



Suzanne Barnes 2-WEEK RESET

LOVEYOURBODY_LYB

LET'S GET *started!!!*

I always crave a good reset!

Nutrition is the **BIGGEST** part of the health equation and the thing that most people struggle with even more than moving their bodies. When you can learn and teach yourself how to choose the **RIGHT** foods for **YOUR** body, so much changes!

Your mental fog lifts, you gain energy, you have more focus, you lose the bloat and inflammation, you don't get hungry - your confidence increases and you feel empowered.

The inspiration behind this "Two Week Body Reset" guide is to nourish our body, our gut and overall health. My intention for this plan is to provide you with easy, simple recipes that I've learned from nutritionists over the years. These recipes don't require a ton of time in the kitchen - but helps repair the gut - so our bodies can reap full benefits of the nutrients we consume for a more vibrant healthy body "from the inside out". Hope the habits from this "Body reset" will last beyond just these 2 weeks.

You will notice that there are no meal guides from Friday to Saturday night. I think that having a day or two to enjoy yourself and eat whatever you want actually helps keep you on track for the 2 weeks and into the future. Sitting down for a good meal fuels our body physically, mentally and spiritually too.



RECIPE ON PAGE 10

Usually after a couple delicious meals over the weekend, we are ready to get back on track! It's important to remember that one or two days of pizza and ice cream will not prevent you from being healthy, losing weight and achieving your goals. However, restricting yourself from eating the foods you love may lead to binging down the road.

This plan was not created to end immediately after the 2 weeks is up. It is a sustainable way to eat and can be continued for however long you would like! The recipes are clean. Yet super nourishing and delicious.

Love your body!
@suzannesbarnes

WEEK ONE

Meal Plan

MONDAY

BREAKFAST (choose one)

Veggie scramble
1 Slice Bacon + 1 Egg
Smoothie
Oats/Oatmeal

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
½ Gluten Free Bagel + Veggies

DINNER (choose one)

Chili
Chicken Tacos

THURSDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Oats/Oatmeal

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
½ Gluten Free Bagel + Veggies

DINNER (choose one)

Chicken with Carrots + Sweet Potatoes
Spinach-Turkey Burgers + Green Beans

TUESDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Oats/Oatmeal

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
½ Gluten Free Bagel + Veggies

DINNER (choose one)

Chili
Chicken Tacos

FRIDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Oats/Oatmeal

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
½ Gluten Free Bagel + Veggies

DINNER

Whatever you want!

SATURDAY

FREE DAY!

Enjoy a meal out with friends
and family, or take out from your
favorite local restaurant

WEDNESDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Oats/Oatmeal

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
½ Gluten Free Bagel + Veggies

DINNER (choose one)

Chicken with Carrots + Sweet Potatoes
Spinach-Turkey Burgers + Green Beans

SUNDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Oats/Oatmeal

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
½ Gluten Free Bagel + Veggies

DINNER (choose one)

Pick a recipe from this guide or clear
out any leftovers from the week.

WEEK ONE

Grocery List

FRESH HERBS

- ☐ Cilantro
- ☐ Dill
- ☐ Green Onion
- ☐ Parsley

FRUIT

- ☐ Apple
- ☐ Bananas
- ☐ Blueberries
- ☐ Frozen Berries
- ☐ Frozen Coconut Pulp
- ☐ Fruit of Choice for Snack
- ☐ Lemons
- ☐ Limes
- ☐ Raspberries
- ☐ Strawberries

DAIRY

- ☐ Cream Cheese
(I recommend Organic Valley)
- ☐ Feta Cheese
- ☐ Goat Cheese
- ☐ Grass-fed Whole Milk
- ☐ Kefir or Greek Yogurt
- ☐ Mozzarella Cheese
- ☐ Sharp Cheddar Cheese

