



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK TWO RECIPES

DAY EIGHT

DINNER: GREEN CURRY TOFU

Serves 2



3/4 cup water

1/4 tsp sea salt

1/3 cup uncooked basmati rice, rinsed and drained

1/2 cup canned coconut milk

1 T toasted sesame oil

1/2 T green curry paste (this adds A LOT of flavor. Do not overdo on this spice – you will have a very hot (spicy) dish)

1/2 (14 ounce) package firm water-packed tofu, drained and cubed

1/2 Bag Frozen Stir Fry Vegetables (pea pods, beans sprouts, squash shown in picture)

INSTRUCTIONS

1. Place 3/4 cup water in a small saucepan, and stir in the rice. Bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat, cool slightly, and fluff with a fork.
2. Heat 1/2 T sesame oil in a separate medium skillet over medium heat. Stir in frozen bag of stir fry vegetable. Cook until heated, drain off liquids and discard liquids. Place vegetables in a bowl and cover with lid to keep them warm. Bring skillet back up to medium heat and add remaining 1/2 T sesame oil to skillet and stir in tofu. Stirring occasionally, fry about 20 minutes, until evenly crisp and lightly browned. Season with salt. Add vegetables back into skillet, stir lightly.
3. In a small saucepan, bring the coconut milk to a boil. Mix in green curry paste. Reduce heat, and simmer 5 minutes. Drizzle generously over the tofu and rice to serve



DAY NINE

BREAKFAST: CORN TORTILLA AND EGG WRAP

Serves 1

1 corn tortilla

1 egg

½ cup fresh spinach

1 T extra virgin olive oil

1/3 cup black beans, rinsed

1/3 cup salsa

INSTRUCTIONS

Heat skillet to medium high. Add oil. Add 1 egg and scramble in one side of pan. In the other side of the pan add the fresh spinach and sauté until wilted. Place corn tortilla on plate and add scrambled egg, sautéed spinach, black beans and salsa. Wrap and enjoy!



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DAY TEN

DINNER ROASTED BUTTERNUT SQUASH WITH KALE AND ALMOND PECAN PARMESAN

Serves 2

1 lb butternut squash
2 T minced garlic, jar
2-3 T finely chopped fresh parsley
1/2 T extra virgin olive oil
1/2 tsp fine grain sea salt
1 cup de-stemmed and roughly chopped kale

Almond Pecan Parmesan "cheese":

1/3 cup almonds*
1/4 cup pecans
1 T nutritional yeast
1/8 tsp fine grain sea salt
1 tsp extra virgin olive oil



INSTRUCTIONS

1. Preheat oven to 400F and lightly grease a casserole dish with oil.
2. Peel the squash. Thinly slice off the bottom and top and then slice through the middle lengthwise to make two halves. Remove seeds & guts with a spoon or ice cream scoop. Chop two halves into 1-inch chunks and place into casserole dish.
3. Add minced garlic, parsley, oil, and salt into casserole dish and stir until well combined with the squash. Do not add the kale yet. Cover casserole dish with a lid (or tin foil with a few holes poked) and bake at 400F for about 45 minutes.
5. Meanwhile, process the parmesan ingredients together until chunky (or just chop by hand and mix in a bowl). Make sure to leave lots of nut pieces for texture. I used a mini processor and it worked great with minimal clean up. After about 45 mins (or when squash is just fork tender), remove from the oven and reduce heat to 350F. Stir in the chopped kale and sprinkle

Clean & Lean Revolution

WEEK TWO RECIPES

the parmesan all over the squash. Bake for another 5-8 minutes, until the nuts are lightly toasted. Watch closely so you don't burn them. Remove & serve!

DAY ELEVEN

BREAKFAST WILTED ARUGULA

Serves 1

- 1 T extra-virgin olive oil
- 1 T minced garlic, jar
- 2 cups baby arugula, rinsed and drained well
- 1/2 T balsamic vinegar
- ½ cup cooked quinoa
- 1/3 cup canned white beans, rinsed
- 1/8 sea salt
- Freshly ground pepper
- Squeeze of Lemon

INSTRUCTIONS

Heat oil in a large skillet over medium heat. Add garlic; cook, stirring constantly, until garlic is fragrant but not browned, 2 to 3 minutes. Add arugula; cook, stirring constantly, until slightly wilted, 1 to 2 minutes. Add vinegar; cook, stirring constantly, until most of the vinegar has evaporated, about 1 minute. Stir in quinoa and beans. Then season with sea salt, ground pepper and a squeeze of lemon. Serve immediately.





