

# 5 Day Reboot

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RECIPES | MEAL PLANNING | GROCERY LIST



# Welcome

FROM JENNIFER LLOYD RHN, CHHC

Changing habits is not always easy. Oftentimes, we know what to do, but it's the doing part that's difficult. I know; I've been there too!

This is why the Clean Eating 5 Day Reboot is so great!

Here, you'll learn SIMPLE strategies that you can EASILY incorporate into your daily lifestyle; I want you to look forward to feeling lighter and leaner!

I designed the Reboot recipes to be not only nutritious, but... Quick, Easy and Delicious.

Here's to a healthier, happier you!





*Eating the rainbow – lots of colourful fruits and veggies!*

## *Wondering what we will be eating?*

Clean protein, by that I mean free range, hormone and antibiotic free, grass fed meats! The plan is centered around turkey, chicken, salmon with Vegetarian options if you would like. There's also lots of nuts and seeds for protein and those oh so important omega 3s.

Refined and processed foods are not on this list!

Good quality fats...extra virgin olive oil and canned, full fat coconut milk. Not included are oils such as canola, sunflower and safflower.

Hydrate! Aim for 1 litre of water for every 50 pounds of body weight or commonly calculated as, half your body weight in ounces (100 lbs = 50 ounces of water).

For 5 days we will be gluten, dairy, corn, soy and alcohol free! – it's only 5 days!

*Ready? Good. Let's get started!*



## Snacks? ... yes!

Prepping satisfying snacks – or mini meals - in advance means you always have something to reach for when the urge strikes.

YOU DON'T NEED TO GO THROUGH A  
DRIVE-THRU TO GET FAST FOOD...

*Here's some snack foods inspired by Nature*

- Apple wedges with almond butter
- A pear with a handful of walnuts
- A couple of dates filled with tahini
- Figs are in season! A couple of ripe figs can satisfy any sweet tooth
- Hard boiled organic, free range eggs
- A handful of good quality nuts and seeds

I've also included snack recipes that are sure to please - I've been told they're quite delicious!

# Our Daily Guidelines



## MORNING LEMON ELIXIR

- 2 cups warm or room temperature water
- Juice from 1/2 a lemon
- 1/2 teaspoon raw apple cider vinegar (optional)

## Upon Waking

My favorite way to start the day is with what I call the Morning Elixir.

It not only hydrates you but is a terrific way to alkalize your body!

