



14 Day Reset RECIPES



SCRAMBLED EGGS WITH VEGETABLES

Serves 1

Ingredients:

- 3 eggs
- 1/4 cup chopped spinach
- 1/4 cup sliced mushrooms
- 1/4 cup diced bell peppers
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add the chopped spinach, mushrooms, and bell peppers to the skillet. Sauté for 2-3 minutes until the vegetables are slightly softened.
3. In a bowl, whisk the eggs until well beaten. Season with salt and pepper.
4. Pour the beaten eggs into the skillet with the sautéed vegetables.
5. Cook, stirring gently, until the eggs are scrambled to your desired consistency.
6. Serve hot and enjoy!





GRILLED CHICKEN BREAST WITH STEAMED BROCCOLI & QUINOA

Serves 2

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 cup broccoli florets
- 1/2 cup quinoa
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Preheat the grill to medium-high heat. Season the chicken breasts with salt, pepper, and a drizzle of olive oil.
2. Grill the chicken breasts for 6-8 minutes per side, or until they reach an internal temperature of 165°F
3. While the chicken is grilling, cook the quinoa according to the package instructions.
4. Steam the broccoli until tender-crisp, about 5 minutes.
5. Serve the grilled chicken breast with steamed broccoli and cooked quinoa.
6. Drizzle a little olive oil over the broccoli and season with salt and pepper.
7. Enjoy your delicious meal!



BAKED SALMON WITH ASPARAGUS & SWEET POTATO WEDGES

Serves 2

Ingredients:

- 2 salmon fillets (about 6 ounces each)
- 1 bunch asparagus
- 2 medium sweet potatoes
- 2 tablespoons olive oil
- salt & pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Wash and pat dry the salmon fillets. Season them with salt and pepper on both sides.
2. Wash the asparagus and trim off the tough ends. Place them on a baking sheet lined with parchment paper.
3. Peel the sweet potatoes and cut them into wedges. Place the sweet potato wedges on the baking sheet with the asparagus. Drizzle them with 1 tablespoon of olive oil and season with salt and pepper.
4. Toss the sweet potatoes and asparagus to coat them evenly with oil and seasoning.
5. Place the seasoned salmon fillets on the baking sheet, skin-side down, next to the vegetables.
6. Drizzle the remaining 1 tablespoon of olive oil over the salmon fillets.
7. Bake in the preheated oven for about 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork.
8. While the salmon and vegetables are baking, check the sweet potatoes and asparagus occasionally and toss them for even browning.
9. Once the salmon is cooked and the sweet potatoes are tender and lightly browned, remove the baking sheet from the oven and serve hot.



OMELET WITH SPINACH, AVOCADO, & TOMATO

Serves 1

Ingredients:

- 3 large eggs
- 1/4 cup chopped spinach
- 1/4 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. In a bowl, whisk the eggs until well beaten. Season with salt and pepper.
2. Heat the olive oil in a non-stick skillet over medium heat.
3. Add the chopped spinach to the skillet and sauté for about 1 minute, until wilted.
4. Pour the beaten eggs into the skillet, ensuring they cover the entire surface.
5. Allow the eggs to cook undisturbed for about 2 minutes, or until the edges start to set.
6. Gently lift the edges of the omelet with a spatula and tilt the skillet to allow the uncooked eggs to flow to the edges.
7. Sprinkle the halved cherry tomatoes evenly over the omelet.
8. Continue cooking for another 2-3 minutes, or until the eggs are mostly set but still slightly runny on top.
9. Carefully fold the omelet in half using a spatula. Cook for an additional 1-2 minutes, or until the omelet is cooked to your desired doneness.
10. Slide the omelet onto a plate and garnish with sliced avocado

TURKEY LETTUCE WRAPS

Serves 2-3

Ingredients:

