

Clean Eating

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: 2 slices Gluten-Free Pumpkin Spice Loaf (p. 87; save leftovers)</p> <p>SNACK: 1 cup broccoli florets with ¼ cup Homemade Hummus (recipe below)</p> <p><i>Homemade Hummus:</i> Mince 1 clove garlic in food processor; add 1 cup chickpeas, 2 tbsp lemon juice, 2 tbsp Walnut Butter (p. 85), 1 tbsp each EVOO and water, 1 tsp cumin, ½ tsp pepper and pinch salt; blend until smooth; refrigerate</p> <p>LUNCH: Spinach & Roasted Beet Salad (p. 87) with 1 hard-boiled egg</p> <p>SNACK: 1 apple, sliced, with 2 tbsp Walnut Butter (leftovers, p. 85)</p> <p>DINNER: 1 serving Brussels Sprouts Salad with Chicken (p. 85; save leftovers)</p>	<p>BREAKFAST: <i>Apple Oats:</i> Cook ½ cup oats with 1 apple, diced, 1 cup almond milk, ½ tbsp maple syrup, 1 tsp cinnamon and pinch salt</p> <p>SNACK: 2 carrots, sliced, with ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: 1 serving Brussels Sprouts Salad with Chicken (leftovers, p. 85)</p> <p>SNACK: 1 slice Gluten-Free Pumpkin Spice Loaf (leftovers, p. 87); 1 hard-boiled egg</p> <p>DINNER: Baked Chicken Fingers (p. 88; eat ½, save leftovers)</p> <p>½ cup cooked brown rice</p> <p>1½ cups broccoli florets, steamed</p>	<p>BREAKFAST: 2 slices Gluten-Free Pumpkin Spice Loaf (leftovers, p. 87)</p> <p>SNACK: 2 carrots, sliced, with ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: Spinach & Roasted Beet Salad (p. 87) with 1 hard-boiled egg</p> <p>SNACK: 1 apple, sliced, with 2 tbsp Walnut Butter (leftovers, p. 85)</p> <p>DINNER: 1 serving Brussels Sprouts Salad with Chicken (leftovers, p. 85)</p>
<p>NUTRIENTS: Calories: 1,900, Fat: 122 g, Sat. Fat: 29 g, Carbs: 167 g, Fiber: 32 g, Sugars: 69.5 g, Protein: 51 g, Sodium: 1,180 mg, Cholesterol: 300 mg</p>	<p>NUTRIENTS: Calories: 1,666, Fat: 66 g, Sat. Fat: 19 g, Carbs: 193 g, Fiber: 30 g, Sugars: 60 g, Protein: 84 g, Sodium: 1,653 mg, Cholesterol: 549 mg</p>	<p>NUTRIENTS: Calories: 1,930, Fat: 122 g, Sat. Fat: 29 g, Carbs: 175 g, Fiber: 33 g, Sugars: 74 g, Protein: 50 g, Sodium: 1,245 mg, Cholesterol: 300 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Pumpkin Smoothie (p. 85)</p> <p>SNACK: 2 carrots, sliced; ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: 1 serving Brussels Sprouts Salad with Chicken (leftovers, p. 85) with 1 egg, hard-boiled</p> <p>SNACK: 1 slice Gluten-Free Pumpkin Spice Loaf (leftovers, p. 87)</p> <p>DINNER: <i>Quick Falafels:</i> Using a potato masher, mash 2 cups chickpeas, 2 cups finely chopped spinach, ½ cup rice flour, 2 tbsp minced onion, 4 cloves garlic, minced, 2 tsp cumin and ½ tsp each salt, pepper and chile powder; form into 8 patties and cook in 2 tbsp coconut oil in a skillet on medium (eat 