



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## WEEK ONE RECIPES

### DAY ONE

### BREAKFAST: GF BREAKFAST OATMEAL AND DOUBLE GREEN SMOOTHIE

#### GF VANILLA BREAKFAST OATMEAL

##### Serves 1

1/4 cup dry oats

1 tsp cinnamon

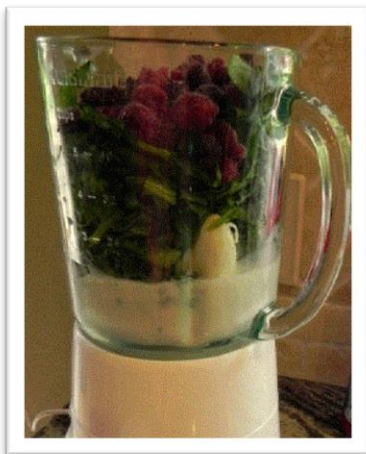
2 tsp chia seeds

¼ cup raspberries

50 calories coconut yogurt

##### INSTRUCTIONS

Place oats, chia seeds, 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 a small dollop of vanilla yogurt and a few raspberries and serve.



#### DOUBLE GREEN SMOOTHIE

##### Serves 1

2/3 cup unsweetened almond milk

1 pitted date

1/3 banana

1/2 cup chopped kale leaves

1/2 cup spinach leaves

1/4 cup berries (fresh or frozen)

##### INSTRUCTIONS

Combine non-dairy beverage, pitted date, banana, kale, spinach and berries in a blender and blend until smooth.



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### WEEK ONE RECIPES

#### **DINNER BLACK BEAN SOUP**

**Serves 8** (use 2 servings this week; freeze remaining 6: 1 cup/ freezer Ziploc bag)

4 T coconut oil

2 T ground cumin

4, 16 oz canned black beans, rinse (discard liquid)

2 tsp ground chipotle pepper

2 medium onions, chopped

½ cup chopped fresh cilantro

2 large red bell pepper, seeded and chopped

4 T nutritional yeast

2 cups salsa

2 T fresh lime juice

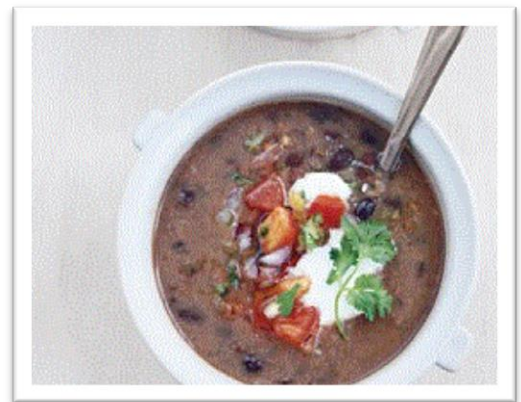
6 T minced garlic, jar

2 ripe avocado, chopped

4 oz queso fresco, crumbled

#### **INSTRUCTIONS**

In a large pot, heat coconut oil over medium-high heat. Add onions, bell pepper and garlic and cook, stirring frequently, until onions are translucent and beginning to brown, about 10 minutes. Stir in cumin and chipotle and cook 1 minute, stirring. Add drained beans, salsa and 8 cups water. Bring soup to a boil, then lower to a simmer and cook, uncovered for 30 minutes. Remove 4 cups soup and carefully purée in a blender (CAUTION WHEN BLENDING HOT LIQUIDS). Return purée to pot and stir in cilantro, nutritional yeast and lime juice. Spoon into bowls for serving and garnish with avocado and queso fresco.





