21 Day Whole Body Reset Meal Plan

Items in green indicate that it is a vegan menu item. The purpose of this meal plan is to give you ideas on what to eat and is not intended for you to follow perfectly. The recipes can be modified to your liking.

Weekly Check List:

- ✓ **Clean out fridge and pantry of "unfriendly" foods that aren't on the 21-day reset "yes" list**
- ✓ **Identify foods you have that could be used to make meals for the following week**
- ✓ **Use the template below to make a rough list of the meals and snacks you'll have each week. Each category can have as much or as little variety as you want.**
- ✓ **Use the shopping list using the template provided to make a list from your rough meal plan**
- ✓ **After you shop, commit some time to prep some "staple" foods for the week:**
    - **Energy bites and other quick grab and go snacks and breakfasts as to avoid skipping meals/snacks**
    - **Prep as much as you can for your meals (cook proteins, chop veggies, prepare grains, make egg muffins, etc.)**
    - **Wash/cut up and bag fresh fruits/veggies to snack on**

Week 1

Breakfasts	Lunches	Dinner	Snacks/Beverages

Week 2

Breakfasts	Lunches	Dinner	Snacks/Beverages

Week 3

Breakfasts	Lunches	Dinner	Snacks/Beverages

Week 1 Shopping List

Produce	Grains, Dried and Canned Goods	Protein	Other (frozen, snacks, etc.)

Week 2 Shopping List

Produce	Grains, Dried and Canned Goods	Protein	Other (frozen, snacks, etc.)

Week 3 Shopping List

Produce	Grains, Dried and Canned Goods	Protein	Other (frozen, snacks, etc.)

Day 1

Breakfast: Breakfast Egg Muffins OR Chickpea Flour Omelet Muffins OR Clean Eating Peanut Butter Cup Oatmeal

Snack: Banana slices with peanut butter

Lunch: Fiesta Chicken Salad Or Easy Broccoli Salad with Almond Lemon Dressing

Snack: ½ cucumber with 2 tablespoons hummus

Dinner: Garlic Shrimp in Coconut Milk, Tomatoes and Cilantro OR Zucchini, Pea and Spinach Pesto Risotto

Day 2

Breakfast: Leftover Egg or Chickpea Muffins OR Clean Eating Peanut Butter Cup Oatmeal

Snack: Apple with sunflower seed/pumpkin seed trail mix

Lunch: Leftover Garlic Shrimp in Coconut Milk, Tomatoes and Cilantro OR Leftover Zucchini, Pea and Spinach Pesto Risotto

Snack: Celery sticks with guacamole

Dinner: Taco Salad or Wild Rice Burrito Bowl with Cilantro Lime Avocado Dressing

Day 3

Breakfast: Clean Eating Egg and Vegetable Basil Scramble OR Cheesy Tofu Scramble

Snack: Celery sticks with peanut butter and raisins

Lunch: Leftover Taco Salad or Wild Rice Burrito Bowl

Snack: Orange and a hardboiled egg or handful of roasted chickpeas

Dinner: Turkey, Kale and Cauliflower Soup or Navy Bean Soup with Crispy Kale

Day 4

Breakfast: Cranberry Pecan Overnight Oats

Snack: Cucumber slices with hummus

Lunch: Avocado Tuna Salad or Shredded Tofu Pesto Sandwich

Snack: Apples slices sprinkled with cinnamon and almonds

Dinner: Leftovers: Turkey, Kale and Cauliflower Soup or Navy Bean Soup with Crispy Kale

Day 5

Breakfast: Protein Pancakes OR Paleo Vegan Pancakes

Snack: Pear and pistachios

Lunch: Orange Almond Salad with Avocado or Fall Harvest Salad with Pomegranate Vinaigrette

