

# Jump-Start *Your Weight Loss* This Spring

Dust off the quarantine cobwebs because it's time to trade in the banana bread and Netflix in favor of this 7-day dietitian-designed plan focusing on whole foods for weight loss, maximum energy and overall health.

BY TIFFANI BACHUS, RDN  
AND ERIN MACDONALD, RDN,  
PHOTOGRAPHY BY OLIMPIA DAVIES

Over the winter, we all craved – and ate – plenty of stick-to-your-ribs comfort food. But, after a tumultuous 2020 of soothing meals, sourdough bread and a lot of couch potatoing, it might be time to turn the corner.

Now, spring is ushering in warmer weather and a wider variety of fresh fruits and veggies to choose from, making it the perfect time to reset your health and weight-loss goals.

Our dietitian-designed plan is carefully curated to balance your macronutrients for optimal weight loss: We're dialing back the carbs while also boosting nourishing proteins and good-for-you fats. These

recipes also ditch inflammatory foods like dairy, refined sugar and grains to help keep your overall health in check. Pair it with a little movement – and a little less sofa time – and you have a plan for better energy, stronger immunity and reduced inflammation. This plan, brimming with delicious meals, will fill you up and help kick-start your goals at the same time.

## Cashew Chicken Stir-Fry

F Q GF

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

A rich and spicy almond butter sauce drapes over chunks of chicken and veggies in this easy stir-fry. If you don't have a spiralizer for zucchini noodles, use a vegetable peeler to make long ribbons, then stack and slice into shorter strips.

### SAUCE

- 3 tbsp almond butter
- 2 tbsp coconut aminos
- 2 tbsp rice vinegar
- 1 tbsp peeled and grated ginger
- 1 tbsp fresh orange juice
- 2 tsp toasted sesame oil
- 1 clove garlic, minced
- 1 tsp sriracha

### STIR-FRY

- 4 tsp extra-virgin olive oil, divided
- 1½ lb boneless, skinless chicken thighs, cut into chunks
- 3 carrots, thinly sliced on the diagonal
- ⅓ cup raw unsalted cashews
- 2 zucchini, spiralized into noodles
- 4 oz oyster or shiitake mushrooms, sliced
- 2 green onions, thinly sliced

1. Prepare sauce: To a jar with a tight-fitting lid, add all sauce ingredients. Seal and shake until blended. (TIP: If your almond butter is too thick, use a spoon or whisk to blend the dressing.)

2. Prepare stir-fry: In a large nonstick skillet on high, heat one-half of olive oil. Add chicken and cook, undisturbed, 2 to 3 minutes, until golden. Flip chicken and cook another 5 minutes, until cooked through. Transfer to a plate.

3. To same skillet, heat remaining one-half of olive oil. Add carrots and cashews; sauté for 2 minutes. Add zucchini noodles, mushrooms and onions; sauté for 5 more minutes, or until vegetables are tender-crisp. Return chicken to skillet and add sauce. Toss to coat and heat through.

**NOTE:** If following our Meal Plan, refrigerate leftovers in an airtight container and reheat when called for.

**PER SERVING** (¼ of recipe):  
Calories: 455, Total Fat: 25 g, Sat. Fat: 4 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 6 g, Carbs: 18 g, Fiber: 5 g, Sugars: 8 g, Protein: 40 g, Sodium: 370 mg, Cholesterol: 160 mg





Golden Cauli-Rice Bowl

P F Q GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

A riff on the uber-popular Golden Latte, the warm, turmeric-infused sipper, this savory rice bowl made with a base of cauliflower rice also takes its golden hue from the famed anti-inflammatory spice. You can make the cauliflower mixture in advance and refrigerate or freeze – then simply heat up the mixture and cook the eggs and bacon when ready to eat.

