

Clean Eating

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: <i>Quinoa, Spinach & Eggs:</i> Sauté 1 cup spinach and ¼ cup cooked quinoa in 1 tsp ghee; move to side of pan and add 2 eggs, cook over easy and sprinkle with 1 tsp feta</p> <p>½ cup blueberries</p> <p>1 cup green tea</p> <p>SNACK: 1 recipe <i>Golden Milk</i> (below)</p> <p>LUNCH: <i>Chopped Power Salad:</i> Toss 4 oz chopped deli turkey, ½ avocado, cubed, 1 cucumber, chopped, ¼ cup cooked quinoa, 1 green onion, chopped, and 2 tbsp feta; dress with 2 tsp avocado oil whisked with 2 tsp lemon juice, ½ tsp honey and pinch each salt and pepper</p> <p>SNACK: <i>Sautéed Fruit:</i> Thinly slice 1 apple and 1 pear; sauté in 1 tbsp coconut oil sprinkled with ½ tsp cinnamon (eat half, save leftovers); serve over 1 cup yogurt</p> <p>DINNER: 1 serving Spiced Salmon Cubes (p. 84; eat half, save leftovers)</p> <p>1 serving Millet Pilaf (p. 84; makes 4 servings, save leftovers)</p>	<p>BREAKFAST: Sauté 4 turkey sausage links, ½ sweet potato, cubed, ¼ onion, chopped, and 2 cups kale in 2 tsp ghee</p> <p>1 cup green tea</p> <p>SNACK: 1 recipe <i>Pumpkin Spice Smoothie</i> (below)</p> <p>LUNCH: 1 serving Spiced Salmon Cubes (leftovers, p. 84)</p> <p>1 serving Roasted Butternut Squash (p. 83; makes 4 servings, save leftovers)</p> <p>SNACK: <i>Spiced Pecans:</i> Toss ¾ cup pecans, 1 tbsp melted coconut oil, 1½ tsp honey and pinch each smoked paprika and cinnamon; heat sauté pan on low and cook nuts 4 minutes; stir often to prevent burning (makes 3 servings; eat 1 serving, save leftovers)</p> <p>½ apple (save leftovers)</p> <p>DINNER: <i>Turkey & Lentil Bowl:</i> Sauté 8 oz ground turkey in 1 tsp avocado oil; season with 1 tsp garlic powder, ¼ tsp pepper and ⅛ tsp salt; toss half of turkey mixture with Fire-Roasted Lentils (p. 87; use half; save leftovers), ½ cup cooked quinoa and 1 cup kale sautéed in 1 tsp avocado oil and seasoned with pinch each salt and pepper (save remaining half of turkey for leftovers)</p>	<p>BREAKFAST: <i>Hot Nutmeal:</i> Grind 2 tbsp each sliced almonds and pecans in a food processor; pour into a bowl and add ½ banana, mashed, 1 tbsp ground flaxseeds, ½ tbsp chia seeds, ½ tsp cinnamon and pinch salt; stir in ¼ cup almond milk and pour into a small pot; cook on low until thickened, 4 to 5 minutes; add sweetener (pure maple syrup or raw honey), if desired</p> <p>SNACK: 2 eggs, hard-boiled</p> <p>½ cucumber and 1 carrot, sliced, with 2 tbsp hummus</p> <p>LUNCH: 1 serving Miso Chicken (p. 83; eat half; save leftovers)</p> <p>1 serving Millet Pilaf (leftovers, p. 84)</p> <p>1 serving Roasted Butternut Squash (leftovers, p. 83)</p> <p>1 cup broccoli; steamed</p> <p>SNACK: 1 recipe <i>Golden Milk</i> (below)</p> <p>DINNER: 1 serving Zucchini Lasagna (p. 81; save leftovers)</p> <p>½ cup blueberries</p>	<p>BREAKFAST: <i>Quinoa, Spinach & Eggs:</i> Sauté 1 cup spinach and ¼ cup cooked quinoa in 1 tsp ghee; move to side of pan and add 2 eggs, cook over easy and sprinkle with 1 tsp feta</p> <p>1 cup green tea</p> <p>SNACK: 1 serving Spiced Pecans (leftovers)</p> <p>½ apple (leftovers)</p> <p>LUNCH: 1 serving Zucchini Lasagna (leftovers, p. 81)</p> <p>SNACK: 1 recipe <i>Pumpkin Spice Smoothie</i> (below)</p> <p>DINNER: 1 serving Green Curry Poached Halibut (p. 86; save leftovers)</p> <p>1 serving Millet Pilaf (leftovers, p. 84)</p>
<p>NUTRIENTS: Calories: 1,797, Fat: 98 g, Sat. Fat: 38 g, Carbs: 130 g, Fiber: 22 g, Sugars: 50.5 g, Protein: 106.5 g, Sodium: 2,311 mg, Cholesterol: 625 mg</p>	<p>NUTRIENTS: Calories: 1,859, Fat: 86 g, Sat. Fat: 22 g, Carbs: 181 g, Fiber: 42 g, Sugars: 51 g, Protein: 108 g, Sodium: 2,909 mg, Cholesterol: 257 mg</p>	<p>NUTRIENTS: Calories: 1,758, Fat: 87 g, Sat. Fat: 19 g, Carbs: 176 g, Fiber: 37 g, Sugars: 62 g, Protein: 83 g, Sodium: 3,275 mg, Cholesterol: 486 mg</p>	<p>NUTRIENTS: Calories: 1,894, Fat: 103 g, Sat. Fat: 25 g, Carbs: 161 g, Fiber: 34 g, Sugars: 50.5 g, Protein: 88 g, Sodium: 1,944 mg, Cholesterol: 525 mg</p>

