



# Reboot Meal Plan

# Grocery List

## Produce

- Celery: 3 stalks
- 3 Avocado
- 2 Apples
- 2 Lemon
- parsley
- bananas
- 3 kale
- 1 beet
- 2 carrots-
- 2 sweet potatoes
- 6 onion
- 2 heads garlic
- 8 oz mushrooms
- Cabbage
- Parsley
- Romaine
- 2 jalepenos
- 12 roma tomatos
- cilantro
- cauliflower
- arugula
- 3 Zucchini

## Dry

- Coconut water
- 5 cans of coconut milk / half gallon
- almond milk
- almond butter
- 1 can 8 oz diced tomato
- 4 c veg broth
- black beans
- 2 cans of chickpeas
- cashews
- walnuts

## Frozen

- strawberries
- blueberries
- 2 packs of zoodles (Optional)

## Pantry

- sea salt
- cayenne
- cacao powder
- vanilla
- chia seeds
- turmeric
- cinnamon
- pumpkin seeds
- cumin
- garlic powder
- paprika
- coconut oil
- coriander powder
- ginger paste?
- lemon pepper
- basil
- olive oil
- avocado oil- for sauteing
- oregano or Italian seasoning

# 3 Day Meal Plan

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<u>Breakfast</u>	Celery Apple Avocado Smoothie	Cocolate Mood Elevator	Kale berry Almond Smoothie
<u>Lunch</u>	Detox Soup	Black Bean Taco's	Warm sweet potato and almond butter, Almond milk soup or Leftover cauliflower stew
<u>Dinner</u>	Stir Fry	Cauliflower Coconut Stew	"Spaghetti" squash and Arugula Salad
<u>Snacks</u>	Hummus, Carrots, Celery	Apples and Chia seeds with Coconut Milk topped with walnuts	Nuts, Seeds, or leftover hummus



LEVEL UP  
**LEADERSHIP**  
PASSION MEETS PURPOSE

# Breakfast





### Celery Apple Avocado Smoothie

3 celery sticks

1/4 avocado

1/2 whole green pitted apple

1 cup coconut water

1/2 cup ice (4 cubes)

1/2 squeezed fresh lemon

1 cup parsley

1/8 tsp. sea salt

1/8 tsp. cayenne

### Chocolate Mood Elevator

2 frozen bananas

2 Tbsp cacao powder

1 cup coconut or almond milk

2 Tbsp cashew or almond butter

2 scoops GBX Chocolate Protein Powder

1 teaspoon vanilla



### Kale-Berry Almond Smoothie

2 medium-sized kale leaves

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1 heaping tbsp. of almond butter