PANTRY

- ☐ Almond or Oat Milk
- ☐ Coconut Milk
- ☐ Chicken Broth
- ☐ Dark Chocolate
- ☐ Gluten Free Bagels
- ☐ Gluten Free Or Sprouted Bread
- ☐ Honey
- ☐ Jam
- ☐ Large Tortillas for Wraps (Love Ezekiel)
- ☐ Nuts for Snacks
- ☐ Oats (Use Bob's Red Mill for Gluten Free)
- ☐ Orzo Pasta
- ☐ Peanut Butter (Check for Clean Ingredients)
- ☐ Pesto
- ☐ Pico de Gallo
- ☐ Quinoa
- ☐ Raw Cashew or Almond Butter (Brand: Artisana)
- ☐ Refried Beans (canned)
- ☐ Rice of Choice

PROTEIN

- ☐ Albacore Tuna
- ☐ Chicken with Skin
- ☐ Deli Turkey (Nitrate-Free)
- ☐ Grass-fed Beef
- ☐ Grass-fed Eggs
- ☐ Ground Turkey (2 Lbs)
- ☐ Lentils (or Protein of Choice for Power Bowls)
- ☐ Rotisserie Chicken
- ☐ Salmon
- ☐ Shrimp

SPICES & OILS

- ☐ Avocado or Regular Mayo
- ☐ Balsamic Glaze
- ☐ Braggs 24 Herb Spice
- ☐ Chili Powder
- ☐ Coconut Oil
- ☐ Cumin
- ☐ Garlic
- ☐ Himalayan Salt
- ☐ Hot Sauce
- ☐ Oils (Avocado, Grapeseed or Olive)
- ☐ Paprika
- ☐ Pepper
- ☐ Sriracha
- ☐ Turmeric
- ☐ Vinegar (Balsamic, Red Wine or Apple Cider)
- ☐ Worcestershire Sauce

VEGETABLES

- ☐ Avocado
- ☐ Bell Pepper (Green, Yellow Orange & Red)
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Cauliflower Rice
- ☐ Cherry Tomatoes
- ☐ Cucumber
- ☐ Frozen Hash
- ☐ Garlic
- ☐ Green Beans
- ☐ Greens of Choice (for Power Bowl)
- ☐ Kale
- ☐ Romaine Lettuce
- ☐ Spinach
- ☐ Sun Dried Tomatoes
- ☐ Sweet Potatoes
- ☐ White Onion
- ☐ Zucchini

WEEK TWO

Meal Plan

MONDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Frittata

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
Chicken or Tuna Salad

DINNER (choose one)

Grass-fed Burgers
Salmon, Rice & Roasted Veggies

TUESDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Frittata

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
Chicken or Tuna Salad

DINNER (choose one)

Grass-fed Burgers
Salmon, Rice & Roasted Veggies

WEDNESDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Frittata

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
Chicken or Tuna Salad

DINNER (choose one)

Coconut Cashew Chicken
Red Cabbage Beef Stew

THURSDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Frittata

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
Chicken or Tuna Salad

DINNER (choose one)

Coconut Cashew Chicken
Red Cabbage Beef Stew

FRIDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Frittata

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
Chicken or Tuna Salad

DINNER

Order something yummy!

SATURDAY

FREE DAY!

Enjoy a meal out with friends
and family, or take out from your
favorite local restaurant

SUNDAY

BREAKFAST (choose one)

Veggie Scramble
1 Slice Bacon + 1 Egg
Smoothie
Frittata

LUNCH (choose one)

Build-a-bowl
Turkey + Lettuce Wrap
Chicken or Tuna Salad

DINNER (choose one)

Pick a recipe from this guide or clear
out any leftovers from the week.

WEEK TWO

Grocery List

FRESH HERBS

- ☐ Cilantro
- ☐ Dill
- ☐ Green Onion
- ☐ Parsley

FRUIT

- ☐ Apple
- ☐ Blueberries
- ☐ Bananas
- ☐ Frozen Berries
- ☐ Frozen Coconut Pulp
- ☐ Fruit of Choice for Snack
- ☐ Lemons
- ☐ Limes
- ☐ Raspberries
- ☐ Strawberries