- 8 large lettuce leaves (such as Bibb or Romaine)
- 1 pound lean ground turkey
- 1/2 cup mixed vegetables (such as diced bell peppers, carrots, and onions)
- Optional: 1 tablespoon olive oil for cooking
- Salt and pepper to taste

Instructions:

1. Rinse and dry the lettuce leaves, then set them aside.
2. Heat a skillet over medium heat and add the lean ground turkey.
3. If needed, add the optional olive oil to the skillet to prevent sticking.
4. Cook the ground turkey, breaking it up with a spoon or spatula, until it is browned and cooked through.
5. Add the mixed vegetables to the skillet and cook for an additional 3-5 minutes, or until the vegetables are tender.
6. Season the turkey and vegetable mixture with salt and pepper to taste.
7. Remove the skillet from heat.
8. Take a lettuce leaf and spoon a portion of the turkey and vegetable mixture onto the center of the leaf.
9. Wrap the lettuce leaf around the filling, similar to a burrito or taco.
10. Repeat with the remaining lettuce leaves and filling.





BAKED CHICKEN THIGHS WITH BRUSSELS SPROUTS & BROWN RICE

Serves 2

Ingredients:

- 4 bone-in, skin-on chicken thighs
- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 cup cooked brown rice

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Place the chicken thighs on a baking sheet lined with parchment paper.
3. Drizzle the chicken thighs with olive oil and season them with salt and pepper, ensuring they are coated evenly.
4. In a separate bowl, toss the Brussels sprouts with olive oil, salt, and pepper until they are well coated.
5. Arrange the Brussels sprouts around the chicken thighs on the baking sheet.
6. Place the baking sheet in the preheated oven and bake for about 30-35 minutes, or until the chicken thighs are cooked through and the skin is crispy and golden brown.
7. While the chicken and Brussels sprouts are baking, prepare the brown rice according to the package instructions.
8. Once the chicken is cooked, remove the baking sheet from the oven and let it cool for a few minutes.
9. Serve the baked chicken thighs alongside the roasted Brussels sprouts and a serving of cooked brown rice.



OVERNIGHT OATS

Serves 1

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup almond milk (or any other non-dairy milk)
- 1 tablespoon chia seeds
- Optional - 1 scoop protein powder
- Optional toppings: sliced almonds and fresh fruit

Instructions:

1. In a jar or container with a tight-fitting lid, combine the rolled oats, almond milk, protein powder, and chia seeds.
2. Stir well to ensure that the oats, chia seeds, and protein powder are mixed.
3. Cover the jar or container and refrigerate overnight, or for at least 6 hours, to allow the oats and chia seeds to absorb the liquid and soften.
4. In the morning, give the mixture a good stir. Enjoy the overnight oats chilled straight from the refrigerator or let them sit at room temperature for a few minutes if you prefer them slightly less cold.
5. If desired, add your preferred toppings such as sliced almonds and fresh fruit, or greek yogurt for added protein.
6. Enjoy your convenient and nutritious breakfast!

HOMEMADE VINEGRAITTE

Serves 1

Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon vinegar (such as balsamic vinegar, red wine vinegar, or apple cider vinegar)
- Salt and pepper to taste

Instructions:

1. In a small bowl, combine the olive oil and vinegar.
2. Season with salt and pepper to taste.
3. Whisk the ingredients together until well combined.
4. Taste the dressing and adjust the amounts of vinegar, salt, and pepper according to your preference.
5. Drizzle the vinaigrette dressing over the Grilled Shrimp Salad and toss well to coat.

Note: The quantities provided above are general guidelines, and you can adjust them based on your taste preferences. You may prefer a more tangy or acidic dressing, in which case you can add more vinegar. Similarly, if you prefer a milder dressing, you can reduce the amount of vinegar used. Feel free to experiment and customize the dressing to your liking.





