



3-DAY BODY RESET

Recipes & Shopping List



RECIPES

BREAKFAST

PERFECT STEEL-CUT OATMEAL

Note: This recipe might take a bit more than 20 minutes, because you need to let the steel cut oats simmer a bit but it is worth the wait. This recipe is full with flavor and will keep you satisfied all morning long. Want to prep a night before?? Check my recipe my Overnight Oats <https://www.amandacaballero.com/single-post/2018/05/30/My-2-Take-On-The-Go-Breakfasts-So-Easy>

INGREDIENTS

SERVINGS 4

- 3 cup milk of choice: almond milk
- 1 tablespoon coconut oil or unsalted butter
- 1 cup steel-cut oats
- 1 teaspoon extract vanilla
- 2 tablespoons of coconut palm sugar
- ¼ teaspoon salt



Optional mix-ins: cinnamon, dried fruit like cranberries and raisings, toasted chopped nuts like walnuts, chia seeds, cacao nibs and pecans.

DIRECTIONS

1. In a large saucepan, add the milk. Bring the milk to a simmer over medium heat. In the meantime, melt the coconut oil (or butter) in a skillet or pan over medium heat. Once shimmering, add the oats and toast, stirring occasionally, until golden, around 2 minutes. This step adds flavor to the oats.
2. Stir the oats into the simmering water/milk mixture. Reduce the heat to medium low and simmer gently for about 20 minutes, stirring occasionally, until the mixture is very thick.
3. Stir in the salt, coconut palm sugar and vanilla. Continue to simmer the mixture, stirring occasionally and reducing heat as necessary to prevent from burning on the bottom, until almost all of the liquid is absorbed, around 10 minutes. The consistency of the oatmeal should be very creamy.
4. Remove from heat and stir in your favorite mix-ins. Let the oatmeal rest for 5 minutes before serving so it has more time to thicken up and cool down a bit.
5. Portion oatmeal into bowls and add any extra toppings: fresh strawberries, blueberries or bananas.

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GREEN GOODNESS SMOOTHIE BOWL

Note: You can choose any other choice of fruits and veggies for your smoothie bowl.

SERVING: 1

INGREDIENTS

Smoothie

- 1/2 cup green Granny Smith apple
- 1/4 cup frozen spinach
- 1 frozen banana for a more creamy consistency
- 2 tbs peanut butter
- 1/4 cup avocado
- 1/2 tbs honey
- 1/2 tbs chia seeds
- 1/2 tbs hemp seeds + any other super food that you might want to add.
- 1/4 cup almond milk



Toppings

I use the same fruits I used for the smoothie base, but fresh, and add:

Honey

- 1/2 tbs peanut butter
- chia seeds
- hemp seeds
- cacao nibs
- Gluten Free granola.

DIRECTIONS

1. Add all ingredients and blend, be careful with the almond milk adding too much will lose the creamy consistency.
2. Add your favorite toppings!

YOGURT & FRUIT PARFAIT

Note: Fruit and yogurt with a healthier more delicious twist!

INGREDIENTS

SERVINGS 4

- 3 cups plain Greek yogurt or coconut yogurt
- 1 tablespoon honey
- 1/4 teaspoon vanilla extract
- 1 tablespoon almond milk, cow milk or coconut milk.
- 1 cup fresh strawberries
- 1 cup fresh blackberries, raspberries or blueberries
- 1 cup good quality granola



DIRECTIONS

1. In a separate bowl prepare your vanilla yogurt add yogurt, honey, vanilla and milk and whisk.
2. Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine strawberries fresh berries and its juice. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

MAIN DISHES

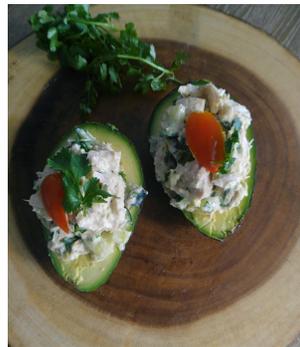
STUFFED AVOCADO

Note: Life is always better with avocado and it's even better when you stuff one!

