

30-DAY MEAL PLAN

Brought to you by Chef Grace Fisher of *pHresh & Clean*



30 Days of Breakfast, Lunch & Dinner all mapped out and ready to go!
Tons of new recipes developed with the busy 30 Clean challenger in mind.
Weekly shopping lists conveniently coded so you can easily skip or double recipes, as needed.



A NOTE FROM HEATHER & MOLLY

Hello Future Chefs!

Who's hungry?! The 30 Clean and Chef Grace Fisher of pHresh & Clean are so excited to bring you 30 days of mouth-watering meals that will help you take the guesswork out of "What do I eat today?" Now you can fully focus on the enjoyment of preparing and eating savory, nutrient-dense food without the hassle of having to figure out your weekly meal plans and shopping lists! Grace's passion for cooking has been a gift to our community and her 30-Day Meal Plan is proof of her amazing talent. We hope that you enjoy all of the deliciousness found between these pages as much as we have! {Molly and I were well-fed guinea pigs throughout the process!}

Before you run to the car with your reusable grocery totes in hand - please take some time to look through the next few pages. These are tips, tricks and how to's, to help you take your clean eating to the next level!

A huge thanks to Grace Fisher for her culinary masterpiece and her pHresh way of looking at food! We also want to acknowledge everyone in our community who supports the true essence of health with an open mind to change the way they think of food

Buon Appetito!

Heather & Molly



INTRODUCTION & HOW TO USE THE MEAL PLAN

Committing to 30 days of eating clean doesn't need to be complex or time consuming. Most of my recipes are quick, and my meal plan is designed to be simple and straightforward, so you'll be packing in the nutrients in no time! Each day I show you delicious ways to incorporate fresh meats and produce into your routine. Every mouthwatering recipe lets the featured ingredient shine, they're simple enough for beginning cooks, yet versatile enough for the most seasoned chef. They offer a common sense approach to eating real, whole, unprocessed food.

CALENDARS The [30-Day Meal Plan in a Nutshell](#) provides a quick overview of your meals for the next 30 days. The weekly calendars provide a detailed break-down of your daily meals. They include recipes, coded (r), and some have suggested foods to go alongside them, coded (s). Almost all of the proteins and many of the sides will have a recipe, but some may not. For example, steamed broccoli may be a suggested side dish, but a recipe for steamed broccoli is not provided. The ingredients for each recipe and suggested items for each meal, and their amount required, are included on the shopping list.

WEEKLY SHOPPING LISTS AND RECIPE KEYS The weekly shopping lists include all the ingredients for the recipes, coded (r), and suggested, coded (s), meal items for the week, as well as the amounts required. The ingredients are then coded with letters (A, B, C...) that correspond to the recipes that require them.

The recipe keys provide a list of the recipes and suggested meal items, and the corresponding letter code – so you'll know which ingredients go with each recipe or suggested meal item.

The weekly calendars, shopping lists and recipe keys are all designed to work together and allow you to adjust the number of servings to meet your needs. Therefore, if you decide to skip (because you have other plans) or double a recipe (because you have more mouths to feed or you'd like to make extras), or even if you plan to use more of one veggie and less of another (because everyone likes something different), use the recipe key letter codes and simply remove or adjust the amounts required.

RECIPES What can I say... there are a lot of recipes! Each one provides clear and concise ingredients and directions, along with a picture of the end result. Many of them offer serving suggestions for side dishes or pairings and I've also included a few bonus recipes to make your life easier and maybe even help you save a little money!

If you are reading this, you have already taken a giant step towards better health and wellness for your entire family and exploring just how amazing real food can be!

Enjoy!

Grace

GETTING STARTED

Our 30-Day Meal Plan is your answer to 30 days of balanced meals. This plan is designed for one person. You will notice that many dinner recipes call for two servings of protein, one for the dinner and one for the following day's lunch. Keep this in mind when planning your meals, especially if you are preparing meals for more than just yourself. Refer to the recipe key on the shopping list when making your adjustments.