GRILLED SHRIMP SALAD

Serves 1-2

Ingredients:

- 8 ounces grilled shrimp
- 4 cups mixed greens
- 1/2 cup sliced cucumbers
- 1/2 cup cherry tomatoes, halved
- Homemade vinaigrette dressing (olive oil, vinegar/lemon juice, salt, and pepper)

Instructions:

1. If you don't have grilled shrimp on hand, you can marinate raw shrimp in your preferred marinade (e.g., olive oil, lemon juice, garlic, salt, and pepper) and grill them until cooked through.
2. Once the shrimp are ready, set them aside to cool slightly.
3. In a large bowl, combine the mixed greens, sliced cucumbers, and cherry tomatoes.
4. Add the grilled shrimp to the bowl with the salad ingredients.
5. In a separate small bowl, prepare a simple vinaigrette dressing.
6. Drizzle the vinaigrette dressing over the salad and toss well to coat all the ingredients.
7. Enjoy your refreshing and protein-packed grilled shrimp salad!

Feel free to customize your salad by adding additional vegetables, such as bell peppers or red onions, and incorporating your favorite herbs or spices into the dressing. You can also add a sprinkle of crumbled feta cheese or toasted nuts for extra flavor and texture.



BAKED CHICKEN WITH BROCCOLI & QUINOA

Serves 1-2

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 cup cooked quinoa
- 2 cups broccoli florets
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: Lemon wedges for serving

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Place the chicken breasts on a baking sheet lined with parchment paper.
3. Drizzle the chicken breasts with olive oil and season them with salt and pepper, ensuring they are coated evenly.
4. Bake the chicken breasts in the preheated oven for about 20-25 minutes, or until they reach an internal temperature of 165°F (74°C) and are no longer pink in the center.
5. While the chicken is baking, prepare the quinoa according to the package instructions.
6. In a steamer basket or a saucepan with a steamer insert, steam the broccoli florets until tender yet still crisp, usually for about 5-7 minutes.
7. Once the chicken is cooked, remove it from oven and let it rest for a few minutes before slicing.
8. Serve the sliced chicken breast alongside a portion of cooked quinoa and steamed broccoli.
9. Squeeze fresh lemon juice over the chicken if desired for added flavor.



VEGGIE SCRAMBLE

Serves 1

Ingredients:

- 3 large eggs
- 1/4 cup diced bell peppers (any color)
- 1/4 cup diced onions
- 1/4 cup diced zucchini
- 1/4 cup diced tomatoes
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: Fresh herbs (such as parsley or chives) for garnish

Instructions:

1. Heat the olive oil in a non-stick skillet over medium heat.
2. Add the diced bell peppers, onions, and zucchini to the skillet. Sauté for about 3-4 minutes, or until the vegetables are slightly tender.
3. Add the diced tomatoes to the skillet and cook for an additional 1-2 minutes, just until the tomatoes are heated through.
4. In a bowl, whisk the eggs until well beaten. Season with salt and pepper.
5. Push the sautéed vegetables to one side of the skillet and pour the beaten eggs into the empty space.
6. Let the eggs cook undisturbed for a few seconds until they start to set around the edges.
7. Gently scramble the eggs with a spatula, combining them with the sautéed vegetables.
8. Continue cooking, stirring occasionally, until the eggs are fully cooked but still moist and fluffy. Season with additional salt and pepper if desired.

Feel free to customize the vegetable selection based on your preferences or what's available. You can also add additional ingredients such as mushrooms, spinach, or cheese to enhance the flavors of the scramble.



MEDITERRANEAN CHICKEN SALAD

Serves 1

Ingredients:

- 2 cups mixed green
- 4-6oz cooked chicken or salmon
- 1/2 cup cucumber, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup feta cheese, crumbled
- 2 tablespoons red onion, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the mixed greens, cucumber slices, cherry tomatoes, Kalamata olives, crumbled feta cheese, and sliced red onion.
2. In a separate small bowl, whisk together the extra-virgin olive oil, lemon juice, dried oregano, salt, and pepper to make the dressing.
3. Drizzle the dressing over the salad ingredients in the large bowl.
4. Toss the salad gently to ensure all the ingredients are coated with the dressing.
5. Taste and adjust the seasoning, adding more salt, pepper, or lemon juice if desired.
6. Transfer the Mediterranean Salad to a serving plate or bowl. Mix in chicken.
7. Enjoy your refreshing and vibrant salad!

