

Clean & Lean Revolution

2013 FALL CLEANSE WEEK ONE RECIPES

SHAVED CARROT SALAD WITH BAKED TOFU

SERVINGS TWO

Prep Time 10 minutes

Total Time 15 minutes

1.5 T rice vinegar

2 T toasted sesame oil

1.5 T honey

1.5 T toasted sesame seeds

2 T coconut oil

2 scallions, sliced

2 carrots, medium, peeled ribbons or shredded

2 cups thinly sliced kale (no stems)

4 Baked Tofu from deli, thinly sliced (or replace with 4 oz precooked chicken breast from deli)

Sea Salt

INSTRUCTIONS

In a large bowl, whisk together vinegar, oil, honey, sesame seeds and set aside. Heat a skillet over medium high heat. Add 1T coconut oil, allow to melt. Then add scallions, carrot and kale. Continue cooking until kale is wilted, about 3-4 minutes. Add tofu. Stir gently to reheat. Place in a bowl and drizzle with dressing, toss gently.

TWO SERVINGS: Divide equally for dinner tonight and lunch tomorrow

***SUBSTITUTIONS:** 4 oz grilled chicken for Tofu OR ½ cup white beans for Tofu



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2013 FALL CLEANSE WEEK ONE RECIPES

LENTIL AND SWEET-POTATO STEW

Prep Time 25 minutes

Total Time 1 hour

2 T coconut oil

1 medium onion, chopped (about 1 cup)

2 medium carrots, peeled and chopped

2 medium celery ribs, chopped

1 bay leaf

2 T jarred minced garlic

1 T curry powder

7 cups vegetable broth

2 cups dried brown lentils, picked over and rinsed

2 medium sweet potatoes (about 1 pound), peeled and cut in 1/2-inch dice

1 package (9 ounces) frozen cut green beans

¼ cup nutritional yeast

1 (14 1/2-ounce) can diced tomatoes in juice

1/2 cup chopped fresh cilantro leaves or parsley

Sea Salt and Black Pepper

Optional: small dollop of coconut yogurt, plain, for serving



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2013 FALL CLEANSE WEEK ONE RECIPES

LENTIL AND SWEET-POTATO STEW (continued)

INSTRUCTIONS

Heat a large saucepan over medium-high. Add coconut oil, onion, carrots, celery, and bay leaf. Cook, stirring, until vegetables are softened, 5 to 7 minutes. Add garlic and curry powder and cook until fragrant, about 1 minute more.

Add 7 cups of vegetable broth and lentils. Bring to a boil, reduce to a simmer, cover, and cook 10 minutes. Add potatoes and continue to cook, covered, until lentils and potato are just tender, about 15 minutes.

Add green beans, nutritional yeast and tomatoes with juice. Cook until warmed through, 4-6 minutes. Remove bay leaf. Add cilantro; season with salt and pepper. Serve with yogurt.

SERVINGS: 2 cups = serving. Two servings eaten this week: dinner tonight and dinner Saturday night. Freeze the rest in 2 cup portions, in small freezer bags to use during the rest of the challenge.



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2013 FALL CLEANSE WEEK ONE RECIPES

POACHED SALMON, SPINACH AND CHICKPEA

SERVINGS ONE

Prep Time 15 minutes

Total Time 25 minutes

1.5 T jarred pesto

1 tsp extra virgin olive oil

1 wild salmon fillet (5 ounces each; 1-inch thick)

Sea salt and Black Pepper

1/8 tsp crushed red-pepper flakes

1.5 cups baby spinach

1/4 cup canned chickpeas, drained and rinsed

Parchment Paper

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).

Place spinach and chickpeas evenly in the middle of one side of the parchment paper. Season with 1/8 teaspoon salt and some pepper. Place the salmon fillet on top and rub fish with pesto and drizzle 1 tsp olive oil over the top - season with 1/8 teaspoon sea salt and the red-pepper flakes. Fold parchment over ingredients; make overlapping pleats to seal. Bake on a baking sheet for 11 minutes for medium



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2013 FALL CLEANSE WEEK ONE RECIPES

POACHED SALMON, SPINACH AND CHICKPEA (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.

***SUBSTITUTIONS:** replace salmon with halibut (5 oz, 1 inch thick)

Replace garbanzo beans with white beans

Replace salmon and garbanzo beans with ½ cup white beans AND ½ an avocado, chopped. Place the white beans and avocado over the spinach, drizzle with pesto, pepper flakes and 1 tsp olive oil, sprinkle with 2 T nutritional yeast, seal parchment and cook at 400 degrees for 6 minutes. Let stand 3 minutes, open parchment and serve.



