

# The Potato Reset 7 Day Meal Plan

	BREAKFAST	LUNCH	DINNER
1	French Toast Sticks Herbal tea	Creamy Potato Leek Soup Cold baked potato with Smoky Sweet Mustard Dip	Oven Baked Fries over a large leafy green salad 3-2-1 Dressing
2	Crispy Smashed Potatoes BBQ Sauce Steamed veggies	Creamy Potato Leek Soup Celery & carrot sticks with No-Honey Mustard Dip	Creamy Potato Leek Soup Potato Chips Steamed veggies & Unicorn Dust
3	Crispy Hash Browns BBQ Sauce	Potato Salad over a bowl of salad greens 3-2-1 Dressing	Pakoras Roasted Broccoli Smoky Sweet Mustard Dip
4	Crispy Grilled Potato Pancakes Marinara Sauce	Potato Salad over a bowl of salad greens 3-2-1 Dressing	Oven Baked Fries over a large leafy green salad 3-2-1 Dressing
5	Smoky Sweet Potato Rounds No-Honey Mustard Dip	Boiled Taters n' Dill Steamed veggies & Unicorn Dust	Veggie Soup Roasted Rosemary Garlic Potatoes
6	Broccoli Tots Unsweetened Ketchup	Veggie Soup Roasted Rosemary Garlic Potatoes (reheat leftovers)	Chili Cheeze Fries over a large bowl of romaine lettuce
7	Potato Rounds Amazing Cheeze Sauce	Broccoli Cheddar Soup Crispy Smashed Potatoes	Creamy Mashed Potatoes Golden Gravy

## Grocery List

### PRODUCE

- 10 lbs russet potatoes
- 5 lbs yellow potatoes
- 5 lbs red potatoes
- 4 medium sweet potatoes
- 3 or more servings of veggies for steaming
- leafy salad greens
- 2 lbs broccoli crowns
- 1 container of baby spinach
- 1 small head cauliflower
- 1 bunch celery
- 2 lbs carrots
- 1 small cabbage
- 1 bulb of garlic
- 1 bunch green onion
- 2 small sweet onions
- 2-3 each lemons & limes

### CONDIMENTS

- 2 small cans tomato paste
- 1 bottle of molasses
- 1 can fire roasted tomatoes
- 6.5 cups (52 oz) no-salt-added vegetable broth or vegetable bouillon
- 1 can diced tomatoes
- 1 jar strained tomatoes
- stone ground mustard
- dijon mustard
- maple syrup
- balsamic vinegar
- white vinegar (optional)
- Braggs Liquid Aminos or Coconut Aminos (optional)
- liquid smoke (optional)

### SPICES

- potato starch
- nutritional yeast
- garlic powder
- onion powder
- smoked paprika
- cumin powder
- yellow curry powder
- garam masala
- tumeric
- Italian seasoning
- dried dill
- dried basil
- dried rosemary
- cayenne (optional)