Feel free to customize the salad by adding other ingredients such as bell peppers, artichoke hearts, or chickpeas. Increase protein by adding some chicken or salmon. You can also sprinkle some toasted pine nuts or drizzle balsamic glaze over the salad for added flavor and texture



BEEF STIR FRY

Serves 2

Ingredients:

- 1 pound beef (flank steak or sirloin), thinly sliced
- 2 cups broccoli florets
- 1 bell pepper, thinly sliced
- 1 cup cauliflower rice
- 3 tablespoons coconut aminos (a soy sauce alternative)
- 1 tablespoon apple cider vinegar
- 1 tablespoon avocado oil or coconut oil
- 2 cloves garlic, minced
- 1/2 teaspoon grated fresh ginger
- Salt and pepper to taste
- Optional garnish: sesame seeds and sliced green onions (omit for strict paleo)

Instructions:

1. In a small bowl, whisk together the coconut aminos, apple cider vinegar, minced garlic, grated ginger, salt, and pepper. Set the sauce aside.
2. Heat the avocado oil or coconut oil in a large skillet or wok over medium-high heat.
3. Add the thinly sliced beef to the skillet and stir-fry for about 2-3 minutes, or until it's browned and cooked to your desired level of doneness. Remove the beef from the skillet and set it aside.
4. In the same skillet, add the broccoli florets and bell pepper slices. Stir-fry for about 3-4 minutes, or until the vegetables are crisp-tender.
5. Push the vegetables to one side of the skillet and add the cauliflower rice to the empty space. Cook for 2-3 minutes, stirring occasionally, until the cauliflower rice is heated through.
6. Return the cooked beef to the skillet with the vegetables and cauliflower rice.
7. Pour the prepared sauce over the beef and vegetables. Stir-fry everything together for an additional 1-2 minutes, making sure the sauce coats the ingredients evenly.
8. Taste and adjust the seasoning if needed, adding more coconut aminos, salt, or pepper according to your taste.
9. Remove the skillet from the heat and serve.



BAKED COD WITH SAUTEED SPINACH & CAULIFLOWER MASH

Serves 2-4

Ingredients:

For the baked cod:

- 4 cod fillets (about 6 ounces each)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried parsley
- 1/2 teaspoon paprika
- Salt and pepper to taste

For the sautéed spinach:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 8 ounces fresh spinach leaves
- Salt and pepper to taste

For the cauliflower mash:

- 1 head cauliflower, cut into florets
- 2 tablespoons ghee or coconut oil
- 1/4 cup unsweetened almond milk (or other non-dairy milk)
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, combine the olive oil, lemon juice, minced garlic, dried parsley, paprika, salt, and pepper to make the marinade for the cod.
3. Place the cod fillets on the prepared baking sheet. Brush the marinade evenly over the cod fillets.
4. Bake the cod in the preheated oven for about 12-15 minutes, or until the fish is cooked through and flakes easily with a fork.



5. While the cod is baking, prepare the sautéed spinach. Heat olive oil in a large skillet over medium heat. Add the minced garlic to the skillet and sauté for about 1 minute, until fragrant.
6. Add the fresh spinach leaves to the skillet. Sauté for 2-3 minutes, or until the spinach wilts. Season with salt and pepper to taste. Remove from heat.
7. For the cauliflower mash, steam the cauliflower florets until they are tender. This can be done by placing the florets in a steamer basket over boiling water for about 10-12 minutes.
8. Once the cauliflower is cooked, transfer it to a food processor or blender. Add ghee or coconut oil, almond milk, salt, and pepper.
9. Blend or process until the cauliflower reaches a smooth and creamy consistency, similar to mashed potatoes.
10. Taste and adjust the seasoning of the cauliflower mash if needed, adding more salt and pepper to taste.