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## WEEK ONE RECIPES

### DAY TWO

#### DINNER: WHITE BEAN AND ARTICHOKE SALAD

Serves 2

#### Ingredients:

1 cup white beans, drained

1/2 can (14 ounce) artichoke hearts, drained and quartered

1 green bell pepper, diced

1/2 cup black olives, chopped

1/4 red onion, chopped

1 T chopped fresh parsley

2 T chopped fresh mint leaves

1/8 tsp. dried basil

1 ½ T olive oil

1 T red wine vinegar

Sea salt and pepper taste



#### INSTRUCTIONS

1. In a large bowl, combine beans, artichoke hearts, bell peppers, olives, onion, parsley, mint, and basil.
2. In a jar or small bowl, combine oil and vinegar; shake together or mix well. Pour oil and vinegar over the salad, and toss to coat.
3. Serve immediately or cover and chill in refrigerator for several hours or overnight, stirring occasionally, to let flavors blend.



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### WEEK ONE RECIPES

#### DAY THREE

#### DINNER: PARCHMENT PAPER SALMON WITH ASPARAGUS AND QUINOA SAUTÉ

##### Serves 1

1 (4 ounce) wild salmon fillet

1 ½ tsp olive oil

1 (12 inch) square of parchment paper

½ lemon, sliced into rounds

½ tsp pepper

Sea salt



##### INSTRUCTIONS

Preheat the oven to 400 degrees F

Brush the piece of salmon on both sides with a light coating of olive oil. 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 DOWNLOAD section of the member site). Place the salmon fillet skin side down onto the center of the piece of parchment. Sprinkle with pepper. Cover with three slices of lemon. Fold the piece of parchment up and over the fillet. Holding both edges of the parchment together, roll the edge down making several folds as you go until the fish fillets are tightly sealed in their packets. Place packet on a baking sheet.

\*Make sure your oven is preheated before placing the fish in the oven. Bake for 14 minutes in the preheated 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.



## **ASPARAGUS AND QUINOA SAUTÉ**

### **Serves 1**

1 cups fresh organic asparagus, washed, trimmed and cut into 4" pieces

½ cup precooked quinoa

1 tsp virgin coconut oil

Sea salt

Pepper

Squeeze of lemon

### **INSTRUCTIONS**

Add coconut oil to skillet heated to medium-high. Add asparagus and sauté until tender (should still retain bright green color). Add 1/2 cup precooked quinoa, stir and heat until quinoa is warmed. Add a squeeze of lemon. Sea salt and pepper to taste and serve!



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### WEEK ONE RECIPES

#### DAY FOUR

#### BREAKFAST: QUINOA WITH POACHED EGG, SPINACH, AND CUCUMBER

##### Serves 1

1 T extra-virgin olive oil

1 T minced garlic, jar

2 cups spinach, rinsed

Sea salt

1/2 carrot, peeled and julienned

1 large egg

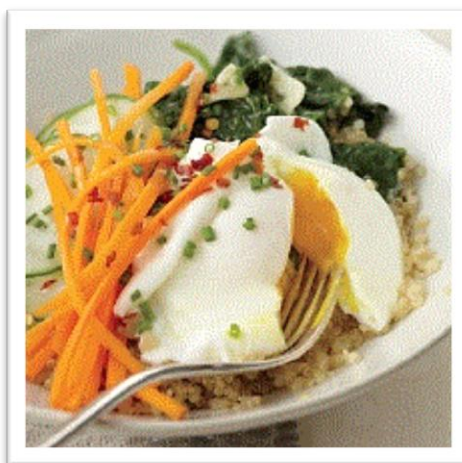
1/2 cup cooked quinoa

1/4 cucumber, thinly sliced

1/2 tsp white-wine vinegar

Red chili flakes

1 tsp minced chives



##### INSTRUCTIONS

Heat 1/2 T olive oil in a skillet over medium heat. Add garlic and cook, about 1 minute. Add spinach and steam, covered, until wilted, about 1 minute. Season with sea salt. Transfer to plate.

Rinse pan and fill with 2 inches water; bring to a boil. Add carrot and cook until tender, about 1 minute. Transfer to plate. Reduce heat to a simmer and poach egg, 3 to 4 minutes.

