

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

1/2 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

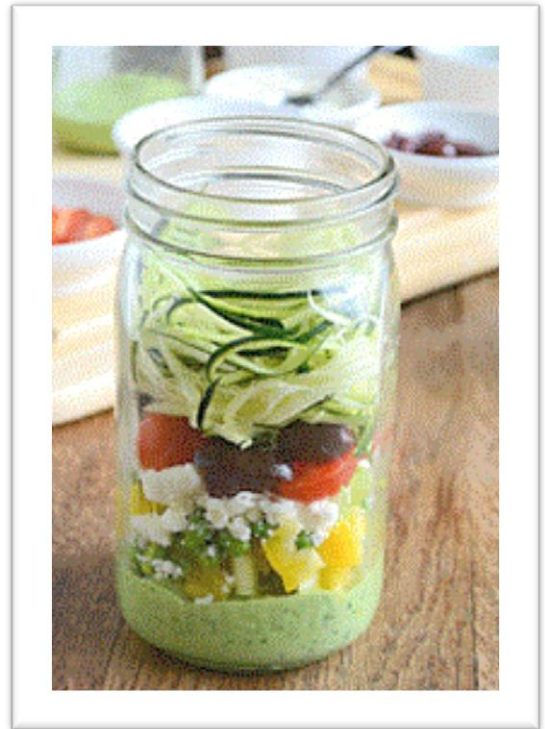
Salad Ingredients

- 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

ROASTED BEET ACORN SQUASH SALAD WITH MAPLE DRESSING

Worth the preparation, this beautiful autumn salad is always a favorite.

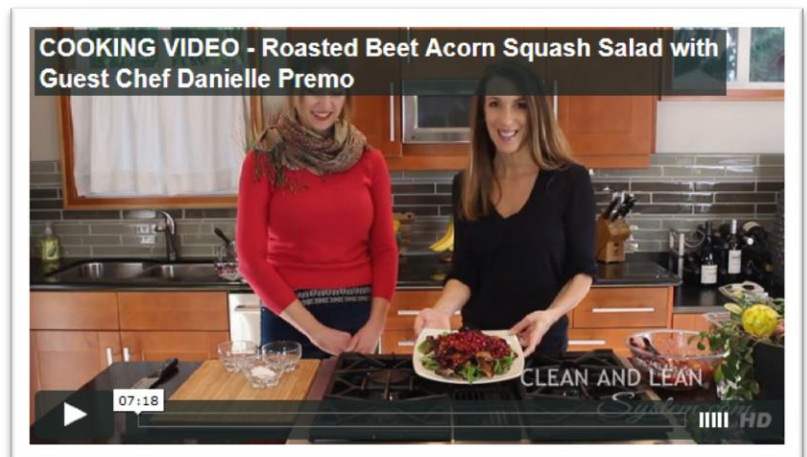
WATCH THE VIDEO: <http://www.cleanandleanrevolution.com/cooking-video-roasted-beet-acorn-squash-salad-with-maple-dressing-with-danielle-premo/>

SERVES TWO (420 calories per serving)

- 2 beets, roasted and diced
- 1 ½ T extra virgin coconut oil, divided
- 1 medium acorn squash, peeled, seeded and cut into ½ inch half-moon slices
- 1 tsp sea salt
- ½ tsp black pepper
- 3 T maple syrup (grade B)
- ½ cup pomegranate seeds
- 3 cups mixed greens

Dressing

- 1/8 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 2 T maple syrup (grade B)
- ½ tsp sea salt
- ¼ tsp black pepper
- 2 T shallot, minced



INSTRUCTIONS

PREPREP THE NIGHT BEFORE:

The night before, preheat oven to 400 degrees F. Use a fork to poke holes in the beets, then wrap them individually in aluminum foil with a small drizzle of coconut oil. Place in oven on a parchment lined baking sheet and roast for about 1 hour, or until the beets are easily pierced with a fork (time is very dependent on the size of the beet!). When done, simply put the beet, foil wrap and all in a bowl in the frig overnight.

ROASTED BEET ACORN SQUASH SALAD WITH MAPLE DRESSING (Cont.)

Acorn squash can be daunting to cut. If you have a really sharp knife and feel confident cutting up a raw squash into small slivers, then feel free to cook your squash the night that you make this recipe. Another option is to cook the squash halved the night before, allow it to cool, then cut it into slivers and bake the rest of the way the day that you make this recipe. Here's how you do it:

While you are cooking the beet:

Cook a halved acorn squash (cut in half, scoop the seeds)

Place squash in a shallow baking pan, cut side down.

Bake for 20-30 minutes, or until tender.

Remove from oven, place in a bowl and keep this in the refrigerator overnight.

