

# CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!  
WEEK ONE MENU PLAN



## **RIDICULOUSLY DELICIOUS GREEN SMOOTHIE**

SERVES ONE (360 calories per serving)

Here is a basic recipe:

65 calories coconut yogurt, organic, plain, unsweetened

2/3 cup blueberries OR mango

1/3 avocado

2 tsp extra virgin olive oil

½ T chia seeds

Handful of spinach

1/3 banana



## **INSTRUCTIONS**

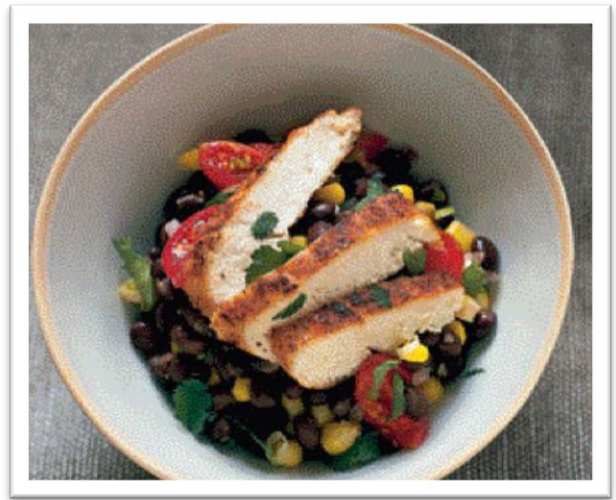
Add the chia seeds to the blender first. Add enough water to coat them and then prepare the rest of your ingredients. The chia seeds will bulk up slightly. Blend with 2 cups filtered water. This will make one very large smoothie.

You may also use any smoothie recipe from the [RECIPE & MEAL PLANS](#) section on the site, or build your own custom smoothie using this "[GREEN SMOOTHIE CHART](#)"

## CUMIN CHICKEN WITH BLACK BEANS

SERVES FOUR (420 calories per serving)

- 1 cup cooked brown rice
- 2 boneless, skinless chicken breasts
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 2 T extra virgin coconut oil
- 1/2 cup chopped red onion
- 1 jalapeño pepper, seeded and finely chopped
- 3 cups canned black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels, thawed
- 1 1/4 cups cherry tomato halves
- 2 scallions, thinly sliced
- 2 T coarsely chopped cilantro
- 2 tsp red wine vinegar
- sea salt and black pepper
- 1 package of Paleowraps



## INSTRUCTIONS

Place the chicken between 2 sheets of plastic wrap. Pound with a mallet to 1/2-inch thickness. Combine the cumin with the cayenne and rub over the chicken.

Heat the oil in a large skillet over medium heat. Sauté the chicken for 4 minutes per side. Transfer to a cutting board.

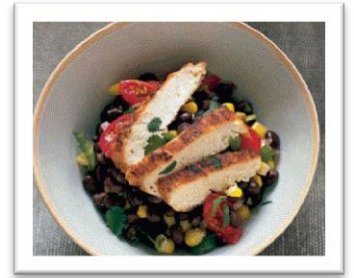
Return the skillet with the pan drippings to medium heat. Add the onion and jalapeño. Cook, stirring, for 1 minute.

Add the beans, corn, tomatoes, and 3 T water and cook, stirring, 1 or 2 minutes, until just heated through. Remove from heat.

Mix in cooked brown rice. Toss with the scallions, cilantro, and vinegar. Season to taste with sea salt and black pepper. Slice the chicken and arrange on top of the beans

## **CUMIN CHICKEN WITH BLACK BEANS (CONTINUED)**

**SUBSTITUTIONS:** Omit Chicken: Since this meal contains rice and beans, you can omit the chicken. Replace with an additional 2 cups canned black beans, rinsed and additional 1 cup cooked brown rice. Heat oil in skillet over medium heat and pick up the recipe with “add the onion and jalapeno. Cook, stirring, for 1 minute.” Follow the same serving guidelines below.



**SERVINGS:** Divide into four servings. Have one fresh tonight and pack up one for lunch tomorrow.

Divide the remaining two servings into three portions. You will use one of these portions wrapped in a Paleowrap for dinner on Friday. Freeze the remaining two portions for future use.

**WARM BELLY OATMEAL BREAKFAST**  
**SERVES ONE (360 calories)**

1/3 cup gluten free rolled oats  
1 T almond butter  
1/2 tsp cinnamon  
2/3 cup blueberries (or berry of your choice)  
100 calories plain coconut yogurt (made from coconut)

OR full fat, plain cow yogurt (Brown Cow, Cream on Top is my favorite!)



