

*Meg Orion*  
HEALTH COACH



# THE RESET

*Feel Better with a Week of Healthy  
and Easy Seasonal Recipes*

*[megorion.com](http://megorion.com)*

# INTRODUCTION: THE FIVE-DAY RESET

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*Thank you for your interest in my 5 Days of Healthy and Easy Seasonal Recipes. They were all created in my kitchen with equal attention to health, taste and efficiency.*

I love these recipes! They are meant to be used for a five-day reset, or as part of the three-week anti-inflammatory cleanse that I lead multiple times per year. What do I mean by a reset? Well, anytime you start to feel a little sluggish, or you notice you're craving foods that you suspect aren't the best for you, or if you've come off a vacation or holiday that's been super fun in the food department ... you know what I mean ;) Those would be great moments to consider a reset. Start with this five-day reset, and if you feel the benefit and want more, visit my website ([megorion.com](http://megorion.com)) to see when the next three-week supported cleanse begins!

Before we get to the recipes, here are a few things to related topics to consider when it comes to a reset:

## Efficiency

The soup recipes are designed for multiple days. Enjoy your bowl and then freeze leftover portions to make for easy, healthy meals down the road. Or take some to a friend who's sniffing. Or team up with a friend doing this same reset, and share the cooking work – you can each make a soup and split it between you for variety and time-saving!

## Alcohol

If you are a daily or near-daily drinker, I strongly encourage that you take a break from alcohol for these five days and notice how you feel. Even a short period of abstinence from alcohol helps many people sleep better, feel more hydrated, notice healthier skin and feel lighter in body. Take notice of habitual components. How much do you rely on alcohol to unwind or take the edge off a stressful day?

I'm not interested in saying alcohol is bad, but if you've found your way to my ebook it's because you're interested in being and feeling healthier. One of the keys to good health is finding balance, understanding what makes you feel the best and then using tools to honor yourself with that gift and maintain it. Easing off on alcohol is one of those tools.

## Meat

Most of the meals here are vegetarian, although I recommend organic chicken, fish and a limited amount of grass-fed red meats during this week. If you're vegetarian, substitute tempeh or non-gluten grains and nuts. Tofu is highly processed and hard for many to digest, so I recommend limiting your use of it.



## Caffeine

Caffeine is a stimulant the way alcohol is a depressant. I think it's always a good idea to drink less caffeine, and occasionally give yourself a break altogether. At least from coffee; I tend to put green tea in a different category because of some proven health benefits. That being said, the choice is yours. If you get headaches when you go cold turkey, cut back slowly. Green tea and yerba maté can be great substitutes. If you plan to continue on into my three-week cleanse, use this time to gradually cut back your daily coffee.

## Sugar

You will notice there is no sugar in my nevertheless super tasty recipes. That's intentional, of course, and again I highly recommend that you give sugar a break for this short spell. Quitting or reducing sugar can be the single best thing you can do for your health. Three weeks without sugar is amazing. I hope you do my cleanse to feel this for yourself! If you need a sweetener for your tea use a little raw honey, real maple syrup or coconut sugar.

## White Flour

White flour works similarly to sugar in your body, and many people feel healthier when they take a break from flour and other gluten-containing grains. Please refrain from grains with gluten during these five days.

## Dairy

These recipes are all dairy free. I personally consume some dairy, and for most people a moderate amount is fine. As you inhabit your body over time, it's great to give yourself a break from dairy now and again and observe how you feel – and how you feel when dairy is reintroduced. So use this five-day period to take a break from dairy.

## Proportions

This five-day reset is not a diet, and certainly not about depriving yourself of calories. While it's possible you may lose a pound or two, that's not the focus. Eat when you're hungry – not out of boredom or impulse – and notice when you're full. The more you notice about what your body needs, the more you sharpen your tools for building a healthier you. A general rule that helps is eat an amount of protein no larger than your fist, with vegetables taking up most of the room on your plate.

## Water

Drink lots of it. I can't say it enough! I recommended that every day you drink approximately half your body-weight in ounces. That's a lot if you're not used to it, so set that as your goal, see what feels right to you and adjust if needed.

**NOW, LET'S GET STARTED ...**



# DAY 1: PREP

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*The two days before you start the reset, take some time to get ready. Review this book, go grocery shopping, and then end with a couple of fun, quick prep tasks.*



## Shopping

See the last two pages of this book for your shopping list for the week. The week will go smoother if you make sure you have the ingredients you'll need on hand.