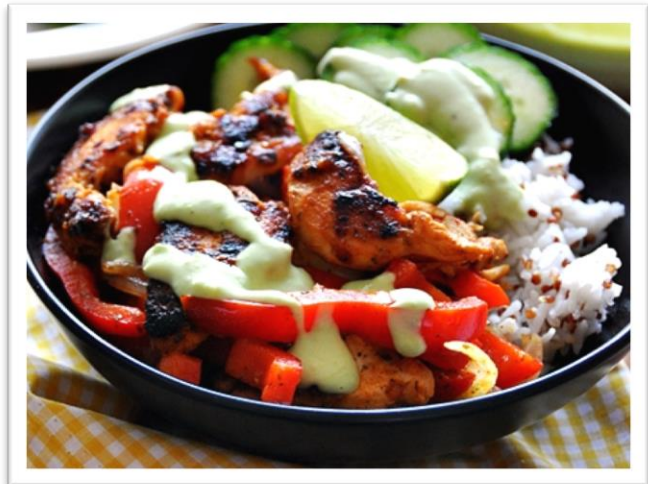
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2013 FALL CLEANSE WEEK ONE RECIPES

NAKED CHICKEN FAJITAS BOWL WITH YOGHURT-AVOCADO SAUCE

SERVINGS TWO

- 1 onion, peeled & sliced
- 1 red bell pepper, sliced into strips
- 2 T olive oil
- 4 T fajita spice mix
- 12 oz chicken breast, cut into strips
- 2/3 cup brown rice, from cooked frozen
- 1 cucumber, thinly sliced



YOGURT-AVOCADO SAUCE (makes four servings, use ½ for this recipe and reserve the other ½ for tomorrow recipe)

- 5 T Coconut Yogurt, plain
- 1 small avocado
- 1 T jarred minced garlic
- 1 pinch of sea salt and black pepper
- Juice from 1/2 a lime
- 2- 3 T Water
- 1/8 tsp crushed red-pepper flakes

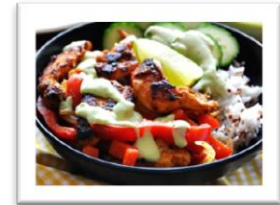
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2013 FALL CLEANSE WEEK ONE RECIPES

NAKED CHICKEN FAJITAS BOWL WITH YOGHURT-AVOCADO SAUCE (continued)

INSTRUCTIONS

This recipe calls for 12 oz of grilled chicken. Cook all 12 oz and use $\frac{1}{2}$ for tonight's recipe and the other $\frac{1}{2}$ for Tuesday's dinner: FALL CHICKEN AND VEGETABLE HASH).



In a medium-sized mixing bowl, add 2 T olive oil and spice mix and stir to combine. Then mix the spice mixture with the chicken strips until every piece is well coated. Set aside for them to marinate. Slice an onion and bell pepper and set aside.

Heat $\frac{2}{3}$ cup brown rice, from frozen, per package instructions.

Make the Yogurt-Avocado Sauce: Add all the sauce ingredients (except for salt and pepper) in a small food processor, bullet or blender and process until smooth. Pour the mixture into a bowl. Add more water if you preferred a more diluted consistency. Add sea salt, pepper and red pepper flakes to taste. Set aside in the fridge while you prepare the chicken fajitas.

Preheat a pan/wok until fairly hot. Arrange the chicken on the pan and cook on high heat until the chicken are golden brown (the spice coating will caramelized a little). Turn the chicken on the other side and let cook until the other side is just cooked through. Then add the onion and red pepper and sauté on high heat until the onion is slightly translucent and the latter is slightly softened, 3-4 minutes.

TWO SERVINGS: Divide brown rice into two bowls (you will take one for lunch tomorrow) and top each with 3 oz chicken and $\frac{1}{2}$ the bell pepper mixture, sliced cucumber a wedge of lime and $\frac{1}{4}$ of the Yogurt Avocado Sauce per serving (the Yogurt Avocado Sauce makes FOUR servings).

$\frac{1}{4}$ Yogurt Avocado Sauce = 1 serving Reserve $\frac{1}{2}$ of avocado yogurt dressing for meal tomorrow night. Place in a Tupperware container, place a small piece of parchment paper or wax paper on top to seal the surface (prevent air exposure) and place in the refrigerator.

***SUBSTITUTIONS:** Replace coconut yogurt with 40 calories worth of full fat organic plain yogurt or sour cream. OR Replace 3 oz chicken with $\frac{1}{2}$ cup white beans

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2013 FALL CLEANSE WEEK ONE 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 ONE RECIPES

SWEET POTATO HASH RECIPE WITH YOGURT-AVOCADO SAUCE

SERVINGS THREE

PREP TIME 17 minutes

TOTAL TIME 35 minutes

1 1/4 lbs sweet potatoes, peeled and cut into 1/2-inch dice

3/4 lb. russet potatoes, peeled and cut into 1/2-inch dice

1 T olive oil

3 T jarred minced garlic

1/2 tsp sea salt

3/4 cup black beans, canned, rinsed

1/4 cup minced cilantro, OR parsley

4 strips cooked all natural, no nitrate turkey bacon (optional)

INSTRUCTIONS

Bring a large saucepan of lightly salted water to a boil over high heat. Add sweet and russet potatoes and cook until just tender, about 5 to 8 minutes. Drain.

