

# CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!  
WEEK TWO 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](#)"

## **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

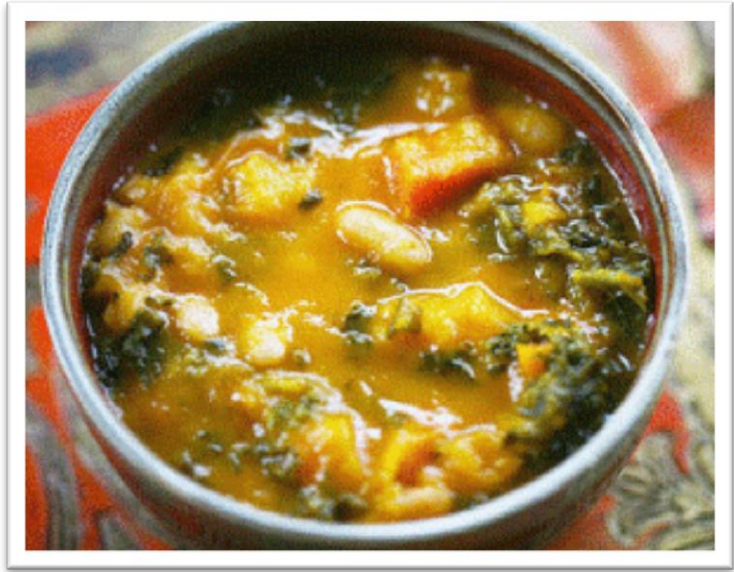
Drizzle 5 T unfiltered extra virgin olive oil over the top (yes, 2.5 T per salad – don't skimp on this)

Light sprinkle of sea salt and pepper

## **COCONUT KALE and ROASTED VEGETABLE SOUP**

Serves 7 (420 calorie portions)

- 6 medium carrots, peeled and quartered lengthwise
- 4 large tomatoes, quartered
- 2 large onion, cut into 4 or 5 slices
- 18 oz of frozen organic cubed butternut squash
- 4 T garlic, minced from jar
- 2 T extra virgin olive oil
- 12 cups or more of vegetable or chicken broth
- 6 cups of finely chopped kale
- 4 large fresh thyme sprigs or 2 tsp dried
- 2 bay leaves
- 2, 15 oz can of Great Northern white beans, drained
- 1 T curry
- 1/8 tsp nutmeg
- 1 cup canned coconut milk (not light, not boxed coconut milk)



### **INSTRUCTIONS**

Place frozen squash in bowl and set out to defrost at room temperature.

Preheat oven to 400°F (reduce heat by 25°F if using convection oven). Brush rimmed baking sheet with a thin coat of olive oil. Arrange carrots, squash, tomatoes, onion, and garlic on sheet. Drizzle with more olive oil. Sprinkle with salt and pepper. Toss to coat. Roast vegetables until they are brown and tender, stirring occasionally, about 45 minutes.

Cut carrots into 1/2 inch pieces; set aside.

## **COCONUT KALE and ROASTED VEGETABLE SOUP (continued)**

In a food processor or blender, place garlic, tomatoes and onion; puree until almost smooth. Pour 1/2 cup broth onto the baking sheet; scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add broth, kale, thyme and bay leaf to pot. Bring to boil. Reduce heat. Simmer uncovered until kale is tender, about 30 minutes.

Add coconut milk, carrots, beans, and squash to soup. Simmer 20 minutes to blend flavors. Add additional spices, herbs and season with salt and pepper as needed. Discard thyme sprigs and bay leaf.

**SERVES 7:** Divide equally among servings. Keep four servings to have fresh, reheated across the week. Freeze the additional three servings to have the following 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.

## COCONUT-RED CURRY CHICKEN IN PARCHMENT (EN PAPILOTE)

SERVES TWO (420 calories per serving)

Same idea as last week's recipe with chef Lynne Vea, but with chicken

### Coconut Curry Mixture:

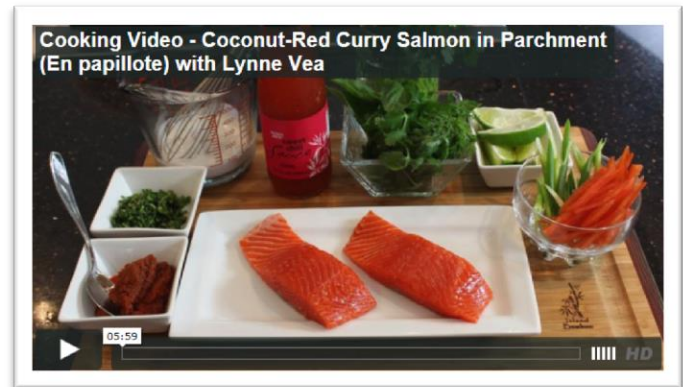
1/2 cup coconut milk

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

1 large skinless boneless chicken breast, divided, browned

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

### INSTRUCTIONS

Preheat your oven to 400 degrees F.