## Soak beans

In the evening, start a batch of beans soaking. Pinto or black beans are perfect. For my family of four, I soak 2 cups per batch. Measure your beans and cover them by a few inches of water. Precision is not necessary, but keep in mind they will soak up some water overnight and you want them to stay covered.

You might add a 1- to 2-inch piece of Kombu to the beans as you start soaking them. Kombu is a seaweed that provides valuable minerals and makes beans much easier to digest. You'll most likely find it in the "Asian" section of a grocery store. If you've ever thought you don't digest beans well, soak and cook with Kombu, and I'm 99% sure you'll be ok!

## Start nut milk

If you have time and want to make your own nut milk for the week's smoothies, start with a little prep work: Place 1 cup of almonds and a cup of cashews together. Cover them with 1 inch of water and place on the counter until the morning.

## DAY 2: PREP

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*Today, we'll do some cooking to make things easier on ourselves during the rest of the week. Prep work includes cooking beans, grains and veggies, finishing the nut milk and making my special "NRG" balls.*

### Meg's Kombu Beans

Two methods you can use for these beans:

**Dutch oven:** This is a big cast iron pot with a lid that you can put in the oven. Beans turn out nice and creamy and you don't need to do much fussing with them. Before prepping, preheat your oven to 350 degrees.

**Stovetop:** How my mom always cooked our beans, works great but keep a closer eye on the water level and stir once or twice.

Rinse your beans and put them in the pot of your choice, cover by about 2 inches of water. If you had the Kombu in with the soaking beans, leave it in. Sometimes I'll throw in a bay leaf, half an onion or a couple cloves of garlic.

**For Stove top:** Bring beans to a boil, skim off any foam that arises, turn down to a simmer and cook with the lid on until tender. Check on the beans around the 45 minute mark and add water if necessary, which should be at bean level or above. I don't like too much water because then you miss out on a nice bean broth, but too little and the beans could crack and be dry. It's a bit of an art to figure out the perfect pot of beans, but it's a fun and simple art!

**For Dutch oven:** When your oven is preheated, place your big oven-safe pot in the oven with lid on and check after 1 hour, adding more water if necessary.

Whichever method you use, when your beans are tender, you can drain them a bit if there is too much liquid. Season with salt and any other spices. Cumin is always a nice choice. Put them in a container in the fridge. They will keep for four to six days.

### Nut Milk Nectar

Rinse the nuts you started soaking yesterday, and then add 4 cups water. Blend until nice and creamy. You can let the blender run for a couple minutes. Strain through a nut milk bag. I'll leave the leftover solids up to you. I give them to my mom to make bread but you can find gluten-free cracker recipes online that use nut pulp. I had one client say she mixed the leftovers with coconut oil to make a sort of nut spread, add a little cinnamon and raw honey or coconut sugar and it could be pretty tasty!



## Trusty Roasted Veggies

You'll be eating these for a couple of meals, so depending on who else might be joining you, I would roast a whole (or more) cookie sheet full. When you spread the veggies out make sure to leave a little space between them so the buddies can roast evenly. Try to select veggies that are in season: Things like carrots, beets, sweet potatoes, winter squash, garlic, onion, broccoli, cauliflower, brussel sprouts, mushrooms, peppers – all these roast well!

Toss vegetables with plenty of olive or coconut oil (enough that veggies are coated and shiny). Add salt and pepper and any extra herbs that sound good to you. Roast in an oven that's been preheated to 425 and take the tray(s) out when things are soft with a nice toast on the outside. Give a little shake or stir halfway through to encourage even browning. Expect this to take between 30 minutes to an hour, depending on your veggie choices and size.

## Soup prep

Consider baking the squash for the soup you will make on Day 3 if time will be an issue. See the recipe in Day 3's section.

## Cooked Grains

You don't have to do this ahead of time, but if you're worried about prep time for dinner or lunch during the work week, it's helpful. Brown rice, quinoa or any other gluten-free grain is a good choice. Cook enough for a couple meals.



I usually do at least 2 cups at a time. Brown rice is 1 cup rice to 2 cups water or according to your rice cooker's instructions. Rinse your quinoa in a mesh strainer and cook the same as brown rice – although it will take ½ the time.