The day that you prepare this recipe, preheat the oven to 400 degrees. Slice the squash up into thinly sliced half-moons (leave the skin on) and bake for 10 minutes. Remove from oven and drizzle with the maple syrup, then roast again for another 10 minutes or until the squash is easily pierced with a fork. Set aside and let cool.

DAY OF PREP:

Preheat Oven to 400 degrees F.

Toss the sliced acorn squash with the remaining coconut oil, salt and pepper. Place on a parchment lined baking sheet and roast for 15 minutes. Remove from oven and drizzle with the maple syrup, then roast again for another 10 minutes or until the squash is easily pierced with a fork. Set aside and let cool.

Remove the cooled beet from the refrigerator, peel the skin off (it should slide right off) and dice.

ROASTED BEET ACORN SQUASH SALAD WITH MAPLE DRESSING (Cont.)

In a small mixing bowl, whisk together the balsamic, olive oil, maple syrup, salt, and pepper for the dressing. Once blended, stir in the minced shallots.

To serve, place the arugula or mixed greens on a large serving platter. Toss the roasted beets and squash lightly together in a large bowl with the dressing and place on top of the greens. Then sprinkle the platter with pomegranate seeds.

SERVES TWO: prepare tonight's dinner by placing 1.5 cups of mixed greens on a plate, top with ½ the beet and acorn salad mixture. Place the other half of the beet and acorn salad mixture in the refrigerator for tomorrow night's dinner.

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.

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.

Zucchini "Pasta" with Pesto, Tomatoes and Pine Nuts

SERVES TWO (420 calories per serving)

Watch the Cooking Video: <http://www.cleanandleanrevolution.com/cooking-video-zucchini-pasta-with-pesto-tomatoes-and-pine-nuts-with-chef-lynn-vea/>



Greens, Nuts and Seeds Pesto

Makes about 1-1/2 cups pesto

1 cup basil leaves (save the stems)

1 cup spinach or arugula leaves

1/4-1/3 cup extra virgin olive oil

3 large cloves garlic, coarsely chopped

1/4 cup freshly grated parmesan or chvre cheese (optional)

1/4 cup toasted hazelnuts

2 tablespoons pumpkin seeds and/or sunflower seeds

Sea salt and freshly ground pepper to taste

INSTRUCTIONS

Place the ingredients in the bowl of a food processor and blend until coarsely chopped (sort of the consistency of fine pickle relish). If the mixture is a little dry, add a bit more olive oil.

Note: Use this recipe as a base and custom design it to your own taste. Try using chard or beet greens instead of spinach. Add flax seed or chia seed. Try almonds or pistachios instead of hazelnuts. You get the idea!

January 2015 Challenge

Zucchini "Pasta" with Pesto, Tomatoes and Pine Nuts (continued)

3 medium zucchini

1 T + 1 tsp extra virgin olive oil

1/3 cup (or to your taste) basil pesto (I love PCC deli made pesto, or make your own!) (*recipe link to nuts, seeds and greens pesto here*)

1 ½ cups cherry tomatoes, stemmed and cut in half

1/4 cup toasted pine nuts

Squeeze fresh lemon

Salt and freshly ground pepper to taste

INSTRUCTIONS

With a julienne peeler, mandolin or a vegetable peeler cut the zucchini, lengthwise, into long threads or ribbons.

In a large, heavy sauté pan, heat the oil over medium heat and add the zucchini. Toss just until the zucchini is heated through, about 1 minute. Make a well in the center of the zucchini and add the pesto to heat and soften. Sprinkle the tomatoes and pine nuts over. Add a squeeze of fresh lemon and season with salt and pepper. Gently toss all of the ingredients together and heat through. Don't overcook. The entire process should take no more than 3 minutes.

Serve warm or chilled with basil leaves and lemon wedges.

SERVES TWO. Have one fresh tonight and pack up the remaining serving for lunch tomorrow.

What do you do with the remaining pesto? Fill an ice cube tray with the remaining pesto and freeze. Once frozen (24 hours in the refrigerator), remove frozen pesto cubes from the ice cube tray and place in a freezer ziploc bag. Label and return to the freezer.

Zucchini "Pasta" with Pesto, Tomatoes and Pine Nuts (continued)



This will allow you a very quick flavor addition to cooked quinoa or rice (add a frozen cube to the pot with the dry grain and water, bring to a boil and simmer) . I also add this to one of my favorite breakfast recipes: 2 poached pastured eggs over 1/3 sliced avocado over pesto spinach.

I sauté a cup or so of spinach with a cube of greens and nut, pesto. Add the frozen pesto to the pan first and allow to melt over low/ medium heat (do not over heat to melt). Once melted, add your spinach, sauté and then layer: spinach with pesto on the bottom, then avocado and poached eggs on the top.