

# CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!  
WEEK THREE RECIPES



## **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](#)"

## ARUGULA PESTO QUINOA MASON JAR SALAD

SERVES FIVE (420 calories per serving)

### Arugula Pesto

- 1 cup fresh arugula
- ½ cup parsley
- 2 T lemon juice
- 4 T extra virgin olive oil
- ¼ cup pine nuts, toasted
- ½ tsp sea salt
- ½ tsp minced garlic, jar



### Salad Ingredients

- 3 ¾ cups cooked quinoa \*make an extra ½ cup cooked quinoa and refrigerate for Saturday and Sunday's meal
- 1 2/3 cups carrots, grated
- 1 2/3 cups celery, diced
- 1 2/3 cups mushrooms sliced
- 1 ¼ cup grated asiago cheese
- 5 cups spinach

### INSTRUCTIONS

\*If you want to dry toast your quinoa before cooking it, simply add quinoa to a medium high skillet on the stove top, and lightly toast. Keep the quinoa moving and watch it carefully. It will not change color dramatically, it will turn slightly golden. Add dry toasted quinoa directly to boiling water to cook as follows:

Cook 2 cups dry quinoa with 3 cups water. Bring water to a boil, add quinoa, reduce to simmer, cover and cook for 15 minutes. Fluff with fork. \*Allow quinoa to cook completely in the refrigerator prior to assembling your ingredients in the Mason Jars.

## **ARUGULA PESTO QUINOA MASON JAR SALAD (continued)**

In a high-powered blender mix together the pesto ingredients until smooth.

Set up your ingredients in order of the recipe in front of you, and then assemble your own delicious, nutrient-packed creations. Use 3 <sup>3</sup>/<sub>4</sub> cup cooked quinoa, divided among the five jars (place remaining cooked quinoa in the refrigerator to use for Saturday and Sunday's meal).

Two tablespoons of the dressing goes first (don't let the dressing touch the side of the jar), then the quinoa, carrots, 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.

**SUBSTITUTIONS:** replace cheese with 3 oz of walnuts (21 whole walnuts or 42 halves)

Replace cooked sprouted quinoa with cooked quinoa.

**SERVES FIVE:** eat one serving for dinner tonight and place four in the refrigerator to use across the week.

**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.

## PROSCIUTTO WRAPPED DIJON CHICKEN PARCHMENT PAPER PACKET

You will make two complete meals (prosciutto wrapped chicken with vegetables), and you will make one extra prosciutto wrapped chicken breast (without vegetables) in a separate pouch, to use for Saturday's dinner.

### SERVES 2 (420 calories per serving)

3 small chicken breasts

3 T Dijon mustard (1 T per breast)

Sea salt and pepper

3 basil leaves

3 thinly sliced prosciutto slices (about 1/4 pound)

1/2 lb asparagus, ends removed, slice in quarters, lengthwise

1 small red pepper, sliced thin, in matchsticks

1/2 T extra virgin olive oil OR coconut oil, melted

Parchment Paper

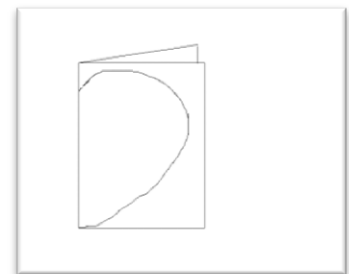


### INSTRUCTIONS

Preheat oven to 425°F.

Spread each chicken breast evenly with 1 tablespoon of mustard. Place a basil leaf on top of each chicken breast and lightly season each breast with a pinch of salt and pepper. Wrap each chicken breast with a slice of prosciutto.

Cut three 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.



**For the two complete meals:** create two parchment paper packets as follows: Place peppers and asparagus in a bowl and drizzle with olive oil OR melted coconut oil and toss. Open each heart. On one side of each heart, divide the asparagus and red pepper among the four parchment paper packs. Season with salt and pepper. Place one prosciutto wrapped chicken breast on top of each vegetable stack and seal each packet.