DAIRY

- ☐ Cream Cheese
(I recommend Organic Valley)
- ☐ Feta Cheese
- ☐ Goat Cheese
- ☐ Grass-fed Whole Milk
- ☐ Kefir or Greek Yogurt
- ☐ Mozzarella Cheese
- ☐ Sharp Cheddar Cheese

PANTRY

- ☐ Almond or Oat Milk
- ☐ Coconut Milk (2 Cans)
- ☐ Beef Broth
- ☐ Chicken Broth
- ☐ Dark Chocolate
- ☐ Gluten Free Bagels
- ☐ Gluten Free or Sprouted Bread
- ☐ Honey
- ☐ Hummus
- ☐ Jam
- ☐ Large Tortillas for Wraps (Love Ezekiel)
- ☐ Nuts for Snacks
- ☐ Oats (Use Bob's Red Mill for Gluten Free)
- ☐ Orzo Pasta
- ☐ Peanut Butter (Check for Clean Ingredients)
- ☐ Pesto
- ☐ Petite Diced Tomatoes (1-15oz Can)
- ☐ Pico de Gallo
- ☐ Quinoa
- ☐ Raw Cashew or Almond Butter (Brand: Artisana)
- ☐ Refried Beans (canned)
- ☐ Rice of Choice
- ☐ Tallow
- ☐ Tomato Paste
- ☐ Tomato Sauce (1 Jar I recommend Rao's or Monte Bene)

PROTEIN

- ☐ Chicken with Skin (4 Whole Legs)
- ☐ Deli Turkey
- ☐ Grass-fed Beef
- ☐ Grass-fed Eggs
- ☐ Lentils (or Protein of Choice For Power Bowls)
- ☐ Rotisserie Chicken
- ☐ Salmon
- ☐ Shrimp

SPICES & OILS

**Make a note of the spices you have from last week*

- ☐ Avocado or Regular Mayo
- ☐ Balsamic Glaze
- ☐ Braggs 24 Herb Spice
- ☐ Chili Powder
- ☐ Curry Powder
- ☐ Coconut Oil
- ☐ Cumin
- ☐ Garlic
- ☐ Garlic Powder
- ☐ Ground Cayenne
- ☐ Himalayan Salt
- ☐ Hot Sauce
- ☐ Oils (Avocado, Grapeseed or Olive)
- ☐ Paprika
- ☐ Pepper
- ☐ Sriracha

SPICES & OILS CONTINUED

- ☐ Turmeric
- ☐ Vinegar (Balsamic, Red Wine or Apple Cider)
- ☐ Worcestershire Sauce

VEGETABLES

- ☐ Asparagus
- ☐ Avocado
- ☐ Bell Pepper (Green, Yellow Orange & Red)
- ☐ Broccoli
- ☐ Cauliflower (2 Heads)
- ☐ Carrots
- ☐ Cherry Tomatoes
- ☐ Cucumber
- ☐ Garlic
- ☐ Green Beans
- ☐ Greens of Choice (For Power Bowl)
- ☐ Kale
- ☐ Red Cabbage (1 Head)
- ☐ Rainbow Carrots (2 Bags)
- ☐ Romaine or Iceberg Lettuce
- ☐ Spinach
- ☐ Sun Dried Tomatoes
- ☐ Sweet Potatoes
- ☐ Yellow Onion
- ☐ Zucchini (About 5)

BREAKFASTS



FRITATTA

INGREDIENTS

- 1 LB PORK (OPTIONAL)
- ¾ CUP RED PEPPER DICED
- ¾ CUP YELLOW ONION DICED
- 10 OZ FROZEN HASH
- 1-2 CUPS SPINACH FINELY CHOPPED
- 10 GRASS-FED EGGS
- SPLASH HIMALAYAN SALT
- ½ TSP PEPPER
- ½ CUP WHOLE MILK
- 1 CUP SHREDDED SHARP CHEDDAR

DIRECTIONS

1. Preheat the oven to 350°F. Lightly grease a 9 x 13 Pyrex. Bake time 25 minutes/ until eggs are cooked.
2. Heat a skillet over medium-high heat. Add the sausage, onion and red pepper. Break up sausage into small pieces and cook until the veggies have softened and the sausage is no longer pink. Drain any excess grease.
3. Add the spinach and cook for another 1-2 minutes. Remove from the heat and let cool slightly.
4. In a large bowl combine the remaining ingredients. Add the sausage mixture and mix until totally combined. Pour into the prepared baking dish. Top with the remaining cheese. At this point you can bake the casserole or refrigerate and cook the following day.