SERVINGS 1

INGREDIENTS

- 1 avocado, halved and pitted
- 1 (4.5 oz.) cans tuna, drained
- 1 tablespoons minced jalapeño
- ¼ cup cilantro leaves, roughly chopped
- 1 tablespoon lime juice
- sea salt
- ground pepper



DIRECTIONS

1. Scoop out some of the avocado from the pitted area to make some extra room for the tuna. Place the scooped avocado into a medium mixing bowl, add some lime juice and mash it with a fork.
2. Add the tuna, jalapeño, and cilantro to the mixing bowl. Pour lime juice over and stir it all together until everything is well mixed.
3. Scoop the tuna into the avocado bowls. Season with salt and pepper.

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GRILLED SHRIMP SALAD

Note: The perfect combination of salty and sweet in one delicious salad.

INGREDIENTS

SERVINGS 4

SHRIMP

- 2 teaspoons grated lemon
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 7 teaspoons extra-virgin olive oil, divided
- 24 extra-large shrimp, peeled and deveined (about 1 pound)

SALAD

- 6 cups spring mix
- 1 cup granny smith apples sliced
- 1/2 cup of raisins
- 2 tablespoons fresh lemon juice
- 1 tablespoon white wine vinegar
- 1/2 teaspoon coconut palm sugar
- feta cheese (optional)



DIRECTIONS

1. Combine rind, paprika, half of the sea salt, half of the pepper, half of the olive oil, and shrimp in a medium bowl. Grill shrimp 2 minutes on each side or until done on a skillet.
2. Combine shrimp, spring mix, apples, and raisins in a large bowl; toss gently. Combine remaining olive oil, sea salt, and pepper, lemon juice, vinegar, and sugar in a small bowl, stirring with a whisk. Add juice mixture to shrimp mixture, and toss gently to coat. Divide salad into plates and sprinkle with feta cheese.

HONEY CHICKEN QUINOA BOWL

Note: A bowl of super foods! These ingredients are my favorite combination, feel free to get creative and make your own bowl with your favorite ingredients.

INGREDIENTS

SERVINGS 4

- 1 tablespoon olive oil
- 1 tablespoon honey
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1 pound boneless, skinless chicken breast
- Sea salt, to taste



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2 cups cooked quinoa or brown rice
2 cups shredded romaine lettuce
1 cup canned black beans, rinsed
1 avocado, diced

DIRECTIONS

1. Preheat oven on broiler. Combine olive oil, honey, garlic powder and cumin in a small bowl. Oil the baking sheet and season chicken with sea salt and pepper to taste. Broil the chicken for 8 minutes. Turn, brush with the honey glaze and continue for 9 minutes more under the broiler. Once chicken is cooked chop into bite-size pieces.

2. Assemble each burrito bowl with $\frac{1}{2}$ cup quinoa, $\frac{1}{2}$ cup chicken, $\frac{1}{2}$ cup lettuce, $\frac{1}{4}$ cup beans, $\frac{1}{4}$ and avocado.

Serve with a lime wedge and drizzle with olive oil.

HEALTHY CESAR SALAD

Note: Yes, Healthy Cesar Salads do exist! You will absolutely love this healthy Cesar Salad dressing. Make some extra dressing and keep it in the fridge up to one week.

INGREDIENTS

$\frac{3}{4}$ cup non-fat plain Greek yogurt
 $\frac{1}{2}$ cup freshly grated Parmesan cheese
3 tablespoons extra-virgin olive oil
3 tablespoons freshly squeezed lemon juice
1 $\frac{1}{2}$ teaspoons Dijon mustard
1 large garlic clove



DIRECTIONS

1. Place all ingredients: Greek yogurt, Parmesan, olive oil, lemon juice, mustard, and garlic in a blender. Puree until smooth.

2. Add dressing to your salad Romaine Lettuce is the one used for Cesar's Salad but you can always use Arugula, Spinach, Kale or mix of all to make it even healthier!

*Optional: Prepare chicken breast to accompany salad.

DESSERTS

BAKED CINNAMON APPLES

Note: This dessert is as clean as it gets! Very easy to make, prepare apples and throw them in the oven. Your kitchen will start smelling pretty good!