Preparation is the key to success with your 30-Day Meal Plan! We encourage you to start your 30 days the same way you would start any [30 Clean Challenge](#) - with [The Famous 30 Clean 4P's](#): Plan, Purchase, Prep & Put Away! In fact, the best place to start – your pantry!

CLEAN PANTRY MAKE-OVER! In an effort to consolidate ingredients and simplify your weekly shopping, we've created the [Clean Pantry Makeover Shopping List](#). This shopping list is **not optional** because it contains all of the non-perishable items for the entire 30 days of recipes. We encourage you to purchase them as soon as possible – even before purchasing your week one ingredients. This keeps your weekly trips to the grocery store shorter and simpler. Plus, as the staples in your pantry grow, you'll have an arsenal of inspiration for your home-cooked meals!

WHAT EXACTLY DO WE MEAN BY "CLEAN"? You will notice {clean} marked next to some of store bought ingredients on your shopping lists. "Clean" products are those that have very few, yet recognizable, ingredients. "clean pasta sauce" and "clean hot sauce", for example, would be items that don't contain any added sugar, artificial or "natural" flavors, and are labeled with only real ingredients – that you can pronounce! Small amounts of honey and maple syrup can be enjoyed, in moderation, when cooking or purchasing store-bought items. Quality is of utmost importance when choosing these items. Be sure to read labels carefully, to make sure you know exactly what ingredients are in the items you are purchasing. See our [Recommended Brands](#) for more information.

PORTION SIZES While most dinner recipes in the Meal Plan are designed to make 1-2 portions, portion sizes will vary from person to person. Here are some general guidelines for portion sizes:

Protein- the size of your palm (typically 4-6 ounces).

Fat- approximately the size of your thumb for oils, 6-10 olives, ¼ - ½ avocado, 1 TBSP coconut oil or coconut butter, no more than ½ cup full fat canned coconut milk, 1 cup of almond milk, ¼ cup nuts/seeds.

Carbohydrates- non-starchy veggies and greens should consume half of your plate. Starchy veggies (e.g. sweet potatoes, yams, colored potatoes, butternut squash, spaghetti squash) and fruit should be roughly the size of your fist.

PERSONAL PREFERENCE & BUDGET SAVINGS We know not everyone has the same taste buds or budget, which is why Chef Grace has created recipes that are flexible. When reviewing the recipes, it's okay to think outside of the box. Many of them provide options or suggestions for alternative ingredients, allowing you to customize your meals. Refer to the weekly shopping lists and recipe keys to include your preferences and make grocery shopping a breeze.

If you're willing to try new vegetables or forgo your favorite fruit, you can save a lot of money each week by purchasing produce that's in season. Don't be shy about using different substitutes in a recipe; use apple instead of kiwi, or white onions instead of red. The taste won't always be the same, but sometimes you can come up with some really tasty combinations that you wouldn't have thought of otherwise! Because we have challengers all over the world, we understand the same ingredients may not be available to everyone. Sometimes you may have to get creative if something in the meal plan is unavailable or priced outside your budget. Just remember to make a note of it on your shopping list!

MORE WAYS TO SAVE? We believe in bulk bins! Not only are you getting more product for your money by not paying for individual packaging, labeling and advertising, but you can also purchase the exact amount you need. Plus, many bulk foods are fresher, more natural and often locally produced.

PICK AND CHOOSE FOR EASE! If the thought of making so many new recipes sounds challenging, feel free to choose your favorites and double, or triple them. This will help you spend less time in the kitchen and give you more leftovers when you're short on time or on the go. Again, refer to the recipe key to make your adjustments and be sure to add any additional items to your shopping list.

FREEZE AND DEFROST! Learning to preserve your bounty is essential! If you find a great price break on large quantities of produce, or want to keep some seasonal berries long after summer, freezing is the best way to go if you have the freezer space available. This applies not only to produce, but protein sources as well. Buying direct from the farmer or rancher, whether online or at your local farmer's market, cuts out the middleman and you can be sure your food is high quality, fresh and organic! Buy meats, such as chicken and seafood, in bulk and freeze them in single portion sizes. This not only helps your food defrost quicker, but also cuts down on your weekly shopping items.