- 1 tbsp extra-virgin olive oil
- 4 cups riced cauliflower
- 1 shallot, minced
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 2 cloves garlic, minced
- 1 tsp ground turmeric
- 5 oz mixed baby greens (such as baby kale, chard and spinach)
- ½ cup chopped fresh basil
- 1 lemon, zested and juiced
- 4 slices turkey bacon
- 8 large eggs

- 1. In a large nonstick skillet on medium-high, heat oil. Add riced cauliflower, shallot, salt and pepper; sauté 5 minutes until shallots are lightly browned. Add garlic and turmeric; sauté 1 minute.
- 2. Add baby greens, basil, lemon zest and juice; sauté 2 minutes. Transfer mixture to bowls and set aside.
- 3. Using the same skillet, cook the bacon and eggs (sunny-side up or over easy). Serve bacon and eggs over cauliflower mixture.

**NOTE:** If following our Meal Plan, complete recipe through Step 2; freeze 2 servings in airtight containers and refrigerate remaining. Reheat leftovers and cook bacon and eggs when called for.

**PER SERVING** (¼ of recipe): Calories: 265, Total Fat: 15 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 11 g, Fiber: 4 g, Sugars: 4 g, Protein: 22 g, Sodium: 600 mg, Cholesterol: 397 mg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST:</b> 1 serving Lemon Pancakes with Blueberry Chia Jam (p. 82; save leftovers) <b>LUNCH:</b> 1 serving Golden Cauli-Rice Bowl (p. 81; save leftovers) <b>DINNER:</b> 1 serving Salmon Bowl with Sweet Chile Sauce (p. 83; save leftovers)	<b>BREAKFAST:</b> Banana Pecan Notmeal (p. 86) <b>LUNCH:</b> 1 serving Salmon Bowl with Sweet Chile Sauce (leftovers, p. 83) <b>DINNER:</b> 1 serving Golden Cauli-Rice Bowl (leftovers, p. 81)	<b>BREAKFAST:</b> 1 serving Lemon Pancakes with Blueberry Chia Jam (leftovers, p. 82) <b>LUNCH:</b> 1 serving Cashew Chicken Stir-Fry (p. 79; save leftovers) <b>DINNER:</b> 1 serving Salmon Bowl with Sweet Chile Sauce (leftovers, p. 83)	<b>BREAKFAST:</b> Banana Pecan Notmeal (p. 86) <b>LUNCH:</b> 1 serving Salmon Bowl with Sweet Chile Sauce (leftovers, p. 83) <b>DINNER:</b> 1 serving Spinach Salad with Crispy Artichokes & Basil Dressing (p. 84; save leftovers)
<b>TOTAL NUTRIENTS:</b> Calories: 1,236, Fat: 75 g, Sat. Fat: 16 g, Carbs: 64 g, Fiber: 17 g, Sugars: 32 g, Protein: 83 g, Sodium: 1,335 mg, Cholesterol: 552 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,270, Fat: 72 g, Sat. Fat: 10 g, Carbs: 65 g, Fiber: 21 g, Sugars: 30 g, Protein: 96 g, Sodium: 1,390 mg, Cholesterol: 477 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,426, Fat: 85 g, Sat. Fat: 16 g, Carbs: 71 g, Fiber: 18 g, Sugars: 36 g, Protein: 101 g, Sodium: 1,105 mg, Cholesterol: 333 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,766, Fat: 115 g, Sat. Fat: 15 g, Carbs: 81 g, Fiber: 26 g, Sugars: 40 g, Protein: 106 g, Sodium: 2,264 mg, Cholesterol: 502 mg
FRIDAY	SATURDAY	SUNDAY	
<b>BREAKFAST:</b> 1 serving Strawberry Dutch Baby (p. 86; save leftovers) <b>LUNCH:</b> 1 serving Spinach Salad with Crispy Artichokes & Basil Dressing (leftovers, p. 84) <b>DINNER:</b> 1 serving Cashew Chicken Stir-Fry (leftovers, p. 79)	<b>BREAKFAST:</b> 1 serving Strawberry Dutch Baby (leftovers, p. 86) <b>LUNCH:</b> 1 serving Golden Cauli-Rice Bowl (leftovers, p. 81) <b>DINNER:</b> 1 serving Cashew Chicken Stir-Fry (leftovers, p. 79)	<b>BREAKFAST:</b> Banana Pecan Notmeal (p. 86) <b>LUNCH:</b> 1 serving Cashew Chicken Stir-Fry (leftovers, p. 79) <b>DINNER:</b> 1 serving Golden Cauli-Rice Bowl (leftovers, p. 81)	
<b>TOTAL NUTRIENTS:</b> Calories: 1,580, Fat: 102.5 g, Sat. Fat: 18 g, Carbs: 75 g, Fiber: 17 g, Sugars: 33 g, Protein: 93 g, Sodium: 2,255 mg, Cholesterol: 768 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,084, Fat: 59 g, Sat. Fat: 13 g, Carbs: 59 g, Fiber: 12 g, Sugars: 23 g, Protein: 83 g, Sodium: 1,381 mg, Cholesterol: 743 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,296, Fat: 77 g, Sat. Fat: 11 g, Carbs: 61 g, Fiber: 22 g, Sugars: 23 g, Protein: 96 g, Sodium: 1,371 mg, Cholesterol: 547 mg	



