



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

ONE WEEK MENU PLAN- FLAVORFUL CHICKEN



HOT GRANOLA WITH PEAR AND ALMOND MILK

SERVES ONE (360 Calories)

200 calories Gluten Free (GF) granola

2/3 cup unsweetened almond milk

Chopped pear

INSTRUCTIONS

Combine ingredients in small glass bowl. Heat for 45 seconds to 1 minute in the microwave and let stand 1 minute.



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CUMIN CHICKEN WITH BLACK BEANS

SERVES FOUR (420 calories per serving)

2 boneless, skinless chicken breast halves

1 1/2 tsp ground cumin

1/4 tsp cayenne pepper

2 tsp + 3 T extra virgin olive oil

1/2 cup chopped red onion

1 jalapeño pepper, seeded and finely chopped



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3 cups canned black beans, rinsed and drained

1 1/2 cups frozen corn kernels, thawed

1 1/4 cups cherry tomato halves

2 scallions, thinly sliced

1/8 cup coarsely chopped cilantro

2 tsp red wine vinegar

Sea salt and black pepper

INSTRUCTIONS

Place the chicken between 2 sheets of plastic wrap. Pound with a mallet to ½-inch thickness. Combine the cumin with the cayenne and rub over the chicken.

Heat the olive oil in a large skillet over medium heat. Sauté the chicken for 4 minutes per side. Transfer to a cutting board.

Return the skillet with the pan drippings to medium heat. Add the onion and jalapeño. Cook, stirring, for 1 minute.

Add the beans, corn, tomatoes, and 3 T water and cook, stirring, 1 or 2 minutes, until just heated through. Remove from heat.

Toss with the scallions, cilantro, and vinegar. Season to taste with sea salt and black pepper. Slice the chicken and arrange on top of the beans.



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10-MINUTE ENERGIZING OATMEAL

SERVES TWO (360 calories per serving)

This is a delicious complete breakfast and a perfect way to start your day!
Prep and Cook Time: 10 minutes

1 cup GF steel cut oats

2 cups water

Sea salt to taste

1/2 tsp cinnamon

1/8 cup raisins (or chopped apricots)

1/3 cup sliced almonds

1 T real maple syrup

120 calories yogurt (coconut, almond or full fat plain cow yogurt)



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INSTRUCTIONS:

Bring the water and salt to a boil in a saucepan, then turn the heat to low and add the oats.

Cook for about 5 minutes, stirring regularly so that the oatmeal will not clump together. Add cinnamon, raisins and almonds, stir, cover the pan and turn off heat. Let sit for 5 minutes. Serve with yogurt and drizzle of real maple syrup. Microwave version: cook 5 minutes on high and let stand 3 minutes.

Notes:

If you are using prepackaged oats, it is best to follow the directions on the package.

Truly gluten free oats are available through Cream Hill Estates in Canada..





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STUFFED CHICKEN WITH ROASTED BROCCOLI AND POTATOES

SERVES FOUR (420 calories per serving)

1/2 bunch broccoli (about 1/2 pound), cut into florets

1 pound red new potatoes (about 10), halved

1 tsp plus 3 T extra virgin olive oil

Sea salt and black pepper

1/2 cup finely chopped roasted red peppers

2 ounces Feta, crumbled (1/2 cup)

8 thin chicken cutlets (about 1 1/2 pounds)

1 T chopped flat-leaf parsley

INSTRUCTIONS

Heat oven to 400° F with the racks in the upper and lower thirds. On a rimmed baking sheet, toss the broccoli and potatoes with 2 T of the olive oil, 1/2 tsp sea salt, and 1/4 tsp black pepper. Roast on the bottom rack, tossing once, until golden brown and tender, 18 to 20 minutes.

Meanwhile, in a small bowl, mix together the red peppers and Feta. Season the chicken with 1/4 tsp each sea salt and black pepper. Dividing evenly, roll up the red pepper mixture in the cutlets (about 1 heaping T each) and fasten each closed with a toothpick.

Heat the remaining 1 tsp and 1 T of olive oil in a large ovenproof skillet over medium-high heat. Cook the chicken, seam-side up, until browned, 3 to 4 minutes. Turn the chicken, transfer the skillet to the top rack, and roast until cooked through, 14 to 16 minutes more. Remove the toothpicks. Serve the chicken with the vegetables, sprinkled with the parsley.



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CANNELLINI BEAN STEW

SERVES TWO (420 calories per serving)

Double the recipe to make four servings for the week.

2 15-ounce cans cannellini or other white beans, drained

1 14.5-ounce can low-sodium chicken broth

2 T minced garlic, jar

1 bay leaf

6 carrots, halved lengthwise and cut into 3-inch pieces

3 cups fresh spinach leaves

Sea salt and black pepper

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1 3/4 T extra-virgin olive oil

1 T balsamic vinegar

1/4 cup (1 ounce) grated Parmesan

INSTRUCTIONS

In a Dutch oven, over medium heat, bring the beans, broth, garlic, bay leaf, and carrots to a boil.

Cover, reduce heat, and simmer until the carrots are tender, about 15 minutes. Remove and discard the bay leaf.

Add the spinach, ½ tsp sea salt, and ¼ tsp pepper and stir for 1 minute.

Spoon the stew into two bowls. Drizzle with the ½ the oil. Add some vinegar and top with Parmesan.

Tip: The stew can be refrigerated for up to 3 days or frozen for up to 3 months.



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SEASAME-LIME CHICKEN SALAD

SERVES TWO (420 calories per serving)

3 T extra virgin olive oil

1 1/2 T fresh lime juice

1 tsp honey

1/2 tsp toasted sesame oil

1/4 red chili pepper (such as jalapeño or serrano), sliced

Sea salt and black pepper

1 small head romaine lettuce, leaves torn into bite-size pieces (about 4 cups)



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4 carrots, grated

1 - One pound rotisserie chicken, meat shredded (about 2 cups)

1 T toasted sesame seeds

1/8 cup fresh cilantro leaves

INSTRUCTIONS

In a large bowl, whisk together the olive oil, lime juice, sugar, sesame oil, chili, $\frac{3}{4}$ tsp sea salt, and $\frac{1}{4}$ tsp black pepper.

Combine the carrots, cilantro, carrots and sesame seeds in a bowl. Divide into four servings

Serving tonight: toss salad mixture with $\frac{1}{4}$ of the dressing and top with 1 cup of shredded chicken

Serving for lunch tomorrow: top with 1 cup of shredded chicken and pack $\frac{1}{4}$ of the dressing in a separate container. When you are ready to eat this salad, mix the salad dressing in and toss.

Tip

To extend the shelf life of sesame oil, store it in the refrigerator.