



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

*Yogurt Parfait & Mason Jar Salad Recipes*

**FOUNDATIONS – BUILD YOUR MEAL PLAN**

**Pick three dinner recipes that offer seven servings**



## **YOGURT PARFAIT**

SERVES ONE (360 calories)

150 calories plain yogurt: coconut (made from coconut), Amonde (made from almonds) or cow  
150 calories GF granola  
2/3 cup berries

## **INSTRUCTIONS**

Layer and enjoy!



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## **MASON JAR SALAD- QUINOA, BEAN WITH LEMON TAHINI DRESSING** SERVES SIX (420 calories per serving)

1.5 cups Cooked Red Quinoa  
1.5 cups Garbanzo Beans, canned,  
rinsed  
2.5 cups Chopped Raw Carrots  
2.5 cups Chopped Raw Cauliflower  
2.5 cups Chopped Raw Kale  
2.5 cups Chopped Cilantro

### **INSTRUCTIONS**



These salads last for days in the fridge so you can make a week's worth of lunches ahead of time. 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! Divide ingredients equally among the 6 Mason jars.

Use 6 pint or quart sized Mason jars.

Place 2 T Lemon Tahini Dressing (recipe below) at the bottom of each jar.

The dressing always goes on the bottom with Mason jar salads (don't let the dressing get on the side of the jar). Once the dressing is in the bottom of the jar, pack the ingredients in this order listed in the recipe, from the top down.

When you are ready to eat it, shake well and serve.

Cook red quinoa according to package and let cool (remove from pot, place in glass bowl and place in the refrigerator or freezer for a quick cool down). Rinse garbanzo beans and drain. Wash all vegetables and herbs and chop. Place chopped ingredients in separate bowls so you can layer them one by one.



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## **TAHINI-LEMON DRESSING**

- 1/4 cup Tahini
- 2 T minced garlic, jar
- 1/2 cup fresh lemon juice (about 2 lemons)
- 1/4 cup Nutritional yeast or a bit more, to taste
- 2 T Extra virgin olive oil, to taste
- 1 tsp sea salt + freshly ground black pepper, or to taste
- 3 T water, or as needed

## **INSTRUCTIONS**

In a food processor, add all ingredients and process until smooth.

Makes just under 1 cup.

