BRDR & PHASE 2 RECOMP

RECOMP RECIPE BOOK

All 34 BRDR meals from your Menu Planner, at the 400 and 600 base, ready to print and cook from.

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THE MENU PLANNER

idealage.com/brdr_P2_recomp_menu_planner

Same meals, digital: pick your meals, add boosters and trims, see your running total, and print your plan and grocery list.

SCAN ME

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HOW TO USE THIS BOOK

Every BRDR meal comes in two sizes: a **400 base** and a **600 base**. Each one brings about 30 g of protein or more, so you can build your day from any mix of them. These are the same meals, amounts, and numbers as your Menu Planner.

READING A RECIPE

- **Pick your column.** Use the 400 base or the 600 base amounts for every ingredient in that meal.
- **Grams are most accurate;** cups, spoons, and ounces are close enough for everyday use.
- **Meats are listed cooked,** and so are rice, pasta, quinoa, and potatoes. Weigh them after cooking.
- **Free Fiber** lines suggest veggies for that meal. They're counted in the totals (about 25-35 calories a cup), but there's no need to weigh them.
- **Garnishes** (herbs, spices, lemon, hot sauce, salsa) are to taste and not counted.

BOOSTERS AND TRIMS

Each recipe lists boosters (small add-ons) and trims (small cuts) that fit it, with their calories. Use them to land within about 100 to 150 calories of your daily target. Trims never touch protein. A trim marked "(600 base only)" is just for that size.

RESET RECIPE CARDS

Ten of these meals come from your Reset recipe cards. Their "How to make it" links to the card for the full cooking process; use the amounts in this book.

> **Want it done for you?** The **Menu Planner** does the math, adds up your day, and prints your grocery list. Plan in the Menu Planner, cook from this book, or use whichever fits your week.

EGG BREAKFASTS

Prep it: Eggs cook fast, so scramble them fresh. Prep ahead: roast a sheet pan of diced potatoes and chop your veggies for the week. Egg muffins are the batch option: make the dozen on prep day.

Morning Scramble

INGREDIENT	400 BASE	600 BASE
Eggs	**2 large** 100 g	**3 large** 150 g
Liquid egg whites	**¼ cup** 61 g	**¼ cup** 61 g
Cottage cheese (2%), stirred into the eggs	**¼ cup** 56 g	**¼ cup** 56 g
Organic ham steak, diced *(suggested: Niman Ranch)*	**1½ oz** 42 g	**2 oz** 57 g
Potatoes (cooked)	**½ cup** 75 g	**1¼ cups** 188 g
Free Fiber *suggestions: bell pepper, onion, spinach*	**1 cup** 100 g	**1 cup** 100 g
Cooking fat	**1 tsp butter** 5 g	**1½ tsp butter** 8 g
Totals	**405 cal** 36 g protein · 25 g carbs · 18 g fat	**615 cal** 47 g protein · 49 g carbs · 26 g fat

Garnish (to taste, not counted): salt, pepper, hot sauce, chives

HOW TO MAKE IT

Pan-crisp the cooked potatoes in the butter with the peppers and onion. Add the diced ham to warm. Whisk the eggs, egg whites, and cottage cheese together, pour them in, and scramble until just set. Toss in the spinach at the end to wilt.

BOOSTERS

- 1 slice sourdough toast **+125**
- ½ cup potatoes **+65**
- 2 Tbs shredded cheddar **+55**
- 1 cup berries **+75**
- 1 egg **+70** · 6 g protein
- ¼ avocado **+65**

TRIMS

- ¼ cup less potatoes **−35**

Sausage & Egg Skillet

INGREDIENT	400 BASE	600 BASE
Eggs	**2 large** 100 g	**2 large** 100 g
Liquid egg whites	**¼ cup** 61 g	**¼ cup** 61 g
Cottage cheese (2%), stirred into the eggs	**¼ cup** 56 g	**¼ cup** 56 g
Bilinski's Mild Italian chicken sausage, sliced	**1 link** 68 g	**2 links** 136 g
Potatoes (cooked)	**⅓ cup** 53 g	**1 cup** 150 g
Free Fiber *suggestions: bell pepper, onion, mushrooms*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**410 cal** 39 g protein · 22 g carbs · 18 g fat	**610 cal** 54 g protein · 47 g carbs · 23 g fat

Garnish (to taste, not counted): salt, pepper, hot sauce, green onion

HOW TO MAKE IT

Slice and brown the sausage in the oil. Add the cooked potatoes and veggies to crisp. Whisk the eggs, egg whites, and cottage cheese together, pour them in, and scramble until just set.

BOOSTERS

- 1 slice sourdough toast **+125**
- ½ cup potatoes **+65**
- 2 Tbs shredded cheddar **+55**
- 1 egg **+70** · 6 g protein
- ¼ avocado **+65**

TRIMS

- ¼ cup less potatoes **−35** (600 base only)

Italian Egg Muffins + Fruit

INGREDIENT	400 BASE	600 BASE
Italian egg muffins (batch recipe)	**3 muffins**	**4 muffins**
Apple or banana	**1 medium** 180 g	**1 medium** 180 g
Peanut butter (for the apple)	*none*	**1 Tbs** 16 g
Totals	**420 cal** 31 g protein · 41 g carbs · 14 g fat	**625 cal** 46 g protein · 49 g carbs · 27 g fat

Garnish (to taste, not counted): hot sauce, fresh basil

Free Fiber and cooking fat are built into the muffin batch recipe.