**INSTRUCTIONS**

Place oats, almond butter and cinnamon in a small glass bowl. Add enough water to cover the oats. Microwave on high, covered, for three minutes. Let stand one minute. Mix, add blueberries and yogurt to the top and serve

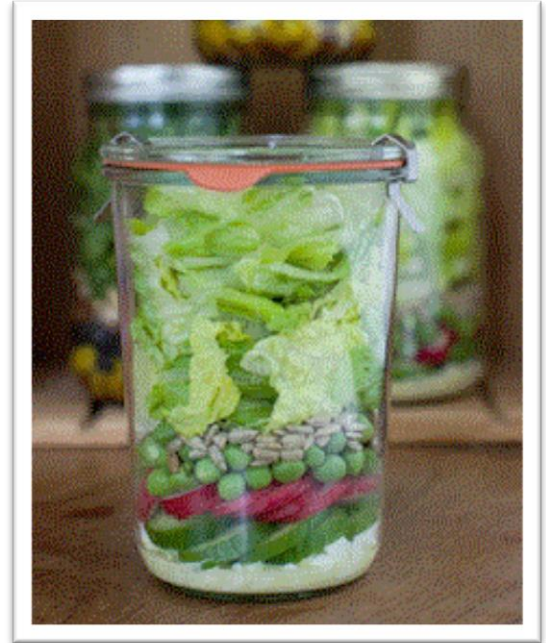
**SUBSTITUTIONS:** Replace berries with any other berries OR a medium apple OR a small pear. You are welcome to add the fruit prior to cooking.

## **SPRING PEA AND ROMAINE MASON JAR SALAD**

SERVES FIVE (420 calories per serving)

### **Creamy Buttermilk Dressing**

- ½ cup coconut milk, not lite version
- 1/2 T apple cider vinegar
- 1 tsp fresh lemon juice
- 1/3 cup cashews, soaked overnight
- 1 T parsley, chopped
- 1/2 tsp fresh dill
- 1 tsp chives
- 1/8 cup onion, minced
- 1-2 cloves garlic
- 1/4 tsp cold-pressed virgin coconut oil
- 1/2 tsp fine ground sea salt, or more to taste
- Pinch fresh ground pepper



You can take this extra step, and I recommend it for rich flavor, but it's not necessary: In small pan, add 1/4 tsp coconut oil, onion and garlic and stir over medium heat for 3-5 minutes before adding to blender.

Blend all ingredients, except herbs (dill, chives and parsley), until ultra creamy. Now, add herbs and pulse until they are just broken up but not too much that the dressing turns green. If you don't mind green dressing, blend away—the taste is the same.

### **SALAD INGREDIENTS**

- 1 2/3 cups cucumber, diced
- 1 cup feta, crumbled (or goat or sheep cheese or Daiya cheese replacement)
- 1 2/3 cups radish diced
- 1 ¼ cups spring peas\* see below
- 1 cup toasted sunflower seeds
- 5 cups romaine lettuce, chopped

## **SPRING PEA AND ROMAINE MASON JAR SALAD (Continued)**

\*Where to find spring peas

You have a couple of options:

1. You may purchase fresh organic pea pods and shell these.
2. You may also opt to purchase organic frozen shelled peas. Simply use these straight into the Mason Jar salad; no need to cook these. Add these to your Mason jars frozen, along with all the other fresh ingredients and then place the jars in the refrigerator for the week. These will defrost by the time that you eat each salad.
3. You may also opt to purchase frozen shelled organic spring peas.

You will want your portion defrosted for the fresh salad that will be eaten on Wednesday night. Simply leave this in a prep bowl on the counter to defrost.

## **INSTRUCTIONS**

In a half-pint jar mix together the ingredients for the creamy buttermilk dressing and shake well. Adjust salt and pepper to taste.

Set up your ingredients in order of the recipe in front of you, and then assemble your own delicious, nutrient-packed creations. **Two tablespoons of the dressing goes first (don't let the dressing touch the side of the jar), then cucumber, feta, and so on...** Seal the jars and place them in the refrigerator. These will last for five days in the fridge. Simply shake when you are ready to eat it, and serve.

