



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

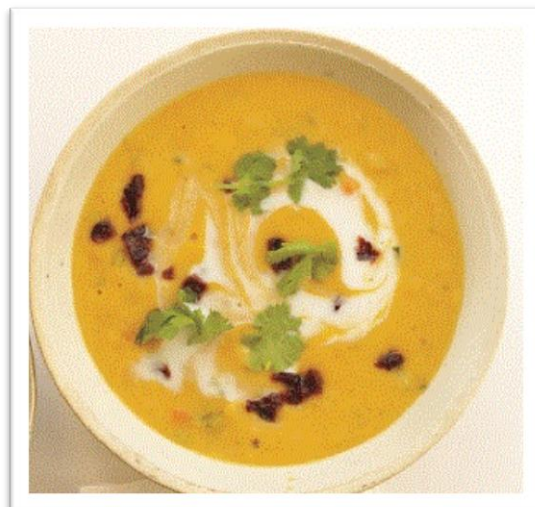
Clean & Lean Revolution

WEEK TWO – RECIPES FEBRUARY 5 – 11

CURRIED RED LENTIL SOUP WITH DRIED CHERRIES AND CILANTRO

SERVES FIVE (420 calories per serving)

- 4 T coconut oil
- 3 T finely chopped peeled ginger (from 2" piece)
- 3 T minced garlic, jar
- 1 1/2 large shallot, finely chopped (6 tablespoons)
- 3 carrots, finely diced (about 1 cup)
- 1 1/2 T curry powder
- Sea salt to taste
- 1 cup unsweetened coconut milk
(from can, full fat, not light version)
- 1 1/4 cup red lentils
- 1/2 cup chopped dried cherries
or dried unsweetened cranberries
- 3 T finely chopped cilantro stems, plus 3 T cilantro leaves for garnish



INSTRUCTIONS

Heat a medium saucepan over medium heat. Add coconut oil, ginger, garlic, shallot, and carrots and cook, stirring often, until softened, about 7 minutes. Add curry powder and cook, stirring, until fragrant, about 1 minute.

Add 1 1/4 teaspoons sea salt, 3/4 cup coconut milk, 4 1/2 cups water, and the lentils, and bring to a boil. Reduce heat, cover, and simmer until lentils and carrots are tender, 8 to 10 minutes. Pour 2 cups soup through a fine sieve into a bowl, reserving solids. Puree strained liquid with remaining soup in a blender until smooth. Reheat after blending. Stir in reserved solids. Reserving some for garnish, stir cherries and cilantro stems into soup, and ladle into bowls. Swirl in remaining coconut milk, and garnish with cherries and cilantro leaves.

MAKES FIVE SERVINGS: You will have three fresh servings this week. Dinner tonight, Saturday and Lunch on Monday. Freeze the remaining two servings.

SUBSTITUTIONS: Replace cilantro with parsley.

DO NOT substitute brown lentils, you'll not get the glow of the presentation.

ADD Chicken: If you could like to add chicken to this, add 7 oz chicken, chopped small, sautéed in 1/2 T coconut oil. This recipe now serves SIX (420 calories per serving)



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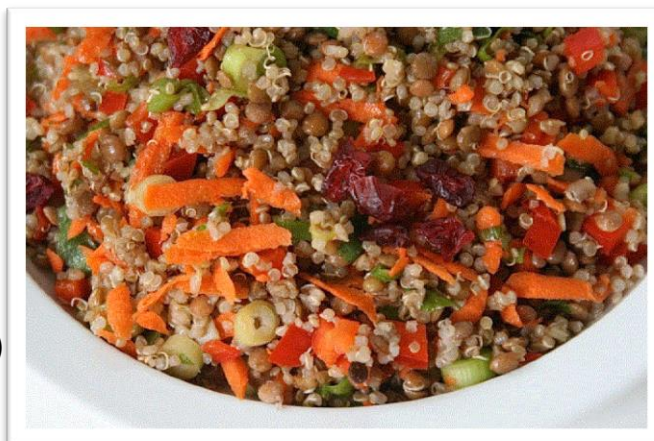
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WEEK TWO – RECIPES FEBRUARY 5 – 11

LENTIL SALAD WITH QUINOA AND MAPLE BALSAMIC VINAIGRETTE

SERVES SIX (420 calories per serving)

3/4 cup lentils, rinsed
3/4 cup quinoa rinsed
1 bay leaf
1 tsp sea salt
1 carrot, peeled and grated
1 red pepper, seeded and diced
1 bunch scallions, chopped
(both the green and the white parts)
1/2 cup dried cranberries
1/2 cup chopped and toasted walnuts



DRESSING

4 T balsamic vinegar
5 T minced garlic, jar
Juice of 1 lemon
1 T pure maple syrup
4 T extra virgin olive oil
1/2 tsp sea salt
1/4 tsp fresh ground pepper

INSTRUCTIONS

In a large pot, place the rinsed lentils, rinsed quinoa and bay leaf. Cover with 2 cups water. Bring to a boil, cover and simmer for 20 minutes. Drain any excess water and pour the mixture into a bowl. Add 1 teaspoon sea salt.

Add the carrot, red pepper, scallions, walnuts and cranberries. Make the dressing by placing the garlic, lemon juice, maple syrup, olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper in a jar. Shake vigorously to emulsify. Pour over the lentil mixture.

MAKES SIX SERVINGS: You will have three fresh servings this week. Dinner tonight, Monday and Tuesday. Freeze the remaining three servings.



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WEEK TWO – RECIPES FEBRUARY 5 – 11

BUTTERNUT SQUASH APPLE SOUP

SERVES FOUR (420 calories per serving)

- 1 medium butternut squash, peeled and cut into 1-inch squares (kabocha or acorn squash also are good in this soup) OR 20-24 oz frozen organic butternut squash (thawed*)
- 1 medium green apple, dice
- 1 medium onion, diced
- 2 T coconut oil
- 1 ½ tsp curry powder
- 1 medium Yukon Gold Potato, diced
- 2 celery ribs, chopped
- 1 medium carrot, chopped
- 2 tsp- 1 T (to taste) chopped fresh ginger
- 4 T minced garlic, jar
- 2 cups chicken or vegetable broth
- 14 ounces coconut milk
- 2 cups water (adjust as needed)
- 2 tsp sea salt
- Pepper, to taste



INSTRUCTIONS

In a 6 quart heavy pot, sauté the apple, carrot, celery and onion in oil over medium for about 5 minutes or until some coloring develops. Add the curry powder and cook, uncovered, stirring for 1 minute. Add ginger and garlic and stir for 1 minute more.

Add the squash (if using frozen squash, allow to thaw first), potato and remaining ingredients at this time and bring the mixture to a boil. Once boiling, reduce heat, cover and cook until squash is soft, approximately 30 minutes.

Purée in a blender or food processor. (I used my immersion blender right in the pan)

MAKES FOUR SERVINGS: You will have two fresh servings this week. Dinner tonight, and lunch on Tuesday. Freeze the remaining two servings.