HOW TO MAKE IT

Make the muffins with the cooking process from your Reset recipe card (Italian Egg Muffins). One batch makes 12 muffins: 8 oz 93/7 ground turkey, 1 tsp cooking fat, 1 medium potato (about 8 oz, diced small), ½ cup diced onion, 1 garlic clove, 1 tsp dried Italian seasoning, 2 cups chopped baby spinach, ½ cup chopped jarred roasted red peppers, 6 large eggs, ½ cup liquid egg whites, ½ cup 0% cottage cheese, 3 Tbs grated parmesan, ½ tsp salt, and ¼ tsp pepper. Reheat your muffins and serve with the fruit (and peanut butter at the 600 size). 1 muffin is about 105 calories and 10 g protein.

BOOSTERS

1 egg muffin **+105** · 10 g protein

1 slice sourdough toast **+125**

1 Tbs peanut butter **+100**

1 cup berries **+75**

TRIMS

skip the peanut butter **−100** (600 base only)

BREAKFAST

YOGURT & COTTAGE CHEESE BOWLS

Prep it: Portion yogurt or cottage cheese into jars for the week, and keep toppings in small containers. Add nuts, coconut, and granola just before eating so they stay crunchy.

PBJ Yogurt Bowl

INGREDIENT	400 BASE	600 BASE
Nonfat plain Greek yogurt	**1 cup** 245 g	**1¼ cups** 306 g
Mixed berries	**1 cup** 150 g	**1 cup** 150 g
Fruit spread or jam	**2 tsp** 14 g	**1 Tbs** 21 g
Peanut butter	**1½ Tbs** 24 g	**2 Tbs** 32 g
Granola	*none*	**¼ cup** 30 g
Totals	**395 cal** 32 g protein · 37 g carbs · 13 g fat	**625 cal** 43 g protein · 63 g carbs · 22 g fat

Garnish (to taste, not counted): cinnamon, pinch of flaky salt

No Free Fiber line: the berries bring the fiber. Chia is a good booster for more.

HOW TO MAKE IT

Top the yogurt with the berries, swirl in the jam, and add the peanut butter (and the granola at the 600 size).

BOOSTERS

1 Tbs chia seeds **+60**

2 Tbs granola **+65**

½ banana **+60**

½ cup berries **+35**

TRIMS

½ Tbs less peanut butter **−50**

Berry Yogurt Bowl

INGREDIENT	400 BASE	600 BASE
Nonfat plain Greek yogurt	**1 cup** 245 g	**1¼ cups** 306 g
Mixed berries	**1 cup** 150 g	**1½ cups** 225 g
Honey	**1 tsp** 7 g	**1 tsp** 7 g
Chopped walnuts	**1 Tbs** 8 g	**2 Tbs** 15 g
Granola	**¼ cup** 30 g	**⅓ cup** 45 g
Totals	**420 cal** 30 g protein · 51 g carbs · 11 g fat	**610 cal** 39 g protein · 72 g carbs · 18 g fat

Garnish (to taste, not counted): cinnamon, vanilla

No Free Fiber line: the berries bring the fiber.

HOW TO MAKE IT

Top the yogurt with the berries, a drizzle of honey, the walnuts, and the granola.

BOOSTERS

1 Tbs chia seeds **+60**

1 Tbs walnuts **+55**

½ banana **+60**

2 Tbs granola **+65**

TRIMS

2 Tbs less granola **−65**

Cottage Cheese & Pineapple Bowl

INGREDIENT	400 BASE	600 BASE
Cottage cheese (2%)	**1¼ cups** 283 g	**1½ cups** 339 g
Pineapple	**¾ cup** 124 g	**1 cup** 165 g
Unsweetened shredded coconut	**1 Tbs** 6 g	**2 Tbs** 12 g
Granola	**2 Tbs** 15 g	**¼ cup** 30 g
Totals	**405 cal** 32 g protein · 41 g carbs · 13 g fat	**580 cal** 40 g protein · 60 g carbs · 20 g fat

Garnish (to taste, not counted): lime zest, cinnamon

No Free Fiber line: the fruit brings the fiber.

HOW TO MAKE IT

Top the cottage cheese with the pineapple, shredded coconut, and granola.

BOOSTERS

1 Tbs chia seeds **+60**

2 Tbs granola **+65**

1 Tbs shredded coconut **+45**

½ cup mango **+55**

TRIMS

skip the granola **−65** (400 base only)

BREAKFAST

PROTEIN SMOOTHIES

Prep it: Make freezer packs: bag the fruit (and spinach or cauliflower rice) for each smoothie. In the morning, dump a pack in the blender with the yogurt, protein powder, and liquids. Shake the can of coconut milk first.

Loaded Berry Smoothie

INGREDIENT	400 BASE	600 BASE
Whey protein powder	**1 scoop** 30 g	**1 scoop** 30 g
Nonfat plain Greek yogurt	**½ cup** 122 g	**¾ cup** 184 g
Frozen mixed berries	**1 cup** 150 g	**1½ cups** 225 g
Banana	**½** 59 g	**1 medium** 118 g
Orange juice	**½ cup** 124 g	**½ cup** 124 g
Canned coconut milk	**1 Tbs** 15 g	**1 Tbs** 15 g
Chia seeds	*none*	**1 Tbs** 12 g
Free Fiber *suggestions: handful of spinach, frozen cauliflower rice*	**1 cup** 30 g	**1 cup** 30 g
Totals	**420 cal** 40 g protein · 51 g carbs · 6 g fat	**615 cal** 49 g protein · 80 g carbs · 11 g fat

Garnish (to taste, not counted): ice, water to blend

HOW TO MAKE IT

Blend everything (spinach and chia included) with ice until smooth. Add water to thin.

