

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](#)"

SERVES FIVE (420 calories per serving)

1/2 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

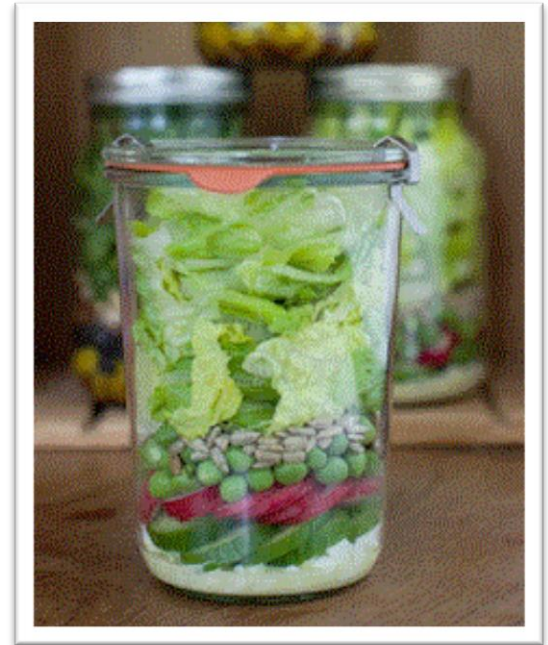
1/8 cup onion, minced

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



When ready, 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.

1 2/3 cups cucumber, diced

1 cup feta, crumbled

1 2/3 cups radish diced

1 ¼ cups spring peas* s

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.

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.

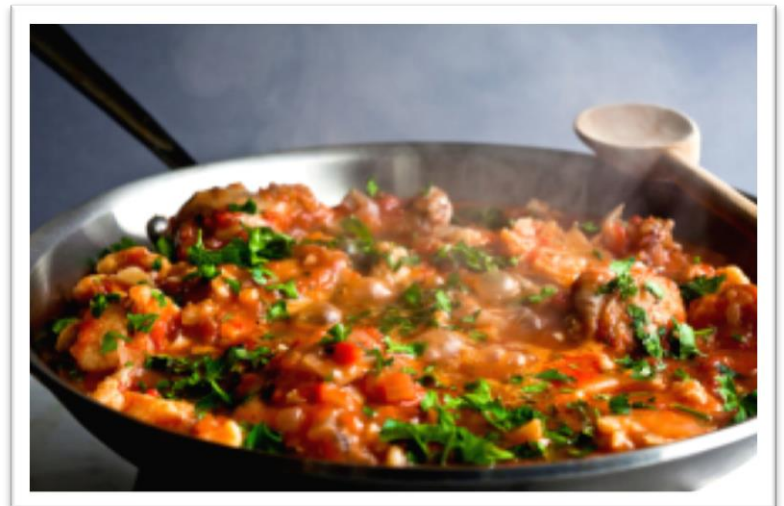
FIVE SERVINGS Make five salads. Have one tonight and refrigerate the rest to use across the week.

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 next week.

SUBSTITUTIONS

REPLACE CHICKEN: use 800 calorie of firm tofu + 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.

PARCHMENT PAPER HALIBUT & GRILLED SWEET POTATO WITH PESTO

SERVES TWO (450 calories per serving, when served with sweet potato and pesto)



2 (5 ounce) halibut fillet (opt for a thinner fillet)

1 T extra virgin coconut oil

2 (12 inch) square of parchment paper

1 lemon, sliced into rounds

Sea salt and pepper

INSTRUCTIONS

Preheat the oven to 400 degrees F

Spread coconut oil on the piece of halibut. Fold your sheet of parchment in half and use scissors to round out the corners so that it is almost a circle. Open the sheet back up. (See video 'SALMON IN PARCHMENT: HOW TO COOK FISH IN PARCHMENT' in the DOWNLOAD section of the member site). Place the halibut fillet skin side down onto the center of the piece of parchment. Sprinkle with pepper. Cover with three slices of lemon. Fold the piece of parchment up and over the fillet. Holding both edges of the parchment together, roll the edge down making several folds as you go until the fish fillets are tightly sealed in their packets. Place packet on a baking sheet.

PARCHMENT PAPER HALIBUT & GRILLED SWEET POTATO WITH PESTO

(Continued)

*Make sure your oven is preheated before placing the fish in the oven. Bake for 14 minutes in the preheated oven. Let stand five minutes before opening packet. This method is near full proof! If you cook your fish longer it will be overcooked. You will know that it is done when it flakes easily.

In the meantime, grill the sweet potatoes.

SWEET POTATOES AND PESTO

1 medium sweet potato
2 T extra virgin coconut oil
Sea salt
Jarred organic pesto



INSTRUCTIONS

Heat large stove top skillet to medium to medium high. Cut sweet potato into < 1/4 inch slices. Add coconut oil to heated skillet, spread evenly and fill the skillet with a single layer of sweet potatoes. Grill sweet potatoes for approximately 4-5 minutes on each side. They will turn golden brown. They are done when you can pierce them easily with a fork.

While your halibut and sweet potatoes are cooking.

To serve, prepare two servings (one for dinner tonight and the other for lunch the next day): 1 halibut fillet + 1/2 sweet potato – divide pesto between two servings and top both halibut and sweet potato with pesto.

SWEET POTATOES AND PESTO (Continued)

SERVES TWO: To serve, prepare two servings (one for dinner tonight and the other for dinner the next day): 1 halibut fillet + ½ sweet potato – divide pesto between two servings and top both halibut and sweet potato with pesto.

SUBSTITUTIONS: Replace halibut with 1 cup white beans, sautéed in 2T extra virgin coconut oil or ghee + ½ T minced garlic with ½ cup chopped spinach (or other greens that you have sitting around for your smoothie). You will not use parchment paper or the oven. Sauté all the ingredients in a skillet heated over medium heat.

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



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)

SPROUTED LENTIL MASON JAR SALAD

SERVES FIVE (420 calories per serving)

Orange Marmalade Vinaigrette

3 T marmalade

5 T extra virgin olive oil

3 T apple cider vinegar

Pinch red pepper flakes

Sea salt and pepper to taste

Whisk dressing ingredients together...

Salad Ingredients

1.5 cups cooked quinoa

3 clementine oranges, peel and section

1 medium red onion, chopped fine

1.5 cups sprouted lentils*

5 T pine nuts

3 cups chopped romaine

3 cups chopped spinach

INSTRUCTIONS

Set up your ingredients in order of the recipe in front of you, and then let them assemble their own delicious, nutrient-packed creations. **The dressing goes first**

(don't let the dressing touch the side of the jar), then quinoa, clementine 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.

*You will be instructed to start sprouting your lentils on day three of the program.

SERVES FIVE: Have one tonight and place the remaining four salads in the refrigerator to use across the week.