2; save leftovers); with 2 tbsp sour cream</p> <p>1½ cups broccoli florets, steamed; 1 cup Roasted Beets (leftovers, p. 87)</p>	<p>BREAKFAST: 2 slices Gluten-Free Pumpkin Spice Loaf (leftovers, p. 87)</p> <p>SNACK: 2 carrots, sliced with ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: Spinach & Roasted Beet Salad (p. 87)</p> <p>SNACK: 2 Quick Falafels (leftovers) with 2 tbsp sour cream</p> <p>DINNER: Baked Chicken Fingers (leftovers)</p> <p>½ cup cooked brown rice</p> <p><i>Sautéed Brussels Sprouts:</i> Trim and halve 3 cups Brussels sprouts; sauté in ½ tsp coconut oil with ¼ tsp each garlic powder and pepper and ⅛ tsp salt (eat ½, save leftovers)</p>	<p>BREAKFAST: <i>Eggs & Sprouts:</i> 2 sunny side up eggs, cooked in ½ tsp coconut oil with pinch each salt and pepper; serve over sautéed Brussels sprouts (leftovers)</p> <p>SNACK: 1 apple, sliced, with ¼ cup Walnut Butter (leftovers, p. 85)</p> <p>LUNCH: 2 Quick Falafels (leftovers) with 2 tbsp sour cream</p> <p>1½ cups broccoli florets, steamed</p> <p>SNACK: 2 carrots, sliced, with ¼ cup Homemade Hummus (leftovers)</p> <p>DINNER: 1 chicken breast brushed with ½ tsp EVOO and pinch each salt and pepper; grill or roast</p> <p>1 cup Roasted Beets (leftovers, p. 87)</p> <p>1 slice Gluten-Free Pumpkin Spice Loaf (leftovers, p. 87)</p>	<p>BREAKFAST: <i>Apple Oats:</i> Cook ½ cup oats with 1 apple, diced, 1 cup almond milk, ½ tbsp maple syrup, 1 tsp cinnamon and pinch salt; 1 hard-boiled egg</p> <p>SNACK: 2 slices Gluten-Free Pumpkin Spice Loaf (leftovers, p. 87) with ¼ cup walnut butter (leftovers, p. 85)</p> <p>LUNCH: 2 Quick Falafels (leftovers); 1 cup Roasted Beets (leftovers, p. 87); ½ cup cooked brown rice</p> <p>SNACK: ½ cup cucumber slices with 3 tbsp sour cream mixed with ½ clove garlic (or to taste), crushed, and pinch salt</p> <p>DINNER: <i>Veggie Scramble:</i> Sauté 2 tbsp onion in 1 tsp coconut oil; add 1 minced garlic clove and 1 cup chopped spinach; sauté until wilted; add 2 eggs, whisked with 1 tsp water; cook until softly set; 1½ cups broccoli florets, steamed</p>
<p>NUTRIENTS: Calories: 1,662, Fat: 100 g, Sat. Fat: 37 g, Carbs: 154 g, Fiber: 35 g, Sugars: 53 g, Protein: 50 g, Sodium: 1,393 mg, Cholesterol: 284 mg</p>	<p>NUTRIENTS: Calories: 2,066, Fat: 97 g, Sat. Fat: 32 g, Carbs: 225 g, Fiber: 36.5 g, Sugars: 49.5 g, Protein: 82 g, Sodium: 1,914 mg, Cholesterol: 356 mg</p>	<p>NUTRIENTS: Calories: 1,629, Fat: 86 g, Sat. Fat: 29 g, Carbs: 149.5 g, Fiber: 32 g, Sugars: 55 g, Protein: 79.5 g, Sodium: 1,465 mg, Cholesterol: 511 mg</p>	<p>NUTRIENTS: Calories: 1,862, Fat: 93 g, Sat. Fat: 35 g, Carbs: 215 g, Fiber: 32 g, Sugars: 68 g, Protein: 55.5 g, Sodium: 1,594 mg, Cholesterol: 642 mg</p>

EVOO= Extra-Virgin Olive Oil