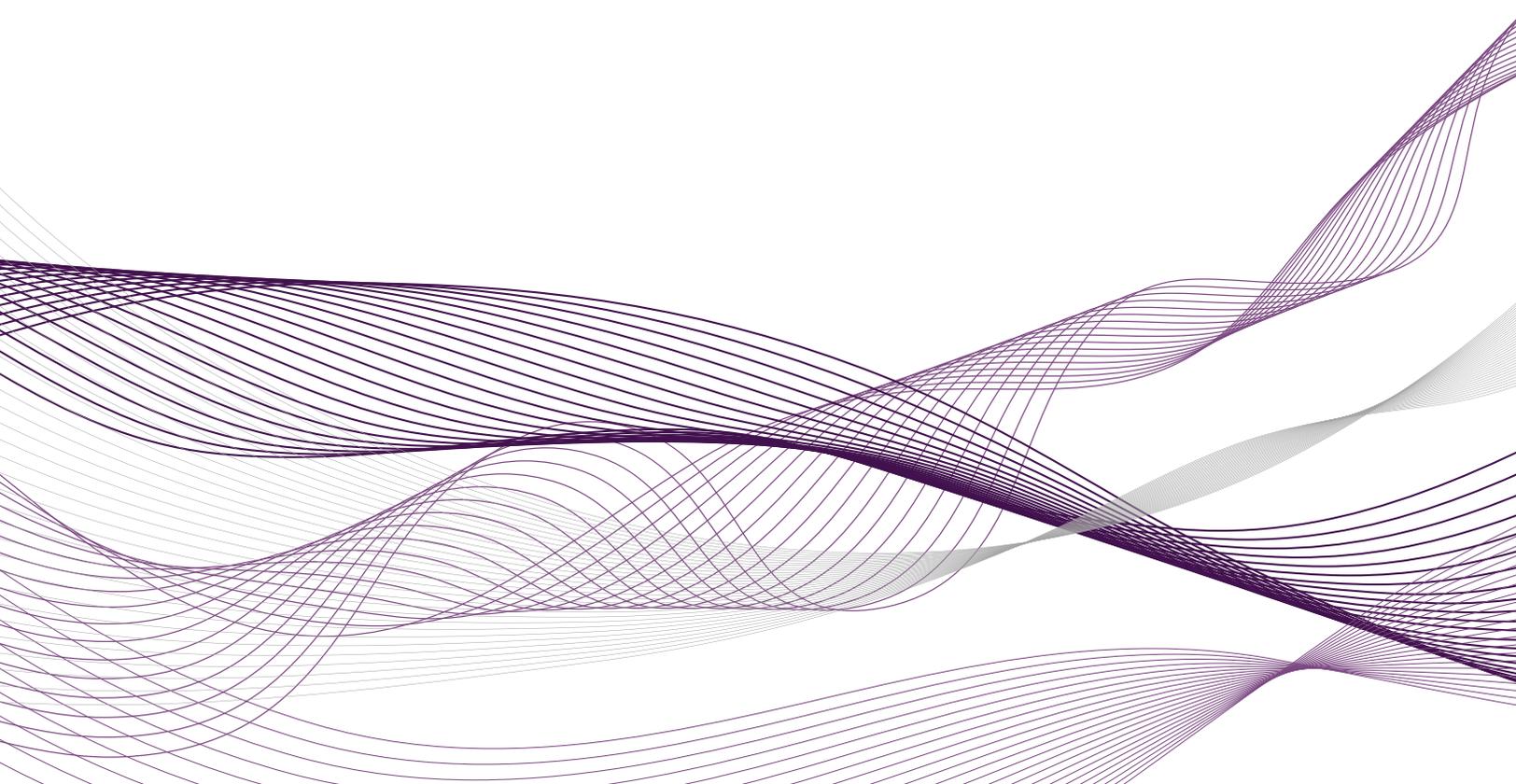
1 cup almond milk or preferred milk

from the biome balancers

1 tsp. chia seeds



# Lunch



# Detox Soup

## Ingredients

1 medium-sized beets with greens, chopped  
2 medium carrots, chopped  
1 small sweet potatoes, cubed  
½ medium onion, chopped  
1 cloves garlic, minced  
2 ounces crimini or white mushroom, chopped  
2 large kale leaves, chopped  
½ cup cabbage, chopped  
½ bunch parsley, chopped  
1 can (8 oz) diced tomatoes  
½ Tbsp. ground turmeric  
½ tsp. ground cinnamon  
4 cups vegetable broth  
Add as much filtered water as desired  
¼ c. pumpkin seeds  
sea salt & pepper to taste



## Directions:

Wash all vegetables. Chop into bite-sized pieces (including beet greens). Add to a heavy stockpot, Add turmeric, cinnamon, vegetable broth, and filtered water Cover and cook over medium-high heat for 30 minutes, stirring After 30 minutes, remove the lid, and reduce heat to medium/low for another 30-60 minutes until tender Garnish with pumpkin seeds and season to taste with salt and pepper

Enjoy!

# Lunch Wraps



## Ingredients:

Black beans  
Romaine lettuce  
Jalapenos, diced  
Onions, diced  
Avocado  
Tomatoes, diced  
Cilantro, chopped  
1/4 tsp Cumin  
1/8 tsp Paprika  
1/4 tsp Garlic powder.

## Directions:

Combine jalapenos, onions, tomatoes, cilantro, cumin, paprika, garlic powder. Mix. Or blend in a blender.

Put the beans and salsa on the lettuce and make a taco!

# Soup

Sweet potato- roasted  
Almond butter  
Almond milk  
Cinnamon

Blend together- hot creamy sweet soup.



