

MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: <i>Raspberry Lime Smoothie</i> (see recipe, p. 86)</p> <p>SNACK: 2 stalks celery with ¼ cup almond butter</p> <p>LUNCH: <i>Beet, Kale & Quinoa Salad</i> (see recipe, p. 86; eat ⅓, save leftovers as 2 servings)</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>DINNER: 1 serving Kabocha Squash Chili (see recipe, p. 85; save leftovers) 1 carrot, sliced</p>	<p>BREAKFAST: <i>Sweet Potato Toast with Almond Butter:</i> Cut ½ sweet potato lengthwise into three ½-inch-thick slices; toast in toaster or toaster oven until soft, 3 to 4 minutes; top with 2 tbsp almond butter, 1 tbsp chia seeds and pinch cinnamon</p> <p>SNACK: <i>Carob Coconut Bark Cups:</i> Combine 1½ cups carob powder, 1½ cups shredded coconut, pinch stevia and ¾ cup melted coconut oil; pour into 12 muffin cups fitted with liners and freeze; eat 2; save leftovers in freezer</p> <p>LUNCH: 1 serving Kabocha Squash Chili (leftovers, p. 85); 1 stalk celery, sliced</p> <p>SNACK: 2 carrots, sliced, with ¼ cup hummus</p> <p>DINNER: 1 serving Beet, Kale & Quinoa Salad (leftovers, p. 86) topped with 1 egg, poached</p>	<p>BREAKFAST: <i>Raspberry Lime Smoothie</i> (see recipe, p. 86)</p> <p>SNACK: 2 Carob Coconut Bark Cups (leftovers)</p> <p>LUNCH: 1 serving Beet, Kale & Quinoa Salad (leftovers, p. 86)</p> <p>SNACK: 2 carrots, sliced, with ¼ cup hummus</p> <p>DINNER: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (see recipe, p. 83; save leftovers)</p> <p><i>Side salad:</i> Toss together 1½ cups lettuce, ¼ cup each chopped cucumber and celery, 1 tbsp lemon juice, 1 tsp EVOO and pinch each salt and pepper</p>	
<p>NUTRIENTS: Calories: 1,459, Total Fat: 82 g, Sat. Fat: 14 g, Carbs: 112 g, Fiber: 33 g, Sugars: 29 g, Protein: 79 g, Sodium: 1,615 mg, Cholesterol: 228 mg</p>	<p>NUTRIENTS: Calories: 1,598, Total Fat: 105 g, Sat. Fat: 46 g, Carbs: 132 g, Fiber: 42.5 g, Sugars: 37 g, Protein: 53 g, Sodium: 1,287 mg, Cholesterol: 226 mg</p>	<p>NUTRIENTS: Calories: 1,884, Total Fat: 110 g, Sat. Fat: 43 g, Carbs: 190 g, Fiber: 47 g, Sugars: 53 g, Protein: 60 g, Sodium: 1,293 mg, Cholesterol: 0 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Banana Chia Oatmeal:</i> In a saucepan, combine 1 ripe banana, mashed, 1 cup non-dairy milk, ½ cup oats and ¼ tsp cinnamon and bring to a boil; reduce heat and simmer, uncovered, until oats are desired texture, 7 to 10 minutes; top with 1 tbsp chia seeds</p> <p>SNACK: 2 stalks celery with ¼ cup almond butter</p> <p>LUNCH: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (leftovers, p. 83)</p> <p>2 Carob Coconut Bark Cups (leftovers)</p> <p>SNACK: 2 carrots, sliced, with ¼ cup hummus</p> <p>DINNER: 1 serving No-Cook Zoodles with Wakame Pesto (see recipe, p. 53)</p>	<p>BREAKFAST: <i>Sweet Potato Toast with Almond Butter:</i> Cut ½ sweet potato lengthwise into three ½-inch-thick slices; toast in toaster or toaster oven until soft, 3 to 4 minutes; top with 2 tbsp almond butter, 1 tbsp chia seeds and pinch cinnamon</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>LUNCH: 1 serving Kabocha Squash Chili (leftovers, p. 85, thawed and reheated) 1 carrot, sliced</p> <p>SNACK: 2 Carob Coconut Bark Cups (leftovers)</p> <p>DINNER: <i>Lemon Salmon:</i> Preheat oven to 425°F; place salmon fillet on a lined baking sheet and top with juice and zest of ½ lemon and ⅛ tsp each salt and pepper; bake until cooked through, 15 to 20 minutes</p> <p><i>Nutty Parsnips:</i> Dice 3 large parsnips; toss with 3 tbsp almond butter and ¼ tsp salt; spread on a lined baking sheet and bake with salmon (at 425°F) until tender, about 20 minutes, turning halfway through; eat ½; save leftovers</p>	<p>BREAKFAST: <i>Banana Chia Oatmeal:</i> In a saucepan, combine 1 ripe banana, mashed, 1 cup non-dairy milk, ½ cup oats and ¼ tsp cinnamon and bring to a boil; reduce heat and simmer, uncovered, until oats are desired texture, 7 to 10 minutes; top with 1 tbsp chia seeds</p> <p>SNACK: 2 Carob Coconut Bark Cups (leftovers)</p> <p>LUNCH: 1 serving Turkey & Black Bean Tacos with Green Herb Salsa (see recipe,* p. 57)</p> <p>SNACK: Nutty Parsnips (leftovers; eat cold or reheat)</p> <p>DINNER: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (leftovers, p. 83)</p> <p><i>Side salad:</i> Toss together 1½ cups lettuce, ¼ cup each chopped cucumber and celery, 1 tbsp lemon juice, 1 tsp EVOO and pinch each salt and pepper</p>	<p>BREAKFAST: <i>Raspberry Lime Smoothie</i> (see recipe, p. 86)</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>LUNCH: 1 serving Kabocha Squash Chili (leftovers, p. 85, thawed and reheated)</p> <p>SNACK: 2 stalks celery with ¼ cup almond butter</p> <p>DINNER: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (leftovers, p. 83) 2 Carob Coconut Bark Cups (leftovers)</p>
<p>NUTRIENTS: Calories: 1,978, Total Fat: 132 g, Sat. Fat: 46 g, Carbs: 191 g, Fiber: 50 g, Sugars: 65 g, Protein: 43.5 g, Sodium: 1,262 mg, Cholesterol: 0 mg</p>	<p>NUTRIENTS: Calories: 1,511, Total Fat: 91.5 g, Sat. Fat: 44 g, Carbs: 122 g, Fiber: 42 g, Sugars: 46 g, Protein: 72 g, Sodium: 1,463 mg, Cholesterol: 294 mg</p>	<p>NUTRIENTS: Calories: 2,042, Total Fat: 105 g, Sat. Fat: 42 g, Carbs: 240 g, Fiber: 56 g, Sugars: 68 g, Protein: 64 g, Sodium: 1,381 mg, Cholesterol: 65 mg</p>	<p>NUTRIENTS: Calories: 1,886, Total Fat: 118 g, Sat. Fat: 47 g, Carbs: 157 g, Fiber: 47 g, Sugars: 58.5 g, Protein: 77 g, Sodium: 1,534 mg, Cholesterol: 228 mg</p>