Lemon Pancakes with Blueberry Chia Jam

P F Q GF

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

Lemons and blueberries are one of those “better together” flavor duos – each helps the other taste even more delicious. When making these zippy lemon pancakes with their almond flour base, make sure all your wet ingredients are as close to room temperature as possible for even blending.

- 1 cup

almond flour
- 1 scoop

collagen peptides (about 1½ tbsp per scoop)
- 1½ tbsp

arrowroot starch
- ½ tsp

baking powder
- ⅓ tsp

sea salt
- ¼ cup

unsweetened vanilla almond milk
- 1 large

egg, room temperature
- 1 tbsp

lemon zest
- 1 tbsp

fresh lemon juice
- ½ tbsp

raw honey
- ½ tsp

pure vanilla extract
- 1 tbsp

coconut oil
- JAM
- 1 cup

frozen blueberries
- ½ tbsp

chia seeds
- 1–2 tbsp

water

1. In a large mixing bowl, whisk together almond flour, collagen, arrowroot, baking powder and salt.

2. In a separate bowl, whisk together almond milk, egg, lemon zest, lemon juice, honey and vanilla. Add wet ingredients to dry; whisk until combined. Let mixture sit for 10 minutes to thicken.

3. Meanwhile, make jam: To a small saucepan on medium-low, add blueberries, chia seeds and water. Cook, stirring occasionally, until mixture takes on jam-like texture, about 10 minutes.

4. In a large nonstick skillet on medium, heat oil. Working in batches, spoon 2 tbsp batter onto skillet per pancake. Cook for 2 to 3 minutes, until edges become slightly crisp. Flip and continue to cook for another 2 to 3 minutes, until golden. Repeat until all the batter is used up, regreasing skillet as needed. Serve warm pancakes topped with jam.

NOTE: If following our Meal Plan, refrigerate pancakes and jam separately in airtight containers. Reheat and assemble when called for.

PER SERVING (½ of recipe): Calories: 542, Total Fat: 40 g, Sat. Fat: 9 g, Monounsaturated Fat: 20 g, Polyunsaturated Fat: 8 g, Carbs: 31 g, Fiber: 9 g, Sugars: 13 g, Protein: 21 g, Sodium: 346 mg, Cholesterol: 93 mg



Salmon Bowl with Sweet Chile Sauce

Q GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

This vegetable-packed bowl is drizzled with a homemade sauce that uses pantry staples like vinegar, honey and sriracha. The base of the bowl is zucchini rice and there are a few ways to make it: You can spiral the zucchini and then chop it on a cutting board to rice-sized pieces; you can use the grating disk of a food processor; or you can shred it on a box grater.

