

Clean & Lean Revolution

WEEK THREE RECIPES

DAY FIFTEEN

DINNER: SPICED RED LENTIL, TOMATO AND GREENS SOUP

Serves 3 (2 cup servings)

Use one serving today, one tomorrow and freeze two cups for use later in the week

2 T coconut oil

2 T minced garlic, jar

1 sweet onion, diced

2 celery stalks, diced

1 bay leaf

1 1/4 tsp ground cumin

2 tsp chili powder

1/2 tsp ground coriander

1/2 tsp paprika

1/8 tsp cayenne pepper

14-oz can diced tomatoes

6 cups vegetable broth, more if desired

1 cup red lentils, rinsed and drained

2 handfuls torn spinach or kale (or combo)

Sea salt and pepper to taste



INSTRUCTIONS

In a large pot, sauté the onion and garlic in oil for about 5-6 minutes over medium heat. Add in the celery and sauté for a few minutes more.

Stir in the bay leaf and the spices (cumin, chili powder, coriander, paprika, cayenne). You can add half the spices and add more later if you prefer.

Stir in the can of tomatoes (including juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.

Stir in spinach and season to taste adding more spices if you wish.

*Clean & Lean Revolution***WEEK THREE RECIPES****DAY SIXTEEN****DINNER: ARUGULA SLAD WITH LEMON, BALSAMIC VINEGAR, PARMESAN AND PINE NUTS**

Serves 2 (Make one for Thursday night and one to accompany lunch tomorrow and then make a ½ recipe for Tuesday's salad)

DRESSING INGREDIENTS

2 T fresh-squeezed lemon juice (I use my fresh-frozen lemon juice)
 1 tsp white wine vinegar
 3 T extra-virgin olive oil
 Sea salt and fresh ground black pepper to taste

SALAD INGREDIENTS

6 cups organic baby arugula
 1/3 cup coarsely grated aged parmesan cheese
 1/3 cup toasted pine nuts

INSTRUCTIONS

Mix together the lemon juice and white wine vinegar; then whisk in 3 T of extra-virgin olive oil, one tablespoon at a time. Taste the dressing to see if you want to add a little more oil and if so, whisk it in. Season the dressing with sea salt and freshly ground black pepper.

Wash baby arugula if needed and spin dry or dry with paper towels. (It usually comes pre-washed in a 5 oz. container.) Grate the parmesan cheese, using medium or large side of the grater. Put pine nuts (or almonds) into a dry pan and toast over high heat until they are just starting to color and become fragrant, watching very carefully so they don't burn.

Get one bowl and one Tupperware container out. Add ½ the ingredients (minus the dressing) into the Tupperware container and place ½ the dressing in a small container and set back in the refrigerator to take for lunch the next day.

Put the remaining ingredients in a large bowl and toss with the remaining dressing.



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WEEK THREE RECIPES

DAY SEVENTEEN

DINNER: MOROCCAN GRATED CARROT AND BEET SALAD

Serves 3

5 large carrots, grated

5 medium beets, grated

1/2 cup golden raisins

5 T pine nuts, toasted

1/2 tsp paprika

1/4 tsp ground cumin

1/4 tsp cinnamon

Small pinch of sea salt

Small pinch of cayenne

2 T lemon juice

2 tsp honey

3 T extra virgin olive oil

2 T sliced fresh mint leaves

INSTRUCTIONS

Place the grated carrots in a medium sized serving bowl. Place the grated beets into a sieve and briefly rinse with cold water. This will rinse away a little of the excess beet juice that may otherwise color the whole salad beet red. Pat dry with a paper towel.



Then add to the bowl with the carrots. Add the raisins and pine nuts. Stir to gently combine.

In a small bowl, whisk together the paprika, cumin, cinnamon, salt, and cayenne. Then add the lemon juice and honey and whisk until smooth. Slowly drizzle in the olive oil while whisking.

Drizzle dressing over the carrots and beets, then gently fold until the carrots and beets are lightly coated. Let sit for an hour before serving, either chilled or at room temperature, for the dressing to seep into the carrots and beets.

Right before serving, stir in a couple tablespoons of sliced fresh mint leaves. Garnish with fresh mint.

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*Use the rest of the mint across the week

to flavor your water.

DAY EIGHTEEN

DINNER: ENERGIZING PROTEIN POWER SALAD

Serves 4 (1 cup servings) Freeze two svgs.

1 1/2 cup cooked quinoa

1 15 oz can organic red kidney beans

2 tsp extra virgin olive oil

2 T minced garlic, jar

1 red onion (or other onion)

½ large yellow pepper

½ large red pepper

1/2 cup raisins

1/4 cup almonds, chopped

DRESSING INGREDIENTS

1/2 cup fresh lemon juice

1 tsp apple cider vinegar (optional)

3 T extra virgin olive oil

1/4-1/2 tsp garlic powder, to taste

1/2 tsp red pepper flakes, to taste (less if you don't like spicy foods!)

1/4-1/2 tsp ground cumin, to taste



1/2-3/4 tsp sea salt and pepper

INSTRUCTIONS

When making a grain dish salad, it is best to cook your quinoa al dente with a 1:1 ratio water to grain. Use 1/2 cup dry quinoa: 1/2 cup water. Boil the water, add your grain. Bring back up to a boil, reduce cover and simmer for 12 minutes.