(Adding pork is optional, you can use just the veggies as well).

OATMEAL

2 SERVINGS

INGREDIENTS

- 1 CUP OATS (BRAND: BOB'S RED MILL)
- 2 CUPS WATERS
- SPLASH HIMALAYAN SALT
- 1 TBSP CASHEW BUTTER
- HONEY TO TASTE

DIRECTIONS

1. Bring water and salt to boil.
2. Add Quick Cooking Rolled Oats, reduce heat to medium-low and cook, stir occasionally, for 3 minutes. Add additional water if needed.
3. Once oats are cooked stir in 1 tbsp of cashew butter and honey for sweetness. Add berries of your choice.



VEGGIE SCRAMBLE

1-2 SERVINGS

INGREDIENTS

- 2-3 EGGS (JUST EGG WHITE IS AN OPTION AS WELL).
- 1 CUP SPINACH
- ¼ RED PEPPER
- SPLASH HIMALAYAN SALT AND PEPPER

DIRECTIONS

1. Whisk together eggs, veggies, Himalayan salt and pepper.
2. Spray a small pan with cooking oil or coat pan with butter over medium to low heat, add ingredients.
3. Continue to stir with spatula as you cook.
4. Once cooked - serve right away ... add Avocado for some yummy fats!

MYSTIC SMOOTHIE

1-2 SERVINGS

INGREDIENTS

- 1 PACKAGE COCONUT PULP
- 1 FROZEN BANANA
- 1 SCOOP VEGAN CLEAN VANILLA PROTEIN POWDER
- 1 TBSP CASHEW BUTTER (BRAND ARTISANA)
- 1 CUP OF 100% GRASS-FED WHOLE MILK

DIRECTIONS

1. Mix together in blender or Vitamix and serve. Great for kids too!



TURKEY WRAP

INGREDIENTS

SLICED TURKEY (NITRATE FREE)
GLUTEN FREE OR SPROUTED TORTILLAS OR BREAD (I LIKE RUDI'S OR EZEKIEL)
LETTUCE
AVOCADO
HIMALAYAN SALT AND PEPPER
OPTIONAL: MUSTARD OR AVOCADO MAYO

DIRECTIONS

1. Lay the gluten free or sprouted tortilla out.
2. Then layer Sliced turkey, lettuce, avocado and salt and pepper.
3. Wrap it up.

CHICKEN SALAD (2 SERVINGS)

INGREDIENTS

1 ¼ CUPS ROTISSERIE CHICKEN (CUBED)
¼ CUP AVOCADO MAYO
¼ CUP FINELY CHOPPED CELERY
¼ CUP CHOPPED APPLE
¼ TSP CUMIN
HIMALAYAN SALT & PEPPER

DIRECTIONS

1. Add all ingredients to a bowl and combine well.
2. Chill in fridge until ready to serve.
3. Serve over lettuce or ½ slice of gluten-free bread.



TUNA SALAD (1-2 SERVINGS)

INGREDIENTS

1 – 5 OZ CAN ALBACORE TUNA (DRAINED)
2 TBSP AVOCADO MAYO
2 TBSP FINELY CHOPPED CELERY
¼ CUP CHOPPED APPLE
HIMALAYAN SALT & PEPPER

DIRECTIONS

1. Add all ingredients to a bowl and combine well.
2. Chill in fridge until ready to serve.
3. Serve over lettuce.

Optional: Add 1 tbsp of olive oil and vinegar dressing over lettuce.