Place cooked quinoa in bowl. Top with egg, spinach, carrot, and cucumber. Whisk vinegar and remaining olive oil; season with salt. Drizzle over bowl. Sprinkle with red chili flakes and chives.



## **LUNCH WHITE BEAN, SPINACH AND PESTO PASTA**

### **Serves 2**

1 cup white bean, canned, rinsed

2 T pesto, jarred

1 cup fresh spinach, chopped

2 oz dry quinoa pasta

3 T aged white cheddar cheese, grated

Sea salt

Pepper

Squeeze of lemon

### **INSTRUCTIONS**

Cook quinoa pasta per box instructions. While quinoa is cooking, in large bowl combine chopped spinach, beans, pesto, cheese, squeeze of lemon, sea salt and pepper.

When quinoa pasta is done cooking, drain well (do not rinse) and add immediately to mixture. Cover bowl with a lid and let stand for five minutes. Serve 1/2 for lunch today and save 1/2 for lunch tomorrow.



## **DINNER: CORN TORTILLA CHICKEN OR BEAN WRAP**

### **Serves 1**

1 corn tortilla, medium

2 oz chicken, grilled, sliced

1/3 cup black beans, rinsed

1/4 sliced avocado

3-4 spinach leaves

2 T hummus

Salsa

### **INSTRUCTIONS**

Place corn tortilla on plate. Smear hummus down the center. Add grilled chicken or simply black beans (if you prefer a vegetarian dish), avocado, spinach and salsa. Heat in microwave for 1-2 minutes and serve.





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### WEEK ONE RECIPES

#### DAY FIVE

#### **BREAKFAST: PALEO CARROT BANANA MUFFINS**

**Serves 12** (use 3 servings this week, freeze remaining 9: in freezer Ziploc bag)

2 cups almond meal

2 tsp baking soda

1 tsp sea salt

1 T cinnamon

1 cup dates, pitted

3 ripe bananas

3 eggs

1 tsp apple cider vinegar

1/3 cup coconut oil, melted

1 ½ cups carrots, shredded

¾ cup walnuts (or nuts of choice), finely chopped

Muffin paper liners

#### **INSTRUCTIONS**

Preheat oven to 350°F.

In a large bowl, combine flour, baking soda, salt and cinnamon. In a food processor, combine dates, bananas, eggs, vinegar and oil. Add mixture from food processor to dry mixture in the large bowl and combine thoroughly. Fold in carrots and nuts. Spoon mixture into paper lined muffin tins.

Bake at 350° for 25 minutes.





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### WEEK ONE RECIPES

#### **LUNCH: ROASTED ZUCCHINI, ONION, AND PEPPERS**

**Serves 9**

You will be making a very large batch of roasted vegetables. You will include a serving at lunch today and then use the remaining roasted vegetables in the frittata pie (baked omelet) and frittata muffin recipe tomorrow night. Consider using a food processor to slice all of these items uniformly. Smaller cuts are desired. These will go into a frittata and frittata muffins.

9 zucchini, cut into 1/8 inch slices  
(can use a food processor and slice these thinly)

3 red bell peppers, cut into 1/2  
inch squares

2 medium red onions, cut into  
small 1/2" wedges

2 T olive oil

2 tsp coarse salt

1/2 tsp ground pepper



#### **INSTRUCTIONS**

Preheat oven to 475 degrees. Combine vegetables on a rimmed baking sheet; drizzle with olive oil, and season with salt and pepper. Toss to coat.

Roast until vegetables are tender and browned in spots (You may need to stir these half way through the process and/ or rotate the pan), 30 to 35 minutes.



