

Clean Eating

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: ½ cup yogurt with 1 serving <i>Homemade Granola</i> (p. 77; save leftovers), 2 tsp dried cranberries and ½ tsp honey</p> <p>SNACK: ¼ cup almonds; 1 apple</p> <p>LUNCH: 1 serving <i>Quinoa Bowl</i> (p. 75; save leftovers)</p> <p>SNACK: 1 serving Chocolate Mint Chia Mousse (p. 77; save leftovers)</p> <p>DINNER: <i>Balsamic Chicken</i> (p. 78; save leftovers)</p> <p>1 serving Sweet Potato Latkes (p. 75; save leftovers)</p>	<p>BREAKFAST: 1 serving Chocolate Mint Chia Mousse (leftovers, p. 77)</p> <p>SNACK: 1 carrot, sliced, with ¼ cup baba ghanoush</p> <p>LUNCH: <i>Spinach Salad with Chicken:</i> Toss 3 cups spinach, 1 cup grated beets, ¼ cup walnuts, 2 tsp EVOO, 1 tsp balsamic vinegar and pinch each salt and pepper; top with 1 serving Balsamic Chicken (leftovers, p. 78)</p> <p>SNACK: 2 clementines</p> <p>DINNER: <i>Honey Baked Salmon:</i> In a shallow bowl, combine 1 tsp each melted coconut oil, honey, tamari and Dijon mustard and 1 clove garlic, minced; add 2 salmon fillets; marinate in refrigerator for 15 minutes to 1 hour; place on baking sheet, discarding marinade; bake at 425°F for 15 to 20 minutes (eat 1; save leftovers)</p> <p>1 serving Sweet Potato Latkes (leftovers, p. 75)</p>	<p>BREAKFAST: ½ cup yogurt with 1 serving Homemade Granola (leftovers, p. 77), 2 Medjool dates, chopped, and ½ tsp honey</p> <p>SNACK: 1 serving Sweet Potato Latkes (leftovers, p. 75)</p> <p>LUNCH: 1 serving Quinoa Bowl (leftovers, p. 75) with ¼ cup baba ghanoush</p> <p>SNACK: ¼ cup almonds</p> <p>DINNER: 1 serving Balsamic Chicken (leftovers, p. 78)</p> <p>1 serving <i>Cheesy Cauliflower</i> (p. 78; save leftovers)</p>	<p>BREAKFAST: 1 serving Sweet Potato Latkes (leftovers, p. 75), topped with 2 fried eggs</p> <p>SNACK: 2 clementines</p> <p>LUNCH: 1 serving Honey Baked Salmon (leftovers)</p> <p><i>Spinach Salad:</i> Toss 3 cups spinach, 1 cup grated carrot, ¼ cup chopped almonds, 2 tsp EVOO, 1 tsp balsamic vinegar, ½ tsp honey and pinch each salt and pepper</p> <p>SNACK: 1 serving Chocolate Mint Chia Mousse (leftovers, p. 77)</p> <p>DINNER: 1 serving Quinoa Bowl (leftovers, p. 75) with ¼ cup baba ghanoush</p> <p>1 apple, baked, with pinch cinnamon and 2 tsp chopped almonds</p>
<p>NUTRIENTS: Calories: 1,919, Fat: 89 g, Sat. Fat: 24 g, Carbs: 209 g, Fiber: 37 g, Sugars: 101 g, Protein: 86.5 g, Sodium: 485 mg, Cholesterol: 195 mg</p>	<p>NUTRIENTS: Calories: 1,662, Fat: 82 g, Sat. Fat: 19 g, Carbs: 150 g, Fiber: 29 g, Sugars: 79 g, Protein: 88 g, Sodium: 1,161 mg, Cholesterol: 232 mg</p>	<p>NUTRIENTS: Calories: 1,780, Fat: 92 g, Sat. Fat: 25 g, Carbs: 171 g, Fiber: 29 g, Sugars: 74 g, Protein: 83 g, Sodium: 857 mg, Cholesterol: 187 mg</p>	<p>NUTRIENTS: Calories: 2,067, Fat: 108 g, Sat. Fat: 24 g, Carbs: 210 g, Fiber: 42 g, Sugars: 104 g, Protein: 76 g, Sodium: 1,286 mg, Cholesterol: 507 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: ½ cup yogurt topped with 1 serving Homemade Granola (leftovers, p. 77), 2 tsp dried cranberries and ½ tsp honey</p> <p>SNACK: 1 serving Cheesy Cauliflower (leftovers, p. 78)</p> <p>LUNCH: 1 serving Quinoa Bowl (leftovers, p. 75) with ¼ cup baba ghanoush</p> <p>SNACK: 1 serving Chocolate Mint Chia Mousse (leftovers, p. 77)</p> <p>DINNER: 1 serving Balsamic Chicken (leftovers, p. 78)</p> <p>1 serving Sweet Potato Latkes (leftovers, p. 75)</p> <p>2 clementines</p>	<p>BREAKFAST: <i>Apple Cinnamon Smoothie</i> (p. 75)</p> <p>SNACK: ½ cup yogurt topped with 1 peeled and chopped clementine and ½ tsp honey</p> <p>LUNCH: 1 serving Okra Mushroom Gumbo with Red & White Beans (p. 84)</p> <p>SNACK: 1 hard-boiled egg, sliced and drizzled with ½ tsp EVOO and sprinkled with pinch each salt and pepper; 1 carrot, sliced</p> <p>DINNER: 1 serving Cheesy Cauliflower (leftovers, p. 78)</p> <p><i>Kale Salad:</i> Whisk together 3 tsp melted coconut oil, 1 clove garlic, minced, 1 tsp lemon juice, 2 tsp each nutritional yeast and tamari and ½ tsp black pepper; massage into 6 cups chopped kale; top with 1 cup grated carrots, 2 tsp each chia seeds and chopped almonds (eat half; save leftovers)</p>	<p>BREAKFAST: ½ cup yogurt topped with 1 serving Homemade Granola (leftovers, p. 77), 2 Medjool dates, chopped, and ½ tsp honey</p> <p>SNACK: 1 hard-boiled egg, sliced and drizzled with ½ tsp EVOO and sprinkled with pinch each salt and pepper; 2 clementines</p> <p>LUNCH: 1 serving Cheesy Cauliflower (leftovers, p. 78)</p> <p>1 serving Kale Salad (leftovers)</p> <p>SNACK: 1 apple, baked, with pinch cinnamon and 2 tsp chopped almonds</p> <p>DINNER: 1 serving Quick Stove-Top Beef Chili (p. 71)</p>
<p>NUTRIENTS: Calories: 1,890, Fat: 86 g, Sat. Fat: 30 g, Carbs: 207.5 g, Fiber: 36 g, Sugars: 99 g, Protein: 85.5 g, Sodium: 932 mg, Cholesterol: 195 mg</p>	<p>NUTRIENTS: Calories: 1,400, Fat: 66 g, Sat. Fat: 36 g, Carbs: 139 g, Fiber: 31 g, Sugars: 70 g, Protein: 75 g, Sodium: 1,803 mg, Cholesterol: 240 mg</p>	<p>NUTRIENTS: Calories: 1,892, Fat: 102 g, Sat. Fat: 45 g, Carbs: 176 g, Fiber: 38.5 g, Sugars: 101 g, Protein: 85 g, Sodium: 1,575 mg, Cholesterol: 314 mg</p>