



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2014 JANUARY CLEANSE WEEK THREE RECIPES

ENERGIZING PROTEIN POWER SALAD

SERVES FOUR (420 calories per serving)

SALAD

1 cup quinoa, dry
1.5 cups Kidney beans, canned, rinsed, drained
2 tsp coconut oil
2 T minced garlic, jar
1/2 red onion, chopped
1 large yellow, orange, or red pepper
(I used mix of yellow and red), chopped
1/2 cup raisins
1 oz (22 each) almonds, chopped

DRESSING

1/4 cup fresh lemon juice
1 tsp apple cider vinegar (optional)
1/4 cup extra virgin olive oil
1/4-1/2 tsp garlic powder, to taste
1/2 tsp red pepper flakes, to taste
1/4-1/2 tsp ground cumin, to taste
3/4 tsp sea salt, to taste
Freshly ground black pepper

INSTRUCTIONS

Cook your quinoa. Bring 1.25 cups water to a bowl in a small saucepan, add your quinoa, reduce to simmer and cook covered for 12 minutes. You can cook everything the night before so save time. After your quinoa is cooked, place in large bowl and add the beans.

In a large skillet, add 2 tsp of coconut oil and your minced garlic. Cook on low for a couple minutes being sure not to burn. Now add in the chopped onion and cook for another 6-8 minutes until translucent.

Add in the chopped pepper, raisins, and almonds and cook for another 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. The flavor will develop nicely after about 1 hour, but it can be enjoyed immediately too.

SERVES FOUR: You will use three fresh, one for dinner tonight, another for dinner tomorrow and one for dinner Saturday night. Freeze the remaining serving to use next week.





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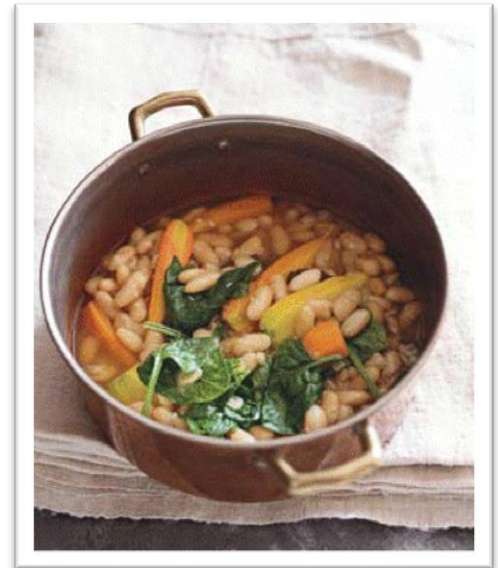
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CANNELLINI BEAN STEW

SERVES FOUR (420 calories per serving)

- 2, 15-ounce cans cannellini beans, rinsed, drained
- 1, 14.5-ounce can low-sodium chicken broth
(or vegetable broth)
- 2 T minced garlic, jar
- 1 bay leaf
- 6 carrots, halved lengthwise and cut into 3-inch pieces
- 4 cups fresh spinach leaves
- Sea salt and black pepper
- 4 T extra-virgin olive oil
- 1 T balsamic vinegar
- 1/4 cup (1 ounce) grated Parmesan



INSTRUCTIONS

In a heavy duty soup pan that you have a lid for, heat over medium heat, bring the beans, broth, garlic, bay leaf, and carrots to a boil.

Cover, reduce heat, and simmer until the carrots are tender, about 15 minutes. Remove and discard the bay leaf. Add the spinach, ½ tsp sea salt, ¼ tsp pepper, and 2 tablespoons olive oil and stir for 1 minute.

Spoon the stew into bowls. Drizzle each bowl with ½ T olive oil. Add some vinegar and top with 1 tablespoon parmesan.

SERVES FOUR: Use one fresh for dinner tonight and freeze three servings to use next week.

SUBSTITUTIONS: Replace parmesan. ¼ cup parmesan is 108 calories. You can substitute by add 1 T extra virgin olive oil to the main recipe.



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SPICED NUTS

SERVES TWENTY-SIX (9 nuts per serving)

- 1 cup almonds
- 1 cup pecans
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp ground black pepper
- ½ tsp sea salt
- 1 T extra virgin coconut oil

INSTRUCTIONS

Place nuts in a large cast-iron skillet or non-stick skillet over medium heat. Dry toast until lightly browned

While nuts are toasting, prepare spice mixture. Combine chili, cumin, black pepper and salt in a small bowl. Add coconut oil to the skillet and then add the spice mixture, mix nuts to coat. No need to toast longer. The goal is to toast the nuts and to not burn the spice.

SERVES 26: Nine nuts is a serving (this will be a mixture of almonds and cashews). Store in an air tight container in the pantry.





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MASON JAR SALAD – MEXICAN CHICKPEA SALAD WITH CHILI-LIME DRESSING

SERVES FOUR (420 calories per serving)

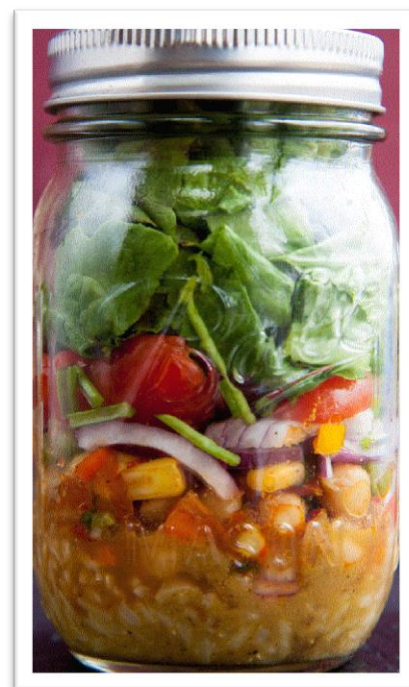
**please note, salad will look slightly different than picture*

CHILI-LIME DRESSING

4 T extra virgin olive oil
2 T fresh lime juice
1 teaspoon dried ground cumin
Pinch red pepper flakes
Salt and pepper to taste

CHICKPEA SALAD

3 cups chickpeas, canned, rinsed drained
1 cup sun-dried (not oil packed)
1/2 cup green onion, chopped
1/2 cup red onion, chopped
1.5 cups olives, chopped
3/4 cup piquillo peppers, chopped
1 1/2 cups fresh spinach
Sea salt and fresh ground pepper to taste



INSTRUCTIONS

Combine **CHILI-LIME DRESSING** ingredients in a jar, close and shake until emulsified (or whisk in a bowl). Then divide the dressing among 4 pint or quart sized Mason jars that are clean and dry. The dressing always goes on the bottom with Mason jar salads (don't let the dressing get on the side of the jar).

Wash and chop each of the ingredients below, placing them in individual prep bowls. This assembly line will make assembling your Mason jars a snap! *Pack remaining into a mason jar in the order listed in the recipe, from the top down. When you are ready to eat it, shake well and serve.

SERVES FOUR: These salads last up to six days in the fridge so you can make a week's worth of lunches ahead of time. You are going to make four servings, have one tonight and use three for lunches.