BOOSTERS

1 Tbs peanut butter **+100**

1 Tbs coconut milk **+30**

½ cup berries **+35**

½ banana **+60**

TRIMS

skip the orange juice (use water) **−55**

Loaded Tropical Smoothie

INGREDIENT	400 BASE	600 BASE
Whey protein powder	**1 scoop** 30 g	**1 scoop** 30 g
Nonfat plain Greek yogurt	**½ cup** 122 g	**¾ cup** 184 g
Frozen mango	**1 cup** 165 g	**1¼ cups** 206 g
Banana	**½** 59 g	**1 medium** 118 g
Light coconut milk	**¼ cup** 60 g	**⅓ cup** 90 g
Chia seeds	*none*	**1 Tbs** 12 g
Free Fiber *suggestions: handful of spinach, frozen cauliflower rice*	**1 cup** 30 g	**1 cup** 30 g
Totals	**415 cal** 39 g protein · 47 g carbs · 7 g fat	**620 cal** 49 g protein · 75 g carbs · 14 g fat

Garnish (to taste, not counted): ice, lime juice, water to blend

HOW TO MAKE IT

Blend everything (spinach and chia included) with ice until smooth. Add water to thin.

BOOSTERS

1 Tbs shredded coconut **+45**

½ cup pineapple **+45**

1 Tbs coconut milk **+30**

½ banana **+60**

TRIMS

¼ cup less mango **−25**

Orange Julius Smoothie

INGREDIENT	400 BASE	600 BASE
Whey protein powder (vanilla)	**1 scoop** 30 g	**1 scoop** 30 g
Nonfat plain Greek yogurt	**½ cup** 122 g	**¾ cup** 184 g
Orange juice	**¾ cup** 186 g	**1 cup** 248 g
Banana	**½** 59 g	**1 medium** 118 g
Canned coconut milk	**1 Tbs** 15 g	**2 Tbs** 30 g
Chia seeds	*none*	**1 Tbs** 12 g
Free Fiber *suggestions: frozen cauliflower rice (you won't taste it)*	**½ cup** 50 g	**½ cup** 50 g
Totals	**385 cal** 39 g protein · 43 g carbs · 6 g fat	**600 cal** 49 g protein · 71 g carbs · 13 g fat

Garnish (to taste, not counted): ice, vanilla, orange zest

HOW TO MAKE IT

Blend everything (cauliflower rice and chia included) with ½ tsp vanilla and ice until smooth (use the amounts listed here with the full process on your Reset recipe card). Orange zest is where the nostalgia lives.

BOOSTERS

1 Tbs coconut milk **+30**

½ banana **+60**

½ scoop whey protein **+60** · 12 g protein

TRIMS

¼ cup less orange juice **−30**

BREAKFAST

BREAKFAST HASHES

Prep it: Roast a big sheet pan of diced sweet potatoes, potatoes, or squash (425°F, 25-30 minutes) and cook your meat in one batch. Each morning, reheat a portion in a skillet with the veggies.

Breakfast Hash (Beef & Sweet Potato)

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato, diced (cooked)	**¾ cup** 150 g	**1 cup** 200 g
Egg, fried or scrambled on top	*none*	**1 large** 50 g
Free Fiber *suggestions: onion, bell pepper, spinach*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**395 cal** 33 g protein · 37 g carbs · 13 g fat	**600 cal** 49 g protein · 51 g carbs · 22 g fat

Garnish (to taste, not counted): salt, pepper, smoked paprika, hot sauce

HOW TO MAKE IT

Crisp the cooked sweet potato in the oil, add the onion and bell pepper, then the browned beef. Season with salt, pepper, and smoked paprika. At the 600 size, top with a fried or scrambled egg.

BOOSTERS

1 egg **+70** · 6 g protein

½ cup sweet potato **+95**

¼ avocado **+65**

2 Tbs shredded cheddar **+55**

TRIMS

¼ cup less sweet potato **−45**

Chicken Apple Hash

INGREDIENT	400 BASE	600 BASE
Chicken breast, diced (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Potatoes, diced (cooked)	**¾ cup** 112 g	**1¼ cups** 188 g
Apple, diced	**½ cup** 62 g	**¾ cup** 93 g
Free Fiber *suggestions: onion, Brussels sprouts, kale*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**2 tsp butter** 9 g	**1 Tbs butter** 14 g
Totals	**410 cal** 37 g protein · 40 g carbs · 12 g fat	**605 cal** 49 g protein · 64 g carbs · 17 g fat

Garnish (to taste, not counted): salt, pepper, sage, thyme

HOW TO MAKE IT

Sauté the onion and apple in the butter until soft, add the cooked potato to crisp, then the diced or shredded chicken and the Brussels sprouts or kale. Season with cinnamon and sage.

BOOSTERS

½ cup potatoes **+65**

1 Tbs pecans **+50**

2 Tbs shredded cheddar **+55**

1 egg **+70** · 6 g protein

TRIMS

¼ cup less potatoes **–35**

Thanksgiving Hash

INGREDIENT	400 BASE	600 BASE
Turkey breast, diced (cooked)	**3 oz** 85 g	**4 oz** 113 g
Sweet potato, diced (cooked)	**½ cup** 100 g	**¾ cup** 150 g
Apple, diced	**½ cup** 62 g	**¾ cup** 93 g
Dried cranberries	**1 Tbs** 10 g	**1 Tbs** 10 g
Chopped pecans	**1 Tbs** 7 g	**2 Tbs** 14 g
Free Fiber *suggestions: Brussels sprouts, onion, celery*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**1 tsp butter** 5 g	**1½ tsp butter** 7 g
Totals	**415 cal** 31 g protein · 47 g carbs · 11 g fat	**610 cal** 42 g protein · 68 g carbs · 19 g fat

Garnish (to taste, not counted): sage, thyme, salt, pepper

HOW TO MAKE IT

Melt the butter, add ½ cup diced onion and ¼ cup each diced carrot and celery, and cook until soft. Stir in ¾ tsp dried sage, then the apple, cooked sweet potato, and chopped cooked turkey breast to heat through. Season with salt and pepper and top with cranberries and pecans (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

