

3
WEEK

NatureUP

WELLNESS REBOOT

HEALTH TIPS | GROCERY LIST | MEAL PLANS | RECIPES



NATURALLY CULTIVATED BY mindbodygreen





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Tips

This curated plan will help you burn fat while also nourishing your body to tackle your busy life.

Remember: food = fuel. So always be mindful of what you put in your body and then recognize how it makes you feel.

Tips

MORE

✔ Green matcha tea

Substitute this fat-burning energy source for your morning coffee.

✔ Collagen peptides

Add to your tea or coffee every morning on an empty stomach. This natural protein source also boasts numerous hair, skin and joint benefits.

✔ 5-minute meditation

Meditate both morning and evening. "Slowing down is often the best way to speed up."

✔ 100+ ounces of water daily

✔ 8 hours of sleep every night

✔ 30+ minutes of daily workout

✔ 12-hour fast

Wait 12 hours to eat breakfast from your last meal. This gives your gut a chance to rest & aids in fat burning/weight loss.

✔ Good people

✔ Fresh air

LESS

✘ Alcohol

✘ Coffee

✘ Sugar

✘ Dairy

✘ Soy

✘ Red meat

✘ Nightshade veggies

(examples: bell peppers, tomatoes, some potatoes)

✘ Eating after 8 PM

✘ Stress

✘ Gluten

✘ Negative energy

PREPPING

- Plan and look ahead
- You can often prep tomorrow's lunch when you are cleaning up dinner
- Many meals utilize leftovers from previous meals, so double check the servings
- Hard boil 4-6 eggs to use for recipes and save the rest for snacks
- When you dice onions and other sturdy veggies, dice the whole thing and store leftovers in an airtight container until the next recipe calls for them.
- Snacks are not included in the grocery list or daily meals
- Daily caloric needs vary greatly from person to person
- Assess your needs and hunger levels and snacks accordingly
- Fresh fruits and veggies are always a great option
- Wash and slice them in advance for easy grab and go fuel

BEYOND COOKING

Rock the tote

Help the environment and bring reusable tote shopping bags on your grocery shopping trips.

Pass on plastic

Go ahead and pass on the perforated clear plastic bags scattered throughout the produce department.

'Tis always the season

Not only does seasonal food cost less, but it's also tastier and requires less artificial energy to grow.

Avoid anything artificial

Natural items free of artificial flavors, colors, or preservatives with no animal testing are always the way to go.

Take a guiltless trip

Run all your errands and then to the grocery store in one big trip. It cuts down on pollution and good for your wallet.

BPA — not ok

Shop only BPA-free canned goods. Bisphenol A (BPA) can cause potential health complications.



Grocery List

Stock up with these items and remember to use the grocery list items from previous weeks throughout the Wellness Reboot.

Choose organic whenever possible.

Grocery List

PRODUCE

- ☐ 1 bag of frozen blueberries
- ☐ 1 clamshell of strawberries
- ☐ 5 garlic cloves or 1 jar of minced garlic
- ☐ 1 apple
- ☐ 5 avocados
- ☐ 1 bag Sweet Kale salad kit
- ☐ Small bunch cilantro
- ☐ Small bunch parsley (optional)
- ☐ 1 white or yellow onion
- ☐ 1 red onion
- ☐ 1 bag of fresh cut broccoli
- ☐ 4 lemons
- ☐ 4 limes
- ☐ 1 Tbsp chopped fresh cilantro
- ☐ 1 yellow squash
- ☐ 1 zucchini
- ☐ 1 carton button mushrooms
- ☐ 2 heads romaine lettuce
- ☐ 1 mini guacamole packet
- ☐ 1 banana
- ☐ 1 small bunch of celery

PROTEIN

- ☐ 12 oz salmon (1 big piece or 2 smaller pieces)
- ☐ ½ lb lean ground turkey
- ☐ 1 lb shrimp frozen
- ☐ 2 boneless, skinless chicken breasts
- ☐ 1 can tuna, drained
- ☐ 2 pieces of turkey bacon crumbled
- ☐ 1 container dairy free yogurt