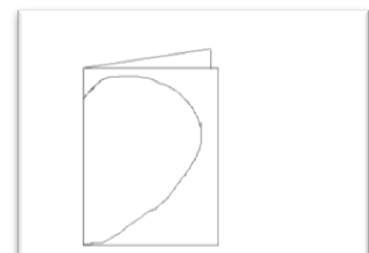
Cut two 18-inch lengths of parchment paper.

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.

Slice chicken breast in half on the bias, into four equally thick pieces. Brown chicken over medium high heat, using 1 T coconut oil for approximately 2 minutes on each side.

Open the parchment paper shape and lay two pieces of chicken breasts 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

## **COCONUT-RED CURRY CHICKEN IN PARCHMENT (CONTINUED)**

Fold the other half of the parchment over the chicken 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 20 minutes or until puffed and sizzling. To test for doneness, press the chicken with a fingertip through the paper. It should feel firm and spring back. Open carefully, there's hot steam inside! Garnish with sprigs of cilantro or basil and wedges of fresh lime.

**SUBSTITUTIONS:** Replace chicken: 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.

## **SLOW-COOKER CURRIED LENTILS WITH CHICKEN AND POTATOES**

**\*see vegetarian option below**

SERVES SEVEN (420 calories per serving)

- 1 1/2 cups red lentils or yellow split peas
- 1 1/2 lbs sweet potatoes (about 2), cut into 1-inch pieces
- 1 medium onion, chopped
- 2 T minced garlic, jar
- 2 tsp curry powder, to taste
- 1 tsp chopped fresh ginger, to taste
- sea salt and black pepper
- 4 cups organic chicken broth
- 1/2T extra virgin coconut oil
- 6 boneless, skinless chicken thighs (about 1 3/4 pounds total)
- 2 T fresh lime juice, plus lime wedges for serving
- 3/4 cup plain yogurt
- 1/4 cup fresh cilantro leaves, torn



### **INSTRUCTIONS**

In a 4- to 6-quart slow cooker, combine the lentils, potatoes, onion, garlic, curry powder, ginger, 1¼ tsp sea salt, and ¼ tsp pepper. Add the broth, coconut oil and chicken and turn to coat.

Cover and cook until the lentils and vegetables are tender and the chicken is cooked through, on low for 7 to 8 hours or on high for 4 to 6 hours (this will shorten total recipe time). Fifteen minutes before serving, transfer the chicken to a medium bowl and, using 2 forks, shred the meat; return it to the slow cooker. Add lime juice and stir to combine, add more water if necessary to reach the desired consistency. Serve topped with the yogurt and cilantro, and lime wedges on the side. **SERVES 7:** Divide equally among portions. Keep two servings fresh and freeze the remaining five servings to have later in the plan.



## **SLOW-COOKER CURRIED LENTILS WITH POTATOES \*vegetarian option**

**The ingredients are bolded that have been changed/ added**

SERVES SEVEN (420 calories per serving)

**1 3/4 cups red lentils or yellow split  
peas**

**2 pounds sweet potatoes (about 3), cut  
into 1-inch pieces**

1 medium onion, chopped

2 T minced garlic, jar

2 tsp curry powder, to taste

1 tsp chopped fresh ginger, to taste

sea salt and black pepper

**5 cups organic vegetable broth**

**3 ½T extra virgin coconut oil**

2 T fresh lime juice, plus lime wedges for serving

**1 3/4 cup plain coconut yogurt**

1/4 cup fresh cilantro leaves, torn



### **INSTRUCTIONS**

In a 4- to 6-quart slow cooker, combine the lentils, potatoes, onion, garlic, curry powder, ginger, 1¼ tsp sea salt, and ¼ tsp pepper. Add the broth, coconut oil.

Cover and cook until the lentils and vegetables are tender, on low for 7 to 8 hours or on high for 4 to 6 hours (this will shorten total recipe time). Add lime juice and stir to combine, add more water if necessary to reach the desired consistency. Serve topped with ¼ cup plain coconut yogurt and cilantro, and lime wedges on the side.

**SERVES 7:** Divide equally among portions. Keep two servings fresh and freeze the remaining five servings to have later in the plan.