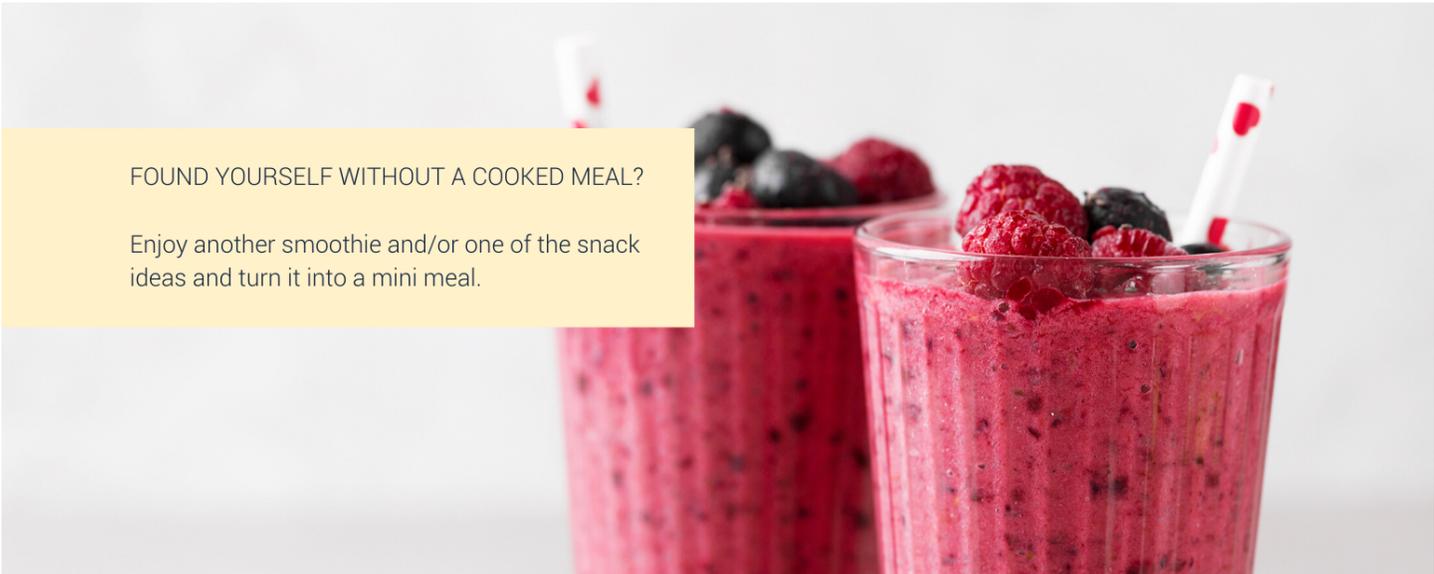
## Our Daily Guidelines *(continued)*

### Breakfast

- Morning coffee? Sure go ahead, but that doesn't include the frothy, latte version! Preferably black and forgo the sugar for this week
- I've added a couple of tasty grab 'n go breakfast recipes, Blueberry Overnight Oats and Pumpkin Breakfast Cookies in case you prefer to add a little something extra to your morning.
- Adding a 15 – 20 gram serving of a clean protein powder to your morning smoothie boosts your daily protein intake and helps keep you feeling satisfied

### Lunch and Dinner

- Each meal is laid out in the Meal Plan and all the recipes are included
- Make the Big Bowl Salad a part of each meal. Drizzle with your choice of either dressing (recipes included) and any additions that appeal. ie grated carrot, pumpkin seeds etc.
- Rule of thumb for protein portion...size of the palm of your hand or a deck of cards
- Find yourself wanting more? Add a small portion of plant based complex carbs like beets, yams or sweet potatoes or a cup of cooked rice



FOUND YOURSELF WITHOUT A COOKED MEAL?

Enjoy another smoothie and/or one of the snack ideas and turn it into a mini meal.



## The Plan

*Prep and cook twice a week. Sunday and Wednesday are my choices, but if you prefer, cook a meal each night. I shop the Farmers' Market on Sunday, and on Wednesday I swing by Kin's or Thrifty's for the 2nd half of the week.*

### Sunday

- Start by cooking 1 cup of quinoa (2 cups cooked) for the Turkey Patties
- While quinoa is cooking prep and bake all of the Chicken Breasts (grill or bake your favorite recipe or find one included here in the recipe section).
  - NOTE: I find roasting a whole chicken on Sunday is perfect use throughout the week in the recipes – while you're at it, why not roast 2 and freeze any leftovers.
- Wash, trim and cut up the veggies for roasting with Turkey Patties
- At the same time cut up carrot and celery sticks, sliced cucumber for snacks with Hummus
- Mix the ingredients for the Turkey Patties and bake when Chicken Breasts are done (or whole chicken is roasted)
- Prep the The Big Bowl Salad and wash the spinach for the smoothies so it's ready for the morning
- While waiting for Chicken to cool, make both the salad dressing recipes for the week and store in glass jars in the fridge
- When Chicken Breasts are cooled, use one to prepare the Curried Chicken Lettuce Wraps and slice the others for the Chicken & Greek Salad

# The Plan *(continued)*

## Wednesday

- Trim ends of beets, rub with olive oil and sea salt. Wrap in foil and start roasting (skin rubs off easily while still warm after roasting).
- Share the oven and roast the walnuts at the same time – just keep a close eye as they can burn easily
- While beets are roasting, prep the veggies and salmon from the One Pan Roasted Salmon recipe as well as the salmon for Friday's dinner (Tart and Tangy Leftover Salmon Salad Wraps) and bake with the beets (both should finish about the same time)
- Prep a fresh Big Bowl Salad
- Wash a cut veggie sticks for snack recipe tomorrow



