

# Clean & Lean Revolution



## VANILLA BREAKFAST OATMEAL

SERVES ONE (360 calories per serving)

- 1/3 cup dry oats
- 2 tsp almond butter
- 1 tsp cinnamon
- ½ tsp vanilla
- 1/2 T chia seeds
- 2 T raisins
- 1/2 cup organic raspberries (not pictured)
- Splash of unsweetened almond milk



## INSTRUCTIONS

Place oats, almond butter, chia seeds, raisins and cinnamon in a glass bowl. Add 1/2 cup – 2/3 cup water and cook on high in the microwave for 2-3 minutes. Cover and let stand 1 minute. Mix. Top with raspberries and a splash of unsweetened almond milk and serve.

## SPICED COD WITH BROCCOLI-QUINOA PILAF

SERVES TWO (420 calories per serving)

- 1.5 tsp extra virgin olive oil
- 1/4 small onion, chopped
- sea salt and black pepper
- 1/2 cup quinoa, rinsed well
- 1 cup chopped broccoli
- 1/8 cup raisins
- 1/2 T + 1/8 cup roasted almonds, coarsely chopped
- 1 scallion, sliced
- 2 6-ounce pieces skinless cod
- 1/4 tsp paprika



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## INSTRUCTIONS

Heat 1/2 tsp of the olive oil in a medium saucepan over medium-high heat. Add the onion and season with 3/4 tsp sea salt and 1/4 tsp pepper. Cook, stirring occasionally, until softened and starting to brown, 3 to 4 minutes.

Add the quinoa and 3/4 cups water to the saucepan and bring to a boil; reduce heat to low, cover, and simmer gently until almost all the water has evaporated, 10 to 12 minutes. Fold the broccoli and raisins into the quinoa, cover, and cook until the quinoa and broccoli are tender, 8 to 10 minutes more. Remove from heat and fold in the almonds, scallions, 1/2 tsp sea salt, and 1/4 tsp pepper.

Meanwhile, heat the remaining 1 tsp of oil in a large non-stick skillet over medium-high heat. Season the cod with the paprika, 1/4 tsp sea salt, and 1/4 tsp pepper and cook until opaque throughout, 3 to 4 minutes per side. Serve with the pilaf.

## YOGURT PARFAIT

**SERVES ONE** (360 calories)

150 calories plain yogurt: coconut  
(made from coconut), Amonde  
(made from almonds) or cow  
150 calories GF granola  
2/3 cup berries

## INSTRUCTIONS

Layer and enjoy!



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## CHUNKY GAZPACHO WITH SAUTÉED SHRIMP

SERVES FOUR (420 calories per serving)

3 cups chilled low-sodium vegetable juice  
1 tsp sea salt  
1/4 tsp ground red pepper  
3 pounds red tomatoes, cored, chopped, and divided  
2 garlic cloves, peeled  
2 cup chopped English cucumber, divided  
1 1/2 cup chopped red bell pepper, divided  
9 tsp chopped fresh basil, divided  
3 T fresh lemon juice  
24 ounces yellow tomatoes, seeded and chopped  
2 tsp + 2 T extra virgin olive oil  
2 pound peeled and deveined large shrimp  
1/2 cup fat-free Greek-style plain yogurt



## INSTRUCTIONS

Place vegetable juice, sea salt, ground red pepper, half of red tomatoes, and garlic in a blender; process until smooth. Pour pureed tomato mixture into a large bowl. Place the remaining red tomatoes, 1 2/3 cup cucumber, 1 cup bell pepper, 2 T basil, and lemon juice in blender; process until smooth. Add to pureed tomato mixture in bowl. Stir in 2 tsp + 1 T olive oil, remaining 1/3 cup cucumber, 1/2 cup bell pepper, and yellow tomatoes. Cover and chill.

Heat a large grill pan over medium-high heat. Coat pan with 1 T olive oil. Add shrimp to pan; grill 2 minutes on each side or until done. Remove from heat.

Ladle about 3 1/2 cups soup into each of the bowls; top each serving with shrimp, 1/8 cup yogurt, and 3/4 tsp basil.

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## BEAN AND CHICKEN SAUSAGE STEW

SERVES THREE (420 calories per serving)

- 1 1/4 T extra virgin olive oil
- 1 12-ounce package fully cooked chicken sausage links, sliced
- 2 T minced garlic, jar
- 1 19-ounce can cannellini beans, rinsed
- 1 14.5-ounce can low-sodium chicken broth
- 1 14.5-ounce can diced tomatoes
- 1 bunch kale leaves, torn into 2-inch pieces
- sea salt and black pepper

### INSTRUCTIONS

Heat the olive oil in a large saucepan or Dutch oven over medium heat. Add the sausage and cook, stirring once, until browned, 2 to 3 minutes.

Stir in the garlic and cook for 2 minutes more.

Add the beans, broth, and tomatoes and their liquid and bring to a boil.

Add the kale and 1/4 tsp each sea salt and pepper. Simmer, stirring occasionally, until wilted, 2 to 3 minutes. Serve.

Tip: The stew can be refrigerated for up to 2 days.



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## POACHED SALMOND, SPINACH AND CHICKPEA SERVES ONE (420 calories per serving)

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

\*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

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## LEMON-TARRAGON SALMON OVER ASPARAGUS

SERVES ONE (420 calories per serving)

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

**SUBSTITUTIONS:** halibut for salmon.

## **SALMON-GINGER RICE BOWL**

**SERVES TWO** (420 calories per serving)

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 extra virgin 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)
- 2 wild salmon fillet, (4 ounces, 1" thick)
- 2 T Toasted sesame seeds (black sesame seeds pictured)



## **INSTRUCTIONS**

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 two 12-by-17-inch



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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 a 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

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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

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