½ cup sweet potato **+95**

1 Tbs pecans **+50**

1 egg **+70** · 6 g protein

1 Tbs dried cranberries **+35**

TRIMS

skip the cranberries **–35**

Apple & Squash Hash

INGREDIENT	400 BASE	600 BASE
Amylu Apple & Gouda chicken sausage, sliced *(Costco)*	**2 links** 152 g	**3 links** 228 g
Butternut squash, cubed (roasted)	**¾ cup** 105 g	**1 cup** 140 g
Apple, diced	**½ cup** 62 g	**¾ cup** 93 g
Free Fiber *suggestions: kale, onion, spinach*	**2 cups** 60 g	**3 cups** 90 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**410 cal** 34 g protein · 30 g carbs · 17 g fat	**605 cal** 51 g protein · 43 g carbs · 25 g fat

Garnish (to taste, not counted): sage, cinnamon, salt, pepper

HOW TO MAKE IT

Sauté the onion in the oil with the squash for 5 minutes, add the apple and about 1½ Tbs water, cover, and cook 5 minutes until the squash is fork-tender. Uncover, add the sliced sausage with ⅛ tsp dried sage, a pinch of dried thyme, garlic powder, nutmeg, and red pepper flakes, and cook 3 to 4 minutes. Top with the greens, cover until wilted, and salt to taste (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

1 Tbs pecans **+50**

1 egg **+70** · 6 g protein

½ cup sweet potato **+95**

1 Tbs dried cranberries **+35**

TRIMS

¼ cup less apple **−20**

LUNCH & DINNER

CHICKEN

Batch it: Salt 2 lb (about 4) chicken breasts an hour ahead, then roast at 425°F until the inside reaches 165°F (about 20 minutes). Rest before slicing or shredding. 2 lb raw makes about 1½ lb (680 g) cooked.

Mediterranean Chicken

INGREDIENT	400 BASE	600 BASE
Chicken breast (cooked)	**3 oz** 85 g	**4 oz** 113 g
Chickpeas (canned, drained)	**½ cup** 82 g	**¾ cup** 123 g
Crumbled feta	**2 Tbs** 19 g	**3 Tbs** 28 g
Free Fiber *suggestions: cucumber, cherry tomatoes, red onion*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**410 cal** 38 g protein · 32 g carbs · 14 g fat	**600 cal** 52 g protein · 47 g carbs · 23 g fat

Garnish (to taste, not counted): lemon juice, oregano, garlic, parsley

HOW TO MAKE IT

Cook the chicken in the oil. Toss the cucumber, tomatoes, and red onion with lemon juice, oregano, and garlic. Serve with the chickpeas and sliced chicken and top with feta.

BOOSTERS

2 Tbs crumbled feta **+50**

1 tsp olive or high-oleic sunflower oil drizzle **+40**

¼ cup quinoa **+55**

1 oz chicken **+45** · 9 g protein

TRIMS

1 Tbs less feta **−25**

Buffalo Chicken Sweet Potato

INGREDIENT	400 BASE	600 BASE
Chicken breast, shredded (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato (cooked)	**⅔ cup** 125 g	**1 cup** 200 g
Ranch dressing	**1 Tbs** 15 g	**2 Tbs** 30 g
Free Fiber *suggestions: celery, carrots, shredded lettuce*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**405 cal** 35 g protein · 33 g carbs · 15 g fat	**620 cal** 46 g protein · 52 g carbs · 25 g fat

Garnish (to taste, not counted): buffalo hot sauce, green onion

HOW TO MAKE IT

Toss the shredded chicken (warmed in the oil) in buffalo sauce. Serve over the sweet potato with celery, carrots, and lettuce, and drizzle with ranch.

BOOSTERS

1 Tbs ranch **+65**

½ cup sweet potato **+95**

2 Tbs shredded cheddar **+55**

1 oz chicken **+45** · 9 g protein

TRIMS

½ Tbs less ranch **−30**

Fajita Chicken

INGREDIENT	400 BASE	600 BASE
Chicken breast, sliced (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Corn tortillas	**2** 52 g	**3** 78 g
Avocado	**¼** 38 g	**¼** 38 g
Shredded cheddar	*none*	**2 Tbs** 14 g
Free Fiber *suggestions: bell peppers, onion*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**425 cal** 36 g protein · 35 g carbs · 15 g fat	**620 cal** 51 g protein · 50 g carbs · 24 g fat

Garnish (to taste, not counted): salsa, lime, cilantro, fajita spices

HOW TO MAKE IT

Sauté the peppers and onion in the oil, add the chicken with ⅜ tsp each chili powder, cumin, and paprika, ⅛ tsp each salt, onion powder, and garlic powder, and a squeeze of lime, and heat through. Fill warm tortillas and top with avocado, salsa, and cilantro (and cheese at the 600 size). Slow cooker version on your Reset recipe card; use the amounts listed here.

BOOSTERS

1 corn tortilla **+60**

2 Tbs shredded cheddar **+55**

¼ cup beans **+60**

1 oz chicken **+45** · 9 g protein

TRIMS

skip the cheese **−55** (600 base only)

half the avocado **−35**

Buffalo Chicken Casserole

INGREDIENT	400 BASE	600 BASE
Chicken breast, shredded (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato, cubed (cooked)	**¾ cup** 150 g	**1 cup** 200 g
Ranch dressing (drizzle)	*none*	**1 Tbs** 15 g
Free Fiber *suggestions: broccoli, cauliflower, celery*	**2 cups** 200 g	**2½ cups** 250 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**395 cal** 36 g protein · 43 g carbs · 9 g fat	**605 cal** 47 g protein · 57 g carbs · 21 g fat

Garnish (to taste, not counted): buffalo hot sauce, green onion

HOW TO MAKE IT

Toss the diced sweet potato and veggies with the oil, salt, and pepper and roast at 425°F for 20 minutes. Stir in a minced garlic clove and roast 10 minutes more. Mix with the shredded chicken and buffalo sauce in a baking dish and bake 15 minutes until hot and browned. Top with green onion (and the ranch drizzle at the 600 size). Use the amounts listed here with the full process on your Reset recipe card; the card makes 6 servings, so it is easy to batch.

