



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### LENTILS WITH GINGER, GOLDEN BEETS, AND HERBS



\*The beets take an hour to roast, consider roasting these Tuesday night

#### SERVES THREE

9 oz chicken breast, grilled and sliced

1 pound (about 4 medium) trimmed golden or red beets

1/2 cup water

2 tsp coarse salt

1 T plus 1 teaspoon extra-virgin olive oil

1 T coconut oil

½ cup (3 ounces) dried lentils, such as French green or black beluga

6 thin slices fresh ginger plus 1 teaspoon finely grated

1/4 medium red onion, finely diced (1/2 cup)

2 T rice vinegar

1 T honey

1 1/2 tsp whole coriander seeds, toasted and ground, or 1 teaspoon ground

Freshly ground pepper

1/4 cup coarsely chopped fresh mint, plus leaves for garnish

2 T coarsely chopped fresh cilantro, plus leave



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### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### LENTILS WITH GINGER, GOLDEN BEETS, AND HERBS (Continued)

##### INSTRUCTIONS

Preheat oven to 375 degrees. Place beets, water, and 1/4 teaspoon salt in a baking dish. Cover with parchment, then foil, and bake until beets are tender when pierced with the tip of a small knife, 45 to 55 minutes. Let stand until cool enough to handle. Peel and quarter beets, and place in a small bowl. Toss with 1 teaspoon oil.



While the beets are cooking, heat a skillet over medium high and add 1 T coconut oil. Add thinly sliced chicken breast and sauté until cooked through, set aside.

Combine lentils and sliced ginger in a medium saucepan, and cover with water by 2 inches. Bring to a boil. Reduce heat, and simmer gently. Cook, stirring occasionally, until lentils are tender, about 20 minutes. Drain; discard ginger. Transfer to a large bowl, and stir in 1/2 teaspoon salt.

Combine remaining teaspoon salt and the grated ginger, onion, vinegar, and honey, and let stand for 15 minutes. Whisk in remaining tablespoon oil and the coriander. Pour over lentils, and toss to coat. Season with pepper. Stir in chopped mint and cilantro. Arrange beet wedges on top of lentils. Garnish with herbs, and serve immediately.

**SERVINGS:** divide equally into three servings and top with 3 oz grilled chicken per serving

**SUBSTITUTIONS:** replace cilantro with parsley

Replace 3 oz of chicken with 2/3 cup white beans, kidney beans, black beans or pinto beans. Lightly sauté beans in coconut oil and then set aside. Add to lentils after you have prepared the lentils. Toss the beans in when you toss them with the dressing.



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### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### CURRIED RED-LENTIL SOUP WITH DRIED CHERRIES AND CILANTRO

##### SERVINGS THREE

1.5 T coconut oil

3 T finely chopped peeled ginger (from a 2-inch piece)

2 T garlic, minced, jarred

1 large shallot, finely chopped (4 tablespoons)

2 carrots, finely diced (about 1 cup)

1 T curry powder

sea salt

2/3 cup unsweetened coconut milk (from can, not light version)

1 cup red lentils

1/3 cup chopped dried cherries or dried unsweetened cranberries

3 T finely chopped cilantro stems, plus 3 tablespoons cilantro leaves for garnish



##### INSTRUCTIONS

Heat a medium saucepan over medium heat. Add coconut oil, ginger, garlic, shallot, and carrots and cook, stirring often, until softened, about 7 minutes. Add curry powder and cook, stirring, until fragrant, about 1 minute.

Add 1 1/4 teaspoons salt, 1/2 cup coconut milk, 4 cups water, and the lentils, and bring to a boil. Reduce heat, cover, and simmer until lentils and carrots are tender, 8 to 10 minutes. Pour 2 cups soup through a fine sieve into a bowl, reserving solids. Puree strained liquid with remaining soup in a blender until smooth. Reheat after blending. Stir in reserved solids.



### **CURRIED RED-LENTIL SOUP WITH DRIED CHERRIES AND CILANTRO (Continued)**

Reserving some for garnish, stir cherries and cilantro stems into soup, and ladle into bowls. Swirl in remaining coconut milk, and garnish with cherries and cilantro leaves.

DO NOT substitute brown lentils, you'll not get the glow of the presentation.

**SERVINGS:** divide equally into three servings and garnish with 2 T dried cranberries. Have one serving tonight, one for lunch on Monday. Freeze the third serving to have the following week.

