

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](#)"

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
- 1/4 cup pine nuts, toasted
- ½ tsp sea salt
- ½ tsp minced garlic, jar

Salad Ingredients

- 3 ¾ cups cooked sprouted quinoa
- 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

Cook sprouted quinoa or quinoa (if you chose not to sprout) by using equal parts sprouted quinoa to water. Bring water to a boil, add quinoa, reduce to simmer, cover and cook for 10-12 minutes. Fluff with fork. *Allow quinoa to cook completely in the refrigerator prior to assembling your ingredients in the Mason Jars.

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



ARUGULA PESTO QUINOA 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 the sprouted 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)

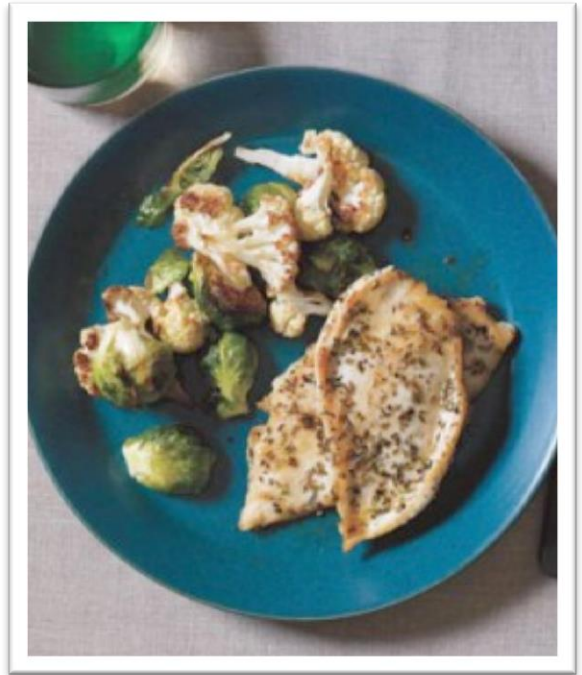
Replace cooked sprouted quinoa with cooked quinoa.

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

HERBED CHICKEN CUTLETS WITH ROASTED VEGETABLES

SERVES TWO (420 calories per serving)

1/2 lb Brussels sprouts,
 trimmed and quartered
1/4 medium head cauliflower,
 cut into small florets (about 2 cups)
3 T extra virgin coconut oil
sea salt and black pepper
4 small chicken cutlets (1-1/2 lbs)
1/2 T herbs de Provence



INSTRUCTIONS

1. Heat oven to 425° F. On a large rimmed baking sheet, toss the Brussels sprouts and cauliflower with 1 T of the oil and ½ tsp each sea salt and pepper. Roast, tossing once, until tender, 20 to 25 minutes.

2. Meanwhile, heat 1 T of oil in a large skillet over medium heat. Season the chicken with the herbes de Provence, ½ tsp sea salt, and ¼ tsp pepper. Working in batches, cook until golden brown and cooked through, 2 to 3 minutes per side, adding the remaining 1T of olive oil as necessary. Serve with the vegetables.

You may make your own 'herbes de Provence' – if you have most of these ingredients, then simply use what you have.

Combine:

2 tablespoons dried savory
2 tablespoons dried rosemary
2 tablespoons dried thyme
2 tablespoons dried oregano
2 tablespoons dried basil
2 tablespoons dried marjoram
2 tablespoons dried fennel seed

HERBED CHICKEN CUTLETS WITH ROASTED VEGETABLES (continued)

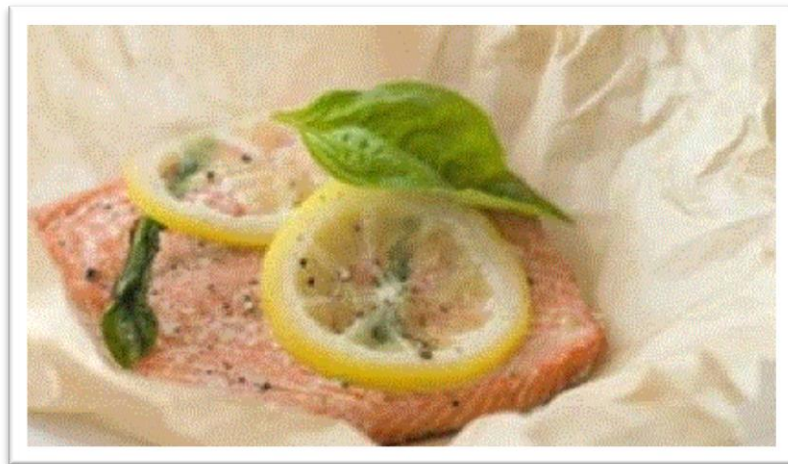
SERVES TWO: have one serving for dinner tonight and the other for dinner tomorrow night.

Substitutions: If you are a vegetarian/ vegan then you followed my suggestion last week to make the Slow Cooker Curried Lentils with Chicken and Potatoes into a vegetarian meal. This recipe made seven servings. There are two extra servings that are not scheduled on the meal plans. Use these two servings to replace this meal.

PARCHMENT PAPER SALMON WITH SAUTEED GREEN BEANS

Makes 2 Servings

2 (5 ounce) wild salmon fillets
1.5 T extra virgin olive oil
2 (12 inch) square of parchment paper
1 lemon, sliced into rounds
Sea salt and pepper



INSTRUCTIONS

One serving for dinner and second serving for lunch the next day.

Preheat the oven to 400 degrees F

Brush the piece of salmon on both sides with a light coating of olive oil. 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 salmon 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.

*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. When cooking salmon in parchment paper, the fish will retain a bright pink color. You will know that it is done when it flakes easily.

SAUTEED GREEN BEANS

Makes 2 Servings

3 cups of fresh green beans, washed, trimmed and cut into 4" pieces

2.5 T virgin coconut oil

sea salt

pepper

squeeze of lemon

INSTRUCTIONS

One serving for dinner and second serving for lunch the next day.

Add coconut oil to skillet heated to medium-high. Add green beans and sauté until tender (should still retain bright green color). Add a squeeze of lemon. Sea salt and pepper to taste and serve!

SERVES TWO: divide portions equally. Have one serving for dinner tonight and the other for dinner tomorrow night.

SUBSTITUTIONS: halibut for salmon.

Replace salmon with ½ cup white beans. You will not use parchment paper or the oven. Sauté all the ingredients in a skillet heated over medium high heat with an extra 1.5 T coconut oil. Add 1 cup white beans at the end of the sauté. Divide equally among two servings. Feel free to top with a dash of nutritional yeast.

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