BOOSTERS

1 Tbs ranch **+65**

2 Tbs shredded cheddar **+55**

½ cup sweet potato **+95**

1 oz chicken **+45** · 9 g protein

TRIMS

¼ cup less sweet potato **−45**

Zingy Peanut Chicken

INGREDIENT	400 BASE	600 BASE
Chicken breast (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato (cooked)	**⅓ cup** 67 g	**⅔ cup** 133 g
Peanut butter (in the sauce)	**1 Tbs** 16 g	**1½ Tbs** 24 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Free Fiber *suggestions: broccoli, red cabbage, bell pepper*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Totals	**420 cal** 38 g protein · 30 g carbs · 16 g fat	**610 cal** 51 g protein · 48 g carbs · 24 g fat

Garnish (to taste, not counted): lime, garlic, ginger, sriracha, cilantro

HOW TO MAKE IT

Roast the sweet potato and veggies at 425°F for 20 to 25 minutes. Whisk the peanut butter with the coconut aminos, about 2 Tbs water, minced garlic and jalapeño, and lime juice. Sear the chicken in the sesame oil, add the sauce, and simmer 1 to 2 minutes. Serve over the veggies (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

½ cup rice **+100**

½ cup sweet potato **+95**

1 tsp toasted sesame oil drizzle **+40**

1 Tbs cashews **+50**

1 oz chicken **+45** · 9 g protein

TRIMS

skip the sweet potato **−60** (400 base only)

LUNCH & DINNER

GROUND BEEF OR BISON

Batch it: Salt and brown 2 lb of the leanest ground beef or bison you can find (95% or higher) over medium-high heat, to 160°F. Split into 3 containers and season each one when you build the meal (bloom dried spices in hot oil for 30 seconds first). 2 lb raw makes about 1½ lb (680 g) cooked.

Taco Bowl

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3 oz** 85 g	**4 oz** 113 g
Black beans	**½ cup** 86 g	**½ cup** 86 g
White rice (cooked)	**¼ cup** 40 g	**⅓ cup** 53 g
Shredded cheddar	**1 Tbs** 7 g	**2 Tbs** 14 g
Avocado	*none*	**¼** 38 g
Free Fiber *suggestions: shredded cabbage, sliced radish*	**1 cup** 70 g	**1½ cups** 105 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**¾ tsp oil** 4 g
Totals	**395 cal** 36 g protein · 36 g carbs · 12 g fat	**575 cal** 48 g protein · 45 g carbs · 23 g fat

Garnish (to taste, not counted): salsa, hot sauce, lime, cilantro

HOW TO MAKE IT

Bloom cumin and chili powder in the oil, then brown the beef to coat. Bowl it with the beans, rice, cabbage, and cheese (and avocado at the 600 size). Top with salsa, lime, and cilantro.

BOOSTERS

¼ avocado **+65**

1 Tbs shredded cheddar **+30**

¼ cup beans **+60**

1 corn tortilla **+60**

¼ cup rice **+50**

1 oz beef **+55** · 8 g protein

TRIMS

half the cheese **−30** (600 base only)

half the avocado **−35** (600 base only)

Meaty Marinara

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3 oz** 85 g	**4 oz** 113 g
Pasta (cooked)	**½ cup** 70 g	**¾ cup** 105 g
Marinara sauce	**½ cup** 125 g	**½ cup** 125 g
Grated parmesan	**1 Tbs** 5 g	**2 Tbs** 10 g
Free Fiber *suggestions: zucchini, mushrooms, spinach*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**1 tsp oil** 4 g
Totals	**420 cal** 35 g protein · 41 g carbs · 13 g fat	**580 cal** 47 g protein · 55 g carbs · 19 g fat

Garnish (to taste, not counted): basil, garlic, red pepper flakes

HOW TO MAKE IT

Heat the oil with minced garlic, add the beef to brown, then the marinara, and simmer 10 minutes with the zucchini and mushrooms. Toss with the pasta and spinach, and top with parmesan.

BOOSTERS

¼ cup pasta **+55**

1 Tbs parmesan **+20**

1 tsp olive or high-oleic sunflower oil drizzle **+40**

¼ cup marinara **+35**

1 oz beef **+55** · 8 g protein

TRIMS

¼ cup less pasta **−55** (600 base only)

Bulgogi Bowl

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
White rice (cooked)	**½ cup** 79 g	**¾ cup** 118 g
Honey (in the sauce)	**1 tsp** 7 g	**1½ tsp** 10 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Free Fiber *suggestions: shredded carrot, spinach, cucumber*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	*none*	**1 tsp** 4 g
Totals	**410 cal** 33 g protein · 41 g carbs · 13 g fat	**600 cal** 43 g protein · 58 g carbs · 22 g fat

Garnish (to taste, not counted): garlic, ginger, green onion, gochugaru

HOW TO MAKE IT

Whisk the coconut aminos, honey, minced garlic, and grated ginger. Brown the beef in the sesame oil, add the sauce, and cook until coated. Serve over rice with the carrot, spinach, and cucumber (finish with the toasted sesame oil at the 600 size).

BOOSTERS

½ cup rice **+100**

1 tsp toasted sesame oil drizzle **+40**

1 egg **+70** · 6 g protein

1 oz beef **+55** · 8 g protein

TRIMS

¼ cup less rice **−50**

GROUND TURKEY

Batch it: Brown 2 lb 93% lean ground turkey with salt and pepper, to 165°F. Split into containers and season each one its own way. Burger patties cook separately. 2 lb raw makes about 1½ lb (680 g) cooked.

