



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2013 FALL CLEANSE WEEK TWO RECIPES

CREAMY BROCCOLI-WHITE BEAN SOUP

SERVINGS TWO

1 head broccoli (1 pound), cut into florets, stems thinly sliced (OR 1lb bag organic frozen broccoli florets)

1.5 T extra-virgin olive oil

1 yellow onion, diced

1.5 T minced garlic, jar

One 15-ounce can cannellini beans, drained (OR white beans)

2.5 cups vegetable broth

Sea salt and freshly ground black pepper

2 T pine nuts, toasted

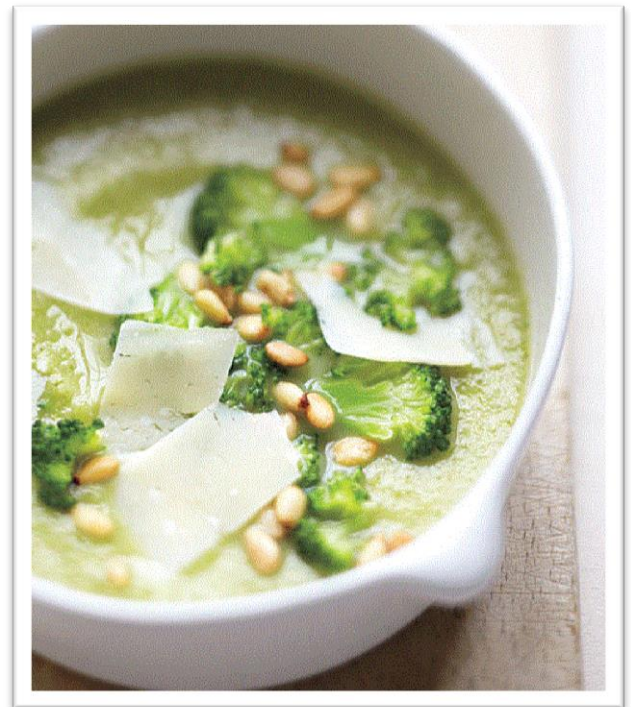
1 T shaved Parmesan, for serving (optional) OR 2 T nutritional yeast

INSTRUCTIONS

Steam broccoli florets and stems until tender and bright green, about 3 minutes. Let cool slightly. Reserve 1/2 cup florets for garnish.

Heat dry skillet over medium heat and add pine nuts – dry toast for 3-4 minutes, until brown. Watch carefully so these do not burn. Set aside.

Heat oil in a medium pot over medium heat. Sauté onion and garlic until translucent, about 6 minutes. Add beans and stock and bring mixture to a simmer. Remove from heat and add broccoli; puree in batches in a blender until smooth. Season to taste with salt and pepper.



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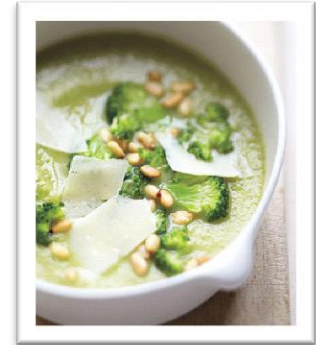
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CREAMY BROCCOLI-WHITE BEAN SOUP (continued)

Garnish each bowl with broccoli florets, toasted pine nuts, and shaved Parmesan. If you purchased turkey bacon for the first week's menus, you can cook 1 slice turkey bacon per serving and crumble of the top.

***SUBSTITUTIONS:** replace parmesan with 2 T nutritional yeast

SERVINGS: This makes two servings. Have one serving for dinner tonight and one serving for lunch tomorrow.



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2013 FALL CLEANSE WEEK TWO 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 TWO RECIPES

SALMON-GINGER RICE BOWL

SERVINGS 1.5 (have salmon fillet with ½ ginger rice bowl recipe tonight, and pair grilled chicken with the other ½ ginger rice bowl recipe tomorrow night).

Prep Time 10 minutes

Total Time 25 minutes

1 orange, squeeze for juice

2 T rice vinegar

1 tsp ginger, freshly grated

4T scallions, chopped (2 green onions)

1.5 T coconut oil

2 red pepper, sliced

2 medium carrot, chopped

1/8 red cabbage, chopped (1/2 cup)