- ☐ 2 (½-inch-thick) boneless pork chops
- ☐ 1 dozen eggs
- ☐ Unsweetened coconut milk (or almond milk)
- ☐ 1 jar of almond butter (no sugar added) or individual packs

PANTRY

- ☐ 1 bag microwavable organic quinoa 8.5 oz
- ☐ 1 bag microwavable organic brown rice
- ☐ 1 container rolled oats
- ☐ Cinnamon
- ☐ Honey
- ☐ 2 (4 ounce) cans diced green chiles
- ☐ Cumin
- ☐ Chili powder
- ☐ Garlic powder
- ☐ Red pepper flakes (optional)
- ☐ Sea salt
- ☐ Pepper
- ☐ Small bottle balsamic vinegar
- ☐ White wine or rice vinegar
- ☐ Seasoning salt
- ☐ Dried chives optional
- ☐ Small bag chia seeds
- ☐ Small bottle liquid aminos
- ☐ Small bottle sriracha
- ☐ Small bottle Worcestershire sauce
- ☐ Extra virgin olive oil



Meal Plan

7-Day Meal Plan

find all recipes starting on page 10

	breakfast	lunch	dinner
DAY 1	<p>overnight oats with frozen organic blueberries</p> <p>make the night before</p>	<p>green chili turkey burger</p> <p>make this in advance and save for future meals</p> <p>1 apple</p>	<p>easy broiled salmon</p> <p>2 filets-save one for tomorrow lunch</p> <p>super simple spinach salad</p> <p>save ½ cup for lunch tomorrow. it will wilt, that's OK</p>
DAY 2	<p>avo egg</p>	<p>leftover salmon over ½ cup organic quinoa</p> <p>save leftover in an airtight container in fridge</p> <p>mixed with ½ cup of leftover simple spinach salad</p>	<p>green chili turkey burger</p> <p>2 cups bagged sweet kale salad kit</p> <p>give the nut/fruit pouch to a friend/kid & toss the dressing. instead, use 1-2 Tbsp of lemon garlic vinaigrette.</p>
DAY 3	<p>quinoa & fruit</p> <div><p>butter me up</p><p>Almond butter is a healthy option for snacking – while our Lavender & Shea Body Wash, with raw shea butter, is a healthy option for skin moisturizing.</p></div>	<p>deconstructed spring roll salad</p>	<p>the best grilled chicken breast recipe</p> <p>make 2 breasts save 1 for tomorrow</p> <p>grilled broccoli</p> <p>will have extra for tomorrow</p>
DAY 4	<p>yogurt with blueberries & chia seeds</p> <p>1 container dairy free yogurt layered with frozen blueberries and 2 Tbsp chia seeds</p> <p>make 4 hours in advance</p>	<p>leftover chicken & broccoli mixed with ½ cup of quinoa</p> <p>1 Tbsp of the lemon garlic vinaigrette optional</p>	<p>great grilled pork chop</p> <p>grilled vegetable platter</p> <p>save about ¼ of the grilled veggies for tomorrow's breakfast</p>
DAY 5	<p>2 eggs scrambled with the veggies leftover from last night</p>	<p>salad in a jar, club style</p>	<p>burrito bowl</p>
DAY 6	<p>protein banana pancakes with berries</p> <p>use what you have left, or add frozen blueberries</p>	<p>1 cup protein packed tuna avocado salad</p> <p>save half for tomorrow dinner</p>	<p>cauliflower rice with shrimp & veggies</p>
DAY 7	<p>cauliflower hash poached egg</p>	<p>celery sticks with 1 individual package of almond butter</p> <p>1 cup of any fresh veggies or fruit on hand</p>	<p>1 cup protein packed tuna avocado salad over romaine</p>



Recipes

breakfast

lunch

dinner

BREAKFAST

overnight oats

1 SERVING

INGREDIENTS

- ☐ ½ cup rolled oats
- ☐ ½ cup unsweetened coconut milk (or almond milk)
- ☐ 2 Tbsp chia seeds
- ☐ Organic berries (fresh or frozen)
- ☐ Sprinkle of cinnamon
- ☐ 1 tsp honey (optional)