# 5Day Reboot

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Chai Pear Smoothie	2 Pineapple & Turmeric Smoothie	Winter Berry Smoothie	Pineapple Turmeric Smoothie	Detox Green Smoothie
Snack 1	Spicy Black Bean Hummus	Apple with Almond Butter	Spicy Black Bean Hummus	Hummus Dippers	Banana Sushi
Lunch	Curried Chicken Lettuce Wraps	Turkey Quinoa Patties with Sundried Tomato	2 Chicken & Greek Salad	2 One Pan Salmon with Green Beans & Roasted Tomato	Kale Roasted Beet and Walnut Salad
		Big Bowl Salad			
Dinner	Turkey Quinoa Patties with Sundried Tomato	2 Chicken & Greek Salad	2 One Pan Roasted Salmon with Beans and Cherry Tomatoes	Kale Roasted Beet and Walnut Salad	Tangy and Tart (leftover) Salmon Salad Wraps
	Roasted Veggies				

# The Grocery List

## Fruits

2 Apple  
1 Avocado  
2 Banana  
1 1/4 Green Apple  
3 Lemon  
1 Navel Orange  
4 Pear  
4 cups Pineapple,  
fresh or frozen

## Seeds, Nuts & Spices

1/4 tsp Black Pepper  
1/4 tsp Cardamom  
2 tbsps Chia Seeds  
1/2 tsp Cinnamon  
1 tsp Cumin  
1 1/2 tpsps Curry Powder  
1 1/3 tbsps Greek Seasoning  
2 tbsps Ground Flax Seed  
3 tbsps Hemp Seeds  
2 tpsps Italian Seasoning  
1/2 tsp Oregano  
1/2 tsp Paprika  
1/4 tsp Red Pepper Flakes  
2 tpsps Turmeric  
1 cup Walnuts  
Sea Salt & Black Pepper

## Boxed & Canned

1 1/2 cups Black Beans  
1 can Organic Coconut Milk  
1 cup Quinoa

## Frozen

1 1/2 cups Frozen Berries

## Vegetables

4 cups Arugula  
6 cups Baby Spinach  
2 tbsps Basil Leaves  
4 Beets  
1 head Boston Lettuce  
1 head Green Lettuce  
1 head Romaine  
3 Carrot  
7 stalks Celery  
5 cups Cherry Tomatoes  
2 Cucumber  
2 Garlic Bulbs  
1 small fresh Ginger  
7 cups Green Beans  
2 stalks Green Onion  
2 bunches Kale, large  
1 cup Mushrooms  
1/2 cup Parsley  
1 Yellow Onion  
1 Red Onion, large  
1 Yellow Bell Pepper  
2 Zucchini

## Cold

5 1/2 cups Unsweetened Almond Milk

## Bread, Fish, Meat & Cheese

5 Chicken Breast  
(or 2 medium roasting chickens)  
500 grams Extra Lean Ground Turkey  
1 cup Feta Cheese  
1 cup Hummus  
6 servings Wild Salmon Fillet

## Condiments & Oils

1/3 cup Almond Butter  
1/4 cup Apple Cider Vinegar  
1/2 cup Balsamic Vinegar  
2 tpsps Dijon Mustard  
1 1/2 cups Extra Virgin Olive Oil  
2 tbsps Miso Paste  
1 cup Pitted Kalamata Olives  
4 tbsps Pure Maple Syrup  
1/4 cup Sun Dried Tomatoes  
1 tbsps Tahini  
1 tsp Tamari  
2 Pitted Dates  
1 tsp Raw Honey

## Other

Protein Powder, for smoothies -  
if desired



## Big Bowl Salad

8 servings

20 minutes

### Ingredients

- 6 leaves Romaine (rinsed and torn)
- 1 bunch Kale (thinly sliced)
- 1 head Green Lettuce (butter lettuce)
- 4 cups Arugula

### Directions

- 1 Rinse, tear or slice your chosen combination of greens. Big Bowl Salad stores well for up to 3 days, refrigerated in a large sealed bowl.

### Notes

**Salad basics!:** Here is a jumping off point with salads and dressings ...the salads for each day will begin with a handful (or two) of The Big Bowl Salad! Simply add toppings of your choice ie chopped walnuts, roasted beets, celery, parsley or cilantro - list is as big as your nutritional imagination ☑

**Never let a salad be boring again!:** Change up the greens with a combination of arugula, swiss chard or curly red lettuce. Get creative and choose something new each time you shop.