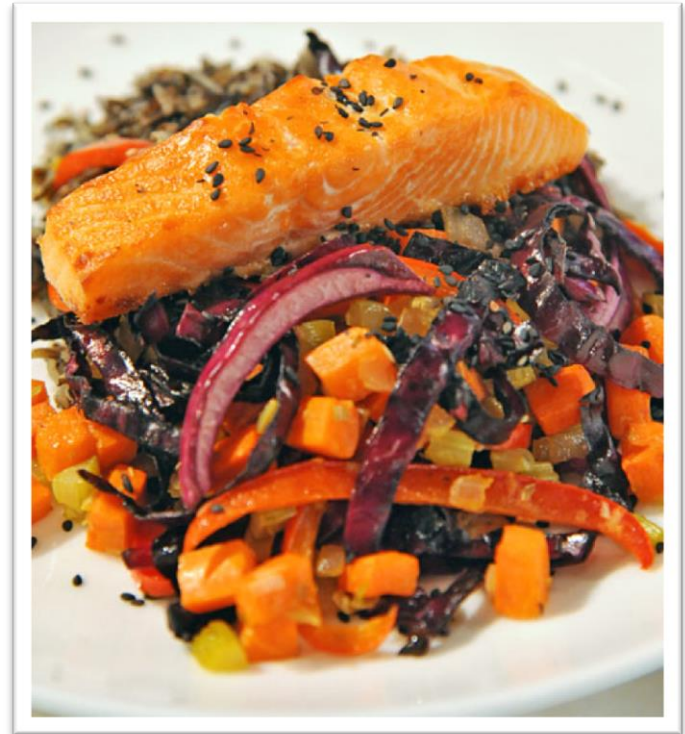
2 celery rib, chopped

1 onion, chopped

2/3 cup brown rice, cooked from frozen (wild rice pictured)

1 wild salmon fillet, (4 ounces, 1" thick)

2 T Toasted sesame seeds (black sesame seeds pictured)



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SALMON-GINGER RICE BOWL (continued)

INSTRUCTIONS

Tonight you will cook your salmon using the same parchment paper method you learned last week. While your salmon is cooking, you will prepare the vegetable sauté, make a quick and tasty dressing to drizzle and heat your rice.

Speed tip: You can use a food processor to chop: red pepper, carrots, cabbage, celery, and onions (all into one container)



Parchment Paper Salmon: 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 salmon fillet on one side of the parchment paper. Season with salt and pepper and drizzle freshly squeeze orange juice over the top. Fold parchment over ingredients; make overlapping pleats to seal. Bake on a baking sheet for 11 minutes for medium

*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.

While the salmon is cooking: heat a medium skillet over medium high heat, add 1 T coconut oil, red pepper, carrots, cabbage, celery, and onions; add 2 T freshly squeeze orange juice mixture and cook, stirring, until pepper slices are slightly tender. Remove from heat and set aside.

Dressing: In a small bowl, whisk together juice from ½ an orange, vinegar, ginger, and scallions; set aside.

Brown Rice, From Frozen: reheat brown rice per package instructions

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SERVINGS: this makes two servings: Divide equally into two bowls: the rice, vegetable mixture and dressing. For dinner tonight, top with whole salmon fillet and sprinkle with toasted sesame seeds. Reserve the other ½ of the rice, vegetable and dressing mixture to have tomorrow night with grilled chicken.

***SUBSTITUTIONS:** replace salmon with halibut (4 oz, 1 inch thick);

SALMON-GINGER RICE BOWL (continued)

Replace salmon with ½ cup white beans AND ½ an avocado. You will not heat the oven and cook anything in parchment. Add the white beans to the vegetable sauté. Layer to meal per the instructions (minus the salmon) and top with ½ an avocado, sliced.

Replace salmon with 2 baked tofu (prepared from deli). You will not heat the oven and cook anything in parchment. Add the thinly sliced baked tofu to the vegetable sauté at the end. Stir carefully, to reheat, approximately 2-3 minutes. Layer to meal per the instructions (minus the salmon).



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FALL FRITTATA

SERVINGS FIVE

3T extra virgin olive oil

1 bunch of asparagus, cut into 1/2 inch pieces (or organic from frozen)

4 red potatoes, unpeeled, and sliced thin and boiled

1 leek, cleaned and sliced thin

12 farm fresh eggs, beaten (pastured eggs preferred)

1/4 cup almond milk

sea salt and fresh cracked pepper

small package of chives, minced

¼ cup flat leaf parsley, minced

1/8-1/4 cup Ricotta, crumbled, optional OR ¼ cup nutritional yeast

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.

In a cast iron or heavy ovenproof skillet, heat the olive oil over medium-high heat and add the asparagus pieces. Sauté until they are bright green and starting to soften slightly. Add the cooked potato slices, leek, and a generous pinch of salt. Cook until the leeks are softened and the potatoes are browned in spots. Remove a 1/2 cup of the veggie mixture and set aside for later.