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WEEK TWO RECIPES

DINNER: ASPARAGUS STIR-FRY RECIPE

Serves 2

4 tsp toasted sesame oil
8 ounces extra-firm tofu, cut into slices
4 green onions, thinly sliced
1 T freshly grated ginger
1/2 tsp crushed red pepper flakes
1/2 bunch asparagus, trimmed & 1" cuts
Sea salt

3 T minced garlic, jar

1/2 cup toasted cashews, chopped (quickly toast these in a dry skillet over medium high heat or roast them in the oven)

A few handfuls of spinach, or chopped kale

Zest and juice of one lime

2 T hoisin sauce

1 small handful fresh mint, slivered

1 small handful fresh basil, slivered

INSTRUCTIONS

*Have all your ingredients prepped and within arm's reach of the stove. Heat a splash 2 tsp of sesame oil in a large pan over medium high heat. When it is hot, add the tofu, and cook until golden - a few minutes. Remove the tofu from the pan and set aside.

Add another 2 tsp of sesame oil to the pan and, as soon as it is hot, add the onions, ginger, red pepper flakes, asparagus, and salt. Stir fry for about a minute, then add the garlic, cashews, and spinach and stir-fry for another minute, or until the spinach wilts. Return the tofu to the pan. Stir in the lime zest and juice and the hoisin sauce. Cook for another 10-20 seconds, stirring all the while. Remove from heat and stir in the mint and basil. Taste and add a bit more salt if needed.





DAY TWELVE

DINNER: MASON JAR SALAD QUINOA, BEAN WITH LEMON TAHINI DRESSING

Serves 5



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

I placed the Mason Jar Salad ingredients in a separate category on the shopping list “Mason Jar Salad.” 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: ½ cup serving of each: grain, bean or lentil, two vegetables, one dark leafy green and one herb. To make 5 servings (5 Mason Jar Salads) you’ll need ½ cup of five ingredients per jar. 2.5 cups each ingredient x five ingredients = 5 salads

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



QUINOA-BEAN-LEMON WITH TAHINI DRESSING

- 2.5 cups Cooked Red Quinoa
- 2.5 cups Garbanzo Beans, canned, rinsed
- 2.5 cups Chopped Raw Carrots
- 2.5 cups Chopped Raw Cauliflower
- 2.5 cups Chopped Raw Kale
- 2.5 cups Chopped Cilantro

INSTRUCTIONS

Cook red 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 herbs 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.

Place 1/2 cup each ingredients in order of heaviness - 1/2 cup beans first, then 1/2 cup cooked chilled grain and 1/2 cup each vegetables. Tightly pack each layer. 1/2 cup Dark leafy green (kale) and 1/2 cup herb (cilantro) go on top.

Always place dressing at the bottom of the jar. **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.

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WEEK TWO RECIPES

TAHINI-LEMON DRESSING

Makes: Makes 5 servings

2 T tahini

2 T minced garlic

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

2 T 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.



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WEEK TWO RECIPES

DAY THIRTEEN

DINNER: PARCHMENT WILD SALMON WITH LENTILS AND ARUGULA

(Fish free option? Read bottom of next page)

Serves 1

1/4 medium red onion, diced

1/2 medium carrot, peeled and diced

1/2 stalk celery, diced

1 bay leaf

1/4 cup green lentils

1 T extra-virgin olive oil, plus more for drizzling

1/2 T fresh lemon juice

1 cup baby arugula



1 4-oz. fillet wild salmon, skinless

1 (12 inch) square of parchment paper

Sea salt and pepper

INSTRUCTIONS

In a medium pot, bring onion, carrot, celery, bay leaf, and lentils to a boil in 2 cups water. Reduce to a simmer and cook until lentils are tender, about 25 minutes. Drain. Season with salt and pepper. Add olive oil and lemon juice. Stir in arugula and cover to keep warm.

Meanwhile, heat oven to 400 degrees.

(recipe continued on next page)



PARCHMENT WILD SALMON WITH LENTILS AND ARUGULA cont.

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.

To serve, open the packet and place over the lentils. Season with sea salt, pepper and lemon juice.

***If you do not wish to consume fish**, you can make this recipe without the fish. Use 1/2 cup dry lentils and simply double the vegetable ingredients: 1 carrots, 1 celery stalks and two cups of baby arugula (or mix arugula and spinach if you don't have enough arugula).