Turkey Chili with Rice

INGREDIENT	400 BASE	600 BASE
Ground turkey, 93% lean (cooked)	**2½ oz** 71 g	**3½ oz** 99 g
Kidney beans (canned, drained)	**½ cup** 89 g	**¾ cup** 133 g
White rice (cooked)	**¼ cup** 40 g	**⅓ cup** 53 g
Corn kernels	*none*	**¼ cup** 41 g
Canned diced tomatoes	**½ cup** 120 g	**½ cup** 120 g
Free Fiber *suggestions: onion, bell pepper, zucchini*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**1 tsp oil** 4 g
Totals	**410 cal** 31 g protein · 46 g carbs · 12 g fat	**625 cal** 45 g protein · 71 g carbs · 18 g fat

Garnish (to taste, not counted): chili powder, cumin, garlic, cilantro, hot sauce

HOW TO MAKE IT

Sauté the onion and ½ minced garlic clove in the oil, add the turkey and brown it, then stir in ¾ tsp chili powder, ¼ tsp cumin, ¼ tsp dried oregano, ⅛ tsp salt, and a pinch of pepper. Add the beans, tomatoes, veggies, and rice (and corn at the 600 size) with about ¼ cup chicken broth, and simmer 10 minutes (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

- 2 Tbs shredded cheddar **+55**
- ¼ avocado **+65**
- ¼ cup corn **+45**
- ¼ cup beans **+60**
- 1 oz turkey **+60** · 8 g protein

TRIMS

- skip the corn **−45** (600 base only)
- 2 Tbs less rice **−25**

Turkey Marinara Pasta

INGREDIENT	400 BASE	600 BASE
Ground turkey, 93% lean (cooked)	**3 oz** 85 g	**4 oz** 113 g
Pasta (cooked)	**⅓ cup** 47 g	**¾ cup** 105 g
Marinara sauce	**½ cup** 125 g	**½ cup** 125 g
Grated parmesan	**1 Tbs** 5 g	**2 Tbs** 10 g
Free Fiber *suggestions: zucchini, spinach, mushrooms*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**¾ tsp oil** 3 g
Totals	**410 cal** 31 g protein · 34 g carbs · 16 g fat	**605 cal** 45 g protein · 55 g carbs · 23 g fat

Garnish (to taste, not counted): basil, garlic, red pepper flakes

HOW TO MAKE IT

Brown the turkey with the veggies in the oil, add the marinara, and simmer 10 minutes. Toss with the pasta and top with parmesan.

BOOSTERS

- ¼ cup pasta **+55**
- 1 Tbs parmesan **+20**
- 1 tsp olive or high-oleic sunflower oil drizzle **+40**
- ¼ cup marinara **+35**
- 1 oz turkey **+60** · 8 g protein

TRIMS

- ¼ cup less pasta **−55** (600 base only)

Turkey Burger Plate

INGREDIENT	400 BASE	600 BASE
Ground turkey patty, 93% lean (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Burger bun	**1** 50 g	**1** 50 g
Potatoes, oven fries (cooked)	*none*	**¾ cup** 112 g
Sauce (counted): ketchup	**1 Tbs** 17 g	**1 Tbs** 17 g
Free Fiber *suggestions: lettuce, tomato, pickles, side salad*	**1 cup** 100 g	**1 cup** 100 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**1½ tsp oil** 7 g
Totals	**420 cal** 33 g protein · 36 g carbs · 16 g fat	**620 cal** 43 g protein · 58 g carbs · 24 g fat

Garnish (to taste, not counted): mustard, onion, pickles

HOW TO MAKE IT

Pan-sear or grill the patty in the oil and serve on the bun with lettuce, tomato, pickles, and ketchup. At the 600 size, toss potato wedges in the rest of the oil and roast at 425°F until crisp.

BOOSTERS

½ cup potatoes **+65**

2 Tbs shredded cheddar **+55**

¼ avocado **+65**

1 oz turkey **+60** · 8 g protein

TRIMS

open-face (half the bun) **−70**

LUNCH & DINNER

PORK TENDERLOIN

Batch it: Salt and sear 2 tenderloins (about 2 lb), then roast at 400°F until the inside reaches 145°F (about 20 minutes). Rest 5 minutes before slicing. 2 lb raw makes about 1½ lb (680 g) cooked.

Pork, Potato & Pepps

INGREDIENT	400 BASE	600 BASE
Pork tenderloin (cooked)	**4 oz** 113 g	**5 oz** 142 g
Sweet potato, cubed (cooked)	**¾ cup** 150 g	**1¼ cups** 250 g
Free Fiber *suggestions: bell peppers, onion*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1½ tsp oil** 7 g	**2½ tsp oil** 11 g
Totals	**400 cal** 34 g protein · 40 g carbs · 11 g fat	**590 cal** 45 g protein · 64 g carbs · 17 g fat

Garnish (to taste, not counted): garlic, smoked paprika, rosemary, salt, pepper

HOW TO MAKE IT

Toss the sweet potato, peppers, and onion in the oil and roast at 425°F until tender. Add the sliced pork for the last 5 minutes to warm through.

BOOSTERS

½ cup sweet potato **+95**

1 tsp butter **+35**

2 Tbs shredded cheddar **+55**

1 oz pork **+40** · 7 g protein

TRIMS

¼ cup less sweet potato **−45**

Cuban Mojo Bowl

INGREDIENT	400 BASE	600 BASE
Pork tenderloin (cooked)	**4 oz** 113 g	**5 oz** 142 g
Black beans	**½ cup** 86 g	**¾ cup** 129 g
White rice (cooked)	**¼ cup** 40 g	**⅓ cup** 53 g
Avocado	*none*	**¼** 38 g
Free Fiber *suggestions: shredded cabbage, red onion*	**1 cup** 70 g	**1½ cups** 105 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**380 cal** 39 g protein · 36 g carbs · 9 g fat	**615 cal** 52 g protein · 55 g carbs · 20 g fat

Garnish (to taste, not counted): lime, orange juice, garlic, cumin, oregano, cilantro

HOW TO MAKE IT

Heat the oil with minced garlic, cumin, and oregano until it sizzles, then whisk in orange and lime juice. Spoon over the sliced pork and serve with the black beans, rice, and cabbage (and avocado at the 600 size).