## Meg's NRG Balls

Think not having snacks sounds tough? Feel like you might like something sweet and healthy at the same time, to get you through a busy day? Or maybe you'd like to offer your kids something they'll scarf up, and feel like you just helped them on their healthy path? These yummy treats get a "yes" all around. Just be careful sharing them, you'll be asked to make more.

**10 MEDJOOOL DATES**

**¼ CUP CHIA SEEDS**

**½ CUP ALMOND BUTTER**

**1 TABLESPOON UNSWEETENED COCOA POWDER. GOOD QUALITY FOR BEST HEALTH BENEFIT AND TASTE.**

**2 TEASPOON VANILLA**

**1 TABLESPOON COCONUT OIL, MELTED.**

**PINCH OF SEA SALT**

**SHREDDED COCONUT TO ROLL BALLS IN**

Start with dates and chia seeds and pulse-mix in a Cuisinart until well chopped. Next add all other ingredients and blend until mixture is a texture that will hold together in balls. Add a touch of water if necessary.

Form into bite size balls and roll in coconut. Keep in fridge or freezer. Experiment to see what texture you like the best, cold or frozen. I like to put a couple in a bag or foil and keep in my purse. They'll be fine at room temp for the day. If you're in a really hot climate they could get a little soft but should still be fine.



# DAY 3: RESET BEGINS

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*When you wake up, swing your legs onto the floor and take five deep breaths before you stand up – in through your nose and out through an open mouth with a sigh.*

Identify something you're grateful for, and tell yourself. Head to your kitchen and make yourself a tall glass of warm water with lemon, around a Tablespoon of juice in a full glass is good.

**YOU WILL REPEAT THIS RITUAL EVERY MORNING, 5 BREATHS, GRATITUDE AND LEMON WATER.**

Next move on to either your tea, or smoothie.



## **BREAKFAST:**

### *Berry Green Smoothie*

#### **SERVES 1**

**½ CUP FRESH OR FROZEN BLUEBERRIES**

**4-5 LEAVES OF KALE, STRIP GREENS OFF THICK PART OF STEM.**

**A GENEROUS SPOONFUL OF ALMOND BUTTER.**

**½ CUP FULL FAT COCONUT MILK FROM A CAN OR YOUR FRESH NUT MILK.**

**6 ICE CUBES. USE MORE OR LESS DEPENDING ON THE TEXTURE OF SMOOTHIE YOU LIKE.**

**2 MEDJOL DATES**

**WATER AS NEEDED**

Blend until silky smooth.

## **MID-MORNING SNACK:**

### *Avocado*

Have half an avocado with 1-2 Tablespoons raw sunflower seeds and a sprinkle of sea salt.





#### LUNCH:

## *Beans and Brown Rice Bowl*

Use the beans and rice you prepped on the Days 1 and 2. Add some salad greens and/or roasted veggies, plus a side of sauerkraut or kimchi. If sauerkraut and kimchi are new to you, be brave and get a jar! Fermented foods are a great way to get daily probiotics. For my salad green dressing I just squeeze on a little lemon and drizzle with olive oil, or maybe some balsamic vinegar and a pinch of salt. Make this bowl a sizeable portion. You need a large lunch because you have your whole day ahead of you!

#### AFTERNOON SNACK:

## *Apples & Tea*

An apple and a cup of herbal tea. Take care of yourself, if you are eating dinner late, going to exercise or you simply need more food, then add an NRG ball, or small handful of nuts.

#### DINNER:

## *Butternut squash or Kabocha squash soup*

**MEDIUM BUTTERNUT OR KABOCHA SQUASH**

**2 TABLESPOONS COCONUT OIL**

**SMALL ONION**

**2 CLOVES GARLIC**

**1 TO 2 TABLESPOONS CURRY POWDER (OPTIONAL)**

**1 TO 2 CUPS WATER, CHICKEN BROTH OR VEGETABLE BROTH**

**COCONUT MILK (YOU CAN USE WHAT'S LEFT OVER IN THE CAN FROM YOUR MORNING SMOOTHIE)**

Cut a medium-sized squash in half and scoop out the seeds. Place face down on a cookie sheet and add around a ½ cup water to the pan, place in a 350 degree oven until very tender when poked with a knife or fork. Watch out, hot!



