

ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK ONE – RECIPES
JAN 29-FEB 4

CHICKEN WITH BRUSSELS'S SPROUTS AND MUSTARD SAUCE

SERVES THREE (420 calories per serving)

- 3 1/3 T extra virgin coconut oil, divided
- 3 (4-ounce) skinless, boneless chicken breast halves
- 3/8 tsp sea salt, divided
- 1 T minced garlic, jar
- 1/4 tsp freshly ground black pepper
- 3/4 cup chicken broth, low sodium OR vegetable broth
- 1/4 cup unfiltered apple cider
- 1-2 T whole-grain Dijon mustard (to taste)
- Small handful chopped fresh flat-leaf parsley
- 12 ounces Brussels's sprouts, trimmed and halved
- 4 1/4 cup green beans (OMIT)
- 1/2 lemon, cut into three sections
- Optional: pinch of chili flakes



INSTRUCTIONS

Preheat oven to 450°.

Heat a large ovenproof skillet over high heat. Add 1 T coconut oil. Sprinkle chicken with 1/4 tsp sea salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 2 T coconut oil, and parsley.



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Heat remaining 1 teaspoon of coconut oil in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 tsp sea salt and 1/4 cup broth to pan; cover and cook 2-4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

MAKES THREE SERVINGS: divide equally into three servings. Have one tonight, pack one for lunch tomorrow and have the third serving for dinner Sunday evening.

SUBSTITUTIONS:

REPLACE CHICKEN WITH TOFU: 10.5 oz firm tofu. Cut tofu in ¼ inch slices. Place slices on towel or paper towels, cover with more towels. Place a baking sheet on top. Put a heavy object on top (ex cans, book) for at least 30 minutes to press out water.

Heat a large ovenproof skillet over medium-high heat. Add 1 T coconut oil. Sprinkle tofu with 1/4 tsp sea salt and pepper; add to pan. Cook 3 minutes or until starting to brown. Turn tofu and repeat on other side. Remove tofu from pan; keep warm. In the same pan, add garlic, 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 2 T coconut oil, and parsley.

Heat remaining 1 tsp of coconut oil in a large nonstick skillet over medium-high heat. Add Brussels's; sauté 2 minutes or until lightly browned. Add remaining 1/8 tsp sea salt and 1/4 cup broth to pan; cover and cook 4 minutes or until beans are crisp-tender. Serve green beans with tofu and sauce (best served in a bowl) with a lemon wedge.

REPLACE BRUSSELS'S SPROUTS WITH GREEN BEANS: 4.5 cups green beans and insert into recipe where Brussels's sprouts



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REPLACE TOFU WITH WHITE BEANS: 2.5 cups canned white beans, rinsed.

Heat a large ovenproof skillet over medium-high heat. Add 1 T coconut oil. Add white beans, with 1/4 tsp sea salt and pepper. Cook for 2-3 minutes. Remove beans from pan; keep warm.

In the same pan, add garlic, 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 2 T coconut oil, and parsley.

Heat remaining 1 tsp of coconut oil in a large nonstick skillet over medium-high heat. Add green beans or sprouts; sauté 2 minutes or until green beans are lightly browned. Add remaining 1/8 tsp sea salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve vegetable with white beans and sauce (best served in a bowl) with a sprinkle of nutritional yeast and a lemon wedge.

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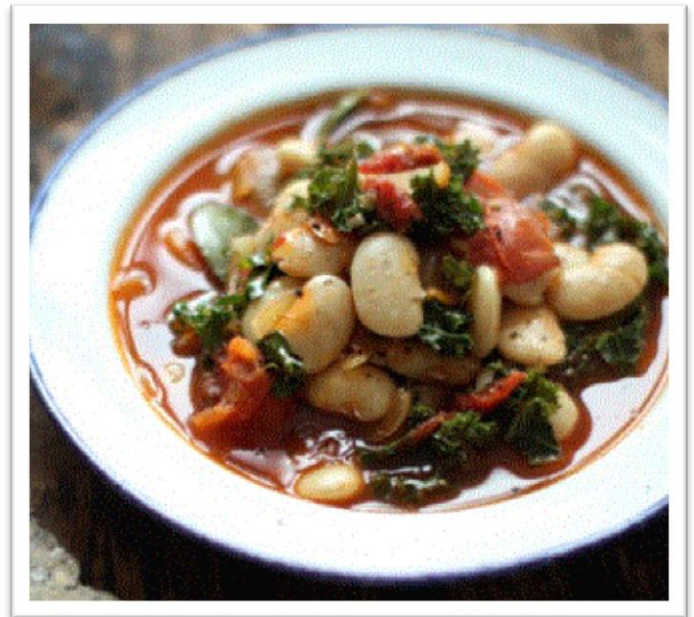
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GARLICKY WHITE BEAN AND KALE SOUP

SERVES FOUR (420 calories per serving)