BOOSTERS

¼ avocado **+65**

¼ cup beans **+60**

¼ cup rice **+50**

1 oz pork **+40** · 7 g protein

TRIMS

half the avocado **−35** (600 base only)

Sweet & Sour Pork

INGREDIENT	400 BASE	600 BASE
Pork tenderloin (cooked)	**4 oz** 113 g	**5 oz** 142 g
White rice (cooked)	**½ cup** 79 g	**¾ cup** 118 g
Pineapple	**½ cup** 82 g	**¾ cup** 124 g
Honey (in the sauce)	*none*	**1 tsp** 7 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Free Fiber *suggestions: bell pepper, onion, snap peas*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	*none*	**1 tsp** 4 g
Totals	**400 cal** 34 g protein · 46 g carbs · 9 g fat	**610 cal** 43 g protein · 71 g carbs · 17 g fat

Garnish (to taste, not counted): rice vinegar, garlic, ginger, green onion

HOW TO MAKE IT

Bloom grated ginger and garlic in the sesame oil, add the pineapple, peppers, onion, snap peas, and coconut aminos (and the honey at the 600 size), and sauté until the veggies soften. Toss in the sliced pork to glaze and serve over rice.

BOOSTERS

½ cup rice **+100**

½ cup pineapple **+45**

1 tsp toasted sesame oil drizzle **+40**

1 oz pork **+40** · 7 g protein

TRIMS

¼ cup less rice **−50**

SALMON

Batch it: Bake 1½ lb salmon at 400°F for 12-15 minutes, to 145°F (it flakes easily). Salmon keeps 3 days in the fridge, so cook it in 2 smaller batches if you need it all week. 1½ lb raw makes about 1¼ lb (545 g) cooked.

Salmon & Rice

INGREDIENT	400 BASE	600 BASE
Salmon (cooked)	**4½ oz** 128 g	**5 oz** 142 g
White rice (cooked)	**⅓ cup** 53 g	**¾ cup** 118 g
Free Fiber *suggestions: button mushrooms, bok choy*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Toasted sesame oil drizzle	*none*	**1 tsp** 4 g
Totals	**410 cal** 31 g protein · 25 g carbs · 21 g fat	**595 cal** 36 g protein · 46 g carbs · 30 g fat

Garnish (to taste, not counted): green onion, fresh ginger

HOW TO MAKE IT

Bake or air-fry the salmon. Sauté the mushrooms and bok choy in the sesame oil with the coconut aminos and serve everything over rice (finish with the toasted sesame oil at the 600 size).

BOOSTERS

½ cup rice **+100**

1 tsp toasted sesame oil drizzle **+40**

¼ avocado **+65**

½ cup mango **+55**

1 oz salmon **+55** · 6 g protein

TRIMS

¼ cup less rice **−50** (600 base only)

Salmon Toast

INGREDIENT	400 BASE	600 BASE
Salmon, flaked (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sourdough bread, toasted	**1 slice** 45 g	**2 slices** 90 g
Dill yogurt spread (nonfat Greek yogurt + dill + lemon)	**¼ cup** 61 g	**¼ cup** 61 g
Free Fiber *suggestions: arugula, cucumber, tomato*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**¾ tsp oil** 4 g
Totals	**410 cal** 34 g protein · 32 g carbs · 16 g fat	**615 cal** 46 g protein · 58 g carbs · 22 g fat

Garnish (to taste, not counted): lemon, capers, red onion, everything seasoning

HOW TO MAKE IT

Stir dill and a squeeze of lemon into the Greek yogurt. Toast the sourdough and spread with the dill yogurt. Top with arugula, cucumber, tomato, and the flaked salmon (cooked in the oil). Finish with capers, red onion, and everything seasoning.

BOOSTERS

¼ avocado **+65**

1 slice sourdough toast **+125**

1 tsp olive or high-oleic sunflower oil drizzle **+40**

1 oz salmon **+55** · 6 g protein

TRIMS

open-face on 1 slice **−125** (600 base only)

Sheet Pan Salmon, Potatoes & Green Beans

INGREDIENT	400 BASE	600 BASE
Salmon (cooked)	**4½ oz** 128 g	**5 oz** 142 g
Potatoes, cubed (roasted)	**½ cup** 75 g	**1¼ cups** 188 g
Free Fiber *suggestions: green beans, broccolini*	**1 cup** 125 g	**1½ cups** 188 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**415 cal** 32 g protein · 25 g carbs · 21 g fat	**610 cal** 39 g protein · 53 g carbs · 27 g fat

Garnish (to taste, not counted): lemon, garlic, dill, salt, pepper

HOW TO MAKE IT

Toss the potatoes in the oil and roast at 425°F for 15 minutes, then add the salmon and green beans and roast about 12 minutes more. Finish with lemon and dill.

BOOSTERS

½ cup potatoes **+65**

1 tsp butter **+35**

1 slice sourdough toast **+125**

1 oz salmon **+55** · 6 g protein

TRIMS

¼ cup less potatoes **−35** (600 base only)

LUNCH & DINNER

SHRIMP

Batch it: Salt and boil or roast 2 lb peeled shrimp for 2-3 minutes. Pull them when they curl into a C (not an O). Chill fast and eat cold or warm gently; overcooked shrimp goes rubbery. 2 lb raw makes about 1¾ lb (770 g) cooked.

