 1 onion
- ½ C flour, rice flour, arrowroot or your preferred flour
- 1 C water or broth
- ½ C almonds
- 2 lbs green beans
- 8 oz mushrooms

#### **Apple Tahini Smoothie**

- 2 TB tahini
- ½ ripe banana
- 1 small apple
- ½ tsp honey
- 2 TB chia seeds
- ¼ tsp cinnamon
- 1-2 handfuls of leafy greens (like spinach, romaine lettuce or kale) or 1-2 TB green powder (optional)

## Gingered Salmon with Coconut Green Beans and Rice

- 6-8 garlic cloves
- 1¼ tsp whole cumin seeds
- 2 inches fresh ginger
- 1 tsp coconut sugar (optional)
- 2½ tsp ground coriander
- 1¼ tsp sea salt
- Pinch of cayenne pepper (optional)
- 1½ TB fresh lime juice or orange juice
- 1½ lbs skinless salmon fillet
- 5 TB coconut oil
- 1 TB black mustard seeds
- 3 whole dried red chilies (optional)
- ½ C unsweetened shredded coconut
- ¾ lbs green beans
- 1 C brown rice (optional)
- 2 TB apple cider vinegar

## Broccoli Slaw Fried Rice

- 1 C brown rice or cauliflower rice
- 2-3 TB sesame oil
- 1 small onion
- 4 C shredded broccoli
- 2 C shredded carrots (can substitute with Bok Choy or savoy cabbage)
- 2-3 TB (organic) tamari sauce, to taste
- 2 eggs
- 2 TB chopped green onions (optional)
- 1 lb cooked shredded chicken (optional)

 **SNACKS****Apples with Nut Butter**

- 1 apple, sliced
- 1-2 TB almond, cashew, macadamia, or sunflower seed butter (or your choice of nut butter)

**Avocado and Sprouts on Roasted Seaweed**

- 1 nori sheet
- ½ avocado
- 1 handful of sprouts or micro greens like broccoli, sunflower seed or radish
- 1 TB pumpkin seeds
- Pinch of sea salt and black pepper, to taste
- 1 TB olive oil

 **SWEET TREATS****Nutella**

- 1 C hazelnuts
- 1 TB honey or agave nectar
- 2 dates (we used medjool dates)
- 1 TB coconut oil
- 2 TB cocoa, more to taste, if desired

**Baked Pumpkin Custards**

- 1<sup>3</sup>/<sub>4</sub> C cooked pumpkin or 15-oz can
- ½ C honey or maple syrup, or your preferred sweetener
- 1 tsp cinnamon
- 1 tsp ginger
- ¼ tsp cloves
- ½ tsp salt
- 2 eggs, beaten
- ¾ C almond milk or preferred non-dairy milk
- 1 TB coconut oil

**Carrot Date Bars**

- ½ C flax meal, ground
- 1 C carrot, shredded or leftover pulp after juicing
- 12 oz dates, about 2 C
- 1 tsp ginger, powdered
- 1 tsp cinnamon
- 1 C almonds, raw



## **SUPPLEMENTS – all are optional.**

**Check the supplement guide for more information on why we take these supplements.**

- Vitamin B complex in capsule form (1000 total mg daily)
- Vitamin C in capsule form (2000 mg daily)
- Vitamin D in capsule or drops (2,000-4,000 IU daily)
- Probiotics – look in the refrigerated section (1 capsule daily)
- Milk thistle (2 capsules daily)
- Dandelion, nettle, or detox tea
- Herbal laxative or laxative tea. Look for senna or cascara in the ingredients, and only purchase if you are prone to constipation.
- Epsom salts

### **SOME OF THE BRANDS I LIKE**

- Dr. Ohhira's (probiotic)
- BioKult (probiotic)
- Eclectic Institute (milk thistle)
- Ester C (Vitamin C)
- Jarrow Formulas (all)
- Mega Foods (all)
- New Chapter Organics (all)
- NOW (Vitamins B, C, D)
- Oregon's Wild Harvest (milk thistle)
- PCC Private Label Supplements

Keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, corn, soy, yeast and lactose. If you can't find quality brands at your local store, try ordering from Amazon.

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