INSTRUCTIONS

Mix all ingredients in mason jar or bowl at least 4 hours before you want to eat it.

quinoa & fruit

1 SERVING

INGREDIENTS

- ☐ ½ cup quinoa (save final amount for tomorrow lunch)
- ☐ 1 cup fresh strawberries sliced
- ☐ 1 tsp cinnamon
- ☐ 1 tsp honey or agave

INSTRUCTIONS

Cook quinoa according to instructions on package, measure out ½ cup (store the rest in airtight container in refrigerator). Stir all ingredients together.



show me the honey

Honey is amazing in your quinoa and fruit bowl - while our [Honeysuckle Rose Long Lasting Deodorant](#) keeps you smelling amazingly fresh all day long.

INSTRUCTIONS

Preheat oven to 400 degrees. Cut avocado in half & remove pit. Balance avocado half on baking sheet (or use a muffin tin to hold steady). Crack an egg into each half and season with sea salt & peppers. Bake for 15-20 minutes. Add cooked turkey bacon if desired.

protein banana pancakes

2 SERVINGS

INGREDIENTS

- ☐ 2 eggs
- ☐ 1 banana, mashed
- ☐ Sprinkle of cinnamon
- ☐ 1 teaspoon coconut oil

INSTRUCTIONS

Combine mashed banana, egg and cinnamon in a bowl and mash until combined. In a saucepan over medium heat, melt the coconut oil and pour about ¼ cup of egg mixture onto pan. Let cook until bubbles start to form on the edges and then flip. Repeat with remaining pancake batter. Makes 4, 2 can be frozen for future breakfast substitution or snack option.

cauliflower hash poached egg

1 SERVING

INGREDIENTS

- ☐ ½ bag frozen riced cauliflower
- ☐ ¼ red onion, finely chopped
- ☐ 1 Tbsp avocado oil, coconut oil or extra virgin olive oil
- ☐ Sea salt & pepper to taste
- ☐ 1 egg
- ☐ Few sprigs fresh thyme (optional)

INSTRUCTIONS

Put oil in frying pan on medium heat. Sauté onion for about 2 minutes. Add cauliflower & sauté about 2-4 minutes until golden brown. Make a nest shape with the hash so you have some of the pan visible in the middle. Add a few drops of oil then add egg on top of oil. Cook egg to desired consistency. Season with sea salt and pepper. Serve immediately.

avo egg

1 SERVING

INGREDIENTS

- ☐ 1 avocado
- ☐ 2 eggs
- ☐ Sea salt, pepper & cayenne pepper to taste
- ☐ Green onions (optional)

LUNCH

green chili turkey burgers

2 SERVINGS

INGREDIENTS

- ☐ 1 (4 ounce) can diced green chiles, drained
- ☐ ½ pound lean ground turkey
- ☐ ½ cup cilantro, finely chopped
- ☐ ¼ cup onion, finely chopped
- ☐ 1 tsp cumin
- ☐ ½ tsp chili powder
- ☐ ½ tsp sea salt

INSTRUCTIONS

In a medium bowl combine turkey, chiles, cilantro, onion, cumin, chili powder, and sea salt. Form into 2-4 patties. Grill 4-5 minutes per side.

deconstructed
spring roll salad

1 SERVING

INGREDIENTS

- ☐ 2 cups bagged Sweet Kale salad kit
- ☐ 4-6 pieces of shrimp (cooked)
- ☐ Avocado slices
- ☐ Dipping sauce recipe

INSTRUCTIONS

Layer shrimp and avocado slices over salad, use dipping sauce as a dressing.

dipping sauce

SERVE ALL WEEK LONG

INGREDIENTS

- ☐ ¼ cup liquid aminos
- ☐ 1 Tbsp sriracha, or to taste
- ☐ 1 Tbsp extra virgin olive oil or avocado oil, or to taste

INSTRUCTIONS

Whisk all 3 ingredients together & pour over salad.