Clean Eating

FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Sauté 4 turkey sausage links, ½ sweet potato, cubed, ¼ onion, chopped, and 2 cups kale in 2 tsp ghee ½ cup blueberries 1 cup green tea</p> <p>SNACK: 1 recipe <i>Golden Milk</i> (below)</p> <p>LUNCH: 1 serving Green Curry Poached Halibut (leftovers, p. 86) 1 serving Millet Pilaf (leftovers, p. 84)</p> <p>SNACK: Sautéed Fruit (leftovers) mixed with 1 cup yogurt</p> <p>DINNER: <i>Stuffed Bell Pepper:</i> Halve 1 bell pepper; remove seeds; mix cooked ground turkey (leftovers) with ½ cup marinara; scoop into pepper halves and top with 1 tbsp Parmesan; cover and bake at 350°F for 20 minutes 1 serving Roasted Butternut Squash (leftovers, p. 83)</p>	<p>BREAKFAST: <i>Hot Nutmeal:</i> Grind 2 tbsp each sliced almonds and pecans in a food processor; pour into a bowl and add ½ banana, mashed, 1 tbsp ground flaxseeds, ½ tbsp chia seeds, ½ tsp cinnamon and pinch salt; stir in ¼ cup almond milk and pour into a small pot; cook on low until thickened, 4 to 5 minutes; add sweetener (pure maple syrup or raw honey), if desired</p> <p>SNACK: 1 recipe <i>Pumpkin Spice Smoothie</i> (p. 82)</p> <p>LUNCH: 1 serving Zucchini Lasagna (leftovers, p. 81)</p> <p>SNACK: 2 eggs, hard-boiled ½ cucumber and 1 carrot, sliced, with 2 tbsp hummus</p> <p>DINNER: 1 serving Miso Chicken (leftovers, right) 1 serving Roasted Butternut Squash (leftovers, right) 1 cup broccoli; steamed</p>	<p>BREAKFAST: <i>Banana Pancakes:</i> Mix 1 banana, mashed, with 2 eggs, ½ tbsp chia seeds and ¼ tsp cinnamon; heat 1 tbsp coconut oil on griddle or skillet; cook rounds of batter for 2 minutes; flip and cook until done</p> <p>2 cooked turkey sausage links</p> <p>SNACK: 1 serving Spiced Pecans (leftovers)</p> <p>1 apple</p> <p>LUNCH: <i>Loaded Sweet Potato Toast:</i> Cut 1 sweet potato lengthwise in ¼-inch-thick planks; toast until slices are tender and lightly browned; mash ½ avocado with 1 tsp lemon juice and pinch each salt and pepper; spread over baked sweet potato planks; mix 1 serving Fire-Roasted Lentils (leftovers, p. 87) with 2 tbsp feta and spoon over avocado mixture</p> <p>SNACK: 1 cup yogurt topped with ¼ cup blueberries, ½ tbsp chia seeds and 1 tbsp ground flaxseeds</p> <p>DINNER: 1 serving Zucchini Lasagna (leftovers, p. 81) ¼ cup blueberries</p>
<p>NUTRIENTS: Calories: 1,987, Fat: 96 g, Sat. Fat: 42 g, Carbs: 180 g, Fiber: 30 g, Sugars: 66 g, Protein: 113 g, Sodium: 2,662 mg, Cholesterol: 240 mg</p>	<p>NUTRIENTS: Calories: 1,559, Fat: 70 g, Sat. Fat: 10.5 g, Carbs: 158 g, Fiber: 40 g, Sugars: 64 g, Protein: 89 g, Sodium: 3,377 mg, Cholesterol: 513 mg</p>	<p>NUTRIENTS: Calories: 1,954, Fat: 110 g, Sat. Fat: 39 g, Carbs: 177 g, Fiber: 48 g, Sugars: 73 g, Protein: 78 g, Sodium: 2,063 mg, Cholesterol: 511 mg</p>