- 1

orange, zested and juiced
- 5 tbsp

rice vinegar
- 1 tbsp

raw honey
- 1 tbsp

coconut aminos
- 1 tsp

sriracha, or to taste
- 1 clove

garlic, minced
- 1 tsp

arrowroot starch
- 3 tbsp

extra-virgin olive oil, divided
- ½ cup

chopped yellow onion
- 4

baby bok choy, chopped
- 1

red bell pepper, chopped
- 4

zucchini, riced (see headnote)
- 4 6-oz

skin-on wild salmon fillets
- ¼ tsp

sea salt and ground black pepper
- ¼ cup

chopped fresh cilantro
- 2 tbsp

hemp hearts

1. Prepare sauce: To a small saucepan, add orange zest and juice, vinegar, honey, coconut aminos, sriracha, garlic and arrowroot; whisk to dissolve the arrowroot. Heat on medium and bring to a boil; cook briefly, whisking constantly, until sauce thickens, 1 to 2 minutes.

2. In a large nonstick skillet on high, heat one-half of oil. Add onion, bok choy and bell pepper; sauté for 4 to 5 minutes, until bok choy is tender. Transfer vegetables to a bowl; set aside.

3. In same skillet on medium-high, heat remaining half of oil. Add riced zucchini; cook 1 to 2 minutes, stirring occasionally. Transfer to a separate bowl; set aside.

4. Heat same skillet on medium-high. Add salmon, skin side down. Season with salt and pepper. Cook 5 minutes and then flip, cooking another 4 to 5 minutes until just cooked through, depending on thickness of fish. Transfer to a plate.

5. To serve, divide zucchini rice, vegetables and salmon among bowls. Spoon sauce over top. Top with cilantro and hemp hearts.

NOTE: If following our Meal Plan, refrigerate leftovers, keeping vegetables, salmon and sauce separate. Reheat and assemble when called for.

PER SERVING (¼ of recipe): Calories: 429, Total Fat: 20 g, Sat. Fat: 3 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 5 g, Carbs: 22 g, Fiber: 4 g, Sugars: 15 g, Protein: 40 g, Sodium: 389 mg, Cholesterol: 80 mg



Spinach Salad  
with Crispy Artichokes & Basil Dressing

P GF

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

This meal-sized salad has plenty of crunchy, salty textures to satisfy, along with perfectly cooked eggs to fill you up.

- 4 slices turkey bacon
- 2 beets, peeled and cut into ½-inch wedges
- 1 14-oz jar marinated artichoke hearts, drained
- 6 radishes, halved
- 1 tbsp extra-virgin olive oil
- ¼ tsp each salt and ground black pepper
- 4 large eggs
- 4 cups mixed baby greens
- 1 carrot, shredded
- 1 green onion, sliced thinly
- 1 tbsp hemp hearts

VINAIGRETTE

- ¼ cup extra-virgin olive oil
- 2 tbsp fresh orange juice
- 1 tbsp red wine vinegar
- 1 tsp raw honey
- ⅛ tsp each sea salt and ground black pepper
- ½ cup fresh basil, chopped

- 1. Arrange racks in upper and lower thirds of oven. Preheat oven to 450°F. Line 2 baking sheets with parchment paper.
- 2. To first sheet, add bacon. Bake for 15 minutes on lower rack, or until desired crispiness. Set aside and chop when cooled.

- 3. Meanwhile, place beets on a sheet of foil and fold into a package. To second baking sheet, add beet package, artichokes and radishes. Rub radishes with oil and season with salt and pepper. Roast vegetables 20 minutes on upper rack; transfer radishes to a plate and set aside. Continue roasting artichokes and beets an additional 10 minutes, or until fork-tender. Set aside to cool.
- 4. Meanwhile, bring a medium saucepan of water to a gentle boil. Carefully add eggs and cook for 7 minutes. Drain and plunge into cold water. When cool enough to handle, peel and slice eggs in half.
- 5. Make vinaigrette: To a small bowl, whisk all dressing ingredients except basil. Add basil and whisk again.
- 6. To a large bowl, add greens and top with radishes, beets, artichoke hearts, eggs, bacon, carrots, onion and hemp hearts. Toss salad with vinaigrette.