DINNERS



BUILD YOUR OWN BOWLS & SALADS

STEP 1

The Grains Base

Rice, quinoa, sweet potatoes, cauliflower rice, Farro

The Salad Base

Chopped Lettuce, Arugula, Kale or Spinach, Mixed Greens

(Can always add both greens + grains as base)

STEP 2

Choose a protein

Rotisserie/ grilled chicken, shrimp or tilapia, steak, tofu, lentils or beans

STEP 3

Toppings

Load up any veggie you want!

Cherry tomatoes, carrots, cucumber, sliced zucchini, avocado

STEP 4

Dressing or salsa

Make sure to choose a dressing with clean ingredients!

Olive oil and vinegar dressing, pico de gallo, hummus

CHILI (3-6 SERVINGS)

INGREDIENTS

1 TBSP OLIVE OIL	¼ TSP GROUND CAYENNE
1 MEDIUM DICED ONION	1 ½ CUPS BEEF BROTH
1 POUND 85%/15% BEEF	1 (15 OZ CAN) PETITE DICED TOMATOES
1 TBSP CHILI POWDER	1 CUP OF TOMATO SAUCE (CLEAN INGREDIENTS - I LIKE MONTE BENE)
2 TBSP GROUND CUMIN	1 (16 OZ) CAN OF BLACK BEANS, DRAINED AND RINSED.
2 TBSP HONEY	
2 TBSP TOMATO PASTE	
1 TBSP GARLIC POWDER	
1 ½ TSP HIMALAYAN SALT	
½ TSP BLACK PEPPER	

OPTIONAL TO ADD: DICED CARROTS AND BELL PEPPERS.

DIRECTIONS

- 1: Add olive oil to a large stockpot or Dutch oven over medium-high heat. Cook diced onion for 5 minutes until tender, add ground beef and cook until browned while breaking apart with a wooden spoon.
- 2: Add Chili powder, cumin, honey, tomato paste, garlic powder, Himalayan salt, pepper, and cayenne. Stir until the spices are fragrant and the beef is well-coated.
- 3: Add broth, diced tomatoes with broth, drained beans and tomato sauce.
- 4: Bring contents to a boil, then reduce heat to medium-low. Gently simmer for 20-25 minutes uncovered, stirring every so often.



CHICKEN TACOS (2-3 SERVINGS)

INGREDIENTS

2 CUPS SHREDDED ROTISSERIE CHICKEN
 1 CUP SHREDDED JACK CHEESE
 SOUR CREAM
 CORN TORTILLAS
 OPTIONAL: 1 RED PEPPER SLICED.

DIRECTIONS

1. Shred one rotisserie chicken and add to a sauce pan with ¼ cup chicken broth. Keep warm until ready to serve.

Feel free to substitute boneless skinless chicken breast. I recommend poaching them in gently simmering water for approximately 20-30 minutes until they are cooked through, then-shred with a fork.

2. For Crispy tacos: Heat Avocado oil in a skillet over high heat; cook corn tortilla and fold over to make taco shape. (Note: High Heat is key for a good crunchy taco!)

Optional: You can also serve tostadas as an option. These are my daughters favorite! Top with refried beans, shredded Jack cheese and cilantro.

3. Add ingredients of choice for tacos, pico de gallo, lettuce, sour cream, etc. Or, just make it a bowl and skip the taco shells!!

CHICKEN WITH CARROTS & POTATOES OR SWEET POTATOES (SERVES 4-6)

INGREDIENTS

6 WHOLE CHICKEN LEGS WITH SKIN
3 SWEET POTATOES OR POTATO OF YOUR CHOICE
3 CHOPPED CARROTS
GRAPESEED OIL
BRAGGS 24 HERB SEASONING
PINK HIMALAYAN SALT AND PEPPER

DIRECTIONS

1. Turn oven to 375°. Chop potatoes and carrots and toss with Grapeseed oil.
2. Add Potatoes and Carrots to large greased Pyrex pan, place chicken on top of Potatoes / carrots.
3. Generously sprinkle with Grapeseed oil, Braggs 24 Herb Seasoning, Salt and Pepper. Cook in oven for 45-50 minutes or so.



