

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!
WEEK FOUR 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**](#)"

ZUCCHINI PASTA MASON JAR SALAD

SERVES FIVE (420 calories per serving)

Avocado Spinach Dressing

3 T extra virgin olive oil
1/3 cup Greek yogurt, plain 2%
1 ripe avocado
Juice of 1/2 lemon
1 cup fresh packed spinach
1/2 tsp sea salt
1/4 tsp pepper

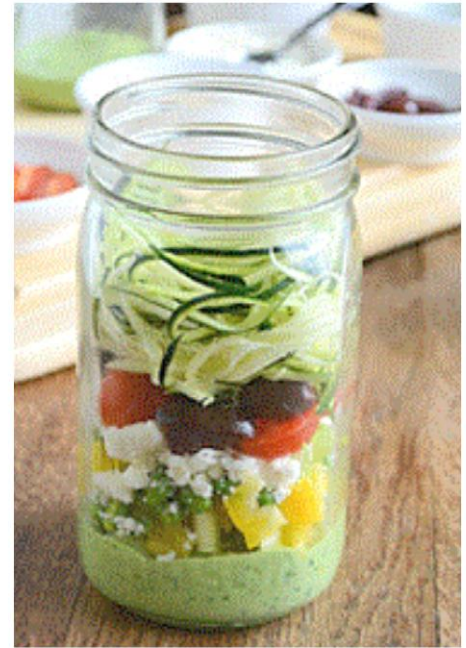
Salad Ingredients

2 1/2 cups shelled edamame
25 kalamata olives, chopped
1 1/4 cups feta cheese, crumbled
1 1/4 cups cherry tomato
1 1/4 cups red bell pepper
2 1/2 cups spiraled zucchini
1 1/4 cups celery, sliced

INSTRUCTIONS

In a high-powered blender mix dressing ingredients until smooth.

You can thinly julienne your zucchini with a knife, with your food processor and with a kitchen gadget made for the purpose.



ZUCCHINI PASTA MASON JAR SALAD (Continued)

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 edamame, olives, 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 Greek Yogurt with a vegan sour cream.

Replace edamame with 2 ½ cups garbanzo beans, canned, rinsed cooked (cooled)

Replace Kalamata olives with black olives

BUTTERNUT SQUASH, KALE AND WHITE BEAN SOUP

SERVES FIVE (420 calories per serving)

3 T ghee (or extra virgin coconut oil)
1 large onion, chopped
3 stalks celery, chopped
1 small butternut squash,
peeled, seeded, and cubed
8 cups vegetable stock
2 to 3 T chopped fresh rosemary
3 to 4 cup cooked cannellini beans
2 to 3 cup chopped kale
1 T minced garlic, jar
black pepper and sea salt to taste



INSTRUCTIONS

Heat a 6-quart pot over medium heat. Add ghee, then add the onions; sauté for 5 to 10 minutes. Then add the celery, butternut squash, stock, garlic, and rosemary. Cover and simmer for about 15 minutes, or until the squash is tender.

Then add the cooked beans, chopped kale, pepper, and sea salt. Simmer for another 3 to 4 minutes. Taste and adjust salt and seasonings if necessary.

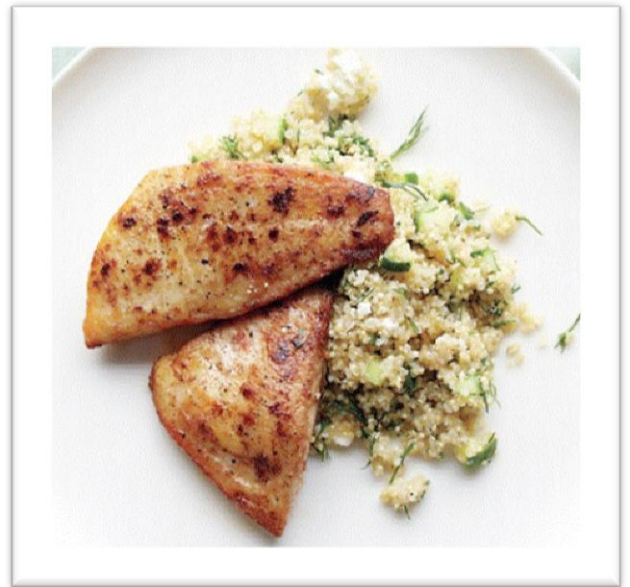
Serve and enjoy!

SERVES FIVE: Have one serving fresh tonight and one for dinner tomorrow. Freeze the rest in single servings. You will not use these again this week. You will have four single servings to use in the weeks after you complete the four week meal plans.