**NOTE:** If following our Meal Plan, refrigerate leftovers in airtight containers, keeping ingredients and dressing separate. Assemble when called for.

**PER SERVING** (½ of recipe): Calories: 761, Total Fat: 58 g, Sat. Fat: 9 g, Monounsaturated Fat: 32 g, Polyunsaturated Fat: 8.5 g, Carbs: 27 g, Fiber: 9 g, Sugars: 14 g, Protein: 32 g, Sodium: 1474 mg, Cholesterol: 422 mg



BEYOND  
THE JUMP-START

Lasting weight loss requires healthy changes to food and lifestyle choices. These strategies will help you keep your weight-loss journey going beyond this week.

**Eat more plant-based foods:** Vegetables, fruits, legumes, nuts and seeds are higher in fiber and take longer to digest, making them filling choices for meals and snacks.

**Stay hydrated:** Start your day with warm water with lemon or a cup of green tea. Throughout the day, sip on water with lemon, iced herbal tea or dandelion tea. In the evening, settle down with a cup of chamomile or mint tea.

**Practice mindful eating:** Eat slowly, paying attention to the smell, texture and taste of your food. Stop eating before you are full (aim for 80% full) and eat without distractions.

**Use tools to track your progress:** Smartphone apps, fitness trackers or even a pen-and-paper journal can help you stay on track. These tools act as an accountability partner and ultimately help you make better decisions.

**Increase physical activity:** Movement in the form of exercise (walking, weight resistance, dancing – whatever you like to do) can increase your metabolism. Start off slowly and work up to more intense, longer or more-frequent workouts.

**Get plenty of sleep:** Lack of sleep stimulates your appetite and stops you from feeling satisfied, making you want more food than normal. Aim for seven to nine hours of quality sleep each night. The earlier you get to bed, the more deep sleep you will get.



Banana Pecan Notmeal

P Q GF

SERVES 1. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 15 MINUTES.

With the texture of oatmeal but with no oats, this seed-studded “notmeal” fills you up with proteins and healthy fats, and it’s naturally sweetened with banana and fresh berries.

- 2 scoops collagen peptides (about 1½ tbsp per scoop)
- 1 tbsp chia seeds
- 1 tbsp ground flaxseeds
- 2 tbsp hemp hearts
- 1 tsp ground cinnamon
- ⅓ tsp sea salt
- ½ ripe banana
- ½ cup unsweetened vanilla almond milk
- ½ tsp pure vanilla extract
- ¼ cup mixed fresh berries
- ¼ cup chopped pecans

1. To a Mason jar, add collagen, chia seeds, ground flaxseeds, hemp seeds, cinnamon and salt. **(MAKE-AHEAD:** Seal jar until ready to use.)
2. In a small saucepan, mash banana. Set on medium-low heat and stir in almond milk and vanilla until smooth. Stir in seed mixture and cook for 3 to 4 minutes, until heated through. (Alternatively, in a microwave-safe bowl, mash banana. Blend in almond milk and vanilla until smooth. Stir in reserved seed mixture. Heat on high for 2 minutes.) Top with berries and pecans.

**NOTE:** If following our Meal Plan, make dry mixture in advance and finish the recipe off just before eating. The recipe is used three times in the plan, so to save time, you can make a triple batch of the seed mixture (Step 1) ahead of time.

**PER SERVING** (1 recipe): Calories: 576, Total Fat: 37 g, Sat. Fat: 3 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 19 g, Carbs: 32 g, Fiber: 13 g, Sugars: 11 g, Protein: 34 g, Sodium: 401 mg, Cholesterol: 0 mg

Strawberry Dutch Baby

P V GF

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 45 MINUTES.