EVERYTHING BUT THE KITCHEN SINK SUNDAYS! We understand that every ingredient counts on a budget, so we have set aside Sundays to use them all up! Sunday dinners are designated as "Soup or Stir-fry" on the calendars; your choice. Chef Grace has included two fantastic "How to's" to help make your choice a success! See [4 Key Elements for a Perfect Stir-fry Without a Recipe](#) and [5 Easy Steps for Delicious Soup Without a Recipe](#).

Lastly, enjoy the process! Whether cooking has always been a passion of yours, or you're just now getting comfortable in your kitchen, allow yourself room for imperfection. The true deliciousness of a meal comes from a relaxed chef who is present with their ingredients and delights in the moment-to-moment experience. Be grateful for the path your food took from nature to your table. Enjoy eating in the fabulous silence of your own company or in the chaotic blessings of a noisy household – every morsel that meets your mouth blesses your body with rich, life-sustaining nutrients!

"You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients." ~ Julia Child

CHOOSING THE BEST INGREDIENTS

Not all products are created equal and navigating the grocery store, to find the best of the best can be quite overwhelming. Below are some guidelines to assist you in making optimal choices when faced with countless alternatives!

FAT SOURCES Coconut oil, avocado oil, olive oil, ghee, avocado, olives and nuts (not salted or roasted in oil) are your very best choices when it comes to sources of quality fat. Vegetable oils and seed oils should be eliminated as they have very high levels of omega-6 fatty acids and lower levels of good-for-you omega-3s. Many vegetable oils are hydrogenated producing unhealthy trans fats and seed oils are vulnerable to oxidation and rancidity. These high omega 6 oils lead to inflammation, the very thing we are trying to avoid and reduce on The 30 Clean.

PROTEIN SOURCES While we understand that budget is something to take into consideration, when it comes to animal protein quality should not be skimped on. We believe the following sources are best when it comes to protein:

- Beef Organic grass-fed and grass finished is top notch.
- Poultry Organic pastured raised (and local, if possible).
- Seafood Choose fish that are wild-caught or sustainably raised.
- Bacon/Breakfast Sausage Should be free of nitrates and added sugar (minimal sugar is needed for the curing process), but there should not be any additional sugar.
- Pastured Eggs We love eggs from local farms. They are not only convenient and super fresh, but the most nutritious, as well! If that is not an option for you, look for pasture-raised, USDA organic eggs at your local grocery store.

NON-DAIRY MILK Almond milk, cashew milk, hemp milk and coconut milk are all great sources of non-dairy milk and are best when homemade (not to mention budget friendly and simple to prepare!). If you do choose to purchase nut milk, be sure it's void of any sweeteners, artificial flavors and carrageenan. For coconut milk, canned, full-fat, unsweetened coconut milk is your best choice.

SAUCES, SALSAS AND CONDIMENTS Making your own sauces, salsas and condiments is always the cleanest bet, but when you need to turn to convenience, choose prepared items with just a few simple REAL ingredients. Avoid any with added sugar or ingredients that you do not recognize!

GRAINS Naturally gluten-free grains such, as quinoa and rice, can often be found in the bulk food section of your grocery store. When available, choose sprouted grains; they have been pre-soaked and allowed to start germinating, making them easier to digest. If buying from bulk bins, we encourage you to soak and sprout your grains, legumes and nuts at home. Oats are best bought packaged and should be labeled gluten-free. While naturally gluten-free, they are sometimes processed in a factory that also processes gluten containing foods.

