



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Hearty Smoothie & Fall Frittata Recipe

FOUNDATIONS - BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

HEARTY FRUIT AND OAT SMOOTHIE

SERVES ONE (360 calories)

2/3 cup quartered strawberries

1/2 sliced banana

1 oz raw almonds (22 almonds)

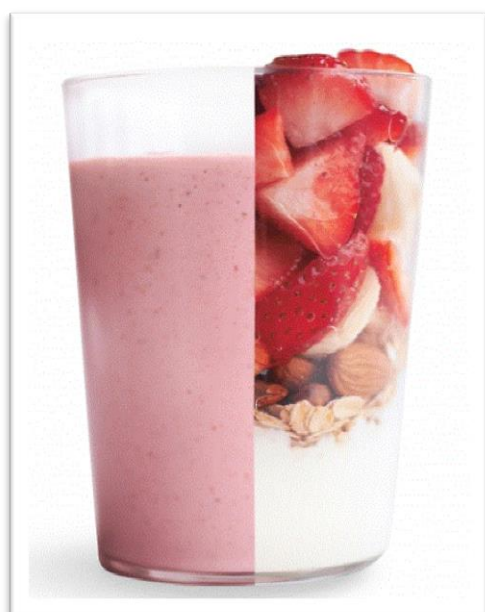
3 T GF steel cut oats, raw

100 calories Coconut Yogurt, plain

1 tsp real maple syrup

INSTRUCTIONS

Toss into blender.





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Pile the reserved vegetables in the center of the frittata then sprinkle with the cheese if using. Place the skillet under the broiler and cook until the eggs are set on top and the top has puffed slightly like a soufflé, about 1 – 1.5 minutes. *Watch closely so that your frittata doesn't burn!

To serve, top the frittata with the fresh herbs and a few grinds of fresh cracked pepper.

GLASS DISH INSTRUCTIONS

If you do not have a cast iron or heavy ovenproof skillet, you can bake your frittata in an oven proof 3 quart (13 x 9 x 2-inch) glass casserole dish. Preheat your oven to 350 degrees.

Bring a medium saucepan of lightly salted water to a boil over high heat. Add red potatoes and cook until just tender, about 5 to 8 minutes. Drain.

Heat a skillet over medium-high heat, add olive oil and asparagus pieces. Sauté until they are bright green and starting to soften slightly. Add the cooked potato slices, leek, and a generous pinch of salt. Cook until the leeks are softened and the potatoes are browned in spots.

While the vegetables are cooking, beat together the eggs, almond milk, salt and pepper to taste. Set aside. Pour the vegetable mix into the casserole dish. Pour the egg mixture over the top of the vegetables. Sprinkle with cheese or nutritional yeast if using.

Bake for 35 minutes.

SERVINGS: This makes five servings: divide into five equal servings.

***SUBSTITUTIONS:** Dairy free – omit cheese and mix ¼ cup nutritional yeast into recipe and broil OR bake

***SUBSTITUTIONS:** Egg Free –there are a couple of options. Use the rest of the ingredients (minus the eggs) to create a stir fry with 6 oz of chicken (3 oz per serving) and coconut oil instead of olive oil (this will add more flavor). Split this meal between dinner tonight and lunch tomorrow.