- 2 T extra virgin coconut oil
- 2 medium onions
- 6 T minced garlic, jar
- 1 tsp smoked paprika
(optional, but really delicious)
- 5 bay leaves
- Pinch chili flakes
- Sea salt
- Cracked black pepper
- 2- 2 ½ cups cooked white beans, rinsed
(one or mix: lima, butter, navy, cannellini...)
- Small handful chopped fresh flat-leaf parsley
- 2 cups packed shredded kale leaves
(flat leaf, not frilly leaf)
- 2 cups chicken OR vegetable broth
- 1 can (14 oz.) organic chopped tomatoes, with juice



INSTRUCTIONS

Heat coconut oil in a large stockpot. Slice onions and add to the pot with a couple pinches sea salt, chili, bay leaves and paprika. Cook for a few minutes until the onions have softened, then add minced garlic. If the onions become dry, add a little juice from the canned tomatoes.



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Add all other ingredients, bring to a boil, reduce to a simmer and season to taste. Simmer for 5-10 minutes to allow the kale to soften slightly (since everything is cooked, you don't need to heat it long). If you are going to let it simmer for a while, add the kale about 5-10 minutes before serving so that it retains more of its nutritional value.

MAKES FOUR SERVINGS: Divide equally into four servings. You'll have one for dinner tonight, dinner tomorrow night, lunch on Monday and dinner on Tuesday.

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GREEK STEW WITH CAULIFLOWER AND OLIVES

SERVES FOUR (420 calories per serving)

2 T extra virgin coconut oil

1 large red onion, chopped

2 T red wine vinegar

2 T minced garlic (to taste), jar

1 28-ounce can chopped tomatoes, with juice

1/2 tsp cinnamon

Sea salt and freshly ground pepper

1/2 tsp dried thyme, or 1 tsp fresh thyme leaves

2 ¾ cup cooked white beans

(one or mix: lima, butter, navy, cannellini...)

1 cup chicken broth OR vegetable broth

10 kalamata olives, rinsed, pitted and cut in half

1 small or 1/2 large cauliflower

cored, broken into florets, and sliced about 1/2 inch thick

Small handful chopped fresh flat-leaf parsley

1/3 cup feta cheese, crumbled OR add 1 additional T extra virgin coconut oil and a sprinkle of nutritional yeast



INSTRUCTIONS

Add the oil to a large, deep, heavy lidded skillet or casserole pan, and turn the heat to medium. Add the onion and a generous pinch of sea salt and cook, stirring often and scraping the bottom of the pan, until it begins to soften, about 5 minutes. Turn the heat to low add the vinegar, cover and let the onion cook



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for 10 minutes, stirring from time to time, until it is lightly browned and very soft. Add the garlic and stir together for a minute or two more, until the garlic is fragrant, then add the tomatoes and their juice, the cinnamon, thyme, and sea salt and pepper to taste. Bring to a simmer and simmer 10 minutes, stirring from time to time, until the mixture is reduced slightly and fragrant.

Add the beans to the pot. If necessary, add enough broth to barely cover the beans. Bring to a simmer, reduce the heat, add the cauliflower and kalamata olives, cover and simmer 20 minutes. Stir in the parsley, taste and adjust seasonings. Serve with feta sprinkled on top.

The sauce will turn semisolid when cooled in the refrigerator. Simply portion and reheat. It is even more delicious the next day!

MAKES FOUR SERVINGS: Have one for dinner tonight, dinner Monday night and pack one for lunch on Tuesday. FREEZE ONE SERVING to have next Thursday.

SUBSTITUTIONS:

ADD CHICKEN: If you could like to add chicken to this, add 3 medium cooked chicken thighs, skin removed. I prefer chicken thigh because the chicken shreds more easily and incorporates well into this stew. This recipe now **serves FIVE** (420 calories per serving). Add cooked chicken after you add the cauliflower. You will then freeze TWO servings.

REPLACE KALAMATA OLIVES: with any other olives

OMIT OLIVES: another option with this soup is to omit the olives altogether and replace them with 7 baby artichokes (jarred). Remove from jar, discard liquid and cut into quarters. Add with the cauliflower.

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PALEO CARROT, BANANA, RAISIN MUFFINS

SERVES 12

- 2 cups almond flour or meal
- 2 tsp baking soda
- 1 tsp sea salt
- 1 T cinnamon
- 1 cup dates, pitted
- 1/2 cup raisins
- 3 ripe bananas
- 3 pastured eggs
- 1 tsp apple cider vinegar
- 1/4 cup extra virgin coconut oil, melted
- 1 1/2 cups carrots, shredded
- 3/4 cup walnuts (or nuts of choice), finely chopped
- Muffin paper liners



INSTRUCTIONS

Preheat oven to 350

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, raisins and nuts.

Spoon mixture into paper lined muffin tins.

Bake at 350° for 25-35 minutes. These will still be a bit moist in the center.

SERVES 12: keep four fresh and freeze the rest.

SUBSTITUTIONS: replace the three eggs with Ener-G egg replacement