BEANS AND LENTILS Deciding between dried or canned? Dried beans and lentils are the most nutritious choice, for sure. With a little planning, you can prepare your beans for optimum nutritional benefit and digestion, not to mention added enzymes, minerals and

nutrients! By purchasing dried beans and properly soaking them prior to cooking, you significantly reduce their anti-nutrients (like phytic acid), making them easier to digest than canned beans. Although it takes time to soak some of the beans overnight, you will avoid added sodium, sugar, preservatives, or Bisphenol A (BPA) found in the sealing of canned products. If you do choose canned beans, be sure they are packaged in a BPA-free container and that the only ingredients listed are beans and water (choose salt-free and add your own seasonings). You may find pre-soaked beans and grains in the refrigerator or freezer section of some grocery stores.

BROTHS Immune boosting, mineral rich bone broths are wonderful for fighting off sickness before it starts and soothe you if you've already fallen victim to a nasty virus. Homemade broth is best, but we understand that time (and a bit of patience) may not always be on your side. When opting for store-bought, be sure there are no added icky ingredients, such as sugar, monosodium glutamate and artificial flavorings. There should be very few, recognizable ingredients.

SWEETENERS Small amounts of honey or maple syrup are used in this meal plan. These are the only sweeteners we recommend. We encourage you to find raw local honey when possible and organic REAL maple syrup. There is a lot of controversy when it comes to the grade of maple syrup; you may choose either A or B. The grade relates to the color of the maple and A is often preferred when used as a condiment (think pancakes), while grade B is most frequently called for in baking and cooking. Most important, is that you purchase REAL maple syrup versus table or pancake syrup, both are made from high fructose corn syrup instead of real maple sap.

PRODUCE... ORGANIC VS. CONVENTIONAL? In addition to exposure of pesticide contamination, conventional produce tends to have fewer nutrients than organic produce; (often because it is picked too early and transported far away) making organic produce your best choice. Buying all organic may not always be within your budget. If this is the case, you might opt to buy organic specifically when you're selecting foods that are most heavily contaminated with pesticide and insecticide residues. Every year the Environmental Working Group publishes an updated list of "The Dirty Dozen Plus" and "The Clean 15". We recommend visiting their website (<http://www.ewg.org/foodnews/>) for the most updated lists. Visiting your local farmer's market is an excellent source for local and seasonal produce as well (and typically very budget friendly!). Often times, your local farms are organic, however, they cannot afford the costs associated with labeling their foods organic. The irony! We encourage you to support your local farmers and really get to know them by asking questions about their farming practices. Local, seasonal, and organic produce might be just around the corner... talk about FRESH and CONVENIENT!

LOOKING FOR A BOOST? While some of our favorite nutrient-boosting add-in's are not required ingredients in this meal plan, you are more than welcome to use your creativity and add some to your soups or smoothies, or mix in with your chias. In fact... we encourage it!

Some of our recommendations are:

- **Maca Powder** - A complex, nutrient-dense whole food source of vitamins, amino acids, plant sterols, essential minerals and essential fatty acids. Maca root has been traditionally used in Peru as a stress-fighting adaptogen, and to increase energy, stamina, and vitality, and combat fatigue. It's great blended into smoothies or mixed in with chia pudding or grain-free granola recipes.
- Spirulina - A blue-green algae found in fresh-water lakes, rivers and ponds, with benefits ranging from strengthening the immune system to reducing inflammation, to providing a boost of protein!
- Turmeric - Used as a powerful anti-inflammatory in Chinese and Indian medicine for millennia, turmeric's effects are comparable to over-the-counter, anti-inflammatory agents and may provide relief from joint pain. Turmeric also aids in the ability to digest fats, helps to reduce gas and bloating, can decrease congestion, and even improve skin conditions. Sprinkle turmeric on any of your savory dishes to enhance the flavor and reap the benefits!
- Cinnamon - Aside from its anti-microbial and anti-inflammatory properties, cinnamon can also aid in stabilizing blood sugar and is a great addition to your recipes! Cinnamon also provides high amounts of calcium and fiber. One teaspoon provides a whopping 22% of the daily-recommended value in manganese.
- Nutritional Yeast - Grown on enriched purified cane and beet molasses under carefully controlled conditions, nutritional yeast is made from a single-celled organism of fungi called *Saccharomyces Cerevisiae*. It contains a significant source of [B-complex](#) vitamins and is a complete source of protein, containing all 18 amino acids. It can be sprinkled over salads, added to smoothies, soups or sauces and has a "cheesy" taste.
- Cacao Powder - A delicious source of antioxidants, magnesium, iron and fiber (and has a rich chocolaty taste without the sugar).
- Camu Powder - Is one of the world's most abundant sources of vitamin C. Camu also contains a broad range of other important nutrients including antioxidants, amino acids, beta-carotene and potassium. It's tropical taste blends well with smoothies!
- L-Glutamine - A conditionally essential amino acid, meaning our bodies can produce it but not as well during times of stress. Studies show that it can increase performance during exercise, help to heal a damaged gut, and assist in boosting our immunity. Studies also show that L-glutamine can help to stabilize blood sugar, meaning it can be a powerful sugar craving reducer.