Meanwhile, sauté a small-med onion (chopped) with 2 cloves garlic (thinly sliced) in 2 Tablespoons coconut oil. Season with salt and pepper. If you like Indian curry flavor and want the anti-inflammatory benefit you could add 1-2 Tablespoons curry-powder to the onions and garlic. Stir till combined and lightly toasted, but be careful not to burn the spice. A simpler flavor is great too, if you're not in the mood for spice. My husband and the kids dig it without the curry, while I adore the kick.

When the squash is done, scoop out the flesh and add it to the onions, add 1-2 cups water, vegetable broth or chicken broth.

Bring this to a gentle simmer to mix the flavors, and if you used curry powder make sure the curry powder has been scraped from the bottom of the pan. Now throw it in a blender and blend it until silky smooth. An immersion blender is ideal but a regular blender works fine too. Just be careful when you're blending hot liquids that you don't fill the container all the way up - lest you blend into a volcano of hot soup. And make sure you start on a low speed. I don't want you to burn yourself.

When you return your soup to the stove to reheat, add the optional coconut milk. A full can or the leftovers from your smoothie would be perfect.

## Bedtime

I like to have a bedtime tea as well as a supplement called CALM. That's a magnesium powder helpful for calming the nervous system and preparing for sleep. If you're unsure about adding a magnesium supplement to your diet please ask your doctor. There are a few conditions where the extra magnesium is undesirable.

### **A NOTE ABOUT SNACKING AFTER DINNER:**

Ideally after dinner we're done eating for the night. It's best for your body if there is at least a 12 hour window of fasting every night. Often when we eat after dinner it's emotional eating or eating out of boredom - as opposed to real hunger. My recommendation is that if you find yourself wanting a snack, brush your teeth and turn in early, read a relaxing book, listen to a podcast or enjoy some art or music if that's your enjoyment.

If you must snack, choose something small; a carrot with a little almond butter, or cut yourself a slice of avocado. I would stay away from nuts at night. It's easy to eat too many and they are not easy on digestion.

# DAY 4: RESET

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## BREAKFAST:

### Energy Boosting Green Smoothie

- 2 HANDFULS OF BABY SPINACH
- ½ CUP FRESH-OR-FROZEN PINEAPPLE
- 5 ICE CUBES
- 1 SATSUMA MANDARIN
- 1 CUP WATER
- 1 TO 2 TABLESPOONS CHOPPED FRESH GINGER

Blend till smooth and creamy. Adjust the taste by tinkering with the ginger and orange. If you want this smoothie sweeter add 1-2 dates or a touch of honey – but please try it as-is first. You could add a vegan protein powder to the green smoothie but I like the power-packed, fresh and alive aspect of this particular recipe! Try it at least once as is.

## MID-MORNING SNACK:

### Apples & NRG Ball

Apples and almond butter, or apples and an NRG ball. Because your green smoothie didn't have protein, you may need an earlier snack than normal.



## LUNCH:

### Avocado & Veggies

Enjoy a half or a whole avocado, depending on your hunger, along with a quarter to a half a cup of hummus\*, a serving of your trusty roasted veggies OR a selection of raw veggies. Finally add a generous serving of kraut or kimchi if you enjoyed it yesterday. Optional would be half a cup to 1 cup of quinoa, drizzled with olive oil. All this could be put together in a container and taken to work quite easily.

\*Choose a hummus that is made with olive oil and has ingredients you can pronounce. If you read the label you should find one that's simple - and free from additives. You can always look up a recipe and make your own if you are inspired.

## AFTERNOON SNACK:

### Miso Soup

A small bowl of miso soup and herbal tea or an NRG ball. Miso soup can be very simple: Dissolve good quality miso, (if possible get one that says "live") in hot – but not boiling – water and enjoy. Miso has probiotics and would be a good bedtime snack as well, if you ever find yourself hungry in the evening.