Remove beans from can, rinse and set aside in a large bowl.

In a large skillet, add 2 tsp of EVOO and your 2 cloves of minced garlic. Cook on low for 2 minutes, do not burn. Add onion, cook 6 minutes until translucent.

Add pepper, raisins, and almonds. Cook 5 minutes on low-medium heat. Stir as needed. Meanwhile, prepare the dressing in a small bowl using a whisk to mix. Pour all the dressing into the skillet and stir well. Pour the veggie and dressing mixture into the bowl with the beans and grains. Stir well and serve.

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DAY NINETEEN

BREAKFAST: PALEO APPLE, COCONUT, BREAKFAST MUFFINS

Serves 10

INGREDIENTS

Zest & Juice of 1/2 an orange

3 medium carrots, grated

1 tart apple, grated

2 ½ cups almond flour

3 ripe bananas

1/2 cup shredded coconut

1 tsp cinnamon & pinch nutmeg

2/3 cup raisins

3 large Eggs (or use Ener-G Egg replacement)

2 tsp vanilla

3 tsp baking powder

1/3 cup coconut oil, melted



INSTRUCTIONS

Preheat oven to 350°F.

In a large bowl, combine flour, baking powder, cinnamon and nutmeg

In a food processor, combine zest, bananas and orange juice, eggs, vanilla and oil.

Add mixture from food processor to dry mixture in the large bowl and combine thoroughly.

Fold in carrots, raisins and apple and shredded coconut.

Spoon mixture into paper lined muffin tins.

Bake at 350° for 25 minutes.

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DAY NINETEEN

LUNCH: MASON JAR SALADS



You will be making five mason jar salads today. Have one serving for lunch and use the remaining four servings for lunch Monday – Thursday.

You are welcome to rotate your salad ingredients across the week versus making five identical salads. To make your mason jar salads especially nutrient dense, choose six different ingredients: grain, bean or lentil, two vegetables, one dark leafy green and one herb. To make 5 servings (5 Mason Jar Salads) you'll need 1/3 cup of each shredded carrots and beets per jar and ¼ cup of each garbanzo beans and quinoa. 2 T each of sunflower seeds and ½ cup each of spinach = 5 salads.

To speed your prep time, consider using a food processor to chop your vegetables.

*** 5 INGREDIENTS IS THE LEAST AMOUNT. THIS RECIPE CONTAINS 7 INGREDIENTS**

- 1 2/3 cups Shredded carrots
- 1 ¼ cups Garbanzo beans (rinsed and drained)
- 1 2/3 cups Shredded beets
- 1 ¼ cups Cooked Quinoa
- 6 oz package baked tofu
- 2/3 cups Sunflower seeds
- 2 1/2 cups Spinach

INSTRUCTIONS

Cook quinoa according to package and let cool (remove from pot, place in glass bowl and place in the refrigerator or freezer for a quick cool down). Rinse garbanzo beans and drain. Wash all vegetables and spinach and chop. Place chopped ingredients in separate bowls so you can layer them one by one.

Place 2.5 T Lemon Tahini Dressing (recipe below) at the bottom of each jar.

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Always place dressing at the bottom of the jar. Place 1/2 cup each ingredients in order of heaviness - 1/2 cup beans first, then 1/2 cup cooked carrot, grain and tofu, sunflower seeds, Dark leafy green (spinach). DO NOT SHAKE until you are ready to eat the salad. Place lid on tightly and place in the refrigerator for up to 5 days.

TAHINI-LEMON DRESSING

Makes: Makes 5 servings

2 T tahini

2 T minced garlic, jar

1/4 cup fresh lemon juice (about 2 lemons)

2 T cup nutritional yeast or a bit more, to taste

2 T extra virgin olive oil

1 tsp sea salt + freshly ground black pepper, or to taste

3 T water, or as needed



INSTRUCTIONS

In a food processor, add all ingredients and process until smooth.

DAY NINETEEN



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DINNER: RED LENTIL AND SWEET POTATO STEW

Serves 4

2 T coconut or extra-virgin olive oil

1 tsp ground cumin

1 tsp ground turmeric

1 T curry powder

1 diced large onion

Coarse sea salt and ground black pepper

4 T minced garlic, jar

2 T minced fresh ginger

2 peeled and diced small sweet potatoes

1 diced (stemmed, seeded) red bell pepper

1 1/2 cups rinsed red lentils

6 cups vegetable broth

Chopped fresh cilantro

INSTRUCTIONS

Heat oil in a large pot over medium heat. Cook cumin, turmeric and curry powder until fragrant, about 1 to 2 minutes. Add onion with a few pinches salt, and cook, stirring, until tender, about 6 minutes. Add garlic and ginger and cook, stirring, until tender, about 2 minutes. Add sweet potatoes and bell pepper and cook 1 minute.

Add lentils and vegetable broth. Bring to a boil, then reduce heat and simmer until lentils are tender, 20 to 25 minutes. Season with salt and pepper. Top with cilantro before serving.