salad in a jar, club style

1 SERVING

SALAD INGREDIENTS

- ☐ 2 cups romaine lettuce
- ☐ 1 sliced hardboiled egg
- ☐ 2 pieces of turkey bacon, crumbled
- ☐ 1 avocado

DRESSING INGREDIENTS

- ☐ 1 Tbsp extra virgin olive oil
- ☐ 1 Tbsp white or rice vinegar
- ☐ Sea salt & pepper to taste
- ☐ ¼ clove of garlic mashed into a paste
- ☐ 1 tsp honey

INSTRUCTIONS

Add dressing ingredients to a large mason jar or container. Shake well, then add salad ingredients on top of dressing. Don't shake again until ready to eat.

protein packed tuna
avocado salad

SERVE ALL WEEK LONG

INGREDIENTS

- ☐ 1 can tuna, drained
- ☐ 1 avocado, chopped into pieces
- ☐ 1 lime, juiced
- ☐ 1 hard cooked egg, chopped into pieces
- ☐ 1 Tbsp diced shallot (or onion)
- ☐ 1 stalk celery, thinly sliced on the diagonal
- ☐ ¼ cup fresh chopped parsley
- ☐ ½ Tbsp mustard
- ☐ Sea salt & pepper to taste

INSTRUCTIONS

In a medium sized mixing bowl add the avocado and lime juice. Stir well. This helps to keep the avocado from browning. Add the remaining ingredients and stir well again. Store in an airtight container in fridge.

DINNER

green chili
turkey burgers

2 SERVINGS

INGREDIENTS

- ❑ 1 (4 ounce) can diced green chiles, drained
- ❑ ½ pound lean ground turkey
- ❑ ½ cup cilantro, finely chopped
- ❑ ¼ cup onion, finely chopped
- ❑ 1 tsp cumin
- ❑ ½ tsp chili powder
- ❑ ½ tsp sea salt

INSTRUCTIONS

In a medium bowl combine turkey, chiles, cilantro, onion, cumin, chili powder, and sea salt. Form into 2-4 patties. Grill 4-5 minutes per side.

lemon garlic vinaigrette

SERVE ALL WEEK LONG

INGREDIENTS

- ❑ 2 cloves garlic (finely minced)
- ❑ ¼ cup extra virgin olive oil
- ❑ 1 lemon
- ❑ 2 tsp honey
- ❑ Sea salt & pepper to taste

INSTRUCTIONS

In a medium bowl whisk together extra virgin olive oil, lemon, honey, and garlic; season with sea salt and pepper, to taste. Pour into a bottle or container and store in the fridge.

easy broil salmon

2 SERVINGS

INGREDIENTS

- ❑ 2 6 oz salmon filets
- ❑ 1 Tbsp extra virgin olive oil
- ❑ Seasoning salt
- ❑ Garlic powder
- ❑ Dried chives (optional)

INSTRUCTIONS

Place salmon filets on a broiler pan. Brush extra virgin olive oil over the filet. Sprinkle with seasoning salt. Sprinkle a bit of garlic powder and dried chives (optional). Broil under high heat for 10-12 minutes. Flip halfway through cooking.

super simple
spinach salad

2 SERVINGS

INGREDIENTS

- ❑ ½ clove minced garlic
- ❑ 1 overflowing Tbsp balsamic vinegar
- ❑ Pinch of sea salt & pepper
- ❑ 1 Tbsp extra virgin olive oil

INSTRUCTIONS

Put 2-3 cups baby spinach into a big bowl. Mix all of the dressing ingredients together in a small jar or container and shake it up well. Pour the dressing over the spinach right before you're ready to serve.