SPINACH-TURKEY SLIDERS SERVED WITH STEAMED GREEN BEANS

(SERVING SIZE: 4-6)

INGREDIENTS

½ BAG OF FLAT LEAF SPINACH, CHOPPED
2 SCALLIONS THINLY SLICED
2 GARLIC CLOVES FINELY CHOPPED
1 ½ POUND GROUND TURKEY (HIGHER FAT IS BETTER)
SPASH OF WORCESTERSHIRE SAUCE
¾ TBSP CUMIN
PINK HIMALAYAN SALT
BLACK PEPPER
SLICED RED ONION
OLIVE OIL
DINNER ROLLS (SPLIT)
BUTTER PICKLE SLICES
MAYO & CONDIMENTS
GREEN BEANS

DIRECTIONS

1. Combine Chopped spinach, scallions, garlic, turkey, cumin and Worcestershire in a medium bowl. Season with salt and pepper.
2. Form turkey mixture into ½-inch thick patties.
3. Heat oil in a large skillet over medium heat. Working in 2 batches. Cook patties until golden brown on each side. About 6-7 minutes each side.

Serve turkey -spinach patties on buns (we love Hawaiian buns for kids and hubs and I sometimes pass on the bun or make a bigger patty for us and use gluten free Ezekiel buns) add mayo, onion and pickle.

GRASS-FED BURGERS (SERVES 4-6)

INGREDIENTS

GRASS-FED BEEF
ICEBERG LETTUCE
BUN OF CHOICE (GLUTEN-FREE IF POSSIBLE)
SLICED TOMATO
SLICED ONION
GRAPESEED OIL OR OLIVE OIL
CHEESE OF YOUR CHOICE
CONDIMENTS OF YOUR CHOICE

DIRECTIONS

1. Lightly mix 6 ounces grass-fed beef and form into a ball, then shape into a $\frac{3}{4}$ -inch-thick patty. Make indentation in the center of the patty, add a little grapeseed oil or olive oil on top. Make one patty for each person.
2. Preheat grill or cast iron skillet to medium heat.
3. Grill or cook on skillet.
4. Serve on a soft gluten-free bun, regular buns or try it protein-style by wrapping in iceberg lettuce. Jazz up with the condiments of your choice.



SALMON, RICE AND ROASTED VEGGIES (SERVES 4-6)

INGREDIENTS

SALMON FILLETS	SWEET POTATOES
(CUT INTO 4-6 PORTIONS)	ONION
2 TBSP COOKING OIL	ZUCCHINI
1 TBSP FRESH OR DRIED DILL	CAULIFLOWER
BRAGGS 24 HERB SPICE	ASPARAGUS
PINK HIMALAYAN SALT	GARLIC
PEPPER	RICE (OPTIONAL)

DIRECTIONS

1. Preheat oven to 400°, cut all veggies (sweet potatoes, zucchini, cauliflower, zucchini, asparagus, garlic) toss in grapeseed, olive, melted coconut or avocado oil. Cook for 40-50 minutes.
Note: You can cook extra for leftovers or lunch bowls.
2. Place salmon on a greased Pyrex pan. Combine oil, pink Himalayan salt, pepper, dill and Braggs 24 herbs spice and cook for 10-12 minutes. *Note: the veggies will take a lot longer than the salmon, so set a timer 30 to 40 minutes into veggies cooking to remind you to add salmon in later.*
3. Serve salmon over the grilled veggies and rice is optional. Any rice will work, I like Whole Foods sticky rice or Lotus Foods organic brown rice.

COCONUT CASHEW CHICKEN BOWLS

(SERVES 4-6)

INGREDIENTS

6 WHOLE CHICKEN LEGS WITH SKIN
2 ZUCCHINI
2 GREEN OR ORANGE BELL PEPPERS
1 YELLOW ONION
5 RAINBOW BABY CARROTS
1 HEAD OF CAULIFLOWER
2 CANS ORGANIC COCONUT MILK
RICE OF CHOICE
CURRY POWDER
MULTI-BLEND SPICE (I LIKE BRAGGS 24 HERBS)