## DINNER:

# Beet ginger soup with a walnut pesto garnish

## THE SOUP

- 1 TABLESPOON COCONUT OIL
- 1 LARGE YELLOW ONION, DICED
- 3 LARGE CLOVES OF GARLIC, MINCED
- 1 TABLESPOON GINGER, MINCED
- 1 TEASPOON CINNAMON
- PINCH OF CAYENNE PEPPER
- 3 LARGE PURPLE BEETS, SCRUBBED  
CLEAN AND CUT INTO 1/4-INCH PIECES
- 1 1/2 CUPS WHITE BEANS.
- 1 13.5OZ. CAN OF FULL-FAT COCONUT MILK
- 3 TO 4 CUPS WATER.
- SALT AND PEPPER, TO TASTE

In a large soup pan, heat the coconut oil over medium heat. Add the onion and cook for about 5 minutes, stirring occasionally. Add beets, beans, garlic, cinnamon and ginger. Cook for 3-5 more minutes, stirring often. Add 3 cups of water and bring to a boil. Reduce heat to low and simmer for about 25 minutes. Add cayenne pepper to taste. I love it, as it adds a little bite and warmth to your throat. Make sure beets are nice and tender and then puree the soup with an immersion or countertop blender. Add more stock or water if the soup is too thick. Stir in the coconut milk. Season to taste with salt and pepper. Serve warm, topped with a dollop of the walnut pesto.

## WALNUT PESTO

- 1 CUP WALNUTS
- 2 CUP PARSLEY
- 3 CLOVES GARLIC
- 1/2 TEASPOON SALT
- 1/2 CUP OLIVE OIL

Put the walnuts, parsley, garlic and salt in a food processor and pulse until well chopped. Scrape down the sides of the bowl then pulse again. Drizzle in the olive oil while the machine is running. I like to blend it till smooth. Store your leftovers in the fridge and use as dip, or a garlicky sauce on practically anything!

## PREP FOR DAY 5:

# Sweet potato & nut milk

While your soup is cooking bake a sweet potato (yam) for tomorrow's smoothie. Poke holes into the sweet potato or yam with a fork and bake at 350 until soft. Choose a small to medium sized yam for a one-person smoothie. This happens to be my husband's favorite so I always make him one too!

Notice you'll have a morning task on Day 5 of poaching some chicken breasts, so you can do that tonight if you'd like a bit more time in the morning (see below).

If you're out of nut milk, go to the store or soak 1/4 cup cashews for tomorrow's smoothie as well, 1/2 cup if making for two people.

## EVENING:

# Tea

Tea and/or Calm and early to bed.

# DAY 5: RESET



Don't forget your morning routine: Five breaths, one statement of gratitude, warm water and lemon. You're getting there! Maybe you're already there.

## BREAKFAST: *Pumpkin Pie Smoothie*

**1 CUP PEELED SWEET POTATO YOU ROASTED LAST NIGHT**

**1/4 CUP DRAINED CASHEWS PLUS 1/2 CUP WATER OR 1/2 CUP NUT MILK.**

**2 MEDJOO DATES**

**PROTEIN OF SOME KIND: VEGAN PROTEIN POWDER, SPOON OF ALMOND BUTTER, OR A TABLESPOON OF GRASS FED COLLAGEN. DON'T SWEAT IT IF COLLAGEN IS A NEW PROTEIN SOURCE OR YOU. RESEARCH IT IF YOU LIKE! IT'S A DAILY GO-TO FOR ME AND MANY OF MY ONE-ON-ONE HEALTH-COACHING CLIENTS.**

**1 TEASPOON CINNAMON**

**1 TEASPOON VANILLA**

**1 TEASPOON GINGER (FRESH OR GROUND)**

**1/4 TEASPOON CLOVES**

**6 ICE CUBES, MORE OR LESS DEPENDING ON YOUR PREFERENCE FOR CHILLINESS**

Blend till silky smooth.

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## MORNING PREP: *Poaching Chicken*

Arrange a couple chicken breasts or thighs – bone in or out, the choice is yours – in the bottom of a sauce pan. It's fine if they overlap. Sprinkle with 1/2-1 teaspoon salt and any herbs you would like. My suggestions are: peppercorns, sliced onion, rosemary, parsley. You could also go the direction of orange slices and thinly sliced ginger. These herbs will give a very slight flavor.

Pour enough cool water over the chicken to cover by an inch or so. Bring the water to a boil. You'll see some white foam collecting; you can skim it off or leave it. No biggie.

Reduce to a simmer, cover and cook. As soon as the water comes to a boil, reduce to low, simmer and cook with the lid on. Begin checking the chicken after about 8 min. It is done when opaque in the center or when an instant-read thermometer reads 165 Fahrenheit in the thickest part of the meat. You're looking at around 10-15 min depending on size and whether it's bone-in or not.