Optional toppings: diced apple, strawberry slices, walnuts, turkey bacon



don't hold the garlic

It's delicious and a staple in the kitchen, but you'll want [Wintermint Whole Care® Toothpaste](#) to freshen your breath if garlic is in the mix.

great grilled pork chops

2 SERVINGS

INGREDIENTS

- ☐ 1 Tbsp fresh lime juice
- ☐ ¼ garlic clove, minced
- ☐ Dried hot red pepper flakes to taste
- ☐ ¼ tsp sea salt
- ☐ 2 Tbsp extra virgin olive oil
- ☐ 1 Tbsp chopped fresh cilantro
- ☐ 2 (½-inch thick) boneless pork chops

INSTRUCTIONS

Whisk together lime juice, garlic, red-pepper flakes, and sea salt, then add oil in a slow stream, whisking well. Whisk in cilantro. Prepare a gas grill for direct-heat cooking over medium-high heat. Pat pork dry and season with sea salt and pepper. Chops can be cooked in a hot, lightly oiled ridged grill pan over medium high heat. Oil grill rack, then grill pork chops, covered, turning over once, until just cooked through, 5-6 minutes total. Serve drizzled with some lemon garlic vinaigrette, and with remainder on the side.

the best grilled chicken breast

2 SERVINGS

INGREDIENTS

- ☐ 2 boneless, skinless chicken breasts
- ☐ Extra virgin olive oil
- ☐ Sea salt & pepper to taste
- ☐ 2 lemons, halved

INSTRUCTIONS

Bring an outdoor grill to high heat. Drizzle the chicken with extra virgin olive oil and rub in. Season generously with sea salt and freshly ground black pepper. Cook chicken on hot grill for 10 minutes; flip the chicken and cook for 5 minutes. Add the lemon halves to the grill, cut side down, and cook for 3-5 minutes. Cook chicken for an additional 5-10 minutes until they have an internal temperature of 165-170 degrees. The length of cooking time will depend up on the thickness of the meat. Remove from grill with the lemon halves. Cover with a piece of aluminum foil and let rest for 5 minutes. Squeeze the lemon on the chicken if desired for extra flavor.

NEW

salt of the earth

Seasoning with sea salt is perfect for grilling veggies. And brushing and rinsing with our NEW Sea Salt + Mint toothpaste and mouthwash (available in early spring 2019) is perfect for experiencing a new surge of clean.



vegetarian option

2 SERVINGS

INGREDIENTS

- ☐ Grilled mushrooms with gremolata
- ☐ 2 large portobello mushrooms
- ☐ ½ cup finely chopped flat-leaf parsley
- ☐ ¼ clove garlic, finely chopped
- ☐ ½ lemon, peel grated
- ☐ Extra virgin olive oil

INSTRUCTIONS

Preheat the grill on medium-high heat. Remove the stems from mushrooms and wipe the caps with a damp cloth. Grill the mushrooms, stem-side up, for 8-10 mins. Turn the mushrooms over and grill for another 2 mins. For the gremolata, combine the parsley, lemon and garlic in a small bowl. Spoon the gremolata into the mushrooms. Season, drizzle with olive oil, and serve.

grilled vegetable platter

2 SERVINGS

INGREDIENTS

- ☐ ½ yellow squash, cut into ½ inch slices
- ☐ ½ zucchini, cut into ½ inch slices
- ☐ ½ red onion, cut into wedges
- ☐ ½ pack button mushrooms
- ☐ Extra virgin olive oil
- ☐ Sea salt & pepper to taste

INSTRUCTIONS

Toss with extra virgin olive oil, sea salt and pepper, to taste. Preheat grill to medium high heat. Transfer vegetables to a grill basket; place basket onto the grill. Cook, turning occasionally, until vegetables are lightly charred all over, about 10-12 minutes. If you don't have a grill basket, a single layer of aluminum foil with edges turned up will also work.



go nuts

Coconut oil is a great healthy alternative to regular oils. And our Fresh Coconut Natural Strength Deodorant (now available online) is a great alternative to regular deodorants.

cauliflower rice with shrimp & veggies

1 SERVING

INGREDIENTS

- ☐ ½ bag of frozen riced cauliflower
- ☐ ¼ cup of diced white onions
- ☐ 1-2 Tbsp of coconut oil or other oil of your choosing
- ☐ 1-2 Tbsp liquid aminos
- ☐ ½ diced yellow squash
- ☐ ½ diced zucchini
- ☐ ½ cup button mushrooms
- ☐ ½ lb of shrimp
- ☐ Sea salt & pepper to taste