**FIVE SERVINGS** Make five salads. Have one tonight and refrigerate the rest to use across the week.

## COCONUT-RED CURRY SALMON IN PARCHMENT (EN PAPILLOTE)

SERVES TWO (420 calories per serving)

**WATCH THE VIDEO!** <http://www.cleanandleanrevolution.com/cooking-video-coconut-red-curry-salmon-in-parchment-with-chef-lynne-vea/>

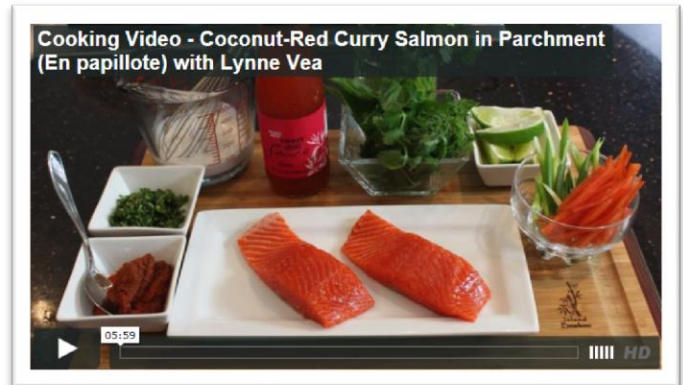
### Coconut Curry Mixture:

- 1/2 cup coconut milk
  - 2 T Thai red curry paste  
(depending on how spicy you like it!)
  - 2 T Thai sweet chili sauce
- Mix above three ingredients together

Parchment paper

- 2 5-ounce salmon filets, skin off
- 2 T each minced fresh basil and cilantro
- 1 tsp sea salt (or you may use fish sauce)
- 2 green onions, cut into thin strips
- 1 1/2 red bell peppers, cut into thin strips

Other options for tucking inside the packet could include diced mango, papaya, fresh shrimp or crab meat, use your imagination!!)



### INSTRUCTIONS

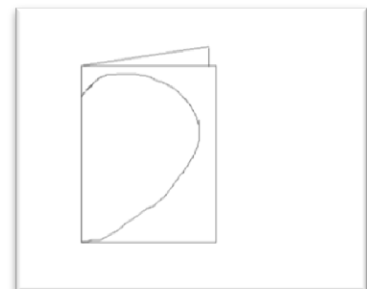
Preheat your oven to 400 degrees F.

Cut two 18-inch lengths of parchment paper.

Fold each in half and trace a large, fat half-heart shape on each one. (See diagram)

Cut out the shapes and proceed as directed.

Open the parchment paper shape and lay a salmon filet on one half of the paper. Top with a little of the coconut and curry mixture. Lay half of the green onion and red bell pepper strips on top.



Fold and cut parchment paper into a large heart shape

Fold the other half of the parchment over the fish and starting at the top of the paper, make a small fold to crease the 2 sides together. Repeat with a second fold overlapping the first and continue around the whole outer edge of the paper.

Make the second packet just like the first.

Bake the packets for 10-12 minutes or until puffed and sizzling. Open carefully, there's hot steam inside! Garnish with sprigs of cilantro or basil and wedges of fresh lime.

**SUBSTITUTIONS:** Replace fish: Use ingredients for a stir fry (you will not use parchment paper), using one 14 oz package of Wildwood Sprouted Organic Firm Tofu (they sell this at Fred Meyer and natural health food stores) OR 1 ¼ cup white beans, canned, rinsed. Heat skillet to medium high, add 1 T coconut oil to skillet, then add all the other ingredients, minus the coconut curry mixture. Sauté for 5-8 minutes. Add the coconut curry cream sauce to the skillet and continue to sauté until sauce has been heated.

**SERVINGS:** have one packet tonight and refrigerate the second packet tomorrow evening. When you serve, feel free to use any leftover coconut curry mixture as a garnish, dipping sauce.



## **GREEK CHICKEN STEW WITH CAULIFLOWER AND OLIVES**

SERVES FOUR (420 calories per serving (using 3 legs and 3 thighs in the recipe))

Cinnamon adds a subtle sweetness to this stew. If salt is an issue, omit the olives; the stew will still be delicious.

2 T + 2 tsp extra virgin coconut oil  
1 large red onion, chopped  
2 to 4 T minced garlic (to taste), jar  
6 chicken legs and/or thighs, skinned  
2 T red wine vinegar  
1 28-ounce can chopped tomatoes, with juice, pulsed in a food processor  
1/2 tsp cinnamon