Remove from poaching liquid, slice some for your lunch (see below) and store the rest in the fridge. Poached chicken can be used at room temp, warm, cold, sliced or shredded. It's a great protein source to have on hand.



## MORNING SNACK:

### *Apples & Almonds*

Apple slices and small handful of raw almonds or an NRG ball. If you're noticing a snack trend it's because an apple a day is really good for you! I exercise before lunch and an apple is a perfect snack pre-workout. Just enough natural sugar to energize you but coupled with fiber so it's prolonged energy rather than a quick crash.



## LUNCH:

### *Green Salad with Pesto Chicken*

Make yourself a large salad of mixed greens, any other veggies you like and poached chicken. You could throw in some quinoa too, that would be yummy! When you slice your chicken, toss it in a good amount of the parsley pesto you made on Day 3 for your beet soup. For salad dressing stick to: lemon, olive oil, balsamic and sea salt.



## DINNER:

### *Green Lantern Soup*

Yes, this will leave you feeling like a super-hero. Serves at least 6 to 8. Freeze any leftovers in single portions.

**2.5 LBS OF GREEN VEGETABLES. HOW AWESOME IS THAT?! I'M SMILING AS I TYPE. I USED: 4 SMALL ZUCCHINI, 1 SMALL HEAD OF BROCCOLI (FLORETS AND STEM), 3 PIECES OF CELERY, A BIG BUNCH OF SWISS CHARD. YOU COULD USE, SPINACH, KALE, PEAS, ANYTHING GREEN!**

**1 ONION**

**3 CLOVES GARLIC**

**HANDFUL OF PARSLEY, DON'T OVERTHINK WHAT A HANDFUL MEANS, IT WILL BE PERFECT!**

**1 MEDIUM SWEET POTATO**

**1 TABLESPOON COCONUT OIL**

**1 QUART CHICKEN OR VEGETABLE BROTH**

**1 CAN FULL FAT COCONUT MILK**

**SALT AND PEPPER TO TASTE**

**OPTIONAL: THAI GREEN CURRY PASTE**

Chop all of your vegetables. This is a blended soup so it's not as important the size of things. You want things to cooking more or less evenly, so you don't want anything overly large compared to something else. I would cut the sweet potatoes the smallest since they'll take the longest to cook.



Melt the coconut oil in a large soup pot over med heat, sauté onions, stirring often until translucent, season with salt and pepper, add chopped garlic and cook for another 2-3 min. Now throw all vegetables EXCEPT your greens into the pot along with the broth of your choice. Cook until tender.

Put chopped greens in the pot and cook until wilted but still bright green. Spinach will be just moments, Swiss chard and kale may take a couple minutes. Once all vegetables are soft enough that they'll blend smooth, it's time for an emersion blender or small batches in the blender. Silky smooth is what we're looking for.

Hey, why so many blended soups? Smooth soups are easier on your digestion, most people don't chew enough and digestion suffers. You could always just blend halfway if you don't dig the smooth. When you return it to the pot add the coconut milk.

Taste your soup at this point and add more salt if needed and decide if you want to try the curry paste. I took half out of the pot for the kids and then added green curry paste for the adults. Start with whisking in a teaspoon at a time until you get the level of spice you like.



# DAY 6: RESET

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## BREAKFAST:

### *Smoothie*

Go back to Day 3's smoothie and substitute a scoop of vegan protein powder if desired, or stick to the almond butter.

## MORNING SNACK:

### *Avocado & Sunflower Seeds*

Half an avocado with sunflower seeds and sea salt. Or the apple snack if you love that habit.

## LUNCH:

### *Lettuce cups*

Or you may also substitute leftovers from Day 3 and Day 4.

#### **BUTTER OR ROMAINE LETTUCE**

#### **SHREDDED CHICKEN**

**AVOCADO (MAKE A SIMPLE GUACAMOLE IF YOU HAVE TIME. JUST MASH UP: AVOCADO, LIME, SALT AND GARLIC)**

#### **HUMMUS**

**A DOLLOP OF THE PESTO IF THAT SOUNDS GOOD TO YOU**

#### **GRATED CARROTS AND BEETS**

Load up your lettuce with above ingredients as a little "boat" in the case of romaine, or "cup" if its butter lettuce.