INSTRUCTIONS

Heat oil in a large pan over medium high heat. Add onions, squash, and mushrooms for 3-4 min. Remove veggies from pan, add 1 tsp more of oil, add defrosted shrimp. Stir and cook shrimp until no longer translucent. Move shrimp to bowl with veggies. Add ½ tsp more oil then add ½ bag of the riced cauliflower (seal rest of bag and put it back in freezer for tomorrow) Stir while seasoning with sea salt and pepper.

Turn heat to medium and cover the cauliflower with a lid and let it cook for approximately 5-6 minutes. Stir occasionally. Cook until the desired texture is reached. Then add cooked shrimp and veggies back to skillet. Add 1 Tbsp liquid aminos and stir all together while on med-high heat for 1-2 minutes. Adjust season as necessary.

burrito bowl

1 SERVING

INGREDIENTS

- ☐ ½ cup brown rice
- ☐ Shredded or thinly sliced leftover pork chop
- ☐ 1 container guacamole
- ☐ 1-2 cups shredded romaine

INSTRUCTIONS

Layer ingredients over the shredded romaine.

grilled broccoli

2+ SERVINGS

INGREDIENTS

- ☐ 1 bag of fresh cut broccoli
- ☐ 1-2 Tbsp extra virgin olive oil
- ☐ ½-1 Tbsp Worcestershire sauce
- ☐ ½ Tbsp sriracha
- ☐ ½ Tbsp garlic powder
- ☐ 1 tsp red pepper flakes (optional)

INSTRUCTIONS

Cut top off bag of broccoli. Add extra virgin olive oil. Shake bag to coat. Open bag, add all other ingredients. Shake again. Set your grill temperature to high. Prepare a sheet of aluminum foil large enough for all the broccoli to fit on in a single layer. Lay the foil on the grill and quickly spread the broccoli out evenly upon it. Make sure to crimp up the side edges of the foil. Close the grill's lid and allow the broccoli to cook at high heat for 8-10 minutes. (8 minutes for crisper broccoli, 10 minutes for more "well-done" softer broccoli. Funnel the broccoli into your serving bowl.





Snacks

The meals provided are designed to be satisfying and sustainable, but you do have the option to add in a daily snack.

Here are some we recommend (these items are not included in the grocery list as they are optional).

Snacks

grapefruit smoothie

Blend juice of 1 grapefruit, ½ frozen banana, ½ cup fresh or frozen berries & 1 serving of collagen peptides.

chocolate smoothie

Blend 1 cup almond milk, 1 scoop chocolate Vega protein powder, 1 Tbsp almond butter, big handful of spinach.

celery & sunbutter

hardboiled eggs

avocado sliced & topped with hot sauce & lime juice

raw fruits & veggies



3 DOWN – 1 TO GO

Week 3 of the NatureUp Wellness Reboot has been served.

Look. At. You. Kicking fats and making gains. But don't stop here. Remember – come back for the 4th and final week for a new grocery list, meal plan, and recipes. And check out a new mindbodygreen wellness influencer each week as they share their personal NatureUp story, personal care tips, recommend products, meal plans and exercise tips.

For all NatureUp details, visit TomsofMaine.com/NatureUp. Tom's of Maine and mindbodygreen are thrilled you're living a more natural life.

See you at the finish line!



Tom's has been around since 1970 delivering products that are free of artificial colors, flavors, fragrances and preservatives, and they strive to minimize their impact on the environment. The company was started by Tom Chappell and his wife Kate who wanted to focus on the power of nature to deliver similar benefits as mainstream products and provide healthy options for their family.

BONUS: Tom's donates 10% of profits to help people and the planet.

Be sure to consult your doctor before starting any new diet, cleanse or exercise regimen.

Tom's of Maine and mindbodygreen cannot ensure recipes do not contain ingredients that might cause an allergic reaction or impact other dietary restrictions.