**SUBSTITUTIONS:** Replace cilantro with parsley.





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## 2013 FALL CLEANSE WEEK FOUR RECIPES

### QUINOA SALAD WITH TOASTED ALMONDS

#### SERVES TWO

1/4 cup slivered almonds

1/2 cup (3 ounces) quinoa

4 tsp olive oil

1 yellow bell pepper, ribs and seeds discarded, cut into 1/2-inch chunks

1/3 cup white beans, canned, rinsed and drained

1 T garlic, minced, jar

2 scallions, thinly sliced

1/8 tsp red-pepper flakes

1 tsp chopped fresh thyme, plus more for garnish (optional)

1/4 teaspoon coarse salt

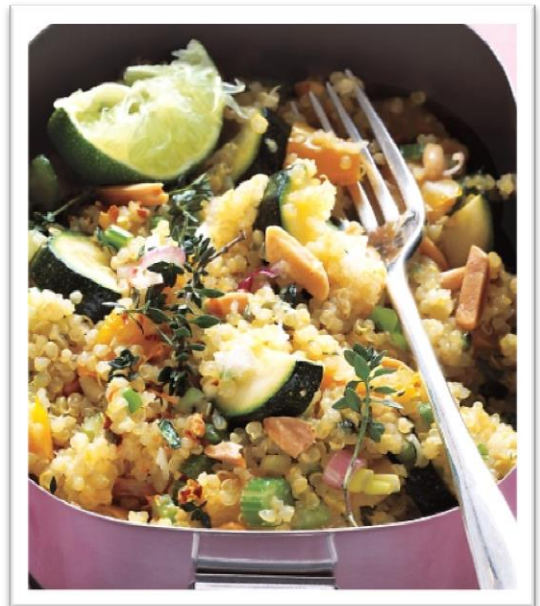
1 medium zucchini, halved lengthwise and sliced 1/2-inch thick

1 large celery stalk, diced

1 lime, halved

#### INSTRUCTIONS

Preheat oven to 350 degrees. Toast almonds until crisp, lightly browned, and fragrant, about 7 minutes. Remove from oven and set aside. Meanwhile, place quinoa in a fine sieve and rinse under cold running water until the water runs clear; drain well.



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## 2013 FALL CLEANSE WEEK FOUR RECIPES

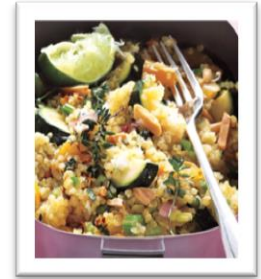
### QUINOA SALAD WITH TOASTED ALMONDS (Continued)

In a medium saucepan, heat 2 teaspoons olive oil over medium heat. Add yellow pepper, garlic, scallions, white beans and red-pepper flakes; cook until the pepper is crisp-tender, about 5 minutes.

Stir in quinoa, thyme, 1/2 cup water (you may substitute ½ cup broth), and 1/4 teaspoon salt. Bring to a boil, reduce to a simmer, cover, and cook 7 minutes. Stir in zucchini, cover, and cook until quinoa is tender but not mushy, 5 to 8 minutes longer. Remove the saucepan from heat. Stir in celery and almonds.

**SERVINGS:** divide into two equal servings. Eat one serving for dinner tonight and the other serving for lunch on Tuesday. When you are ready to eat each serving, drizzle with 1 tsp olive oil (per serving), season with salt and fluff with fork. Squeeze lime over salad, if desired. Serve with additional lime wedge and thyme, if desired.

**SUBSTITUTIONS:** Cashews, pistachios or pecans for almonds.







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### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### LEMON-TARRAGON SALMON OVER ASPARAGUS

##### SERVES ONE

7 asparagus spears, trimmed to 6 inches and halved lengthwise

2 large radishes, very thinly sliced

1 boneless, skinless salmon fillet, preferably wild sockeye (5 ounces; 1 inch thick)

Coarse salt and freshly ground pepper

1/4 small red onion, thinly sliced

1/8 cup plus 1 T thinly sliced lemon zest strips, plus 1 tablespoon plus 1 teaspoon fresh lemon juice

1 T fresh tarragon

1.5 T olive oil

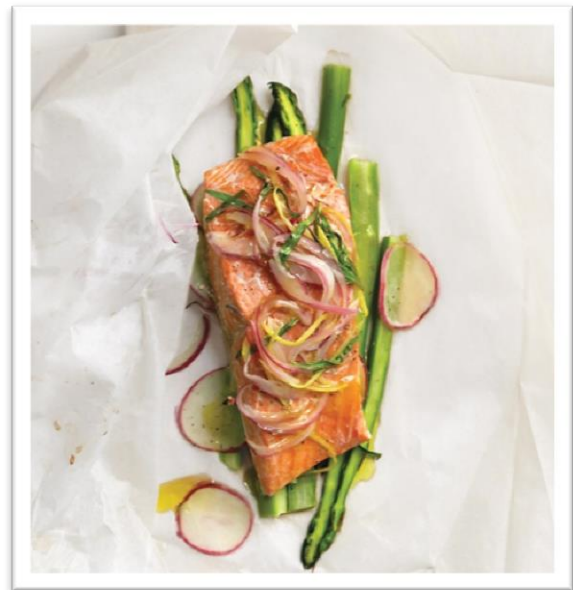
##### INSTRUCTIONS

Preheat oven to 400 degrees.

Cut out one 12-by-17-inch pieces of parchment. Fold your sheet of parchment in half and use scissors to round out the corners so that it is almost a circle. Open the sheet back up. (See video 'SALMON IN PARCHMENT: HOW TO COOK FISH IN PARCHMENT' in the VIDEO-PODCAST page of the member site).