SERVINGS 2

INGREDIENTS

2 large apples
2 tablespoons coconut palm sugar
1 tablespoon grassfed butter or
coconut palm sugar, melted
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅓ cup water



DIRECTIONS

1. Preheat oven to 350 degrees. Cut the apples in half around the middle. Remove the core and seeds.
 2. Place the apples in an ovenproof baking dish.
 3. In a small bowl, combine sugar, butter, cinnamon and nutmeg. Spoon this mixture into the centers of your apple halves. Pour water into the baking dish.
 4. Bake apples for 40 to 45 minutes or until the apples are tender, basting them occasionally with the juices from the baking dish.
- Serve warm with a scoop of ice cream, vanilla yogurt or drizzle with honey.

BERRY YUMMY FRUIT SALAD

Note: Fruit, mint and citrus are the perfect combination for a delicious fruit salad.

SERVINGS 4

INGREDIENTS

1 cup melon
1 cup pineapple, cut into chunks
1 orange sliced
½ cup fresh squeezed orange juice
¼ cup raspberries
¼ cup strawberries, sliced
¼ cup blackberries
¼ cup blueberries
¼ cup honey
juice of 1 lime
1/3 cup mint leaves, chopped



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DIRECTIONS

1. Toss fruit together in a large bowl.
2. Whisk the orange juice with the honey and lime juice.
3. Pour over the fruit and toss with the mint leaves. Refrigerate for 15 minutes before serving.

CRAVING OTHER RECIPES?? Click in any of the links below for more recipes!

[Energy Boosters Breakfast](#)

[Açai Bowl](#)

[Lentil Soup](#)

[Mediterranean Bowl](#)

[Blackberry Green Salad](#)

[Gran Free Chocolate Chip Cookies](#)

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SHOPPING LIST

PRODUCE

- ✓ green Granny Smith apple
- ✓ spinach
- ✓ bananas
- ✓ melon
- ✓ avocados
- ✓ strawberries
- ✓ blackberries
- ✓ raspberries
- ✓ blueberries
- ✓ jalapeño
- ✓ cilantro
- ✓ lime
- ✓ spring mix
- ✓ pineapple
- ✓ orange
- ✓ mint

PROTEIN

- ✓ tuna, wild caught
- ✓ shrimp, wild caught
- ✓ chicken breast, organic

OTHER

- ✓ steel-cut oats
- ✓ Greek yogurt or coconut yogurt
- ✓ walnuts, almonds and seeds (unsweet)
- ✓ raisins
- ✓ feta cheese (optional)
- ✓ parmesan cheese (optional)
- ✓ black beans, can
- ✓ easy to cook quinoa or brown rice

KITCHEN BASICS

- ✓ almond milk
- ✓ coconut oil or unsalted butter
- ✓ cinnamon
- ✓ vanilla extract
- ✓ coconut palm sugar
- ✓ sea salt
- ✓ chia seeds
- ✓ cacao nibs
- ✓ peanut butter (unsweet)
- ✓ honey
- ✓ gluten-free Granola
- ✓ paprika
- ✓ olive oil
- ✓ sea salt
- ✓ garlic powder
- ✓ cumin
- ✓ black pepper
- ✓ white wine vinegar
- ✓ Dijon Mustard
- ✓ Nutmeg

MINI FOOD GUIDE – 3DAY BODY RESET

WHAT TO EAT

Veggies (make it colorful)

Fruit (berries, granny smith apples, grapefruit)

Lean Protein

Legumes

Avocado

Nut & Seeds

Quinoa

Almond Milk

Cook with: olive oil, grassfed butter, coconut oil
or avocado oil.

Herbal Teas

WHAT TO EAT IN MODERATION

Fruit high on sugar (bananas, mangos, watermelon)

Root Vegetables (potatoes, carrots, sweet potatoes)

Natural Sweeteners (honey, coconut palm sugar)

Coffee

WHAT TO AVOID

Processed food (avoid packaged foods)

Added sugars (read ingredients avoid: fructose,
glucose, cane sugar)

Alcohol (just for the 3 days)

Lactose

Breads

Rice

Sugary Drinks (sodas, sweet teas)