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### WEEK ONE RECIPES

#### **DINNER: MUSHROOM AND BLACK BEAN TORTILLA CASSEROLE**

##### **Serves 6**

(use 3 servings this week, freeze remaining 3/  
individual servings in freezer Ziploc bag)

3 T extra-virgin olive oil

1 pound cremini or button mushrooms,  
trimmed and quartered

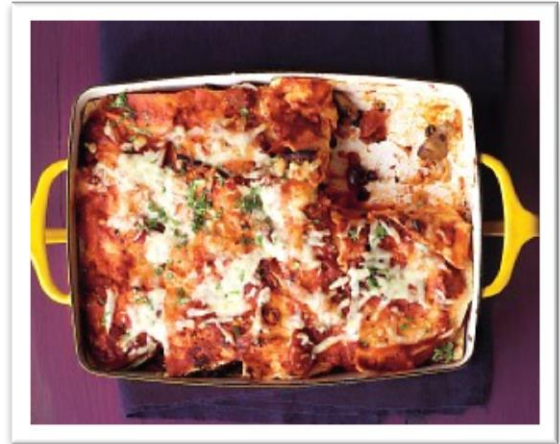
1 cup sliced bell pepper

3 T minced garlic, jar

1/2 tsp cayenne pepper

Coarse sea salt and ground pepper

3 cups fresh spinach



1 can (15.5 ounces) black beans, rinsed and  
drained

12 corn tortillas, warmed and halved

2 cups medium salsa

1 ½ cup aged white cheddar cheese

##### **INSTRUCTIONS**

Preheat oven to 400 degrees. In a large skillet, heat oil over medium-high. Add mushrooms and peppers and cook, stirring often, until mushrooms are browned, 7 minutes. Add garlic and cayenne; season with salt and pepper. Add black beans and stir to combine. Cook until beans are warmed through, 2 minutes. Remove from heat.

Arrange 8 tortilla halves in a 2-quart baking dish. Top with half the bean mixture and 1/2 cup salsa, a layer of 1/2 of the spinach and then sprinkle with one-third the cheese. Repeat with another layer of tortilla halves, bean mixture, salsa, spinach and cheese. Top with remaining tortilla halves, salsa, and cheese. Cover with foil and bake until center is hot and cheese melts, 10 minutes. Uncover and bake until cheese is bubbling, 5 minutes.



## DAY SIX

### **DINNER: ROASTED VEGETABLE FRITTATA AND MUFFINS**

You will be making a Frittata Pie (basically a baked omelet) for dinner tonight and Frittata Muffins with this recipe. The muffins will be used for breakfast some will be frozen for future use.

8 cups Roasted Zucchini, Onion, and Peppers

4 T extra virgin olive oil

22 large eggs

1 ¼ cup egg whites

2 cups grated aged white cheddar cheese

2 tsp sea salt

1 tsp ground pepper

12 muffin tin liners

### **INSTRUCTIONS**

Preheat oven to 400 degrees.

**For the Frittata Pie: 4 Servings** (use 2 servings this week, freeze remaining 1 in freezer Ziploc bag)

Brush a 9 1/2-inch deep-dish pie plate with 1 T olive oil. Drain any liquid from 5 cups leftover roasted zucchini, onion, and peppers; place in pie plate.

In a large bowl, beat 10 eggs with 3/4 cup grated aged cheddar cheese, 1 tsp sea salt, and ½ tsp ground pepper; pour over vegetables. (if the eggs do not cover the vegetables evenly, you can add 1-4 more eggs. Simply beat these and pour over the top).

Bake until top is golden and center is set, 35 to 40 minutes; cool 5 minutes before serving.



**Frittata Muffins:** (Freeze all 12 muffins for future use – get as much air out of the bag as you can)

Reduce oven setting to 350 degrees.

Line 12 standard muffin tins with paper cups

Divide 3 cups leftover roasted zucchini, onion, and peppers among muffin tins.

In large In a large bowl, beat 12 eggs + 1 ¼ cup egg whites with 1 ¼ cup grated aged cheddar cheese, 3 T olive oil, 1 tsp sea salt, and ½ tsp ground pepper; and divide egg mixture among muffin tins, pouring over vegetables.

Bake until top is golden and center is set, around 20 minutes; cool 5 minutes before serving.

\*If you have any leftover eggs, you can make an extra muffin or two OR simply sauté in a pan for a quick snack.