TILAPIA AND CUCUMBER SPROUTED QUINOA

SERVES TWO (420 calories per serving)

1/2 cup sprouted quinoa
Coarse sea salt and ground pepper
1/2 T coconut oil
1/2 pound boneless, skinless tilapia fillets,
divided into 4 pieces
1/3 tsp paprika
1/2 cup English cucumber (3 ounces), diced small
2.5 T roughly chopped fresh dill
2.5 T feta (3/4 ounces), crumbled
1.5 T extra virgin olive oil
1 tsp fresh lemon juice



INSTRUCTIONS

In a small saucepan, bring quinoa, ½ cup water, and dash of sea salt to a boil over high. Reduce to a medium simmer and cook until water evaporates, about 15 minutes. Transfer quinoa to a medium bowl and let cool 5 minutes.

In a large nonstick skillet, heat 1/2 T coconut oil over medium-high. Pat fish dry and season with salt and pepper; sprinkle with paprika. Cook fillets until opaque throughout, about 4 minutes, flipping halfway through. Stir cucumber, dill, feta, 1.5 T extra virgin olive oil, and lemon juice into quinoa. Season with salt and pepper. Divide quinoa among two plates and top with fish.

SUBSTITUTIONS: quinoa for sprouted quinoa (same cooking instructions for both sprouted and regular quinoa)

TILAPIA AND CUCUMBER SPROUTED QUINOA (Continued)

Replace feta with a few T of nutritional yeast OR replace feta by adding an additional T of coconut oil.

Replace Tilapia with $\frac{3}{4}$ cup scoop of white beans. Add all ingredients, except the Tilapia, to the quinoa after you have cooked it (paprika too – it tastes great and gives some good color). Makes two servings, divide equally).

SERVES TWO: Divide equally and have a fresh serving for dinner tonight and pack one for lunch tomorrow.

CULTURED VEGGIE "PROBIOTIC" SALAD

Cultured veggies are one of the healthiest foods that you can give yourself on a regular basis. Most other cultures eat cultured veggies on a regular basis. I call this salad 'cultured veggies,' or 'probiotic salad,' or 'sauerkraut.' Now, stay with me! This is the next generation of sauerkraut!

It is tangy and delicious, and it supplies your body with ample, life giving probiotics, and digestive enzymes.

Preparation time: 10 minutes

"Culturing" time: 4 days to 3 weeks

*You'll culture these for 7 days

Yields 2 quart sized jars

GREEN CABBAGE, CARROT, CELERY AND DILL CULTURED VEGGIE SALAD



2 quart sized, clean glass jar with rubber lid and screw top lid

2 pounds green cabbage

½ pound carrot

½ pound celery

2 sprigs dill, chopped

1 T sea salt (you may use less if you like)

Reserve one outer leaf. (You can use other veggies instead of cabbage if you have a "culture starter," OR make sure at least 1/4 of the jar is cabbage... the cabbage contains the live cultures needed to start the fermentation process).

INSTRUCTIONS

1. Shred cabbage, carrots and celery as you like either with a knife, cabbage shredder, or food processor. Put into large mixing bowl.
2. Add salt and chopped dill and use your hands or some type of tampering device to pound and mix the cabbage well (so that you break open the cell walls and release some of the natural juices). You should give the cabbage a good 3 to 5 minutes of mixing and pounding.



3. Pack the cabbage down tight in a clean quart sized jar. The liquid should come up over the cabbage when pushed down. Leave only an inch space from the top. If you need to you can add some filtered water. You don't want a lot of air at the top.



4. Use one of the outer cabbage leaves and tuck it in around the shredded cabbage to protect it from air. It is okay if some juices come up over the cabbage leaf. In fact, this is preferred.

5. Put the lid on, **but do not screw tight**. Place in a baking dish or on a plate to catch any juice that might push out over the first couple of days.

6. As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature — ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid.

Because this is a small batch of sauerkraut, it will ferment more quickly than larger batches. Start tasting it after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate.

7. You can store in refrigerator or if you plan to eat it over a couple of week's you can just leave it out (sealed) at room temp.

THINGS TO NOTE WHEN CULTURING VEGETABLES :

Check on the Brine It is important that the cabbage stay submerged in liquid. If the brine bubbles out during fermentation, replace it with a solution of coarse salt dissolved in filtered water, using a ratio of one tablespoon to one cup.

While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. These are all signs of a healthy, happy fermentation process. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged; don't eat moldy parts close to the surface, but the rest of the sauerkraut is fine.

There's no hard and fast rule for when the sauerkraut is "done" — go by how it tastes.

Fermentation is ideal at ideally 65°F to 75°F. In hot weather, let the jars stand in a dark corner in the back of a closet. At cool times of the year, a cupboard above the refrigerator is a safe bet.

Store sauerkraut for several months: This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.

Get creative and try adding things like shredded onions, garlic, chili flakes, chopped greens, or even shredded green apples!