**Finding yourself in a time crunch?:** You may find that the boxed Organic Baby Spring Mix is the answer. Available in most grocery and produce stores.

**Salad Dressings:** Top your Big Bowl Salad portion with 1 - 2 tablespoons of either Real Simple Dressing or Favourite Dressing. Don't worry, both recipes are included and can be found at the end of the recipe section.



## Favorite Dressing

4 servings

5 minutes

### Ingredients

1/4 cup Extra Virgin Olive Oil  
3 tbsps Balsamic Vinegar  
1 tbsp Pure Maple Syrup (organic)  
2 tsps Dijon Mustard (coarse )  
1 tsp Tamari

### Directions

- 1 Place all ingredients into a small bowl and whisk. That's it - easy!

### Notes

**What's Tamari?:** Tamari is a rich, naturally fermented soy sauce that is gluten free.



## Basic Salad Dressing

4 servings

5 minutes

### Ingredients

- 1/4 cup Apple Cider Vinegar (raw)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Miso Paste
- 1 tsp Raw Honey (unpasteurized )

### Directions

- 1 Blend or wish ingredients together. Drizzle and toss to coat the salad.

### Notes

**Don't be fooled by the simplicity of this recipe!:** This dressing packs quite a punch on the health scale!

**Fermented foods for gut health!:** Miso paste and raw, unfiltered Apple Cider Vinegar combine to give your microbiome a good boost!



## Chai Pear Smoothie

2 servings

5 minutes

### Ingredients

- 4 cups Baby Spinach (2 large handfuls)
- 1 Pitted Dates
- 2 tbsps Chia Seeds
- 1 cup Organic Coconut Milk
- 2 Pear (quartered and cored )
- 1/2 tsp Cinnamon
- 1/4 tsp Cardamom
- 1 cup Water (to desired consistency )
- 1/4 cup Protein Powder (optional)

### Directions

- 1 Blend & Enjoy!

### Notes

**No Coconut Milk?:** Use Super Simple Almond Milk recipe instead.

**No Pears?:** Apples make a great substitute in this recipe.

**Not sure about Cardamom?:** Health benefits abound! A little goes a long way for flavour.



## Pineapple & Turmeric Smoothie

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
2 cups Pineapple (diced into chunks)  
1 tbsp Ginger (peeled and grated)  
1/2 cup Vanilla Protein Powder  
1 tsp Turmeric (powder)

### Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

### Notes

**Storage:** Refrigerate in a sealed jar overnight. Shake before drinking.

**No Pineapple:** Use mango, peaches or banana instead.

**No Protein Powder?:** Use 2 tablespoons Hemp Seeds instead.

**Homemade Almond Milk - super quick and easy:** 1 large handful soaked and rinsed almonds, 1 pitted date(optional) and 2 cups filtered water. Place in blender before other ingredients and blend. No need to strain, simply add your smoothie ingredients and blend again.



## Winter Berry Smoothie

2 servings  
10 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

### Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



## Detox Green Smoothie

2 servings  
10 minutes

### Ingredients

- 2 leaves Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

### Directions

- 1 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

### Notes

**No Kale:** Use spinach.

**No Pear:** Use apples.

**Metabolism Boost:** Add 1/4 tsp cayenne pepper.

**Make it Sweeter:** Add 1/2 cup frozen pineapple or mango.

**More Protein:** Add a scoop of protein powder or hemp seeds.



## Spicy Black Bean Hummus

6 servings

10 minutes

### Ingredients

- 1 1/2 cups Black Beans (540ml can)
- 1 Garlic Clove (peeled)
- 1 Lemon (juiced)
- 1 tbsp Tahini
- 1 tsp Cumin
- 1/4 tsp Red Pepper Flakes
- 1/4 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil

### Directions

- 1 Place garlic in blender or food processor and process until finely chopped. Add lemon juice, tahini, cumin, salt, black beans and crushed red pepper; process until smooth.
- 2 Spoon bean mixture into a medium bowl and drizzle with olive oil. Sprinkle with ground black pepper.



