



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK FOUR RECIPES

DAY TWENTY-THREE

DINNER: STUFFED ANCORN SQUASH

Serves 2

- 1 halved and seeded acorn squash
- 2 T extra-virgin olive oil, divided
- Sea salt and pepper
- ½ diced large onion
- 1 tsp chopped fresh sage
- 1 tsp fresh thyme
- 1/3 cup cooked white beans
- 1/2 cup cooked quinoa
- 1 cup chopped kale
- 3 T chopped toasted hazelnuts, divided
- Lemon



INSTRUCTIONS

Heat oven to 400 degrees. Brush squash with 1 tsp oil and season with salt and pepper. Roast cut side down until tender, about 30 minutes. Flip and set aside. Heat 1 T oil in a medium skillet over medium heat. Add onion and cook, stirring, until tender, about 6 minutes. Add sage, thyme, beans, quinoa, and kale.

Cook, stirring, until greens wilt, about 2 minutes. Season with sea salt and pepper. Divide stuffing between squash halves and roast until golden, 15 to 20 minutes. For each serving, sprinkle with 1 ½ T hazelnuts, drizzle with 1 tsp oil, and a squeeze of lemon.

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WEEK FOUR RECIPES

DAY TWENTY-FIVE

DINNER: BROWN RICE TOFU STIR FRY

Serves 2

Ingredients

1 T extra virgin olive oil

3 T minced garlic, jar

1 piece (3 inches) fresh ginger, peeled and finely chopped

2 medium red bell pepper, cut into 1-inch chunks

1 medium yellow bell pepper, cut into 1-inch chunks

2 carrots julienned

½ cup cabbage, chopped or shredded

2 handfuls raw spinach

2/3 cup cooked brown rice

2 T wheat free tamari

½ T toasted sesame oil

Coarse salt and pepper, to taste

3 scallions, halved lengthwise and thinly sliced

6 ounces baked, flavored tofu, cut into 1-inch cubes (purchase at natural foods store deli, precooked)



INSTRUCTIONS

In a large skillet or wok, heat the olive oil over medium-high heat. Add garlic and ginger; stir-fry until fragrant, about 30 seconds.

Add tofu, add red and yellow peppers, cabbage and carrot; cook, stirring, until peppers are crisp-tender, about 3 minutes. Add spinach, stirring, until wilted, about 3 minutes.

Add rice and soy sauce; cook, stirring occasionally, until rice is heated through, about 3 minutes. Stir in sesame oil. Season with salt and pepper; garnish with scallions. Serve hot.



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WEEK FOUR RECIPES

DAY TWENTY-SIX

DINNER: KALE & ROASTED VEGETABLE SOUP

Serves 4 (use two servings with meal plans and freeze two)

3 medium carrots, peeled and quartered lengthwise

2 large tomatoes, quartered

1 large onion, cut into 4 or 5 slices

½, 3lb butternut squash, peeled, seeded, cut lengthwise into 1/2 inch thick wedges

6 T minced garlic, jar

3 T extra virgin olive oil, divided

6 cups or more of vegetable broth



4 cups of finely chopped kale

3 large fresh thyme sprigs

1 bay leaf

2 cups canned Great Northern white beans, rinsed

INSTRUCTIONS

Preheat oven to 400°F (reduce heat by 25°F if using convection oven). Brush rimmed baking sheet with 1 T of olive oil. Arrange carrots, squash, tomatoes, onion, and garlic on sheet. Drizzle with remaining 2 T olive oil. Sprinkle with salt and pepper. Toss to coat. Roast vegetables until they are brown and tender, stirring occasionally, about 45 minutes.

Cut squash and carrots into 1/2 inch pieces; set aside. Place garlic, tomatoes and onion; puree until almost smooth. Pour 1/2 cup broth onto the baking sheet; scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add 5 1/2 cups broth, kale, thyme and bay leaf to pot. Bring to boil. Reduce heat. Simmer uncovered until kale is tender, about 30 minutes.

Add carrots, beans, and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with sea salt and pepper. Discard thyme sprigs and bay leaf.



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WEEK FOUR RECIPES

DAY TWENTY-SEVEN

DINNER: AVOCADO AND BLACK BEAN TACOS

Serves 2 (two tacos per serving)

1 avocado

1 T minced garlic, jar

2 T lime juice

Dash cumin

Coarse sea salt and freshly ground black pepper

Four corn tortillas

1 cup thinly sliced kale

1/2 cup cooked black beans

3 T toasted sunflower seeds

INSTRUCTIONS

In a medium bowl, mash avocado with garlic, lime juice, and cumin. Season with sea salt and pepper.

Toast tortillas over a gas burner, turning, until lightly charred OR preheat oven to 350, place corn tortillas on parchment paper and bake for 5 minutes. Divide avocado mixture between four tortillas and top with kale, beans, and sunflower seeds. Season with sea salt.

