

# Clean Eating

MONDAY		TUESDAY		WEDNESDAY	
<p><b>BREAKFAST:</b> 1 serving Smoky Cauliflower Hash (p. 73; save leftovers); top with ½ avocado, cubed</p> <p><b>SNACK:</b> <i>Pecan Snack Bar:</i>* In a food processor, pulse 4 pitted dates and ½ cup pecans into small pieces. Add ¼ cup almond butter, 2 tbsp dried cherries, ½ scoop protein powder, ½ tsp each vanilla and cinnamon and ⅛ tsp salt. Pulse to combine. Press into an 8-inch glass baking dish. Refrigerate at least 1 hour. Slice into 4 bars. (Eat 1 bar; save leftovers.)</p> <p><b>LUNCH:</b> <i>Open-Faced Tuna Salad Sandwich:</i> Mix 1 can drained tuna, ½ avocado, mashed, ½ apple, diced, 1 tsp lemon juice and pinch each salt and pepper; spread on 1 slice toast</p> <p>½ apple, sliced, with pinch cinnamon</p> <p>½ orange</p> <p><b>SNACK:</b> <i>Power Smoothie</i> (p. 76)</p> <p><b>DINNER:</b> 2 Salmon Lettuce Wraps (p. 76; save leftovers)</p>		<p><b>BREAKFAST:</b> <i>Baked Oatmeal:</i> In an oven-safe bowl, combine ½ banana, mashed, ½ cup oats, 1 cup milk, 1 egg, ¼ cup cottage cheese, ½ tsp each vanilla and cinnamon and ¼ tsp baking powder. Bake at 350°F for 15 minutes. Top with 4 pecan halves, chopped, and pinch cinnamon. Bake 10 minutes more. (Eat ½; save leftovers.)</p> <p><b>SNACK:</b> 1 serving Smoky Cauliflower Hash (leftovers, p. 73)</p> <p><b>LUNCH:</b> 2 Salmon Lettuce Wraps (leftovers, p. 76)</p> <p>1 apple with 1 tbsp almond butter</p> <p><b>SNACK:</b> 1 Pecan Snack Bar (leftovers)</p> <p><b>DINNER:</b> 1 serving Quinoa Jambalaya (p. 75; save leftovers)</p>		<p><b>BREAKFAST:</b> 1 serving Smoky Cauliflower Hash (leftovers, p. 73)</p> <p><b>SNACK:</b> <i>Cottage Cheese Toast:</i> Top 1 slice toasted bread with 1 tbsp almond butter, ⅓ cup cottage cheese and pinch cinnamon</p> <p><b>LUNCH:</b> 1 serving Quinoa Jambalaya (leftovers, p. 75)</p> <p><b>SNACK:</b> <i>Power Smoothie</i> (p. 76)</p> <p><b>DINNER:</b> 1 serving Grilled Pesto Chicken &amp; Fruit (p. 78; save leftovers)</p>	
<p><b>NUTRIENTS:</b> Calories: 1,459, Fat: 60 g, Sat. Fat: 9 g, Carbs: 141 g, Fiber: 35 g, Sugar: 76 g, Protein: 103 g, Sodium: 1,433 mg, Cholesterol: 524 mg</p>		<p><b>NUTRIENTS:</b> Calories: 1,400, Fat: 66 g, Sat. Fat: 9 g, Carbs: 130 g, Fiber: 25 g, Sugar: 59 g, Protein: 82 g, Sodium: 1,487 mg, Cholesterol: 615 mg</p>		<p><b>NUTRIENTS:</b> Calories: 1,527, Fat: 64 g, Sat. Fat: 11 g, Carbs: 139 g, Fiber: 32 g, Sugar: 48 g, Protein: 112 g, Sodium: 1,933 mg, Cholesterol: 608 mg</p>	
THURSDAY		FRIDAY		SATURDAY	