## DINNER:

# Curried Lentil Soup with Spinach

This soup takes inspiration from a coconut red lentil soup from 101 Cookbooks, a great blog for healthy vegetarian meals (101cookbooks.com). This recipe makes a lot, maybe around 8 servings. Invite friends, give away or freeze. My 10-year-old really enjoyed this soup!

**1 TABLESPOON COCONUT OIL**

**1 LEEK OR SMALL ONION THINLY SLICED, WHITE PART ONLY. I SAVE THE TOP WITH OTHER VEGGIE SCRAPS IN THE FREEZER TO MAKE BROTH ONCE A WEEK.**

**3 CELERY STALKS IN 1/2-INCH DICES**

**2 CLOVES GARLIC THINLY SLICED**

**1 6-OUNCE CAN TOMATO PASTE**

**1 QUART CHICKEN OR VEGETABLE BROTH PLUS 3 TO 4 CUPS WATER**

**2 TO 3 TABLESPOONS CURRY POWDER**

**1 1/2 TEASPOONS SALT**

**1 CUP BROWN OR GREEN LENTILS RINSED**

**1 CUP YELLOW OR ORANGE LENTILS RINSED**

**1 1/2 CUPS SWEET POTATO CUT IN SMALL CUBES**

**2 CANS FULL FAT COCONUT MILK**

**1 TABLESPOON LEMON JUICE**

**6 CUPS LIGHTLY PACKED SPINACH. BABY SPINACH IS THE EASIEST.**

Heat oil in a soup pot and sauté leeks or onion until translucent, add celery and garlic and cook for 3 more min until fragrant, do not burn. Put tomato paste in pot and stir vigorously until shiny red. Add curry powder and mix, it will get pretty sticky. Don't worry, be happy.

Pour in broth and 3 cups of water. Add salt.

Rinse lentils until water runs clear in a mesh strainer, add to pot. Throw in your sweet potatoes.

Bring everything to a boil, reduce to a simmer and cook with lid on. You'll need to stir it pretty often so things don't stick to the bottom of the pot. If water seems to low or soup is too thick add more water.

When lentils are soft, add the spinach and cook just until wilted. Stir in lemon juice. Stir in coconut milk and bring back to serving temperature if eating right away.

Garnish with chopped cilantro and a little sriracha sauce if you're addicted like I am. Yes, it does have a little sugar in it.





# DAY 7: RESET, LAST DAY!

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## BREAKFAST:

### *Green smoothie with protein powder or collagen*

2 CUPS GREENS: SPINACH, KALE, ROMAINE  
LETTUCE, CILANTRO OR PARSLEY (IN  
MODERATION) ARE ALL DELICIOUS

1 CUP COCONUT WATER

½ AVOCADO

SCOOP OF PROTEIN, COLLAGEN OR NUT BUTTER

2 MEDJOOOL DATES

½ CUP FROZEN BLUEBERRIES

ICE OR MORE COCONUT WATER AS NEEDED

Blend until silky smooth.

## MORNING PREP:

### *Soak Cashews*

If you don't have homemade nut milk then soak ¼ cup cashews in water for tonight's alfredo sauce.

### *Morning Snack*

Apple and NRG ball or a couple medjool dates with almond butter inside. Yumm!

## LUNCH:

### *Leftover soup*

Time for one of the portions you've put in the freezer.



**DINNER:**

# Meg's Cauliflower Alfredo With Green Salad

This recipe is greatly inspired by a food blog called "Oh she glows" check it out for healthy delicious recipes (ohsheglows.com). I've added just a bit of my own touch.

**1 SMALL-MEDIUM HEAD OF CAULIFLOWER SEPARATED INTO FLORETS AND STEAMED UNTIL VERY TENDER WITH 1 LEEK, WHITE PART ONLY CUT INTO 1 INCH PIECES**

**½ CUP NUT MILK. IF YOU DIDN'T MAKE CASHEW MILK AHEAD OF TIME THEN SOAK ¼ CUP CASHEWS IN WATER FOR A FEW HOURS OR OVERNIGHT, DRAIN AND BLEND WITH ½ CUP WATER TO CREATE YOU MILK**

**2 CLOVES GARLIC SLICED THIN**

**2 TABLESPOONS OLIVE OIL**

**1 TEASPOON SALT**

**¼ TEASPOON BLACK PEPPER**

**¼ CUP BREWERS YEAST**

**1 TABLESPOON LEMON JUICE**

**1 TEASPOON TURMERIC**

**¼ TEASPOON GARLIC POWDER**

**½ TEASPOON ONION POWDER**

**¼ TEASPOON SMOKED PAPRIKA (OPTIONAL BUT DELICIOUS)**

**PINCH OF CAYENNE OR CHIPOTLE POWDER IF YOU LIKE SPICE, NOT NECESSARY TO BE DELICIOUS.**



Blend cashews with water or pour ½ cup nut milk into blender.

Steam cauliflower and leeks until very tender.

Sauté garlic in the olive oil until light brown, be careful not to burn.

Put all ingredients into blender and run machine until sauce is very smooth. You may have to stop and stir things around once or twice.

Adjust seasonings, you may want a little more salt and possibly more lemon.

I mix a generous amount of the alfredo sauce into brown rice pasta and serve with a simple green salad. Trader Joes actually carries my favorite organic, brown rice and quinoa pasta.

If you have leftover chicken you could put some chicken slices on top as well.



# RESET SHOPPING LIST

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## VEGGIES

- 1-2 bunches of kale
- Spinach
- Green vegetables for your soup  
*(If you're making the full amount (which is a lot) you'll need 2.5 lbs green veggies. Some of this can be the above kale and spinach, but keep in mind you'll need greens for smoothies as well. You'll also want various green things for your roasted veggies for lunches. **Suggestions: broccoli, swiss chard, zucchini, squash, brussel sprouts ... whatever is looking good and in season.)***
- Medium butternut or kabocha squash
- A few large sweet onions
- A few sweet potatoes
- 2 leeks
- Bunch of celery
- 3 medium-large purple beets
- Fresh ginger
- Bunch of parsley
- Butter or romaine lettuce
- Bunch of carrots
- A few avocados  
*(You can keep green avos in the fridge and take them out one by one to ripen?)*
- Cauliflower  
*(You'll need 1 small-medium head for sauce. Get more for roasting if you want.)*
- Garlic

## FRUIT

- Frozen blueberries
- Fresh or frozen pineapple
- A few satsumas or mandarins
- An apple a day for the cleanse
- Lemons, 8-10
- Couple of limes
- Medjool dates

## SPICES

- Unsweetened cocoa powder  
*(Go for good quality here so you're getting the health benefits.)*
- Vanilla
- Sea salt
- Turmeric powder
- Cinnamon
- Cloves
- Garlic powder
- Onion powder
- Smoked paprika
- Curry powder



# RESET SHOPPING LIST

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## OILS

- Coconut oil
- Olive oil

## MISCELLANEOUS

- Almond butter
- 2 cans white beans
- 6-ounce can tomato paste
- A few cans full-fat coconut milk
- Coconut water  
(optional for smoothies)
- Nut milk  
(if you don't plan on making your own)
- A couple quarts vegetable or chicken broth  
(or make your own)
- Kombu  
(if you're making your own beans – I highly recommend making your own!)
- Thai green curry paste  
(optional but delicious)
- Sauerkraut or kimchi
- Raw miso paste
- Hummus

## MEAT

- Couple chicken breasts or thighs, if desired

## SUPPLEMENTS

- Probiotic (optional)
- Vegan protein powder  
(optional – I like Garden of Life and VEGA)
- CALM magnesium supplement (optional)

## BULK SECTION

- Chia seeds
- Raw cashews  
(if you're making milk you'll want a few cups worth)
- Raw sunflower seeds (small amount)
- Raw walnuts (small amount)
- Shredded coconut
- Black beans or pinto beans
- Few cups brown lentils
- Few cups yellow or orange lentils
- Brewers yeast or nutritional yeast, bulk or packaged  
(Goes great on popcorn after reset is over!)

# YOU DID IT!

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You made it through five days of healthy, simple eating. Where to go from here? Hop onto my website ([megorion.com](http://megorion.com)) and make sure you are on my mailing list to stay up to date with new recipes and ideas.

If this reset has made you curious about your health and you would like to consider becoming a coaching client, then visit my website to contact me about a free first session.

With love and gratitude,  
Meg Orion,  
Holistic Health Coach

