

Clean Eating

GET AHEAD: Make the Homemade Almond Butter, Homemade Almond Milk and Oatmeal Banana Carrot Muffins (p. 80) on the weekend for a smoother week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand 2 minutes. Drizzle with ½ tbsp maple syrup.</p> <p>SNACK: 1 Oatmeal Banana Carrot Muffin (p. 80; save leftovers)</p> <p>LUNCH: <i>Spiced Egg Salad Sandwich</i> (p. 80)</p> <p>1 orange</p> <p>SNACK: ¼ cup hummus with 2 stalks celery, sliced</p> <p>DINNER: 1 fillet <i>Maple Baked Salmon</i> (p. 79; save leftovers)</p> <p><i>Mashed Potatoes:</i> Cook 1 lb (3 medium) potatoes, peeled and quartered, in boiling water until soft, 15 minutes. Mash with ½ cup <i>Homemade Almond Milk</i> (p. 80; save leftovers) and 1 tbsp EVOO. (Eat ½; save leftovers.)</p> <p><i>Sautéed Carrots:</i> Place 1 lb carrots, sliced, in a deep skillet with 2 tbsp water, 1 tsp dried parsley, ¼ tsp each salt and pepper; bring to a boil. Cover and cook on medium-low for 7 to 8 minutes, until just cooked through. Add 1 tbsp EVOO and cook 1 minute more. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: 2 slices toast topped with 2 tbsp <i>Homemade Almond Butter</i> (p. 80; save leftovers) and 1 banana, sliced</p> <p>SNACK: ½ cup hummus with 2 carrots, sliced</p> <p>LUNCH: <i>Salmon Salad</i> (p. 79)</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 80)</p> <p>DINNER: 1 serving <i>Easiest-Ever Shepherd's Pie</i> (p. 79; save leftovers)</p>	<p>BREAKFAST: <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand 2 minutes. Drizzle with ½ tbsp maple syrup.</p> <p>SNACK: 1 Oatmeal Banana Carrot Muffin (leftovers, p. 80)</p> <p>LUNCH: 1 serving <i>Easiest-Ever Shepherd's Pie</i> (leftovers, p. 79)</p> <p>1 orange</p> <p>SNACK: ½ cup hummus with 2 stalks celery, sliced</p> <p>DINNER: 1 fillet <i>Maple Baked Salmon</i> (leftovers, p. 79)</p> <p>Remaining ⅔ Sautéed Carrots (leftovers)</p> <p>Remaining ½ Mashed Potatoes (leftovers)</p>	<p>BREAKFAST: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 80)</p> <p>SNACK: 1 hard-boiled egg with pinch each salt and pepper and 2 tbsp hummus</p> <p>LUNCH: <i>Salmon Salad</i> (p. 79)</p> <p>SNACK: 1 banana</p> <p>¼ cup almonds</p> <p>DINNER: <i>Sesame Beef Lettuce Cups</i> (p. 77; save leftovers)</p> <p>1 orange</p>
<p>NUTRIENTS: Calories: 1,532, Fat: 61 g, Sat. Fat: 14 g, Carbs: 186 g, Fiber: 31 g, Sugars: 58 g, Protein: 69 g, Sodium: 1,723 mg, Cholesterol: 457 mg</p>	<p>NUTRIENTS: Calories: 1,923, Fat: 84 g, Sat. Fat: 18 g, Carbs: 223 g, Fiber: 34 g, Sugars: 80 g, Protein: 84 g, Sodium: 1,967 mg, Cholesterol: 199 mg</p>	<p>NUTRIENTS: Calories: 1,677, Fat: 60 g, Sat. Fat: 13 g, Carbs: 224 g, Fiber: 36 g, Sugars: 65 g, Protein: 74 g, Sodium: 1,832 mg, Cholesterol: 168 mg</p>	<p>NUTRIENTS: Calories: 1,782, Fat: 97 g, Sat. Fat: 21 g, Carbs: 159 g, Fiber: 27 g, Sugars: 84 g, Protein: 83 g, Sodium: 1,702 mg, Cholesterol: 375 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: 2 slices toast topped with 2 tbsp <i>Homemade Almond Butter</i> (leftovers, p. 80) and 1 banana, sliced</p> <p>SNACK: ½ cup hummus with 2 carrots, sliced</p> <p>1 orange</p> <p>LUNCH: <i>Spiced Egg Salad Sandwich</i> (p. 80)</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 80)</p> <p>DINNER: 1 serving <i>Easiest-Ever Shepherd's Pie</i> (leftovers, p. 79)</p>	<p>BREAKFAST: <i>Eggs & Spuds:</i> Preheat oven to 350°F and line a baking sheet with parchment paper. Toss 1½ cups diced potatoes in 2 tbsp EVOO and sprinkle with ⅛ tsp each salt and pepper. Spread evenly on sheet. Bake for 30 minutes, stirring occasionally. Top with 2 sunny-side-up eggs cooked in 1 tsp EVOO.</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 80)</p> <p>LUNCH: 1 serving <i>Easiest-Ever Shepherd's Pie</i> (leftovers, p. 79)</p> <p>1 banana</p> <p>SNACK: ¼ cup hummus with 2 carrots, sliced</p> <p>DINNER: <i>Sesame Beef Lettuce Cups</i> (leftovers, p. 77)</p>	<p>BREAKFAST: <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup rolled oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand 2 minutes. Drizzle with ½ tbsp maple syrup.</p> <p>SNACK: ½ cup hummus with 2 carrots, sliced</p> <p>LUNCH: <i>Banana Almond Butter Sandwich:</i> Spread 2 tbsp <i>Homemade Almond Butter</i> (leftovers, p. 80) on 2 slices toast. Slice 1 banana, layer over almond butter on 1 slice and sandwich with other slice.</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 80)</p> <p>DINNER: <i>Salad with Hard-Boiled Eggs:</i> Toss 3 cups lettuce, ½ cup each grated carrots, chopped celery and sliced mushrooms and ¼ cup chopped tomato with 2 tbsp EVOO, 1 tbsp vinegar, 2 tsp maple syrup and pinch each salt and pepper. Top with 2 hard-boiled eggs, sliced.</p> <p>1 orange</p>	
<p>NUTRIENTS: Calories: 1,906, Fat: 74.5 g, Sat. Fat: 17 g, Carbs: 243 g, Fiber: 38 g, Sugars: 80.5 g, Protein: 82 g, Sodium: 2,303 mg, Cholesterol: 519 mg</p>	<p>NUTRIENTS: Calories: 2,091, Fat: 104 g, Sat. Fat: 24 g, Carbs: 215.5 g, Fiber: 31 g, Sugars: 67 g, Protein: 87 g, Sodium: 2,321 mg, Cholesterol: 592 mg</p>	<p>NUTRIENTS: Calories: 1,697, Fat: 73 g, Sat. Fat: 15 g, Carbs: 223 g, Fiber: 38 g, Sugars: 96 g, Protein: 54 g, Sodium: 1,700 mg, Cholesterol: 435 mg</p>	