Shrimp Rice Bowl

INGREDIENT	400 BASE	600 BASE
Shrimp (cooked)	**4 oz** 113 g	**5 oz** 142 g
White rice (cooked)	**¾ cup** 118 g	**1¼ cups** 198 g
Free Fiber *suggestions: cucumber, carrot*	**1¼ cups** 125 g	**1½ cups** 150 g
Avocado	*none*	**¼** 38 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	**1 tsp** 4 g	**1 tsp** 4 g
Totals	**395 cal** 32 g protein · 45 g carbs · 10 g fat	**620 cal** 42 g protein · 72 g carbs · 18 g fat

Garnish (to taste, not counted): lime, green onion, chili flakes

HOW TO MAKE IT

Sauté the shrimp with garlic in the sesame oil and add the coconut aminos. Serve over rice with the cucumber and carrot (and avocado at the 600 size). Finish with the toasted sesame oil, lime, and green onion.

BOOSTERS

¼ avocado **+65**

1 tsp toasted sesame oil drizzle **+40**

½ cup rice **+100**

½ cup pineapple **+45**

1 oz shrimp **+30** · 7 g protein

TRIMS

¼ cup less rice **−50**

half the avocado **−35** (600 base only)

Ceviche Bowl

INGREDIENT	400 BASE	600 BASE
Shrimp, chopped (cooked)	**4 oz** 113 g	**5 oz** 142 g
Mango, diced	**¾ cup** 124 g	**1 cup** 165 g
Avocado	**¼** 38 g	**⅓** 50 g
Corn tortillas, crisped as tostadas	**2** 52 g	**3** 78 g
Black beans	*none*	**¼ cup** 43 g
Free Fiber *suggestions: cucumber, shredded cabbage, red onion*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**none (shrimp is poached; tostadas crisped dry)**	**none**
Totals	**410 cal** 33 g protein · 51 g carbs · 8 g fat	**620 cal** 46 g protein · 83 g carbs · 11 g fat

Garnish (to taste, not counted): lime juice, jalapeño, cilantro, salt

HOW TO MAKE IT

Toss the cold cooked shrimp with lime juice, cilantro, jalapeño, and thin-sliced red onion and let it sit 10 minutes. Crisp the tortillas in a dry skillet or the oven. Serve the shrimp over the cabbage and cucumber with the mango and avocado (and black beans at the 600 size), with the tostadas on the side.

BOOSTERS

1 corn tortilla **+60**

¼ avocado **+65**

¼ cup beans **+60**

1 oz shrimp **+30** · 7 g protein

TRIMS

¼ cup less mango **−25**

Shrimp Avo Salad + Quinoa

INGREDIENT	400 BASE	600 BASE
Shrimp (cooked)	**4 oz** 113 g	**5 oz** 142 g
Quinoa (cooked)	**½ cup** 92 g	**¾ cup** 139 g
Avocado	**¼** 38 g	**⅓** 50 g
Crumbled feta	*none*	**1 Tbs** 10 g
Free Fiber *suggestions: leafy greens, cucumber, cherry tomatoes*	**2 cups greens + 1 cup veggies** 60 g	**3 cups greens + 1 cup veggies** 90 g
Olive or high-oleic sunflower oil (for the vinaigrette)	**2 tsp oil** 9 g	**1 Tbs oil** 14 g
Honey (in the vinaigrette)	*none*	**½ tsp** 4 g
Totals	**415 cal** 34 g protein · 31 g carbs · 17 g fat	**610 cal** 46 g protein · 47 g carbs · 26 g fat

Garnish (to taste, not counted): lime juice, garlic, salt, pepper

HOW TO MAKE IT

Whisk the lime juice, ½ minced garlic clove, salt, pepper, and oil (and honey at the 600 size) into a dressing, then stir in thinly sliced red onion and let it sit a few minutes. Toss the greens, cherry tomatoes, cucumber, and quinoa with the dressing, then top with the cooked shrimp and avocado (and feta at the 600 size). Use the amounts listed here with the full process on your Reset recipe card.

BOOSTERS

¼ cup quinoa **+55**

¼ avocado **+65**

2 Tbs crumbled feta **+50**

1 oz shrimp **+30** · 7 g protein

TRIMS

skip the feta **−25** (600 base only)

half the avocado **−35**

Asian Shrimp & Veggies

INGREDIENT	400 BASE	600 BASE
Shrimp (cooked)	**4 oz** 113 g	**5 oz** 142 g
White rice (cooked)	**½ cup** 79 g	**1 cup** 158 g
Honey (in the sauce)	**1 tsp** 7 g	**1 tsp** 7 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Cashews	*none*	**1 Tbs** 8 g
Free Fiber *suggestions: broccoli, snap peas, bell pepper*	**2 cups** 200 g	**2½ cups** 250 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	**1 tsp** 4 g	**1 tsp** 4 g
Totals	**390 cal** 32 g protein · 44 g carbs · 10 g fat	**605 cal** 43 g protein · 72 g carbs · 16 g fat

Garnish (to taste, not counted): garlic, ginger, green onion, chili flakes

HOW TO MAKE IT

Cook the rice. Whisk the coconut aminos, honey, 1 Tbs water, and about ¾ tsp cornstarch for the sauce. Stir-fry the veggies in the sesame oil, then add 1 sliced garlic clove, ½ Tbs grated ginger, and a pinch of red pepper flakes for 30 seconds. Push the veggies aside, cook the shrimp 1 to 2 minutes per side until pink, then pour in the sauce and simmer 1 minute until glossy. Serve over the rice with the toasted sesame oil drizzle (and cashews at the 600 size). Use the amounts listed here with the full process on your Reset recipe card.

BOOSTERS

½ cup rice **+100**

1 Tbs cashews **+50**

1 tsp toasted sesame oil drizzle **+40**

1 oz shrimp **+30** · 7 g protein

TRIMS

¼ cup less rice **−50**