"Eat food. Not too much. Mostly plants." ~ Michael Pollan

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30-DAY MEAL PLAN IN A NUT SHELL

Includes menu, recipes and shopping list

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>2 Eggs, sausage, avocado & ½ apple</p> <p>Mason jar chicken salad</p> <p>Prosciutto wrapped chicken breast with roasted asparagus</p>	<p>2</p> <p>Two-egg frittata with mixed veggies</p> <p>Mason jar chicken salad</p> <p>Garlic & rosemary crusted salmon with roasted cauliflower & sautéed spinach</p>	<p>3</p> <p>Green goddess smoothie</p> <p>Garden salad with l/o salmon</p> <p>Tasty chili with a side salad</p>	<p>4</p> <p>Bacon, eggs & salsa fresca</p> <p>l/o Tasty chili with a side salad</p> <p>Shrimp with lemongrass, chili & coconut over l/o roasted cauliflower</p>	<p>5</p> <p>Chia bowl, spinach & a side of sausage</p> <p>l/o Tasty chili with a side salad</p> <p>Easy-cook NY strip with sautéed mushrooms and roasted red potatoes</p>	<p>6</p> <p>Homemade sausage, eggs & greens</p> <p>Garden salad with l/o steak</p> <p>Super-tasty chicken burgers</p>	<p>7</p> <p>Rainbow hash, side of strawberries</p> <p>l/o Chicken burger</p> <p>Soup or Stir-fry *use up extra veggies</p>
<p>8</p> <p>Grain free granola, strawberries & bacon</p> <p>l/o Chicken burger</p> <p>Wild Cod with citrus-fennel slaw and steamed broccoli</p>	<p>9</p> <p>Jumbo egg muffins with a side of avo</p> <p>l/o Cod salad in cucumber boats</p> <p>Skillet chicken with capers, peppers and asparagus</p>	<p>10</p> <p>Berrylicious smoothie</p> <p>Mason jar salad with l/o skillet chicken</p> <p>Cider glazed pork chops with butternut mash</p>	<p>11</p> <p>l/o Jumbo egg muffins and avo</p> <p>Garden salad with l/o cider glazed pork</p> <p>Oven roasted crispy chicken with roasted vegetables</p>	<p>12</p> <p>Skillet frittata with l/o roasted veggies</p> <p>Lettuce wraps with l/o roasted chicken</p> <p>NY strip with cilantro-chimichurri with roasted butternut squash & rutabaga</p>	<p>13</p> <p>Smoked salmon breakfast tower</p> <p>Garden salad with l/o steak</p> <p>Cajun burgers</p>	<p>14</p> <p>Three ingredient muffins, side of bacon</p> <p>l/o Cajun burger</p> <p>Soup or Stir-fry *use up extra veggies</p>
<p>15</p> <p>2 Eggs, sausage, avocado & salsa</p> <p>l/o Soup or Stir-fry</p> <p>Chia crusted salmon with tangerine salsa and steamed broccoli</p>	<p>16</p> <p>Apple sandwiches</p> <p>Garden salad with l/o chia salmon</p> <p>Balsamic roasted chicken</p>	<p>17</p> <p>Piña wholada smoothie</p> <p>Mason jar salad with l/o baked chicken</p> <p>Coconut-curry chicken soup</p>	<p>18</p> <p>Scrambled eggs, salsa & greens</p> <p>l/o Coconut-curry chicken