

RESET RESOLUTION



a recipe & workout guide
for jump starting your
New Year

executive chef, owner & recipe creator for Maikana Foods

Jamieson Van Loan

nutritionist, trainer & dietary specialist for Diehl Nutrition

Katie Diehl

What is reset resolution?

The new year always begins with a bang! There is a rush for transformation and a subscription for change but after a few weeks that bursting motivation weakens and old habits kick in. We get it. We have ALL been there. But this year, instead of changing your whole world and then feeling like a failure when it doesn't stick, we thought we would offer you guys a more simple resolution. This is YOUR reset resolution. It is the easier and relaxed way to step into the New Year. We give you easy to follow recipes, simple but effective work outs and mantras and tips that will help keep your motivation going. . Reset Resolution is not about a whirlwind change,. This is a way to reset the old habits and let these new habits easily seep into your life. Come along on this journey. Your body & mind will thank you for it!



about us

Katie Diehl

Katie is a well known nutritionist and health expert that believes optimal performance and health is driven through the foods you eat. Katie received her Bachelor's Degree from Marist College and Master's Degree in Applied Clinical Nutrition from the New York Chiropractic College. She is the owner and founder of Diehl Nutrition and notable food blogger of 'TheDailyDiehl'. Katie understands and values the importance of proper health and is passionate about educating clients on the 'why' to nutrition. Katie offers nutrition and wellness counseling to individuals and corporations. Katie is also a personal trainer and group fitness instructor at JoyRide Studio and Next Generation Fitness.

Jamieson Van Loan

Jamieson is a classically trained chef. She graduated from the Institute of Culinary Education in Manhattan and has worked in restaurants, as a personal chef, in catering and now is the owner and executive chef of Maikana Foods, an online healthy meal delivery service. She lived in Costa Rica for five years and owned a successful restaurant for three of those years. Costa Rica taught her how to live the pura vida through healthy eating. This love of organic and healthy food is what brought about her new business, Maikana. She wanted to make healthy eating convenient for people. Jamieson is a Fijian American and Maikana means "come & eat" in Fijian. She loves all things in moderation except love & laughter.



Monday

WORKOUT

30-25-20-15-10-5

Air Squats
Push Ups
Sit Ups



KATIE'S NUTRITIONAL TIP

Eat within the first
hour upon
waking up!

BREAKFAST

Almond & Blueberry Parfait

LUNCH

Avocado toast, apple slaw
with poached eggs

DINNER

Black Bean Turkey Burger
with Oven Roasted Sweet
Potato Fries

Monday Mantra

You can only control
yourself. You control
what you eat, how
you work out and
what face you show
the world.

Drink a
turmeric latte
for an
immunity
boost!

Tuesday

WORKOUT

Every Minute on
Minute complete

14 Minutes:

6 Jumping Lunges

5 Tricep Dips

2 Plank Rotations

KATIE'S NUTRITIONAL TIP

Drink 1/2 your body
weight in ounces
of H2O
DAILY



BREAKFAST

Cinnamon & Date overnight
oats with Kiwi fruit

LUNCH

Butternut squash & Apple
Ginger soup

DINNER

Lemon Roasted Chicken with
Asparagus

Tuesday
Mantra

Even if the grass
looks greener
elsewhere. Water
and appreciate
your own grass!

Keep stress
levels in check!
They have a
negative
impact on your
health.

Wednesday

WORKOUT

Chipper

50 Jumping Jacks

50 Push Ups

50 Glute Bridges

50 Sit Ups

50 Supermans

50 Burpees

KATIE'S

NUTRITIONAL TIP

Eat protein at
every meal!



BREAKFAST

Egg Breakfast Bowl

LUNCH

Roasted cauliflower &
spinach salad

DINNER

Chicken Lettuce Wraps

Weds Mantra

Struggling does
not mean you are
failing. Don't beat
yourself up. You
can do it.

Eat your water.
Vegetables & fruits
like cucumber &
watermelon contain
a lot of water. Eat
your water!

Thursday

WORKOUT 20 Minute AMRAP

30 High Knees
10 DB Rows
30 Sec Plank Hold

KATIE'S NUTRITIONAL TIP

Time Management!
Take time to meal prep
every week!

*Fail to Plan
or Plan to Fail*



BREAKFAST

Peanut Butter Parfait with
Banana

LUNCH

Kale & Chickpea Cobb Salad

DINNER

Miso Ginger Salmon with
Broccoli & Edamame

Thurs
Mantra

Do not try to move
a mountain. Just
start by moving
small stones.

Drink water all
day long! Aim
for 8 glasses a
day!

Friday

WORKOUT

30 sec on/10 off

Wall Sit

Chair Step Ups

Mountain Climbers

Squat Jacks

DB Curls

Repeat 4x

KATIE'S NUTRITIONAL TIP

Do not consume
more than
25g of sugar
per day!



BREAKFAST

Flaxseed Cinnamon Apple
Oatmeal

LUNCH

Tuna Salad with Spicy Beans

DINNER

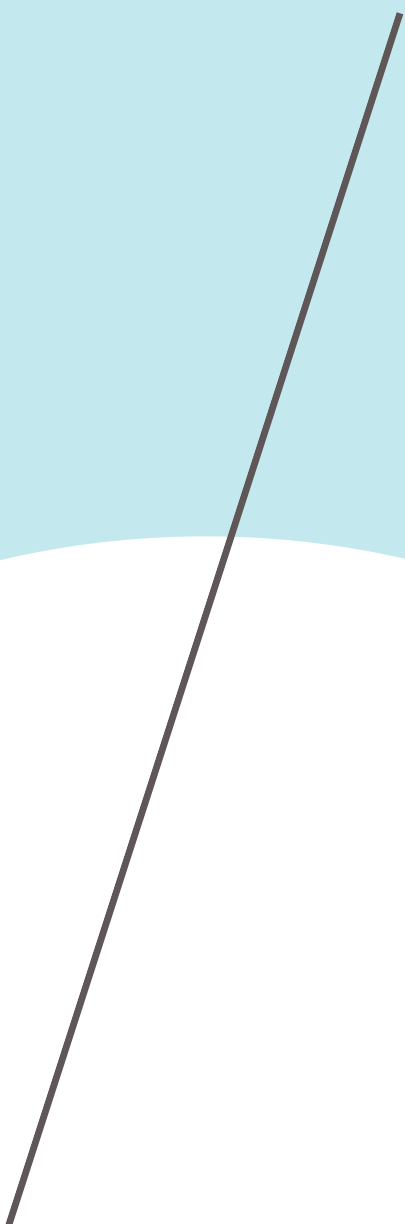
Deconstructed Fish Taco
Salad

Friday Mantra

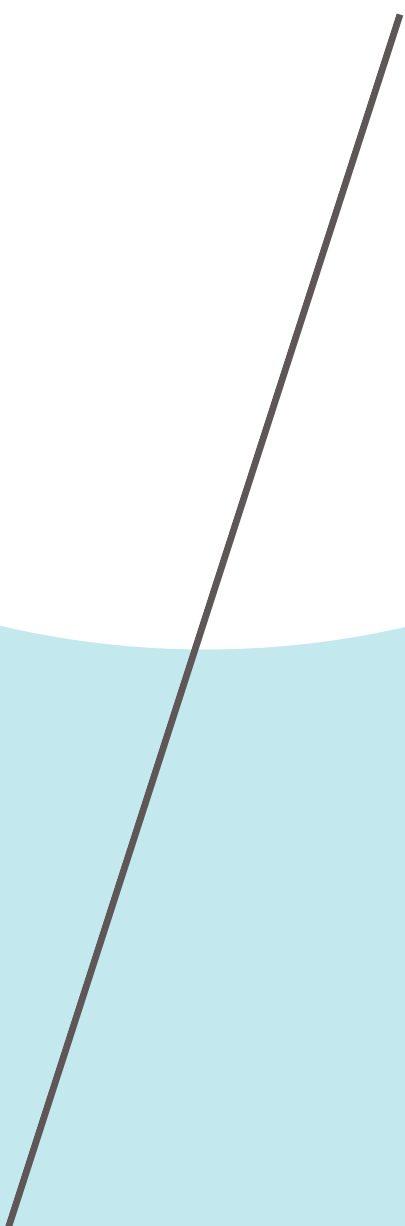
Do not let anyone
influence your self
worth, self
confidence or self
esteem. These
belong to you.

Meditate
every day.
Even for just
5 minutes. It
truly works!

01



M O N D A Y



01

monday breakfast

B L U E B E R R Y & A L M O N D P A R F A I T

1 cup greek yogurt (can be substituted for coconut yogurt)

1 tbs of almond butter

1/3 cup of blueberries

1 tsp of local honey

3 tbs of favorite granola (we prefer Kelly's Four Plus Honey Maple granola)

Mix yogurt, almond butter & honey together. Top with blueberries and your favorite granola.

monday lunch

A V O C A D O T O A S T W I T H A P P L E S L A W & P O A C H E D E G G S

1 ripe avocado, peeled, pitted and flesh cubed
1 1/2 cups of pre-cut slaw with carrots
½ granny smith apple, julienned (skin on or off, your preference)
2 tbs apple cider vinegar
1 tsp of hot sauce (prefer sriracha)
1 tbs olive oil
1 ½ tsp local honey
2 eggs
2 slices of whole grain bread, toasted
Splash of white vinegar
Salt & pepper to taste

In a bowl mix together olive oil, apple cider vinegar, honey, hot sauce and salt & pepper to taste. Once mixed, add pre-cut coleslaw and julienned apples. Sprinkle with salt & pepper. Set aside.

In a small pot, bring water, half way up the side, to a boil. Reduce to a simmer and add a splash of white vinegar. Crack one egg in a small ramekin and gently slide into simmering water. Do the same with the second egg. Allow eggs to poach for one minute (two if you like them well done). Using a slotted spoon, remove and place on a paper towel on a plate. Sprinkle with salt & pepper.

Spread ripe avocado on the toasted bread, smear to cover both slices. Sprinkle with a little salt. Evenly distribute spicy apple slaw on both pieces of avocado toast. Top each slice with a poached egg.

monday dinner

BLACK BEAN TURKEY BURGER WITH OVEN ROASTED SWEET POTATO FRIES

$\frac{1}{4}$ lb of ground turkey

1 tbs of organic ketchup

$\frac{1}{2}$ tsp of hot sauce

Few dashes of worcestershire sauce

**1 sweet potato, julienned (skin can be
on or off, your preference)**

1 tbs of olive oil

Salt & pepper to taste

**Options for serving: butter or bibb
lettuce for wrapping burger, avocado
& tomato**

Preheat oven to 400 degrees. Toss julienned sweet potato with $\frac{1}{2}$ tbs of olive, salt and pepper. Spread evenly onto a baking sheet. Place in oven and bake for 15 to 20 minutes or until edges are crispy.

In a bowl mix together turkey, ketchup, Worcestershire, salt & pepper. Form into one large patty or two small ones. Preheat sauté pan and add $\frac{1}{2}$ tbs of olive oil. Once hot, add the turkey patty and cook on each side for approximately five minutes per side. The patty will be firm to touch when done. Serve with lettuce wraps, avocado & tomato.

02

T U E S D A Y

02

tuesday breakfast

C I N N A M O N & D A T E O V E R N I G H T O A T S

$\frac{3}{4}$ cup of oats

$\frac{1}{4}$ tsp of cinnamon

1 cups of unsweetened almond milk

2 pitted dried dates

$\frac{1}{2}$ tbs chia seeds

1 $\frac{1}{2}$ tsp maple syrup

1 kiwi fruit, peeled & diced

Optional: 1 tbs toasted almonds

In a blender, add almond milk, dates, maple syrup & cinnamon.

Process until dates are pretty much broken up. Add this liquid to your bowl of oats and chia seeds and put into fridge overnight or for at least 4 hours. Top with toasted almond & kiwi fruit.

tuesday lunch

BUTTERNUT SQUASH & APPLE GINGER SOUP

1 lb of peeled, chopped butternut squash

2 apples, cored and roughly chopped

2 tsp of fresh ginger, roughly chopped

½ yellow onion, roughly chopped

1 garlic clove, peeled & roughly chopped

3 cups of water or enough to barely cover the produce

Salt & pepper to taste

Optional: ½ cup of coconut milk

Place all ingredients into a pot and bring to a boil. Reduce to a simmer and allow to cook until apples & butternut squash are very tender, almost falling apart. Place ingredients into a blender (or use immersion blender)- you may not need all the water produce is sitting in, depends how thick you want the soup. Blend and add liquid as needed. For a creamier soup, add the ½ cup of coconut milk. Season with salt & pepper to taste and serve warm.

tuesday dinner

LEMON ROASTED CHICKEN WITH ASPARAGUS

2 small chicken breasts (approx 1/2 lb)

Juice of 2 lemons (approx. 1/3 a cup)

2 1/2 tbs olive oil

**1 tsp of Dijon mustard (we prefer
Brown Dog Fancy organic Honey
Dijon mustard)**

2 tsp of flat leaf parsley minced

2 tsp of capers, rinsed

1 garlic clove minced

½ lb of asparagus, trimmed

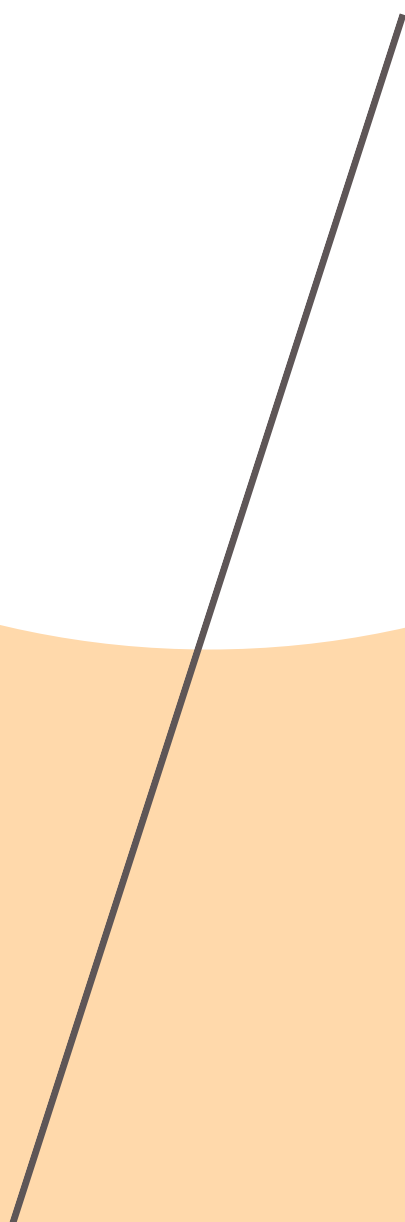
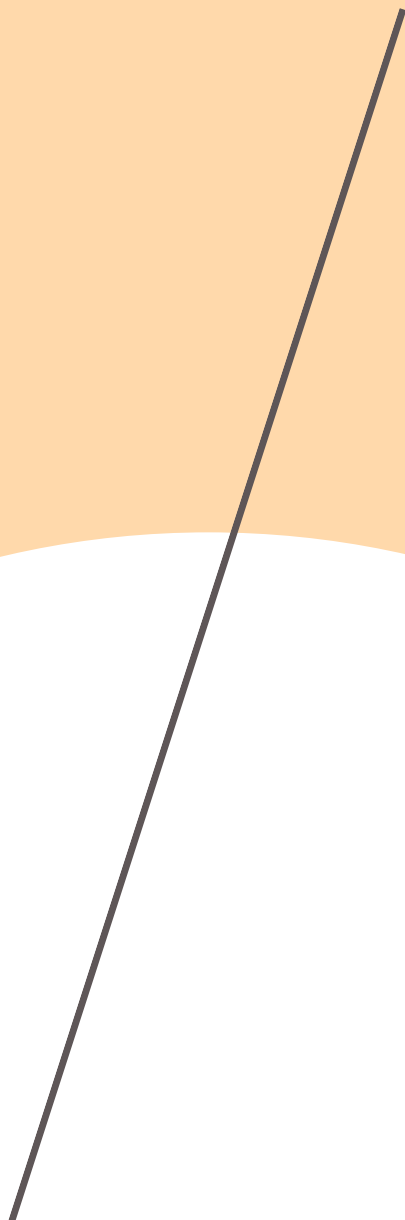
Salt & pepper to taste

Preheat oven to 350 degrees.

In a bowl, mix together lemon juice, mustard, 2 tbs of olive oil, minced parsley, capers and garlic. Place chicken in an oven safe baking dish and pour marinade over it. Allow to marinate for at least 30 minutes but an hour is preferred. Sprinkle with salt & pepper and place uncovered into oven. Bake for 20 to 25 minutes, depending on thickness of the chicken.

For asparagus: pour remaining ½ tbs of olive, salt and pepper onto asparagus stems. Place onto baking sheet and bake for the last 8 to 10 minutes of the chicken's cooking time.

03



03

wednesday breakfast

E G G B R E A K F A S T B O W L

2 eggs

½ cup of cooked quinoa, warm or room temperature

¼ cup of red pepper, diced

3 tbs of yellow onion, minced

1 cup baby spinach, raw

2 tsp of olive oil or ghee

salt & pepper to taste

Optional: serve with avocado & hot sauce

Heat a pan with 1 tsp of olive oil or ghee. Add the onions and sauté for a minute or two.

Then add the red peppers and cook for another minute. Finally add the fresh spinach and cook until just wilted. Season with salt & pepper. Set aside.

Whisk the two eggs in a bowl. Heat a nonstick pan with olive oil or ghee. Scramble eggs until just cooked.

In a bowl place the warm quinoa, top with the sautéed vegetables and top with scrambled eggs. Add avocado & hot sauce if you prefer.

wednesday lunch

ROASTED CAULIFLOWER & SPINACH SALAD

2 cups of cauliflower, broken into bite sized pieces

1 tsp of olive oil

1 tsp of harissa paste

3 cups of baby spinach

½ cup of cooked quinoa

3 tbs of golden raisins

1 tbs of pine nuts, toasted

1 tsp of scallions, minced

1 tsp of rinsed capers

3 tbs of dried apricots, roughly chopped

1 tsp flat leaf parsley, minced

Juice of ½ lemon, approx. 1 ½ tbs

½ tsp of tahini paste

1 tbs olive oil

Salt & pepper to taste

Dressing: Squeeze half a lemon, ½ tsp of tahini paste, 1 tbs of olive oil, salt & pepper to taste into a bowl and whisk.

Preheat oven to 350 degrees. Toss cauliflower, olive oil, flat leaf parsley and harissa paste with a pinch of salt & pepper together. Place on baking sheet and bake until cauliflower is al-dente or just knife tender. Remove and cool.

To build salad: Place spinach on plate, add quinoa, toasted pine nuts, raisins, apricots, capers, scallions and top with roasted & cooled cauliflower. Lightly dress with lemon tahini dressing.

wednesday dinner

CHICKEN LETTUCE WRAPS

½ lb of ground chicken

1 tsp of minced ginger

2 cloves garlic, peeled and minced

½ small yellow onion, minced

1 tsp of tamari (can substitute with low sodium soy sauce)

1 tbs olive oil

3 tbs water

2 tsp ketchup (we like Brown Dog Fancy organic ketchup)

½ tbs of scallions, minced

2 tsp of cilantro, minced

1 tsp rice wine vinegar

1 tsp local honey

1 tsp of sesame seeds

4 to 5 leaves of iceberg or bibb lettuce (we prefer bibb, more pliable)

½ avocado, pitted & peeled, flesh cubed

½ cup shaved or julienned carrots

1/3 cup of julienned cucumbers

Salt & pepper to taste

Optional: hot sauce, cilantro leaves, mango slices

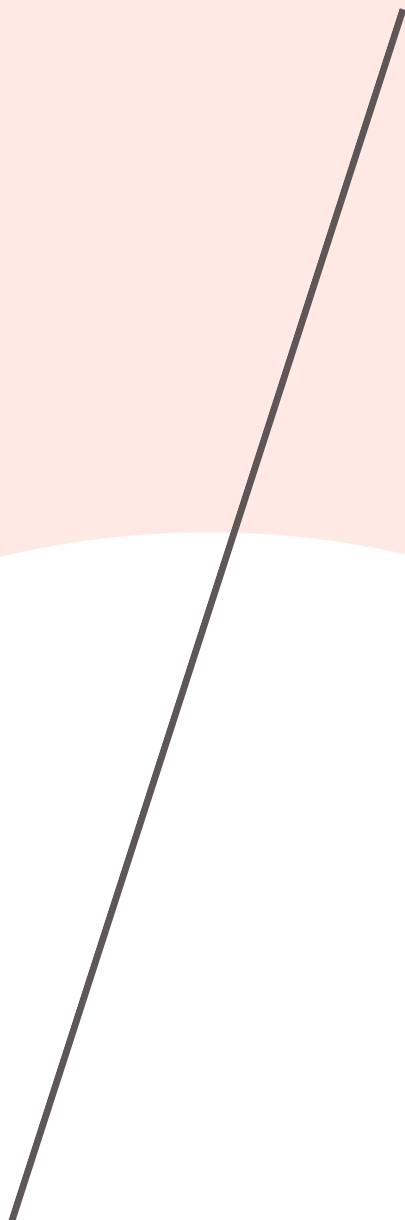
Heat a pan with 1 tbs of olive oil over medium heat. Add onions, garlic & ginger. Saute for a few minutes until onions become translucent. Add the ground chicken and season with salt & pepper. Move around, breaking it up and continue cooking until color changes from pink to light brown.

In a small bowl, add tamari, water, ketchup, scallions, cilantro, rice wine vinegar, honey, sesame seeds and optional 1 tsp of hot sauce.

Pour this sauce over the cooked chicken. Continue to cook for a few more minutes so the sauce reduces and the chicken absorbs it.

Serve the ground chicken in the lettuce wraps, topped with avocado, carrots & lettuce.

04



T H U R S D A Y

04

thursday breakfast

PEANUT BUTTER & BANANA & STRAWBERRY PARFAIT

1 cup greek yogurt (can substitute with coconut yogurt)

1 tbs smooth peanut butter

1 tsp of honey

$\frac{1}{2}$ banana, sliced thin

$\frac{1}{4}$ cup of strawberries, quartered

3 tbs of your favorite granola (we prefer Kelly's Four Plus Honey Maple granola)

optional: add 1 tsp of chia seeds to yogurt

Mix together greek yogurt, peanut butter, chia seeds if using them & honey together. Top with fresh strawberries, bananas and granola.

thursday lunch

K A L E & C H I C K P E A C O B B S A L A D

3 cups of baby kale

1 cup of chickpeas, rinsed and drained

$\frac{1}{4}$ tsp of cumin

1 tbs of olive oil

1 hardboiled egg, thinly sliced

$\frac{1}{4}$ cup of grape tomatoes, sliced in half

$\frac{1}{2}$ an avocado, skin & pit removed and cubed

2 tsp of scallions, minced

salt & pepper to taste

Optional: 2 tsp of blue cheese and 2 strips of cooked bacon

Dressing: Whisk together 2 tbs of olive oil, 1 tsp of Brown Dog Fancy organic honey Dijon, 1 tsp lemon juice, 1 tsp apple cider vinegar, $\frac{1}{2}$ tsp of dried or fresh thyme, $\frac{1}{2}$ tsp of dried oregano and 1 tsp of honey.

Preheat oven to 350 degrees. Mix olive oil, salt & pepper and cumin into a bowl. Add chickpeas and toss to coat. Place onto a baking sheet and bake for 15 minutes or until chickpeas are slightly crispy. Remove and cool.

To make salad: Put kale in a bowl. Top with roasted chickpeas, avocado, tomatoes, hardboiled egg and scallions. If using, add blue cheese & bacon. Dress lightly.

thursday dinner

MISO GINGER SALMON WITH EDAMAME & BROCCOLI

2 fillets of salmon (approx. ½ lb)
1 tbs of mild white or yellow miso
1 1/2 tbs olive oil
2 tsp of grated fresh ginger
1 tbs of scallions
2 tsp of sesame seeds (black or white)
1 tsp local honey
1 cup edamame beans, shelled
2 cups of broccoli, roughly chopped into bite
sized pieces
½ small yellow onion, minced
1 garlic clove minced
1 tsp of sesame oil
3 tbs of water
salt & pepper to taste
Optional: ½ cup of cooked brown rice or
quinoa

Preheat oven to 425 degrees.

In a bowl mix miso, 1 tbs of olive oil, ginger, scallions, sesame seeds and honey. Smother the two fillets with this marinade, salt & pepper and place on an oven safe greased baking dish. Set aside while oven preheats.

When oven is hot, add the salmon. Cook for 8 to 10 minutes, depending on thickness of salmon. Remove when done. While salmon cooks, add to a sauté pan that has a fitted lid, remaining olive oil and sesame oil. Once hot, add onions & garlic. Saute for few minutes, until onions become translucent. Then add the broccoli florets. Cook for a few minutes and then add the edamame, season with salt and pepper. Put the water in the pot and place lid on top for the vegetables to steam to finish. Serve with brown rice (optional) and miso ginger salmon.

05

F R I D A Y

05

friday breakfast

FLAXSEED CINNAMON
APPLE OATMEAL

1 cup of old fashioned oats

1/2 cup of apple sauce

½ apple, peeled and small diced

1 tbs flaxseeds

½ tsp of ground cinnamon

2 cups of unsweetened almond milk

2 tbs maple syrup

Optional: add 1 tsp chia seeds

Add all ingredients into a pot. Bring to a simmer and then cook on low, stirring frequently, until oats are fully cooked. Serve warm.

friday lunch

TUNA SALAD WITH SPICY BEAN SALAD

1 can of tuna in water, rinsed and drained

½ tsp of capers, rinsed and drained

3 tbs of celery, minced

4 tbs of red onion minced

2 tbs of mayo

juice of ½ lemon (approximately 1 to 1 ½ tbs)

½ cup of cannellini beans

½ cup of chickpeas

½ cup of kidney beans

½ tbs of flat leaf parsley minced

2 tsp of red wine vinegar

1 tsp of Dijon mustard (we prefer Brown Dog
Fancy organic honey Dijon)

2 tbs olive oil

½ tsp red pepper flakes

2 cups of baby spinach

salt & pepper to taste

In one bowl add tuna, capers, celery, 2 tbs of red onion,
mayo, lemon juice, and salt and pepper to taste. Mix
together well.

In separate bowl add red wine vinegar, olive oil, red
pepper flakes, parsley, mustard, salt and pepper and mix
well. Then add white beans and remaining 1 tbs of red
onion.

Serve tuna salad and bean salad on top of baby kale.

friday dinner

DECONSTRUCTED FISH TACO SALAD

**2 fillets of white fish like mahimahi, cod or tilapia
(approximately ½ to ¾ lb)**

2 cups of baby spinach

1 cup of baby arugula

4 radishes, thinly sliced

½ cup of black beans, rinsed and drained

¼ cup of corn, cooked and cooled

1 ripe avocado, flesh cubed

1/3 cup of red pepper, diced

2 tbs of pepita (or pumpkin) seeds toasted

¼ tsp of chili powder

½ tsp of cumin

¼ tsp of garlic powder

¼ tsp dried oregano

Juice of 2 limes

1 tsp honey

2 tbs olive oil

Salt & pepper to taste

Optional: tortilla chips

Preheat oven to 400 degrees. In a small bowl mix chili powder, garlic powder, ¼ tsp of cumin, and oregano. Place fish on a greased baking dish and squeeze juice of 1 lime over the top, sprinkle with the mixed seasonings, salt & pepper. You may not use all of the seasoning. Drizzle with 1 tbs of olive oil. Place in heated oven and bake for 8 to 10 minutes or until fish is cooked through.

Dressing: juice of 1 lime, ¼ tsp of cumin powder, honey & remaining 1 tbs of olive oil.

To make build salad: mix together arugula & baby spinach, place on bottom of bowl or plate. Add beans, corn, red pepper, avocado, radishes, pepita seeds and then top with warm fish. Drizzle lightly with salad dressing. Option to add crushed tortilla chips.

5 Day At Home Workout

All of these workouts require either a mat or workout space, hand weights and/or a chair.

Monday

30-25-20-15-10-5

The numbers represent the repetitions you must complete of each item below. Begin with 30 of each, then 25 of each and continuing down until 5 of each. If you cannot complete all of these, that is ok. The goal is to get there eventually. And we know you can do it!

Air Squats

Push Ups

Sit Ups

Tuesday

Every Minute on Minute

In one minute complete:

6 jumping lunges

5 tricep dips

2 plank rotations

Repeat these every minute for 14 minutes straight. Any leftover time within the minute is your rest time. Rest, who needs rest?!

Workouts Continued

Wednesday

Chipper

50 Jumping Jacks

50 push ups

50 Glute bridges

50 Sit ups

50 Supermans

50 Burpees

In a chipper workout, you must complete all repetitions of the movements before moving onto the next. You're going to feel this tomorrow but be so happy about it!

Thursday

20 Minute AMRAP

30 High Knees

10 Dumbbell or Weighted Rows

30 Second Plank Hold

Start a clock for 20 minutes and complete as many rounds as possible (AMRAP) of the above 3 movements. You got this!!

Friday

Tabata Training: 30 Seconds on/10 seconds off Workout

Wall sit

Chair Step Ups

Mountain Climbers

Squat Jacks

Dumbbell Curls

Repeat 4 X

Complete 30 seconds of wall sit and rest for 10 seconds. Then 30 seconds of chair step ups and 10 seconds of rest.

Continue the movements and repeat the entire cycle 4 times. You DID it! 5 Days of Resolution Reset Workouts!!

Be proud.

YAY

YOU DID IT

2018

thank you

Thank you for downloading our first e-book! We hope you enjoyed the recipes, workouts, tips and hopefully we motivated you into a healthier and happier new year!

We would love to hear from you. If you have any questions or comments, please email us.

katie@diehlnutrition.com
jamieson@maikanafoods.com

We look forward to your feedback! And hope this year continues to be a beautiful success for you!

xo

Jamieson & Katie