

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](#)"

SILKY CELERIAC (CELERY ROOT) AND BASIL SOUP

SERVES 7 (Approximately 2 cup servings)

- 1.5 cup cashews, soaked in 3 cups water for at least 2 hours
- 2 leeks, chopped
- 1 teaspoon sea salt
- 6 cloves garlic, chopped
- 2 tsp coconut oil
- 2 large celeriac, skinned and cubed
- 8 cups vegetable stock
- 2 tsp coriander
- 4 tsp celery salt
- 2 tsp ground pepper
- 2 T lemon juice
- 4 cups fresh basil



Watch the video here: <http://www.cleanandleanrevolution.com/silky-celeriac-celery-root-and-basil-soup/>

INSTRUCTIONS

In a large pot, heat coconut oil on medium heat. When melted, add the leeks, garlic and salt. Stir to coat and let cook until soft, about 3 to 5 minutes. Then add the celeriac and 1 cup of vegetable stock, stir, then cover with a lid and let cook about 10 minutes or until celeriac is soft and easily pierced with a fork.

Add in the rest of the vegetable stock, coriander, celery salt, black pepper and lemon juice. Let simmer for another 10 minutes to let the flavors meld. Finally, strain the cashews and add them to the both with the fresh basil. Remove from heat and use an immersion blender to make creamy.

SERVES 7 (2 cup servings): Use on fresh serving tonight, another for lunch tomorrow and freeze the remaining servings in single serving freezer Ziploc bags.

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

SPINACH STUFFED PORTOBELLO BOWLS

SERVES 2 (420 calorie portions)

½ cup cashews, soaked in water for two hours
3 tablespoon coconut oil
2 leeks, diced
1 1/2 teaspoons salt, divided
¼ teaspoon pepper
2 cups spinach leaves
3 tablespoon balsamic vinegar
1 tablespoon olive oil
1 teaspoon tamari
4 Portobello mushrooms



Garnish

2 red peppers, sliced, roasted

Watch the cooking video here:

<http://www.cleanandleanrevolution.com/spinach-stuffed-portobello-bowls/>

INSTRUCTIONS

Heat oven to 400 degrees. Destem, de-seed the red bell peppers. Slice into very thin strips and spread evenly over a foil lined backing dish. Roast for 15-30 minutes, until browned and slightly caramelized. *If you have any red onion leftover from the Cucumber, Smashed Avocado and Sprout Stack, you can caramelize thin cut strips of along with the red pepper. Both of these, together, would make a great garnish for this dish!

Drain the soaked cashews, and finely chop them in a food processor. Set aside.

Heat a sauté pan to medium heat, and add the coconut oil. Add the leeks, salt, and pepper. Stir well, and let cook for 3 to 5 minutes until leeks are tender.

SPINACH STUFFED PORTOBELLO BOWLS (Continued...)

Add the chopped cashews, stir again and let cook for 1 to 2 minutes. Then, add the spinach and balsamic vinegar, stir and cook until the spinach is wilted. Cover with a lid and let sit on the lowest heat setting to keep warm.

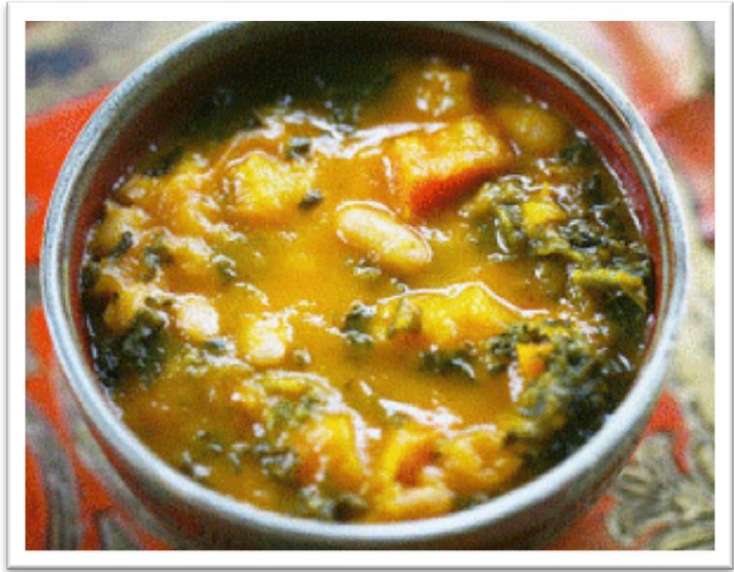
To prepare the mushroom caps, mix together the olive oil, tamari and remaining teaspoon of salt in a small bowl. Heat a large skillet on medium heat, brush the mixture onto each mushroom and sear gill side down for 5 minutes. Flip the mushrooms over and fill with the sautéed leeks and spinach. Cover the pan with a lid and let cook an addition 5 minutes. Serve warm with a garnish of sliced roasted red pepper.

SERVES 2 (2 caps per servings): Have two caps for one serving tonight and pack up the other two, to have for lunch tomorrow (you can reheat for 1 minute in the microwave)

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.