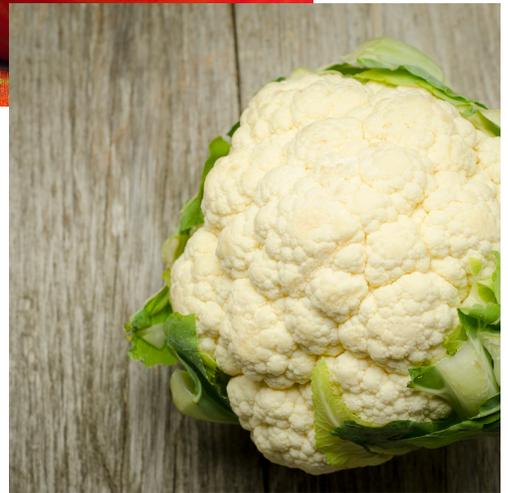
# *Dinner*



# Cauliflower coconut Stew

## Ingredients:

- 2 tablespoons coconut oil
- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped
- 3 ripe tomatoes, finely chopped
- 1 medium head cauliflower, stemmed and cut into bite-size florets
- 1 jalapeno, stemmed, seeded, chopped
- 1 can full-fat, unsweetened coconut milk
- 1 cup chopped kale
- 2 tablespoons chopped cilantro
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 2 teaspoons ginger paste
- 1 teaspoon turmeric powder
- 1 teaspoon sea salt
- Optional: Add organic, canned rinsed chickpeas for extra protein.
- Top with avocado and roasted cashews



## Directions:

In a medium stock pot, heat the coconut oil for 30 seconds on medium heat. Add the cumin seeds and stir until they start to sputter. Then add the onions and cook for another minute, and then, add the tomatoes, stir and cook for a few more minutes until the tomatoes soften. Add the rest of the ingredients and stir together. Cover the pan and simmer for about 15 minutes, stirring every 5 minutes to keep from burning. Ladle the soup into 4 serving bowls and enjoy! Leftover stew can be stored in air-tight container and saved for lunch the next day.

# Stir Fry.



## Ingredients:

- 1 T olive oil
- 1 yellow onion, sliced
- 3 medium zucchini fresh/frozen zucchini noodles
- 1 lb mushrooms, sliced
- 1 T minced garlic or 2-3 cloves, chopped
- 1/2 t salt
- 1 t lemon pepper
- 1 t basil
- 1-2 T of your favorite vinaigrette (Homemade per Reboot or Check Label!).

## Directions:

Heat oil in a large pan. Cook the onions for about five mins. Add zucchini and spices. Stir. Add mushrooms and remaining ingredients. Stir occasionally and cook until tender but still has a bit of a crunch. Enjoy!

# Spaghetti Squash Spaghetti

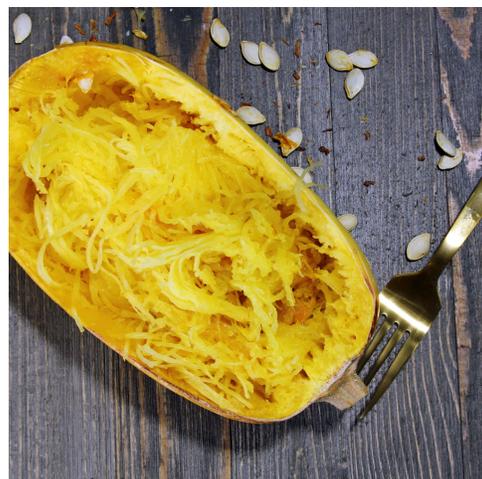
## Ingredients:

6 Roma tomatoes, chopped in chunks  
1 onion chopped up in chunks  
Bunch of basil  
1 Tsp Oregano or Italian seasoning  
3 cloves garlic, crushed or minced  
Salt and pepper to taste  
Spaghetti squash  
For the salad  
Arugula  
Olive oil, vinegar

