

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

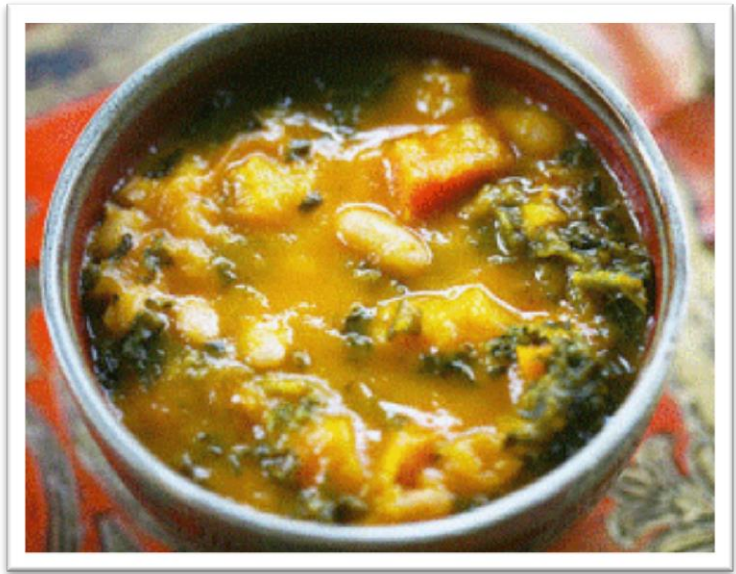
Drizzle 5 T unfiltered extra virgin olive oil over the top (yes, 2.5 T per salad – don't skimp on this)

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
- 2 bay leaf
- 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.

SLOW-COOKER CURRIED LENTILS WITH CHICKEN AND POTATOES

SERVES SEVEN (420 calories per serving)

1 1/2 cups red lentils or yellow split peas
1 1/2 pounds sweet potatoes (about 2), cut into 1-inch pieces
1 medium onion, chopped
2 T minced garlic, jar
2 tsp curry powder
1 tsp chopped fresh ginger
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, 1 1/4 tsp sea salt, and 1/4 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.