## Apple with Almond Butter

2 servings

5 minutes

### Ingredients

2 Apple  
1/4 cup Almond Butter

### Directions

- 1 Slice apple and cut away the core.  
:
- 2 Dip into almond butter.  
:
- 3 Yummmm.



## Hummus Dippers

4 servings

15 minutes

### Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Homemade:** Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.



## Banana Sushi

2 servings

5 minutes

### Ingredients

2 Banana (peeled)  
2 tbsps Almond Butter  
2 tbsps Hemp Seeds

### Directions

- 1 Spread almond butter onto banana.  
:
- 2 Sprinkle hemp seeds over top.  
:
- 3 Slice and enjoy!

### Notes

No Hemp Seeds: Use sunflower seeds instead.



## Juicy Baked Chicken Breast

2 servings  
35 minutes

### Ingredients

283 grams Chicken Breast (boneless, skinless)  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/2 tsp Italian Seasoning

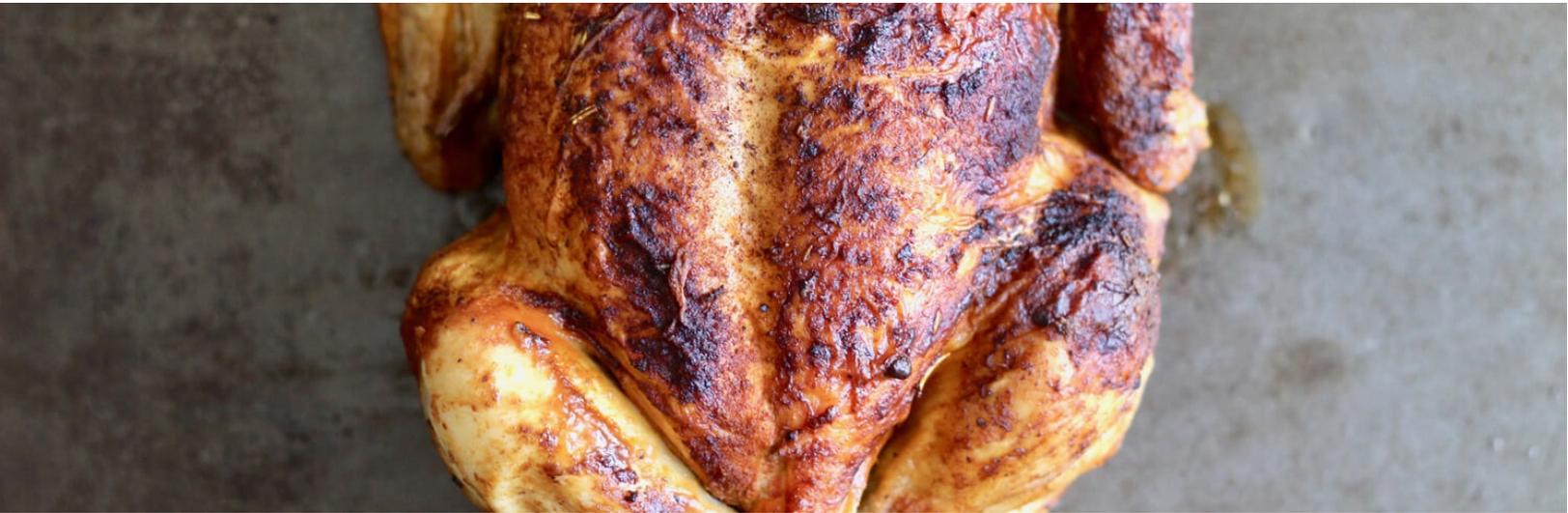
### Directions

- 1 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 3 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 4 Carefully remove the foil and slice the chicken before serving. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Store in the freezer for longer.