Snack: Skinny Pop popcorn and hardboiled egg

Dinner: Seafood Zucchini Pasta OR Avocado Pesto Zucchini Noodles

Day 6

Breakfast: Leftovers: Reheated Protein or Vegan Pancakes

Snack: Banana slices with peanut butter

Lunch: Leftovers: Seafood Zucchini Pasta or Avocado Pesto Zucchini Noodles

Snack: Baby carrots and guacamole

Dinner: Clean Eating Hearty Bean Chowder

Day 7

Breakfast: Grain Free Pumpkin Seed Breakfast Cereal

Snack: Pear and almonds

Lunch: Leftovers: Hearty Bean Chowder

Snack: Corn Thin Cakes with Guacamole and Fresh Salsa

Dinner: Orange Chicken with Simple Salad **OR** Orange Tofu

Day 8

Breakfast: 5-Minutes Flourless Chocolate Banana Zucchini Muffins OR Pumpkin Blueberry Muffins

Snack: Brown rice cake, peanut butter and drizzle of honey or maple syrup

Lunch: Leftover orange chicken and salad or Orange Tofu

Snack: Baby tomatoes tossed with black beans and avocado

Dinner: Blackened Salmon with Mango Avocado Salsa OR **Smoky Tempeh with Fresh Peach and Cherry Tomato Salsa**

Day 9

Breakfast: Blueberry Pistachio Apple Sandwiches

Snack: 5-Minutes Flourless Chocolate Banana Zucchini Muffins

Lunch: Leftover Grilled Salmon with Mango Salsa or Smoky Tempeh

Snack: Corn Thins and Guacamole

Dinner: Jalapeno Turkey Burgers OR Spicy Vegan Portobello Mushroom Burgers

Day 10

Breakfast: Breakfast Egg Muffins OR Crust less Sundried Tomato Quiche

Snack: Baked sweet potato with peanut butter, banana and cinnamon

Lunch: Cauliflower Mushroom Bowls

Snack: Roasted Chick Peas and grapes

Dinner: Leftover Cauliflower Mushroom Bowl with Jalapeno Turkey Burgers or Spicy Vegan Portobello Mushroom Burger

Day 11

Breakfast: Blueberry Pistachio Apple Sandwiches

Snack: Raspberries and pistachios

Lunch: Avocado Chicken Waldorf Salad **OR** Vegan Waldorf Salad

Snack: Leftover breakfast egg muffins or vegan egg muffins

Dinner: Sweet Potato Noodles with Almond Dijon Vinaigrette

Day 12

Breakfast: Leftover breakfast egg muffins or vegan egg muffins

Snack: Banana slices with almond butter and dusted with cocoa powder

Lunch: Leftover sweet potato noodles

Snack: Baby carrots and hummus

Dinner: Shrimp and Asparagus Sir Fry **OR** Sweet and Sour Tofu

Day 13

Breakfast: Sweet Potato Toast

Snack: 1 Larabar

Lunch: Avocado and shrimp salad (using leftover shrimp) or leftover sweet and sour tofu

Snack: Skinny Pop popcorn and hardboiled egg or handful **of roasted chick peas**

Dinner: Roasted Garlic and Herb Cod **OR** Easy Roasted Veggie Pizza Bites

Day 14

Breakfast: Sweet Potato Toast

Snack: Cucumber slices and hummus

Lunch: Leftover roasted garlic and herb cod

Snack: Larabar

Dinner: Sheet Pan Chili Lime Shrimp Fajitas **OR** One Pan Mexican Quinoa

Day 15

Breakfast: Berries, Nuts and Coconut Shreds Cereal

Snack: Dried, pitted dates and peanut butter

Lunch: Citrus Chicken Strips over Spinach Salad

Snack: Hardboiled eggs or handful roasted chickpeas and carrots with hummus

Dinner: Tomato Basil Soup

Day 16

Breakfast: Apple Spice Overnight Oats

Snack: Brown rice cake with peanut butter and banana slices

Lunch: Leftover tomato basil soup

Snack: Raw pepper strips with hummus and salsa

Dinner: Harvest Chicken Salad **OR** Lentil Cucumber Salad

Day 17

Breakfast: Leftover: Apple Spice Overnight Oats

Snack: Dried dates and almonds

Lunch: Leftover Harvest chicken salad OR lentil cucumber salad

Snack: Apple and handful roasted chickpeas

Dinner: Chicken and Veggie Quinoa Casserole **OR** Vegan Shepard's Pie with Gravy