DIRECTIONS

1. Put chicken legs in Pyrex, cook of 50 minutes at 375-385° in oven (easy alternative: use a rotisserie chicken).
2. Cut up all veggies (zucchini, Peppers, onion, cauliflower). Add veggies to a large pot. Add water halfway and cook for about 30 minutes on medium heat with a lid.
3. Cook rice using the provided directions.
4. Strain veggies
5. Open two cans of coconut milk, skim the top layer off and discard. Mix in 1 tsp of curry powder and 1 tbsp of grapeseed oil. Hand mix or use in a food processor.
6. After rice is cooked - add pink Himalayan salt, multi blend spice like Braggs 24 Herbs. Then, build your bowl – rice, veggies, chicken sauce. So yummy!



RED CABBAGE BEEF STEW

(RECIPE FROM OUR FAVORITE NUTRITIONIST ZERIAN)

INGREDIENTS

1 HEAD OF RED CABBAGE, SHREDDED THINLY
BAG OF MIXED RAINBOW CARROTS
1 YELLOW ONION
HANDFUL OF CILANTRO
2 LBS OF GRASS-FED GROUND BEEF
TALLOW (YES, THIS IS A HEALTHY AND YUMMY FAT!)

DIRECTIONS

1. Fill a Dutch oven (I use a Le Creuset) half way with water and let boil, then add thinly shredded red cabbage.
2. Add a bag of rainbow carrots, 1 yellow onion (diced) & 1 handful of cilantro all to the water! Cook the Veggies on med/high for 1 hour (you want the cabbage to be buttery soft).
3. Cook ground beef in Pyrex, add pink Himalayan salt, cook at 325°. After meat is cooked - shred/chop with a fork. Add the chopped meat to cooked veggies, then add 4-5 spoonfuls of tallow.

SNACKS & DESSERTS

VEGGIES & DIP

BABY CARROTS
BELL PEPPERS & HOMEMADE GUACAMOLE
BELL PEPPERS WITH HUMMUS

FRUIT

BERRIES
APPLES
MELONS
ORANGES
BANANA
WHATEVER ELSE YOU LIKE!

OTHER

APPLES WITH NUT BUTTER OR PEANUT BUTTER
A SMALL HANDFUL OF NUTS & DRIED GOJI BERRIES

DRINKS & COCKTAILS

Avoid Caffeine, sodas and alcohol in moderation.

Drink a lot of water (8 cups a day, please!)

Continue with your daily coffee, but hold off on artificial sweeteners! Jazz up your coffee with whole ingredients ONLY. Sweeten with honey, use half and half for creamer.

Decaffeinated and unsweetened iced teas.

Real Grape Juice (love the brand..R.W. Knudsen) with Soda water – This is a great alternative for glass of vino!

Limit Alcohol to one night a week (try not to exceed 3 drinks). I recommend a glass vino, a vodka and soda water, a tequila and soda water, a skinny margarita, or my personal favorite, a bourbon old fashioned.



OLD FASHIONED RECIPE (1 SERVING)

INGREDIENTS

2 SHOTS BOURBON
1 SHOT SIMPLE SYRUP
1 LARGE ICE CUBE
DASH BITTERS
SPLASH CINNAMON
1 CHERRY AND A SPLASH CHERRY JUICE
1 ORANGE PEEL

DIRECTIONS

1. Stir the bourbon and simple syrup together with the ice cube.
2. Garnish with a splash of cherry juice, a dash of bitters, a cherry and an orange peel.

Suzanne Barnes

2-WEEK RESET



SUN	MON	TUES	WEDS	THURS	FRI	SAT
✓	✓	✓	✓	✓	✓	✓

SUN	MON	TUES	WEDS	THURS	FRI	SAT
✓	✓	✓	✓	✓	✓	✓

Hope you are feeling FABULOUS after these two weeks!
For more simple recipes and wellness tips, continue
along with me at:

@suzannesbarnes

www.suzannesbarnes.com

facebook.com/groups/cookingisconnecting/

If you want to prioritize nurturing the relationships in your
life join my private Facebook community for free.
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Let's Eat. Connect. Love.