



WEEK TWO MENU PLANS

WEEK TWO INSTRUCTIONS

Please be sure to follow the instructions in the Cleaning Sweep of Your Kitchen and Pantry Stock Up. If a recipe calls for one of these items, I will assume that you have it on hand. Items on this stock list were not included in the menu shopping list.

WEEK ONE's shopping list is the most comprehensive. You were purchasing foods for future weeks (one pound of almonds – will be used as snacks spaced out over the length of the program). You also cooked some items in bulk and then use them during WEEK TWO's menu plans. Please be mindful of this if you decide to skip ahead. Opt for organic as much as possible.

If there is a recipe that accompanies a meal item you will see (recipe) next to that meal item. Some recipes cook more than one serving and these servings will be used at future meals, noted by (leftover). If an item is from WEEK ONE and has been placed in the freezer, I will note it as (from freezer).

The shopping list will call for a small handful of parsley and basil. No need to waste the rest of the bunch. Chop this and add it to your salads or a grain dish.

This is a full week of whole foods cooking – predominantly plant based, gluten free, dairy is greatly limited (aged cheese is included in a few recipes, you can easily pull this if needed), eggs and fish are present (meat and poultry are not).

From your PANTRY STOCK list, you were instructed to purchase quinoa. Please prepare 1 cup cooked (around 1/2 cup dry) quinoa and keep this sealed in a container in your refrigerator. Three recipes call for 'precooked quinoa.' If needed, see VIDEO –PODCAST tab video 'HOW TO COOK QUINOA.'



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK TWO MENU PLANS

DAY EIGHT

Breakfast

GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipes)

Snack

10 almonds + 1 medium apple

Lunch

1 cup Black Bean Soup (from freezer) + 60 calories rice crackers + 2 T hummus

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner

1.5 cups Green Curry Tofu with 1/2 cup Basmati Rice (recipes)

DAY NINE

Breakfast

Corn Tortilla and Egg Wrap Scrambled Egg (recipe)

Snack

100 calories coconut yogurt + 1 medium apple

Lunch

1.5 cups Green Curry Tofu with 1/2 cup Basmati Rice (leftover)

Snack

10 cashews + pear

Dinner

Mushroom and Black Bean Tortilla Casserole (from freezer) with Spinach Salad: 1.5 cups spinach + 1/2 cup diced celery + 1.5 T salad dressing

DAY TEN

Breakfast

Frittata Muffin (from freezer) + medium pear

Snack

10 almonds + 1 medium apple

Lunch

1 cup Black Bean Soup (from freezer) + 60 calories sesame rice crackers + 2 T hummus

Snack

60 calories Rice Crackers + 2 T hummus

Dinner

Roasted Butternut Squash with Kale and Almond Pecan Parmesan (recipe)



WEEK TWO MENU PLANS

DAY ELEVEN

Breakfast

Frittata muffin (from freezer) + Wilted Arugula (recipe)

Snack

100 calories coconut yogurt + 1/2 cup raspberries

Lunch

Roasted Butternut Squash with Kale and Almond Pecan Parmesan (Leftovers)

Snack

10 cashews + pear

Dinner

Asparagus Stir Fry (recipe) over 1/2 cup precooked quinoa

DAY TWELVE

Breakfast

150 Calories Organic dairy or coconut yogurt + 1/8 cup GF granola + 1 pear diced

Snack

10 almonds + 1 medium apple

Lunch

Asparagus Stir Fry (leftover) over 1/2 cup cooked quinoa

Snack

60 calories Rice Crackers + 2 T hummus

Dinner

Mushroom and Black Bean Tortilla Casserole (from freezer) + Mason jar salad side (recipe)

**make four extra Mason Jar Salads for lunch this week*

DAY THIRTEEN

Breakfast

GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipes)

Snack

100 calories coconut yogurt + 1 medium apple

Lunch

Mason Jar Salad (leftover)

Snack

10 cashews + pear

Dinner

Parchment Wild Salmon with Lentils and Arugula (recipe)



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DAY FOURTEEN

Breakfast

Paleo Muffin (from freezer) + 1/2 cup raspberries

Snack

10 almonds + 1 medium apple

Lunch

Mason Jar Salad (leftover)

Snack

60 calories Rice Crackers + 2 T hummus

Dinner

Frittata (slice from freezer) + Double Green Smoothie (recipe)