<p><b>BREAKFAST:</b> 1 serving Baked Oatmeal (leftovers)</p> <p><b>SNACK:</b> 1 Pecan Snack Bar (leftovers)</p> <p><b>LUNCH:</b> 1 serving Quinoa Jambalaya (leftovers, p. 75)</p> <p><b>SNACK:</b> <i>Almond Banana Toast:</i> Top 1 slice bread with 1 tbsp almond butter and ½ banana, sliced</p> <p><b>DINNER:</b> 3 Sweet Potato Sliders (p. 76; save leftovers)</p>		<p><b>BREAKFAST:</b> 1 serving Smoky Cauliflower Hash (leftovers, p. 73)</p> <p><b>SNACK:</b> 1 apple with 1 tbsp almond butter</p> <p><b>LUNCH:</b> 3 Sweet Potato Sliders (leftovers, p. 76)</p> <p><b>SNACK:</b> <i>Cottage Cheese Toast:</i> Top 1 slice toasted bread with 1 tbsp almond butter, ⅓ cup cottage cheese and pinch cinnamon</p> <p><b>DINNER:</b> 1 serving Quinoa Jambalaya (leftovers, p. 75)</p>		<p><b>BREAKFAST:</b> ½ cantaloupe filled with ½ cup cottage cheese and 1 tbsp chopped pecans</p> <p><b>SNACK:</b> 2 eggs, hard-boiled</p> <p>1 peach</p> <p><b>LUNCH:</b> 1 serving Grilled Pesto Chicken &amp; Fruit (leftovers, p. 78)</p> <p><b>SNACK:</b> 1 Pecan Snack Bar (leftovers)</p> <p>1 egg, hard-boiled</p> <p><b>DINNER:</b> <i>Italian Sauté:</i> Top ½ cup cooked quinoa with sautéed mixture of 3 chicken sausage links, sliced, 1 yellow bell pepper, thinly sliced, ½ yellow onion, thinly sliced, and 1 eggplant, sliced in rounds. (Eat ½; save leftovers.)</p>	
<p><b>NUTRIENTS:</b> Calories: 1,430, Fat: 68 g, Sat. Fat: 13 g, Carbs: 130 g, Fiber: 24 g, Sugar: 40 g, Protein: 82 g, Sodium: 1,389 mg, Cholesterol: 290 mg</p>		<p><b>NUTRIENTS:</b> Calories: 1,359, Fat: 67 g, Sat. Fat: 15 g, Carbs: 105 g, Fiber: 22 g, Sugar: 34 g, Protein: 89 g, Sodium: 1,655 mg, Cholesterol: 556 mg</p>		<p><b>NUTRIENTS:</b> Calories: 1,421, Fat: 68 g, Sat. Fat: 13 g, Carbs: 134 g, Fiber: 26 g, Sugar: 79 g, Protein: 94 g, Sodium: 1,677 mg, Cholesterol: 548 mg</p>	
				SUNDAY	
				<p><b>BREAKFAST:</b> <i>Power Smoothie</i> (p. 76)</p> <p><b>SNACK:</b> ½ cantaloupe filled with ½ cup cottage cheese</p> <p><b>LUNCH:</b> 1 serving Italian Sauté (leftovers)</p> <p><b>SNACK:</b> <i>Almond Banana Toast:</i> Top 1 slice bread with 1 tbsp almond butter and ½ banana, sliced</p> <p><b>DINNER:</b> 3 Sweet Potato Sliders (leftovers, p. 76)</p>	
				<p><b>NUTRIENTS:</b> Calories: 1,488, Fat: 59 g, Sat. Fat: 16 g, Carbs: 156 g, Fiber: 38 g, Sugar: 64 g, Protein: 104 g, Sodium: 1,756 mg, Cholesterol: 249 mg</p>	

\*Get ahead and make the Pecan Snack Bars on Sunday before the week begins.

EVOO= EXTRA-VIRGIN OLIVE OIL