**Meat Thermometer:** If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.



## Roasted Chicken

4 servings

2 hours

### Ingredients

1.8 kilograms Whole Roasting Chicken  
1 tbsp Extra Virgin Olive Oil  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1 tbsp Poultry Seasoning  
2 tsps Paprika

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

### Notes

**Roasting Times:** If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

**Leftovers:** Meat can be kept for up to 3 days in a covered container in the fridge.

**Zero Waste:** Save the chicken carcass to make Immunity Boosting Bone Broth.

**Save Time:** Buy a pre-roasted chicken.



## Curried Chicken Lettuce Wraps

2 servings

15 minutes

### Ingredients

- 1 Green Apple (chopped)
- 1 Chicken Breast (cooked )
- 1/4 cup Organic Coconut Milk (full fat, cream skimmed from top )
- 1 tsp Apple Cider Vinegar (Raw)
- 1 1/2 tsps Curry Powder
- 2 stalks Green Onion (chopped)
- 2 stalks Celery (chopped finely)
- 1 Carrot (small, julienned )
- 1/2 head Boston Lettuce (leaves separated)

### Directions

- 1 Chop the chicken breast coarsely and set aside.
- 2 In a large bowl combine chicken, apple, green onion, diced celery. Season with salt and pepper.
- 3 Wisk together the coconut cream, vinegar and curry powder. Add to the chicken, apple, green onion and celery. Combine till coated.
- 4 Serve a scoop or two in lettuce leaf. Top with carrots. Enjoy!

### Notes

**No Coconut Milk:** Use half a ripe avocado instead.

**Like it hot?:** Add some cayenne powder or chopped jalepeno pepper.

**Add more crunch:** Top with your favourite sprouts.



## Turkey Quinoa Patties with Sundried Tomato

6 servings  
25 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
500 grams Extra Lean Ground Turkey  
1 Yellow Onion (small)  
2 Garlic (cloves, crushed)  
1 cup Quinoa (cooked)  
2 tps Italian Seasoning  
1/2 tsp Paprika  
1/2 tsp Sea Salt  
1/4 cup Sun Dried Tomatoes (packed in oil)  
1/2 cup Parsley (chopped)

### Directions

- 1 Preheat oven to 400F
- 2 Saute onions and garlic over medium heat in the olive oil, just until they start to change colour.
- 3 In a separate bowl, mix ground turkey, with remaining ingredients and then add the onions and garlic.
- 4 Mix well and shape into 6 - 8 hamburger style patties.
- 5 Place patties on a parchment lined baking sheet and cook for 15 min or until cooked through.



## Roasted Veggies

2 servings  
40 minutes

### Ingredients

- 1 Carrot (medium, chopped)
- 1 Zucchini (medium, chopped)
- 1 cup Mushrooms (chopped)
- 1 cup Green Beans (trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

**No Mushrooms:** Swap in bell peppers or broccoli instead.

**Even Cooking:** Chop your vegetables to be approximately the same size to ensure even cooking.



## Chicken & Greek Salad

4 servings

20 minutes

### Ingredients

- 1 1/3 tbsps Greek Seasoning (or to taste)
- 1/2 Lemon (juiced)
- 3 tbsps Extra Virgin Olive Oil
- 4 Chicken Breast (cooked, per Sunday's Prep Plan)
- 3 cups Cherry Tomatoes (halved)
- 1 Cucumber (diced)
- 1/4 cup Red Onion (finely diced)
- 1 cup Pitted Kalamata Olives (chopped)
- 3 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Feta Cheese (crumbled)

### Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 Make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, olive oil, lemon juice, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates and top with crumbled feta cheese. Enjoy!

### Notes

**Love Quinoa?:** Mix quinoa into the salad for extra protein.

**No Greek Seasoning:** Use Italian seasoning instead.



## One Pan Roasted Salmon with Beans and Cherry Tomatoes

4 servings  
30 minutes

### Ingredients

4 servings Salmon Fillet (Wild )  
6 cups Green Beans (fresh, washed and ends trimmed)  
2 cups Cherry Tomatoes  
1 Zucchini (sliced)  
1/4 Red Onion (cut into wedges)  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt & Black Pepper (or to taste)

### Directions

- 1 Preheat oven to 450 degrees. Line a baking sheet with parchment paper.
- 2 Toss green beans, cherry tomatoes, zucchini and red onion together with olive oil and sea salt. Bake on prepared sheet for 10 minutes.
- 3 Season the salmon fillets with sea salt and pepper. Add the salmon fillets to the baking sheet with the veggies and bake for another 8 - 10 minutes until the salmon is done.
- 4 Divide veggies between plates and top with salmon. Enjoy!