Heat a large skillet over medium-high heat. Add the olive oil and garlic and cook for 1 minute, stirring frequently. Stir in the cooked sweet and russet potatoes and salt. Cook, stirring occasionally, until the potatoes start to brown, 8 to 10 minutes. Stir in the black beans, bacon (optional) and cilantro.



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2013 FALL CLEANSE WEEK ONE RECIPES

SWEET POTATO HASH RECIPE WITH YOGURT-AVOCADO SAUCE (continued)

THREE SERVINGS: Divide equally into three servings – dinner tonight, lunch tomorrow and dinner in two nights. Use the reserved Yogurt Avocado Sauce from last night for the first two meals, split equally between dinner tonight and lunch tomorrow.

Reserve the final serving of Sweet Potato Hash for Thursday's dinner – you will pair this with fresh avocado.

***SUBSTITUTIONS:** replace cilantro with parsley

Omit turkey bacon, can replace with a slice or two of avocado



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2013 FALL CLEANSE WEEK ONE RECIPES

FALL CHICKEN AND VEGETABLE HASH

SERVINGS TWO

Prep Time 10 minutes

Total Time 20 minutes

6 oz seasoned chicken breast prepared from
Sunday night (Naked Chicken Fajita Bowl)

1 T olive oil

3 small red potatoes, quartered

2/3 cup corn, frozen

1 scallion, thinly sliced (1/4 cup)

1 jalapeno pepper, stem, ribs, and seeds
removed, minced (2 T)

1 cup yellow or red cherry tomatoes, halved

1/2 cup vegetable broth

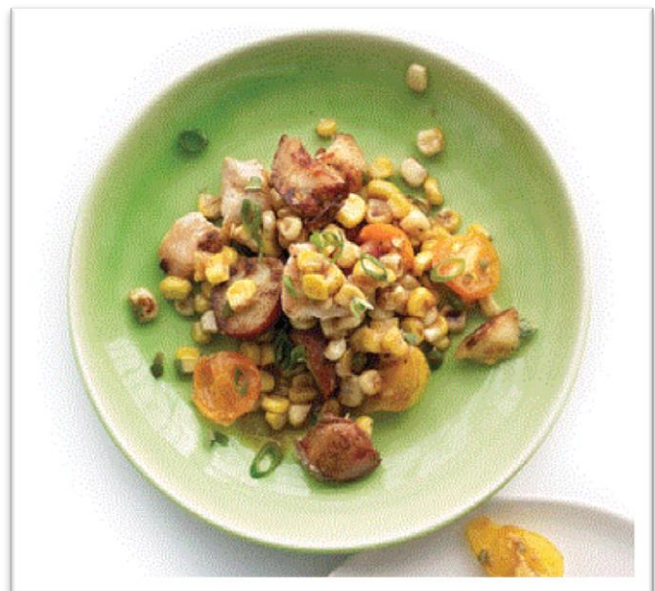
1 tsp sea salt

1/8 tsp black pepper

1 T fresh marjoram (roughly chopped if large)

INSTRUCTIONS

Bring a medium saucepan of lightly salted water to a boil over high heat. Add red potatoes and cook until just tender, about 5 to 8 minutes. Drain.



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2013 FALL CLEANSE WEEK ONE RECIPES

FALL CHICKEN AND VEGETABLE HASH (continued)

After you drain the potatoes, heat a 12-inch nonstick skillet over medium heat, add oil and the potatoes to skillet. Cook, stirring occasionally, until golden brown, about 4-6 minutes; transfer to a small bowl.

To the same skillet, add the corn (be careful, this may spatter). Cook for 5-6 minutes, until defrosted and heated through. Add 2 T scallion, and the jalapeno to skillet, and cook, stirring occasionally, until corn turns dark brown in spots, about 2 minutes (some kernels may pop). Add tomatoes, and cook until skins just begin to soften, about 1 minute. Add broth, salt, pepper, and reserved precooked chicken; bring to a boil. Fold in reserved potatoes, and sprinkle with marjoram and remaining 2 tablespoons scallion.

SERVINGS: Divide equally for dinner tonight and lunch tomorrow

***SUBSTITUTIONS:** Replace 3 oz chicken with ½ cup white beans per serving

Replace red potato with sweet potato

Omit jalapeno (offers a good amount of flavor to this dish – if you feel that this is too hot for you, make sure that you remove ALL seeds, chop and add half)