## PROSCIUTTO WRAPPED DIJON CHICKEN PARCHMENT PAPER PACKET

(Continued) For the third parchment paper pack, place the one extra prosciutto wrapped chicken breast on one side of the parchment paper (without vegetables) and seal the packet.

### Watch: How to Seal a Parchment Paper Packet:

<http://www.cleanandleanrevolution.com/how-to-seal-a-parchment-paper-packet/>



Fold packets tightly and place on baking sheet. Bake for approx. 25-30min. Internal chicken temp is 165 degrees F.

**SERVES TWO:** Have one serving tonight and refrigerate the second serving for tomorrow. You can keep the second meal in the pouch sealed, refrigerate and then reheat in the oven or microwave in the pouch. Refrigerate the third packet.

**SUBSTITUTIONS:** replace prosciutto with one tablespoon coconut oil per packet.

**Replace chicken** – choose a different parchment paper recipe that makes two servings to replace this recipe, plus make an extra 'protein only' pouch (if you make a fish recipe, cook an extra serving of fish to use for Saturday and Sunday's meal).

**Vegetarian Option:** replace this recipe with a Meatless Monday recipe from the site, that makes three servings. Divide the third serving to use on Saturday and Sunday with the Toasted Quinoa And Green Bean Salad With Lemony Hummus Dressing.

## TOASTED QUINOA AND GREEN BEAN SALAD WITH LEMONY HUMMUS DRESSING

Watch the Cooking Video:

<http://www.cleanandleanrevolution.com/cooking-video-toasted-quinoa-and-green-bean-salad-with-lemony-hummus-dressing/>

### SERVES TWO (420 Calorie Servings)

½ cup cooked quinoa (leftover)

1/8 pound fresh green beans, stems removed

1/8 cup toasted and chopped hazelnuts

1/8 cup hummus (your favorite flavor)

1 T lemon juice (depending on how zesty you like it!)

1 T extra virgin olive oil

Sea salt and freshly ground pepper to taste

Optional: 3+ Tablespoons freshly chopped tender herbs (such as basil, parsley, cilantro, dill – whatever you have left over in the refrigerator from week one and week two)



### INSTRUCTIONS

Steam the beans until just tender, but still bright green, and allow to cool. Place in a bowl with the quinoa and hazelnuts.

In a small bowl, combine the hummus, lemon juice and olive oil. If the mixture is a little thick, stir in a bit of vegetable stock or water. Season with salt and pepper.

Toss the hummus dressing with the quinoa and beans. Garnish with chopped fresh herbs if desired.

**SERVES TWO:** Take leftover prosciutto wrapped chicken breast from Thursday night, you can incorporate this cold, or reheated, slice thinly. Divide Toasted Quinoa and Green Bean Salad With Lemony Hummus Dressing between two serving and top each with ½ of the prosciutto wrapped chicken breast. Eat one serving tonight and one serving tomorrow night.

## **CUCUMBER, SMASHED AVOCADO AND SPROUT STACK**

Serves 2 (420 calorie portions)

Make two of these, one for dinner and one for lunch tomorrow. Since you are just adding oil and not vinegar, this should keep well till the next day.

If you would also like to add a small drizzle of aged balsamic vinegar (the thicker it is the sweeter it tastes) you are welcome to at the time you serve this.



### **INSTRUCTIONS**

Stack two, equally divided, meals in this order:

Bed of 1 medium cucumber, sliced into medallions

1 avocado, smashed

Mixture of: ¼ red onion, finely diced and 4 Roma tomatoes, finely chopped

1/2 cup alfalfa sprouts

Top with 1 medium zucchini sliced thinly, lengthwise

Drizzle 5 T unfiltered extra virgin olive oil over the top (yes, 2.5 T per salad – don't skimp on this)

Light sprinkle of sea salt and pepper