Day 18

Breakfast: Fruit and Rice Breakfast Pudding

Snack: Banana and pistachios

Lunch: Greek Quinoa Salad

Snack: Chocolate Cherry Energy Bites

Dinner: Leftovers: Chicken and Veggie Quinoa Casserole

Day 19

Breakfast: Black Bean Scramble OR Spiced Chickpea Breakfast Scramble

Snack: Chocolate Cherry Energy Bites

Lunch: Leftovers: Green Quinoa Salad

Snack: 100% apple chips and walnuts

Dinner: Homemade Chicken Noodle Soup **or** Curried Lentil Butternut Squash Soup

Day 20

Breakfast: Banana Oat Protein Muffins

Snack: Apple chips dipped in peanut butter

Lunch: Leftover Homemade Chicken Noodle Soup or Curried Butternut Squash Soup

Snack: Chocolate Cherry Energy Bites

Dinner: Beef Fajita Nachos (I suggest using "Mary's Gone Crackers" instead of making homemade crackers):

Day 21

Breakfast: Leftover banana oat protein muffins

Snack: Chewy Lemon Oatmeal Bites

Lunch: Cashew Tuna Salad Cucumber Bites (use a vegan mayo) OR Simple Chickpea Salad with Tomato

Snack: Baby tomatoes and cucumber slices tossed in olive oil, balsamic vinegar and pinch of pepper

Dinner: Make Ahead Grilled Chicken and Veggie Bowls (makes 8 servings to have for the week) or Chickpea Taco Buddha Bowl

Additional Recipes to Consider:

Asian Lettuce Wraps

Cauliflower Butternut Squash Mash

Breakfast Options:

- 5-Minutes Flourless Chocolate Banana Zucchini Muffins
- Apple Spice Overnight Oats
- Banana Oat Protein Muffins
- Berries, Nuts and Coconut Shreds Cereal
- Black Bean Scramble
- Blueberry Pistachio Apple Sandwiches
- Breakfast Egg Muffins
- Breakfast Egg Muffins
- Cheesy Tofu Scramble
- Chickpea Flour Omelet Muffins
- Clean Eating Egg and Vegetable Basil Scramble
- Cranberry Pecan Overnight Oats
- Crust less Sundried Tomato Quiche
- Fruit and Rice Breakfast Pudding
- Grain Free Pumpkin Seed Breakfast Cereal
- Paleo Vegan Pancakes
- Protein Pancakes
- Pumpkin Blueberry Muffins
- Spiced Chickpea Breakfast Scramble
- Sweet Potato Toast

Lunch Options:

- Avocado Chicken Waldorf Salad
- Avocado Tuna Salad
- Cashew Tuna Salad Cucumber Bites
- Cauliflower Mushroom Bowls
- Citrus Chicken Strips over Spinach Salad
- Easy Broccoli Salad with Almond Lemon Dressing
- Fall Harvest Salad with Pomegranate Vinaigrette
- Fiesta Chicken Salad
- Greek Quinoa Salad
- Orange Almond Salad with Avocado
- Shredded Tofu Pesto Sandwich
- Simple Chickpea Salad with Tomato
- Vegan Waldorf Salad

Grab-and-Go Breakfast Options:

- ✓ Hardboiled eggs
- ✓ Fresh fruit and nuts
- ✓ Larabar
- ✓ RX Bar
- ✓ Orgain meal replacement shake
- ✓ Pre-made egg muffin
- ✓ Pre-made chickpea muffin
- ✓ Peanut butter and banana
- ✓ Pre-made Reset Shake

Grab-and-Go Lunch Options:

- ✓ Leftovers from dinner
- ✓ Salad bar- add chickpeas or grilled chicken for protein
- ✓ Meal replacement homemade or premade shake
- ✓ RX Bar with piece of fresh fruit and a salad
- ✓ Larabar and a side salad
- ✓ Raw veggies and brown rice cakes with leftover chicken and hummus
- ✓ Guacamole and salsa on brown rice cakes topped with black beans
- ✓ Peanut butter and sliced bananas on rice wrap or rice bread

Dinner Options:

- Asian Lettuce Wraps
- Avocado Pesto Zucchini Noodles
- Beef Fajita Nachos
- Blackened Salmon with Mango Avocado Salsa
- Cauliflower Butternut Squash Mash
- Chicken and Veggie Quinoa Casserole
- Clean Eating Hearty Bean Chowder
- Curried Lentil Butternut Squash Soup
- Easy Roasted Veggie Pizza Bites
- Garlic Shrimp in Coconut Milk, Tomatoes and Cilantro
- Harvest Chicken Salad
- Homemade Chicken Noodle Soup
- Jalapeno Turkey Burgers
- Lentil Cucumber Salad
- Make Ahead Grilled Chicken and Veggie Bowls
- Navy Bean Soup with Crispy Kale
- One Pan Mexican Quinoa
- Orange Chicken with Simple Salad
- Orange Tofu
- Roasted Garlic and Herb Cod
- Seafood Zucchini Pasta
- Sheet Pan Chili Lime Shrimp Fajitas
- Shrimp and Asparagus Sir Fry
- Smoky Tempeh with Fresh Peach and Cherry Tomato Salsa
- Spicy Vegan Portobello Mushroom Burgers
- Sweet and Sour Tofu
- Sweet Potato Noodles with Almond Dijon Vinaigrette
- Taco Salad
- Tomato Basil Soup
- Turkey, Kale and Cauliflower Soup
- Vegan Shepard's Pie with Gravy
- Wild Rice Burrito Bowl with Cilantro Lime Avocado Dressing
- Zucchini, Pea and Spinach Pesto Risotto

Grab-and-Go Dinner Options:

- ✓ Clean Eatz frozen meal that meets Reset guidelines
- ✓ "Grainful" frozen meal that meet Reset guidelines
- ✓ Frozen veggies and a sautéed piece of frozen/thawed fish
- ✓ Salad with canned beans on top
- ✓ Omelet with veggies and piece of gluten free toast
- ✓ Sushi with fish and veggies (avoid crunchy toppings and sauces)
- ✓ Frontier Soup mix (found at Whole Foods or Great Harvest Bread CO.)
- ✓ Simple stir fry with cauliflower rice, frozen veggies and chicken or tofu
- ✓ Sandwich or wraps: go with a nut butter and fruit or leftover protein such as chicken, tofu or shrimp and veggies
- ✓ Whole grain bowl: any leftover grains (rice, quinoa) mixed with any leftover veggies you have. Add toppings such as guacamole, salsa or hummus and drizzle with favorite "reset friendly" dressing

Snacks:

- ½ cucumber with 2 tablespoons hummus
- 100% apple chips and walnuts
- 5-Minutes Flourless Chocolate Banana Zucchini Muffins
- Apple chips dipped in peanut butter
- Apple with sunflower seed/pumpkin seed trail mix
- Apples slices sprinkled with cinnamon and almonds
- Baby carrots and guacamole
- Baby carrots and hummus
- Baby tomatoes and cucumber slices tossed in olive oil, balsamic vinegar and pinch of pepper
- Baby tomatoes tossed with black beans and avocado
- Baked sweet potato with peanut butter, banana and cinnamon
- Banana and pistachios
- Banana slices with almond butter and dusted with cocoa powder
- Banana slices with peanut butter
- Brown rice cake with peanut butter and banana slices
- Brown rice cake, peanut butter and drizzle of honey or maple syrup
- Celery sticks with guacamole
- Celery sticks with peanut butter and raisins
- Chewy Lemon Oatmeal Bites
- Chocolate Cherry Energy Bites
- Corn Thin Cakes with Guacamole and Fresh Salsa
- Cucumber slices with hummus
- Dried dates and almonds
- Dried, pitted dates and peanut butter
- Hardboiled eggs or handful roasted chickpeas and carrots with hummus
- Larabar
- Leftover breakfast egg muffins or vegan egg muffins
- Orange and a hardboiled egg or handful of roasted chickpeas
- Pear and almonds
- Pear and pistachios
- Raspberries and pistachios
- Raw pepper strips with hummus and salsa
- Roasted Chick Peas and grapes
- Skinny Pop popcorn and hardboiled egg or handful of roasted chick peas