Sea salt and freshly ground pepper

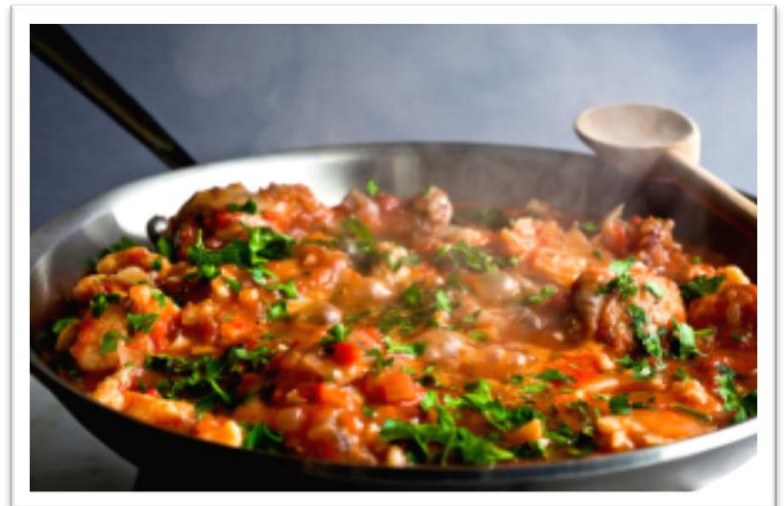
1/2 tsp dried thyme, or 1 tsp fresh thyme leaves

1 small or 1/2 large cauliflower, cored, broken into florets, and sliced about 1/2 inch thick

12 kalamata olives (about 45 grams), rinsed, pitted and cut in half

1 to 2 T chopped flat-leaf parsley

1 to 2 ounces feta cheese, crumbled



### **INSTRUCTIONS**

Heat 1 T of the oil over medium-high heat in a large, deep, heavy lidded skillet or casserole and brown the chicken, in batches if necessary, about 5 minutes on each side. Remove the pieces to a plate or bowl as they're browned. Pour off the fat from the pan. Add the vinegar to the pan and scrape up all the bits from the bottom of the pan.

## **GREEK CHICKEN STEW WITH CAULIFLOWER AND OLIVES (Continued)**

Add the remaining 1 T and 2 tsp of the oil to the pan, and turn the heat down to medium. Add the onion and a generous pinch of sea salt and cook, stirring often and scraping the bottom of the pan, until it begins to soften, about 5 minutes. Turn the heat to low, cover and let the onion cook for 10 minutes, stirring from time to time, until it is lightly browned and very soft. Add the garlic and stir together for a minute or two more, until the garlic is fragrant, then add the tomatoes and their juice, the cinnamon, thyme, and sea salt and pepper to taste. Bring to a simmer and simmer 10 minutes, stirring from time to time, until the mixture is reduced slightly and fragrant.

Return the chicken pieces to the pot, along with any juices that have accumulated in the bowl. If necessary, add enough water to barely cover the chicken. Bring to a simmer, reduce the heat, cover and simmer 20 minutes. Add the cauliflower and kalamata olives and simmer for another 20 minutes, or until the cauliflower is tender and the chicken is just about falling off the bone. Stir in the parsley, taste and adjust seasonings. Serve with feta sprinkled on top.

**FOUR SERVINGS:** Divide equally into four servings. Have one serving tonight, keep two servings fresh in the frig and freeze the remaining serving to have in the following weeks.

### **SUBSTITUTIONS**

**REPLACE CHICKEN:** using two 14 oz packages of Wildfood Sprouted Organic Firm Tofu OR 2 ½ cup white beans, canned, rinsed. + 3.5 T coconut oil. You may still opt to brown your tofu. This will take only minutes. Add the rest of the coconut oil when you add the cauliflower. You will only need to simmer the dish until the vegetables are tender.

**REPLACE KALAMATA OLIVES:** with any other olives

**OMIT OLIVES:** another option with this soup is to omit the olives altogether and replace them with 7 baby artichokes (jarred). Remove from jar, discard liquid and cut into quarters. Add with the cauliflower.

## **CARROT, BANANA, RAISIN MUFFINS**

SERVES 12 (360 Calories Total Meal: Muffin 300 Calories + (choose one) medium apple, small pear, 2/3 cup berries)

2 cups almond flour or meal

2 tsp baking soda

1 tsp sea salt

1 T cinnamon

1 cup dates, pitted

1/2 cup raisins

3 ripe bananas

3 eggs

1 tsp apple cider vinegar

1/4 cup coconut oil, melted

1 1/2 cups carrots, shredded

3/4 cup walnuts (or nuts of choice), finely chopped

muffin paper liners (no foil lined/ metal on the liners)



## **INSTRUCTIONS**

Preheat oven to 350°F.

- In a large bowl, combine flour, baking soda, salt and cinnamon.
- In a food processor, combine dates, bananas, eggs, vinegar and oil.
- Add mixture from food processor to dry mixture in the large bowl and combine thoroughly.
- Fold in carrots, raisins and nuts.
- Spoon mixture into paper lined muffin tins.

Bake at 350° for 25-35 minutes. These will still be a bit moist in the center.

**SERVES 12:** Keep three fresh and freeze the rest.

**SUBSTITUTIONS:** replace eggs with Ener-G egg replacement.

Replace almond flour with cashew flour (this will change the flavor of these muffins)