*This recipe calls for slow-cooked beans, but you can substitute with canned beans.

EVOO = extra-virgin olive oil

Clean Eating

SHOPPING LIST

PROTEINS & DAIRY ALTERNATIVES

- ½ dozen eggs
- 8 oz ground chicken breast
- 1 4-oz skinless salmon fillet
- 1 lb boneless, skinless turkey breast
- 1¼ qt non-dairy milk (unsweetened rice, almond or soy milk)
- 1 container plant-based protein powder

NUTS, SEEDS & OILS

- 1 bag chia seeds (**TRY:** NOW Foods Organic Chia Seeds)
- 1 jar natural unsalted almond butter
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 jar coconut oil
- 1 oz raw unsalted pumpkin seeds
- 2 oz raw unsalted walnuts
- 1 oz unsalted roasted cashews

WHOLE GRAINS

- 1 bag quinoa
- 1 container old-fashioned rolled oats (**TIP:** Look for certified gluten-free oats.)
- 8 6-inch soft corn tortillas


VEGGIES & FRUITS

- 2 bunches kale
- 1 beet
- 3 limes
- 3 lemons
- 1 large head celery
- 3 large yellow onions
- 1 head garlic
- 3 oz white mushrooms
- 1 green bell pepper
- 1 red bell pepper
- 1 small jalapeño chile pepper
- 1 bunch fresh cilantro
- 1 bunch fresh oregano
- 1 bunch green onions
- 1 cucumber
- ½ pint vine-ripened or cherry tomatoes
- 2 large zucchini
- 3 oz spinach
- 1 head romaine lettuce
- 1 kabocha squash (or any winter squash)
- 2 medium to large acorn squashes
- 1 large sweet potato
- 8 large carrots
- 2 bananas
- 3 large parsnips
- 1 bag frozen raspberries (**TRY:** Earthbound Farm Organic Frozen Red Raspberries)

EXTRAS

- 1 8-oz container hummus
- 1 bag unsweetened shredded coconut
- 1 bag naturally sweetened dried cranberries
- 1 bag dried wakame
- 1 bottle apple cider vinegar
- 12 oz low-sodium vegetable broth or chicken broth (**TRY:** Pacific Foods Organic Vegetable Broth Low Sodium)
- 1 15-oz BPA-free can diced tomatoes with juices
- 1 15-oz BPA-free can black or pinto beans
- 1 jar Dijon mustard (**TRY:** Woodstock Organic Dijon Mustard)
- 1 bag carob powder
- 1 carton stevia green leaf powder
- ½ oz nutritional yeast
- 1 jar raw honey
- 1 bottle ground cumin
- 1 bottle ground nutmeg
- 1 bottle ground cinnamon
- 1 bottle ground coriander
- 1 bottle ground cayenne pepper, optional
- 1 bottle garlic powder
- 1 bottle dried oregano flakes
- 1 bottle chile powder
- 1 bottle paprika
- 1 jar bay leaves
- 1 bottle sea salt
- 1 bottle ground black pepper

MARCH 2017
MEAL PLAN

Beet, Kale & Quinoa Salad: Cook 1 cup quinoa; cool. In a large bowl, whisk ¼ cup each EVOO and lemon juice, 1 tbsp Dijon mustard and pinch each stevia, salt and pepper. Add 4 cups shredded kale and massage. Toss with ¼ cup grated raw beet, cooked quinoa and 1 oz pumpkin seeds. 

Raspberry Lime Smoothie:

Blend 1 cup non-dairy milk, 1 cup kale, 1 cup frozen raspberries, 1 scoop protein powder, 1 tbsp chia seeds and juice of ½ lime with ice, as desired.