Divide asparagus and radishes evenly among 4 parchment pieces, arranging mixture on 1 side of each crease. Lay 1 salmon fillet on top of the pile. Season each with 1/8 teaspoon salt and some pepper.

Toss together onion, zest and juice, tarragon, 1 T oil, and 1/2 teaspoon salt; spoon over the top of the salmon. Fold parchment over ingredients; make overlapping pleats to seal. Bake on a baking sheet for 11 minutes for medium





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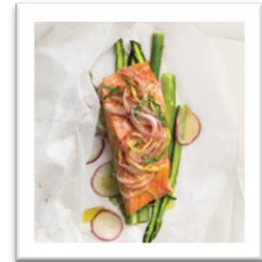
### LEMON-TARRAGON SALMON OVER ASPARAGUS (Continued)

\*Make sure your oven is preheated before placing the fish in the oven. Let stand five minutes before opening packet. This method is near full proof! If you cook your fish longer it will be overcooked. When cooking salmon in parchment paper, the fish will retain a bright pink color. You will know that it is done when it flakes easily.

**SERVINGS:** This makes one serving. There is no grain added to this dish. This is a 420 calorie meal.

**SUBSTITUTIONS:** halibut for salmon.

Replace salmon with  $\frac{1}{2}$  cup white beans. You will not use parchment paper or the oven. Sauté all the ingredients in a skillet heated over medium high heat. Add  $\frac{2}{3}$  cup white beans at the end of the sauté.







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### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### STUFFED ACORN SQUASH WITH QUINOA AND PISTACHIOS

##### SERVES TWO

2 small acorn squash, halved and seeds removed

1.5 T olive oil

Coarse salt and freshly ground pepper

1/3 cup quinoa, rinsed

1/3 cup chopped fresh parsley

1/3 cup roasted, salted pistachios, chopped

1 tsp rice vinegar

Pinch red-pepper flakes

3 T feta, crumbled (optional, or sprinkle with nutritional yeast)



##### INSTRUCTIONS

Heat oven to 425 degrees. Brush squash with  $\frac{1}{2}$  the olive oil and season with salt and pepper. Roast cut side down on two baking sheets until tender and caramelized, 15 to 20 minutes.

Meanwhile, bring quinoa and 1/3 cup water (may substitute with 1/3 cup broth) to a boil in a small pot. Reduce heat and simmer, covered, until tender and water is absorbed, about 12 minutes. Let cool, then fluff with a fork. In a large bowl, combine quinoa, parsley, pistachios, remaining olive oil, and vinegar. Season with salt and red-pepper flakes. Divide filling among squash.

**SERVINGS:** this makes two servings (one whole squash or two halves is a serving). Eat one serving for dinner tonight and the other for lunch tomorrow. Add 3 T crumbled feta per serving OR add a sprinkling of nutritional yeast.



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### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### MUESLI CEREAL

##### SERVINGS ONE

1/3 cup gluten free oats

1/4 cup mixed dried fruit, coarsely chopped

5 walnuts, chopped

2/3 cup unsweetened almond milk

##### INSTRUCTIONS

Soak oats, dried fruit and walnuts in 2/3 cup water in the refrigerator overnight. In the morning, drain water. To serve, add almond milk. You can heat this in the microwave, but you do not need to – eat this raw.

**\*SUBSTITUTIONS:** Replace any nut or seeds for any nut or seed

Replace almond milk with 50 calories of coconut yogurt, plain





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### 2013 FALL CLEANSE WEEK FOUR RECIPES

#### MUSHROOM AND LIMA BEAN STEW

##### SERVES FOUR

2 cups white beans, canned

2 T olive oil, plus more as needed

1 large onion, diced (2 cups)

2 T garlic, minced, jar

1 bay leaf

8 oz. shiitake mushrooms, trimmed and thinly sliced

8 oz. Portobello mushrooms, trimmed and cut into 1-inch pieces

2 pounds butternut squash, peeled, seeded, cut into 1-inch pieces

8 cups broth, canned (low sodium chicken or vegetable broth)

Freshly ground black pepper & sea salt

1/2 bunch kale (8 oz.), stems removed and leaves thinly sliced (6 cups)

##### INSTRUCTIONS

Heat large pot over medium heat. Add oil, onions and garlic. Cook until tender, 6 to 8 minutes; transfer to a bowl. Turn heat to medium high. Working in batches, add mushrooms; cook until golden brown. Transfer to bowl and add more oil to cook remaining mushrooms. Return mushrooms and onions to pot and add squash, beans, bay leaf, and stock. Season with pepper. Bring to a boil, reduce to a simmer, and cover partially for 15 minutes (until squash is tender). Stir in kale and cook until tender, about 5 minutes more. Season with salt.

**SERVINGS:** Divide evenly among four servings. Have one this evening and enjoy the remaining three across this next week.

