



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Maple-Pecan Breakfast Quinoa Recipes

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

MAPLE-PECAN BREAKFAST QUINOA

SERVES 2 (360 calories per serving)

- 1 cup water
- Pinch of kosher or sea salt, optional
- 2/3 cup quinoa
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 2/3 cup water
- 2 T pure maple syrup, divided
- 1/4 cup chopped pecans, toasted
- 1/2 tsp vanilla extract
- 1 cup berries (your choice)



INSTRUCTIONS

1. In small saucepan, bring water to boil. Add salt, if using, and quinoa and spices. Bring to a boil, cover, reduce to simmer for 12 minutes. Fluff with fork.
2. Mix in 1 T maple syrup, most of the pecans, and vanilla extract. Divide among two bowls and top with remaining maple syrup, pecans and berries (not shown).



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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.