It’s a big, fluffy pancake filled with juicy strawberries, except our Dutch baby has none of the white flour or sugar usually found in this tasty breakfast. If you don’t have an oven-safe skillet or cast iron pan to cook it in, a glass or ceramic baking dish can also be used.

- ½ cup unsweetened vanilla almond milk
- 2 large eggs, room temperature
- ⅓ cup almond flour
- ¼ cup arrowroot starch
- 2 scoops collagen peptides (about 1½ tbsp per scoop)
- ½ tsp pure vanilla extract
- 1 tbsp raw honey
- 1 tsp orange zest
- ½ tsp baking powder
- ¼ tsp ground cinnamon
- ⅓ tsp sea salt
- ½ tbsp coconut oil
- ⅓ cup sliced strawberries

1. To a blender, add almond milk, eggs, almond flour, arrowroot, collagen, vanilla, honey, orange zest, baking powder, cinnamon and salt. Blend on high for 3 minutes. Let batter rest for 10 to 20 minutes to fully hydrate the dry ingredients.

2. Meanwhile, preheat oven to 375°F. Place an oven-safe 6-inch skillet or cast iron pan in the oven for 5 minutes to heat. **(NOTE:** You want the skillet very hot when you pour in the batter.)

**PER SERVING** (½ of recipe): Calories: 364, Total Fat: 19 g, Sat. Fat: 5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 3 g, Carbs: 30 g, Fiber: 3 g, Sugars: 3.5 g, Protein: 21 g, Sodium: 411 mg, Cholesterol: 186 mg

3. Carefully remove skillet from oven. Add oil, swirling to coat the bottom and sides, then slowly pour in batter.

4. Scatter strawberries over top then place skillet back in the oven. Bake until firm and golden all over, about 22 minutes. Let cool for a few minutes before serving.

**NOTE:** If following our Meal Plan, refrigerate leftovers in an airtight container. Reheat when called for, or eat chilled.

SHOPPING LIST

PROTEINS & DAIRY

- 2 dozen large eggs
- 7 oz uncured turkey bacon (8 slices)
- 1.5 lb boneless, skinless chicken thighs
- 1.5 lb wild Alaskan salmon, skin-on

VEGGIES & FRUITS

- 2 lemons
- 3 oranges
- 7 oz strawberries
- 7 oz mixed fresh berries
- 1 bag frozen blueberries
- 2 bananas
- 4 oz oyster or shiitake mushrooms
- 16 oz riced cauliflower
- 4 carrots
- 1 red bell pepper
- 4 baby bok choy
- 11 oz mixed baby greens (such as baby kale, chard and spinach)
- 2 beets
- 6 radishes
- 6 zucchini
- 1 head garlic
- 1 1-inch piece fresh ginger
- 1 bunch green onions
- 1 yellow onion
- 1 shallot
- 1 bunch fresh cilantro
- 1 bunch fresh basil

NUTS, SEEDS & OILS

- 1 oz raw unsalted cashews
- 4 oz chopped pecans
- 1 bag chia seeds
- 1 bag ground flaxseeds
- 1 bag hemp hearts
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil **(TRY:** Eden Toasted Sesame Oil)
- 1 jaw coconut oil
- 1 jar almond butter

PANTRY STAPLES

- 1 bottle coconut aminos **(TRY:** Braggs Coconut Aminos)
- 1 bottle rice vinegar
- 1 bottle red wine vinegar
- 1 bottle sriracha sauce
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle ground cinnamon
- 1 14-oz jar marinated artichoke hearts
- 1 jar raw honey
- 1 container collagen peptides
- 1 bottle pure vanilla extract
- 1 bag arrowroot starch
- 1 bag almond flour
- 1 container baking powder
- 32 oz unsweetened vanilla almond milk ☞