## Directions:

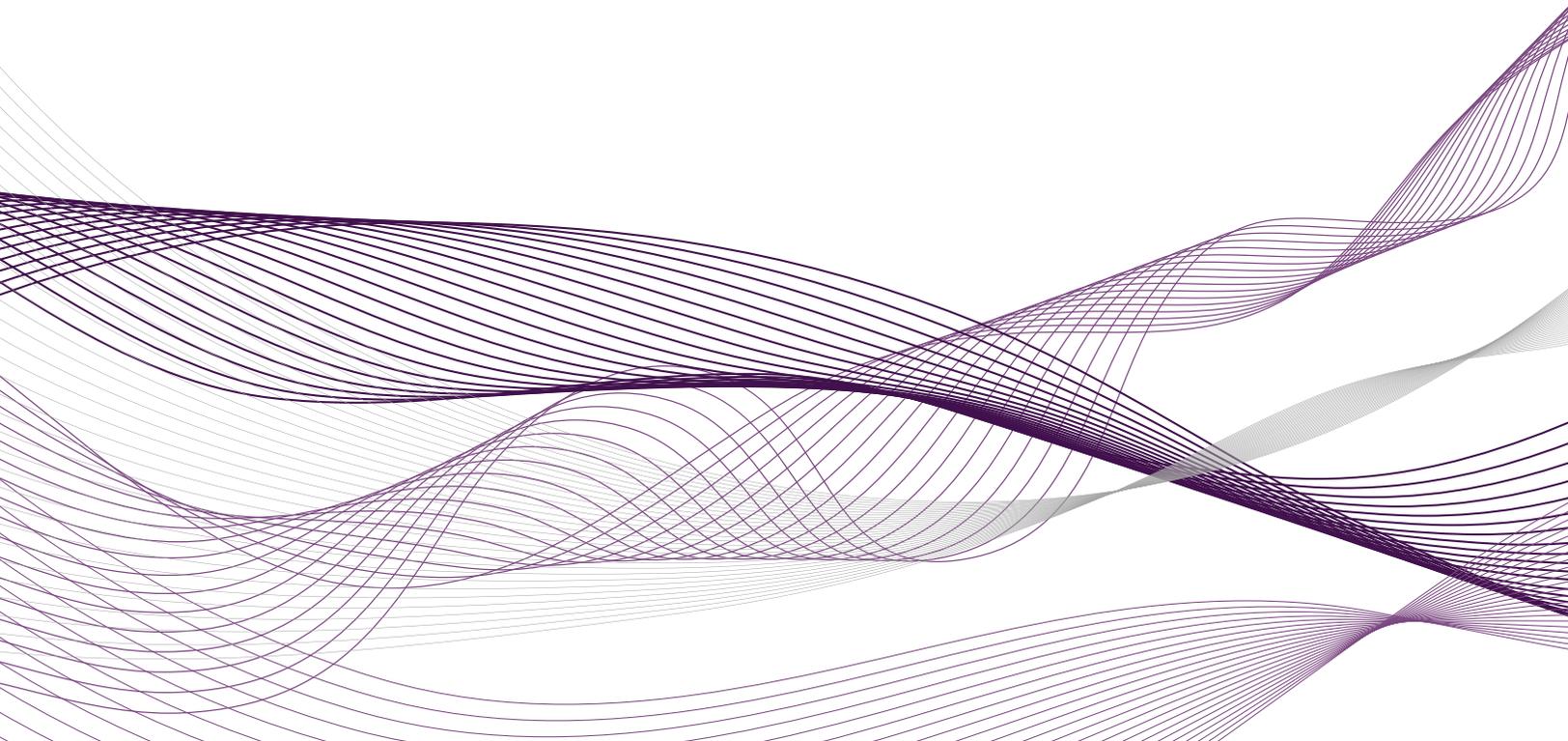
Put all ingredients except the squash in a pan and drizzle with olive oil—roast for 30 min. Then put in a blender to blend. Roast squash in a 400-degree oven. Cut in half. Scoop out seeds. Place shell side up. Pour in ½ cup water. Then cover with foil—Bake for 40 min or until tender.

You have your sauce and your “noodles”! pair with arugula salad drizzled with olive oil and vinegar.





# Snacks



# Snacks

## Apples and chia

simmer in coconut milk and  
top with walnuts



## Homemade Hummus

Roasted red pepper with smoked paprika and lemon garlic cracked red pepper.  
Easy to make in a food processor and a good snack. Add whatever ingredients you  
want.

### Directions:

Organic chickpeas drained and rinsed blended in a food processor with fresh garlic,  
olive oil, salt, pepper, freshly squeezed lemon to your liking. I made roasted red  
peppers, but you can always buy them and add cracked pepper for some added spice,  
top with smoked paprika.

I didn't have tahini, so I skipped this ingredient, but you can add it.

You may have to add a little water to get the consistency right.

# Extra Snack or Breakfast

## Overnight Chocolate Chia Seed Pudding:

1/4 cup Amare GBX Protein (chocolate)

1/2 tsp ground cinnamon (optional)

1 pinch sea salt

1/2 tsp vanilla extract

1/2 cups light canned coconut milk \*may use other dairy-free milk, but may change the texture a bit.

1/2 cup chia seeds  
Extra unsweetened cacao powder if desired

Berries, if desired.

### Directions:

In a small mixing bowl add GBX Protein, extra cacao powder if desired (sift first to reduce clumps), ground cinnamon, salt, and vanilla and whisk to combine. Then add a little coconut milk at a time and whisk until paste forms. Then add remaining coconut milk and whisk until smooth. Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit