

Clean Eating

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (p. 81; save leftovers) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Spicy Salmon Poke Bowls (p. 79; save leftovers)</p> <p>SNACK (OPTIONAL): ½ banana, sliced, with 1 tbsp ground flaxseed and pinch cinnamon</p> <p>DINNER: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (p. 76; save leftovers)</p>	<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (leftovers; p. 81) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (leftovers, p. 76, reheated)</p> <p>SNACK (OPTIONAL): ¼ cup steamed edamame and 5 sheets seaweed snack</p> <p>DINNER: 1 serving Spicy Salmon Poke Bowls (leftovers; p. 79)</p>	<p>BREAKFAST: Mushroom Frittata: Sauté ¼ cup chopped onion and 5 oz chopped cremini mushrooms in 1 tbsp avocado oil. Add 1½ cups spinach and 1 clove garlic, minced; cook 1 minute. Transfer to an 8 x 8-inch greased baking dish. Whisk 8 eggs with ½ tsp each salt and pepper; pour over vegetables. Bake at 350°F for 20 minutes. (Eat ¼; save leftovers.)</p> <p>Golden Milk: Combine 2 cups milk, 1 tbsp each maple syrup and coconut oil, ½ tsp each turmeric and cinnamon, and ¼ tsp black pepper; whisk and bring to a boil, reduce heat and simmer 10 minutes (drink ½; save leftovers)</p> <p>LUNCH: Shrimp Lettuce Wraps: Sauté ¼ cup chopped onion, 1 red bell pepper, chopped, and 1 zucchini, chopped, in 1 tbsp avocado oil for 5 minutes, adding ½ tsp each cumin and chile powder. Add 8 oz shrimp and cook until pink. Squeeze juice of 1 lime over top. (Eat ½; save leftovers.) Serve in 2 butter lettuce leaves. Top with ½ avocado, chopped, ¼ mango, chopped, and 2 tbsp each pico de gallo and cilantro.</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80; thawed and reheated)</p> <p>DINNER: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (leftovers; p. 76, reheated); ½ banana, sliced, with 1 tbsp ground flaxseed and pinch cinnamon</p>
<p>NUTRIENTS: Calories: 1,264 Fat: 66 g, Sat. Fat: 9 g, Carbs: 106 g, Fiber: 23 g, Sugar: 52 g, Protein: 77 g, Sodium: 2,195 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,279, Fat: 66 g, Sat. Fat: 9 g, Carbs: 98 g, Fiber: 27 g, Sugar: 45 g, Protein: 85 g, Sodium: 2,225 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,527, Fat: 64 g, Sat. Fat: 11 g, Carbs: 139 g, Fiber: 32 g, Sugar: 48 g, Protein: 112 g, Sodium: 1,933 mg, Cholesterol: 608 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (leftovers; p. 81, reheated) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (leftovers; p. 76, reheated)</p> <p>SNACK (OPTIONAL): ¼ cup steamed edamame and 5 sheets seaweed snack</p> <p>DINNER: Shrimp Lettuce Wraps (leftovers, reheated) served in 2 butter lettuce leaves and topped ½ avocado, chopped, ¼ mango, chopped and 2 tbsp each pico de gallo and cilantro</p>	<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (leftovers; p. 81) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Mushroom Frittata (leftovers, reheated) with ½ avocado, chopped</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80; thawed and reheated)</p> <p>DINNER: Turkey Burger Bowl: Combine 8 oz ground turkey, 1 tbsp ground flaxseed, 1 egg and ½ tsp each onion powder, garlic powder and smoked paprika. Form into 2 patties and cook in ½ tbsp avocado oil. Combine 2 cups baby lettuce mix, 1 tomato, chopped, 1 cucumber, chopped, and ¼ cup each chopped fire-roasted red peppers and olives. Dress with 1 tbsp balsamic vinegar whisked with ½ tsp avocado oil and 1 tsp Dijon. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: 1 serving Mushroom Frittata (leftovers, reheated)</p> <p>1 serving Golden Milk (leftovers, reheated)</p> <p>LUNCH: 1 serving Turkey Burger Bowl (leftovers, reheated)</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80; thawed and reheated)</p> <p>DINNER: Pan-Seared Steak: Season 2 beef tenderloin fillets with ¼ tsp each salt and pepper; pan-sear in 1 tsp avocado oil to desired doneness (eat ½; save leftovers)</p> <p>Cauli-Rice: Sauté 2 cups cauliflower rice, ¼ cup chopped onion, 2 cloves garlic, minced, and 1 tbsp each rosemary and thyme in 1 tbsp avocado oil about 8 minutes; add 1 tbsp apple cider vinegar and cook 1 minute more (eat ½; save leftovers)</p>	<p>BREAKFAST: Pumpkin Smoothie: Blend 1 cup nondairy milk, ¾ cup canned pumpkin, 2 scoops collagen powder, ½ tsp each cinnamon and nutmeg with ice</p> <p>LUNCH: 1 serving Mushroom Frittata (leftovers, reheated) with ½ avocado, sliced</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80; thawed and reheated)</p> <p>DINNER: 1 serving Pan-Seared Steak (leftovers, reheated)</p> <p>1 serving Cauli-Rice (leftovers, reheated)</p>
<p>NUTRIENTS: Calories: 1,132 Fat: 59 g, Sat. Fat: 7 g, Carbs: 85 g, Fiber: 25 g, Sugar: 35 g, Protein: 74 g, Sodium: 593 mg, Cholesterol: 235 mg</p>	<p>NUTRIENTS: Calories: 1,354, Fat: 90 g, Sat. Fat: 24 g, Carbs: 89 g, Fiber: 23 g, Sugar: 33 g, Protein: 60 g, Sodium: 1,129 mg, Cholesterol: 684 mg</p>	<p>NUTRIENTS: Calories: 1,384, Fat: 94 g, Sat. Fat: 35 g, Carbs: 66 g, Fiber: 13 g, Sugar: 29 g, Protein: 75 g, Sodium: 1,541 mg, Cholesterol: 758 mg</p>	<p>NUTRIENTS: Calories: 1,214, Fat: 76 g, Sat. Fat: 25 g, Carbs: 68 g, Fiber: 21 g, Sugar: 25 g, Protein: 69 g, Sodium: 1,275 mg, Cholesterol: 573 mg</p>

*The afternoon snack suggestions are optional. Eat them if you are truly hungry; if not, skip them. By inserting stretches of time between meals – rather than eating every two hours – you’re giving your digestive system a rest.