

# ONE-DAY RESET MEAL PLAN!

From Sara Sullivan  
[www.sarasullivan.com](http://www.sarasullivan.com)

How about a little RESET to kickstart, reboot & refresh your body!

Maybe you've been eating out too much, skipping meals or possibly over indulging in wine and cheese (uh-um)...

This **One Day Reset** is sure to delight and includes only whole fresh food, what I call "clean" food and your body will respond in very positive ways in even just one day.

This reset includes drinking a green smoothie for breakfast, a colorful grain dish for lunch and a fabulous creamy (vegan) soup for dinner. Snacks are optional and the best part is you won't be hungry!

*Please don't forget, feeling "full" on healthy clean food is a much lighter full than "what full" feels like on heavier food which is more like a sluggish I need to sleep now kind of full.*

## Here's how it works

**Upon waking** start your day with a 16-ounce glass of water with juice of 1/2 lemon. If you are chilled you are welcome to use hot water, or if you prefer you can use warm or even cold water. Starting your day with lemon water helps reduce your body's overall acidity, (yes lemon is acidic but once metabolized it does not create acidity in the body), it also helps to wake up the liver and flush out unwanted toxins.

**Throughout the morning** enjoy 24-ounces of the Cleansing Green Smoothie (recipe below). Like most green smoothies, the recipe I've included below is full of nutrients and is an excellent source of Vitamins A & C, it's high in fiber, and a great source of iron and calcium. If 24-ounces isn't enough for you, by all means snack on fresh berries mid-morning. Listen to your body and don't starve yourself.

**For lunch**, enjoy a serving of gorgeous Israeli Quinoa Salad (recipe below). Feel free to serve this salad on a bed of fresh greens. Don't forget to serve with a fresh lemon slices.

If you are hungry **mid-afternoon**, feel free to snack on veggie sticks (bell peppers, carrots, cucumbers, celery, and/or radish) and one serving of homemade guacamole (recipe below).

Also drink as much water or herbal tea as you like **throughout the day and evening**. Make sure you have at least 30-ounces of water (hot or cold) throughout the day/evening. I also love hot water with fresh lemon. I find it warms my insides and

feels surprisingly satisfying, especially on days when you aren't having any cooked foods.

**For dinner**, warm up with Creamy Cauliflower Soup with Crispy Brussels Sprouts & Smokey Chickpeas (recipe below). This is one of my favorite soups! It is creamy, filling and so flavorful.

**Before bed**, enjoy a cup of chamomile tea.

Upon Waking	16-ounces of warm water with fresh lemon
Breakfast	Cleansing Green Smoothie
Mid-Morning (optional)	Fresh Berries with 16-ounces of water
Lunch	Israeli Quinoa Salad with Lemon
Mid-afternoon (optional)	Veggie sticks and guacamole with 16-ounces of water
Dinner	Creamy Cauliflower Soup with Crispy Brussels Sprouts & Smokey Chickpeas
Before Bed	Chamomile Tea

### **Other tips for your 1 Day Reset...**

- Eat organic foods, which are the healthiest foods.
- Keep foods close to their natural state and in the least processed form.
- The ideal diet consists of raw fruits, salads, vegetables, brown rice, beans, legumes, raw nuts and seeds.
- Use natural flavorings such as garlic, onions, herbs, spices, kelp, lemon juice, Bragg Liquid Aminos and Bragg Apple Cider Vinegar.
- Give thanks before meals, turn good music on, relax and learn to savor and enjoy natural foods. By doing this, you will enjoy peaceful, happy mealtimes and be less inclined to overeat.
- Breathe deeply, chew thoroughly, for your stomach has no teeth.
- Relax and you will find you need less food to satisfy your stomach.

**Baby, it's time to shine! Here are the recipes...**

# CLEANSING SMOOTHIE



- 1 banana, frozen
- 1 cup fresh or frozen pineapple chunks
- 1/2 large cucumber, sliced (peeled if not organic)
- 2 cups lightly packed spinach
- 1-inch piece of fresh ginger, peeled and sliced
- 3/4 cup water (plus more to blend to desired consistency)

Place all ingredients in your high-speed blender and process until very smooth.

# ISRAELI SALAD WITH QUINOA & LEMON



Serves 4

- 1 cup quinoa, rinsed
- 1 ½ cups vegetable broth

## For salad:

- 1 English cucumber
- ½ cup green onion
- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 cup parsley
- ½ cup Kalamata olives, pitted
- zest of one lemon
- Lemon juice (start with ½ a lemon, more to taste)

- 4 Tablespoons olive oil
- Salt and pepper, to taste

To make the quinoa: Bring vegetable broth to a boil in a saucepan. Add rinsed quinoa and bring to a rolling boil. Cover and reduce the heat to low. Simmer for 12-15 minutes or until liquid is absorbed. Remove from the heat and let sit for five minutes. Fluff with a fork.

To make the salad: Chop the first 6 ingredients into a very small fine dice. The smaller, the better. Place in a large bowl and toss with cooked quinoa, Kalamata olives, lemon zest, olive oil, lemon juice, salt, pepper.

## **GUACAMOLE**

6 servings

- 2 medium avocados, ripe
- 1 tomato, chopped
- 1/4 cup cilantro, finely chopped
- 2 ½ tsp. lime juice
- 1/8 tsp. salt

Peel 2 medium avocados, and place in bowl. Mash with a fork until they've reached desired consistency. Add in remaining ingredients. Mix and adjust to your taste.

## **CREAMY CAULIFLOWER SOUP WITH CRISPY BRUSSELS SPROUTS & SMOKEY CHICKPEAS**

Serves 4

**For the soup:**

- 1 head of cauliflower, cored and coarsely chopped
- 1 tbsp. olive oil or coconut oil
- 1 medium onion, chopped
- 1 large garlic clove, minced
- Sea salt
- 1 large baking potato, peeled and cut into 1-inch pieces
- 4 cups vegetable broth (I love Rapunzel bouillon cubes)
- 3 thyme sprigs

### **For the brussels sprouts:**

- 10 large brussels sprouts, trimmed and separated into leaves
- 2 tsp. olive oil
- Sea salt
- For the Smokey Chickpeas:
  - 1 15-ounce can chickpeas (rinsed & drained)
  - 1 tbsp. olive oil
  - 2 tsp smoked paprika
  - ½ tsp salt

To make the soup: In a large pot, heat olive oil or coconut oil over medium heat. Add the onion and garlic and cook over medium-low heat, stirring occasionally, until softened, about 5 minutes.

Stir in the potato and the chopped cauliflower.

Add the vegetable broth and thyme and bring to a boil.

Reduce the heat to moderately low, cover and simmer, stirring occasionally until the vegetables are very tender, about 30 minutes.

Discard the thyme stems. In a blender, carefully puree the soup in 2 batches until very smooth.

Rewarm over moderate heat, adding more broth to the soup if it is too thick.

Taste and season with salt & pepper. Ladle into bowls and top with roasted Brussels sprout leaves and chickpeas.

**To make the Brussels sprouts:** Preheat oven to 375 degrees. In a mixing bowl, toss the leaves with olive oil and a pinch of sea salt. Place on a baking sheet and roast until crispy 15-18 minutes.

**To make smokey chickpeas:** Preheat oven to 425 degrees. In a bowl, mix all the ingredients. Line a baking sheet with parchment paper. Bake for 25-30 minutes (shaking the pan every 15 minutes) or until chickpeas are crunchy.

\*For a simpler dinner, you can omit the Brussels sprouts & chickpeas:)