### Notes

**Salmon not in Season?:** Use any type of fish fillet. Baking times will vary depending on thickness.

**Vegan Option:** Use roasted chickpeas instead of salmon.

**More Carbs:** Use roasted chickpeas instead of salmon.

**Added Touch:** Toss the green beans in balsamic vinegar before serving.



## Kale Roasted Beet and Walnut Salad

4 servings  
30 minutes

### Ingredients

4 Beet (roasted and sliced)  
1 bunch Kale (rinsed, destemmed and chopped)  
2 tbsps Extra Virgin Olive Oil (for massaging)  
1 cup Walnuts (lightly roasted)  
1/2 cup Feta Cheese (optional)  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Balsamic Vinegar  
1 tbsp Pure Maple Syrup  
2 tbsps Basil Leaves (finely chopped)  
1/4 tsp Sea Salt

### Directions

- 1 Preheat oven to 375 degrees F. Roast beets, with skin on, wrapped in tinfoil, until fork tender. Remove from oven and allow to cool until warm enough to handle. Unwrap the beets and remove the skin - skin will simply 'rub' off.
- 2 While oven is hot roast the walnuts by placing in a small glass baking dish for 10 to 12 minutes. Let cool completely.
- 3 While beets are roasting, rinse and de-stem the Kale leaves. Roll the leaves together and chop to desired size. Use 2 tablespoons of Olive Oil and a sprinkling of sea salt to 'massage' the kale - lightly rub between your hands until all leaves are coated with oil and feel that they have softened.
- 4 In a small bowl, whisk together the remaining ingredients for the dressing.
- 5 Assemble the salad by placing the Kale on a serving dish. Sprinkle most of the walnuts and then place the sliced beets along the top. Drizzle the dressing along the Beets and then garnish with remaining walnuts and Feta Cheese is using.

### Notes

**Deeper Flavour:** Replacing Balsamic Vinegar with reduced Balsamic or a Balsamic Glaze provides a rich, creamy flavour to the salad.

**Nut Free?:** Use toasted Chick Peas instead. Spice it up a little by tossing the chickpeas to coat in some olive oil, cumin, garlic powder, sea salt and a little chill powder. Spread into a single layer on a baking sheet. Roast in 375degree F oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes. Tasty!



## Tangy and Tart (leftover) Salmon Salad Wraps

2 servings  
25 minutes

### Ingredients

2 servings Salmon Fillet (left over from Wednesday's dinner, flaked into pieces)  
1/2 stalk Celery (diced)  
1/8 Cucumber (diced)  
1/4 Green Apple (diced)  
1/8 tsp Sea Salt  
1/8 tsp Black Pepper  
1 cup Red Onion (thinly sliced )  
1/8 Avocado (sliced thinly)  
1/2 head Boston Lettuce (peeled apart into leaves and washed)  
1/2 Lemon (sliced into wedges)

### Directions

- 1 Mix all the ingredients together and serve in a lettuce wrap or on a bed of the Big Bowl Salad
- 2 Drizzle 1 - 2 tablespoons of Basic Dressing over top. Salt and Pepper to taste.

### Notes

**Vegan and Vegetarian:** Use walnuts or hemp seeds instead  
**Ooops, no salmon left over?:** Use canned salmon or tuna



You will find some tasty, nutritious and of course, delicious, bonus recipes on the following pages... I couldn't resist sharing them with you but please note that the ingredients for these are not on the grocery list.

And that's not all! Over the next few weeks I will be landing in your inbox with more tasty recipes and Healthy Habit tips and tricks.

I hope you enjoy this 5 Day Reboot and I thank you for being on this health journey with me... it's always more fun in a group!

*If you have any questions about this 5 Day Reboot, or any questions at all, please feel free to contact me at [jlloyd@eatforliving.ca](mailto:jlloyd@eatforliving.ca)*

To vibrant health,

*Jennifer*



## Blueberry Overnight Oats

4 servings

8 hours

### Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

### Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.



## Pumpkin Breakfast Cookies

8 servings  
45 minutes

### Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

### Notes

**Make it Sweeter:** Add in a handful of dark organic chocolate chips.

**Vegan:** Use maple syrup instead of honey and a chia egg instead of an egg.

**Storage:** Store in the freezer in a zip-loc bag up to 1 month.