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FALL FRITTATA (continued)

Preheat the broiler. While the vegetables are cooking, beat together the eggs, almond milk, salt and pepper to taste. Pour the egg mixture into the skillet and cook over medium-low heat using a heatproof spatula to stir and push the egg from the edges of the pan towards the center in deliberate strokes to form large curds. Continue until the eggs are almost cooked, wet on top but otherwise set, about 2-3 minutes.

Pile the reserved vegetables in the center of the frittata then sprinkle with the cheese if using. Place the skillet under the broiler and cook until the eggs are set on top and the top has puffed slightly like a soufflé, about 1 – 1.5 minutes. *Watch closely so that your frittata doesn't burn!

To serve, top the frittata with the fresh herbs and a few grinds of fresh cracked pepper.



GLASS DISH INSTRUCTIONS

If you do not have a cast iron or heavy ovenproof skillet, you can bake your frittata in an oven proof 3 quart (13 x 9 x 2-inch) glass casserole dish. Preheat your oven to 350 degrees.

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.

Heat a skillet over medium-high heat, add olive oil and asparagus pieces. Sauté until they are bright green and starting to soften slightly. Add the cooked potato slices, leek, and a generous pinch of salt. Cook until the leeks are softened and the potatoes are browned in spots.

While the vegetables are cooking, beat together the eggs, almond milk, salt and pepper to taste. Set aside. Pour the vegetable mix into the casserole dish. Pour the egg mixture over the top of the vegetables. Sprinkle with cheese or nutritional yeast if using.

Bake for 35 minutes.

SERVINGS: This makes five servings: divide into five equal servings. Have one for dinner tonight and one for lunch tomorrow, one for breakfast Wednesday and then freeze the other two.

***SUBSTITUTIONS:** Dairy free – omit cheese and mix ¼ cup nutritional yeast into recipe and broil OR bake

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2013 FALL CLEANSE WEEK TWO RECIPES

FALL FRITTATA (continued)

***SUBSTITUTIONS:** Egg Free –there are a couple of options. Use the rest of the ingredients (minus the eggs) to create a stir fry with 6 oz of chicken (3 oz per serving) and coconut oil instead of olive oil (this will add more flavor). Split this meal between dinner tonight and lunch tomorrow.

Another option is to lean on your local natural foods store deli and take a break from cooking tonight! Look ahead on the menu to see when the leftover frittata is used again and adjust your shopping list accordingly. You can easily choose another breakfast option, prepared quinoa and vegetable dish or soup from your local natural foods store deli to fill in for the frittata when used at lunch and dinner. After dinner tonight and lunch tomorrow, it is used three more times in the meal plans.



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2013 FALL CLEANSE WEEK TWO RECIPES

ASPARAGUS, SHIITAKE, PEA SAUTÉ

SERVINGS TWO

Prep Time 25 minutes

Total Time 25 minutes

2 T coconut oil

3 shallots, halved and thinly sliced lengthwise

8 oz shiitake mushrooms, stems removed (3 cups) OR brown button mushrooms

Sea salt and Ground pepper

1 T grated lemon zest

1 T chopped fresh tarragon

2 medium thick asparagus bunches, tough ends removed, cut on diagonal into 2-inch lengths (2 pounds total) OR 2 pounds from frozen

2 cup frozen peas

1 T fresh lemon juice

INSTRUCTIONS

Heat a skillet over medium heat, add coconut oil and melt. Add shallots and cook until they begin to soften, about 5 minutes. Add mushrooms, season with salt and pepper, and cook, tossing occasionally, until mushrooms and shallots are tender, 3 to 5 minutes. Transfer to a bowl. Add lemon zest and tarragon; toss to combine.



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ASPARAGUS, SHIITAKE, PEA SAUTÉ (continued)

In the same skillet, bring 2 inches of water to a boil. Add asparagus, season with salt, cover, and cook until asparagus is bright green and tender, 3 to 4 minutes (timing will vary depending upon thickness of asparagus). Transfer to bowl with the shallots and mushrooms. Add peas to skillet, heat 2-3 minutes and then drain and add them to the bowl. Add lemon juice, and toss to combine. Season with more sea salt, if needed.



SERVINGS: Makes two servings: divide equally between two dishes (one for dinner tonight and one for lunch tomorrow)

***SUBSTITUTIONS:** Replace shiitake mushrooms with brown button mushrooms

Replace shiitake mushrooms with 2 baked tofu squares from the deli (1baked tofu per serving)

Replace shiitake mushrooms with 4 oz grilled chicken (2 oz per serving)