To serve, divide the cauliflower mash among serving plates. Place a baked cod fillet on top of the mash, and serve with a side of sautéed spinach.



SPINACH EGG WHITE FRITTATA

Serves 2

Ingredients:

- 8 egg whites
- 2 cups fresh spinach, roughly chopped
- 1/2 cup diced red bell pepper
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- Salt and pepper to taste
- Optional toppings: crumbled feta cheese, sliced cherry tomatoes, fresh basil

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk the egg whites until they are frothy and slightly foamy. Set aside.
3. Heat the olive oil in an oven-safe skillet over medium heat. Add the diced onion and sauté for about 2-3 minutes, until it becomes translucent.
4. Add the diced red bell pepper and minced garlic to the skillet. Sauté for another 2 minutes until the bell pepper softens slightly. Add the chopped spinach to the skillet and cook for 2-3 minutes, until the spinach wilts.
5. Season the vegetables with dried thyme, dried oregano, salt, and pepper. Stir to combine.
6. Pour the whisked egg whites over the sautéed vegetables in the skillet. Gently stir to distribute the vegetables evenly in the egg whites.
7. Cook on the stovetop for about 2-3 minutes, or until the edges of the frittata begin to set.
8. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the frittata is set and slightly golden on top.
9. Remove the skillet from the oven and let the frittata cool for a few minutes before serving.



BAKED CINNAMON APPLES

Serves 4

Ingredients:

- 4 medium-sized apples (such as Granny Smith or Honeycrisp)
- 2 tablespoons melted coconut oil or ghee
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon vanilla extract
- 1/4 cup chopped walnuts

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Wash the apples and remove the cores using an apple corer or a sharp knife. Leave the skins intact.
3. In a small bowl, combine the melted coconut oil or ghee, ground cinnamon, ground nutmeg, and vanilla extract. Stir until well combined.
4. Place the cored apples in a baking dish or on a baking sheet lined with parchment paper.
5. Brush the cinnamon mixture over each apple, making sure to coat them evenly.
6. Sprinkle the chopped walnuts over the top of each apple, pressing them lightly into the cinnamon mixture.
7. Bake the apples in the preheated oven for 25-30 minutes, or until they are tender and the skins start to slightly wrinkle.
8. Remove the baked apples from the oven and let them cool for a few minutes.
9. Serve the baked cinnamon apples warm as they are or with a dollop of greek or coconut yogurt, if desired.



HOMEMADE ENERGY BALLS

Makes 12-18 servings

Ingredients:

- 1 cup medjool dates, pitted
- 1 cup unsweetened shredded coconut
- 1/2 cup raw almonds
- 1/4 cup almond butter
- 2 tablespoons chia seeds
- 2 tablespoons raw cacao powder (optional, for chocolate flavor)
- 1 teaspoon vanilla extract
- Pinch of sea salt
- Additional shredded coconut or raw cacao powder for coating (optional)

Instructions:

1. In a food processor, add the pitted dates, unsweetened shredded coconut, raw almonds, almond butter, chia seeds, raw cacao powder (if using), vanilla extract, and a pinch of sea salt.
2. Process the mixture until everything is well combined and the mixture starts to stick together. If it's too dry, you can add a teaspoon or two of water to help bind the ingredients.
3. Once the mixture is well combined and sticky, transfer it to a bowl. Take small portions of the mixture and roll them into balls using your hands. Aim for bite-sized balls, about 1 inch in diameter.
4. If desired, you can roll the energy balls in additional shredded coconut or raw cacao powder for a coating. This step is optional but adds extra flavor and texture.
5. Place the energy balls on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes to allow them to firm up.
6. Once firm, transfer the energy balls to an airtight container and store them in the refrigerator for up to two weeks.