soup</p> <p>Smokey garlic shrimp</p>	<p>19</p> <p>l/o Grain free granola, strawberries, sausage</p> <p>Mason jar salad with l/o garlic shrimp</p> <p>Lamb with pistachio gremolata and cauliflower mashers</p>	<p>20</p> <p>Breakfast pepper bowls</p> <p>l/o Lamb with cauliflower mashers</p> <p>Roasted chicken with tangy garlic sauce and sautéed spinach</p>	<p>21</p> <p>Heavenly hash</p> <p>Garden salad with l/o roasted chicken</p> <p>Soup or Stir-fry *use up extra veggies</p>
<p>22</p> <p>BLT & A</p> <p>l/o Soup or Stir-fry</p> <p>Macadamia crusted snapper with roasted asparagus and arugula salad</p>	<p>23</p> <p>2 Eggs with salsa fresca & avocado</p> <p>l/o Snapper salad in cucumber boats</p> <p>Roast chicken with sweet onion & brussels</p>	<p>24</p> <p>Peachy-keen smoothie</p> <p>Garden salad with l/o roasted chicken</p> <p>Pork chops with fig relish and savory green beans and mushrooms</p>	<p>25</p> <p>l/o Grain free granola, strawberries, sausage</p> <p>Mason jar salad with l/o skillet pork</p> <p>Oven roasted crispy chicken with roasted vegetables</p>	<p>26</p> <p>Eggs, sausage and greens</p> <p>Lettuce wraps with l/o roasted chicken</p> <p>Stuffed chicken with a cashew cream sauce</p>	<p>27</p> <p>Baked eggs in portabella mushroom</p> <p>l/o Stuffed chicken over a bed of greens</p> <p>NY steak with cilantro-chimichurri, roasted red potatoes & cauliflower</p>	<p>28</p> <p>Basic hash, side of strawberries</p> <p>Garden salad with l/o steak</p> <p>Soup or Stir-fry *use up extra veggies</p>
<p>29</p> <p>Chia parfait, greens & side of sausage</p> <p>Tuna salad lettuce wraps</p> <p>Garlic & rosemary crusted salmon with asparagus and yellow squash</p>	<p>30</p> <p>2 Eggs, sausage & ½ apple</p> <p>Garden salad with l/o salmon</p> <p>Bacon wrapped filet mignon with cauliflower mashers and sautéed spinach</p>					



CLEAN PANTRY MAKEOVER SHOPPING LIST

This shopping list contains non-perishable items for the entire 30 days of recipes
Purchase these ahead and your weekly shopping will be a breeze!

BULK DRY GOODS

- Dried black figs 4 oz
- Dried currants 4 oz
- Macadamia nuts 2 oz
- Pistachios 1 oz
- Raw, unsalted pecans 3 oz
- Raw, unsalted pumpkin seeds 4 oz
- Raw, unsalted sesame seeds 2 oz
- Raw, unsalted sunflower seeds 8 oz
- Raw, unsalted walnuts 5 oz
- Shredded coconut 1 teaspoon
- Sliced almonds 3 oz
- Slivered almonds 1 oz
- Cannelloni beans 15 oz *soaked and sprouted or canned*

SHELF ITEMS

- Broth of choice 1 $\frac{3}{4}$ cups **Pacific bone broth is a great choice*
- Capers 7 oz jar
- Dijon mustard 1 teaspoon
- Gelatin 1/4 cup **Great Lakes is a great choice, 11g protein per serving *Purchase on Amazon*
- Ground flax seed 1 cup
- Powdered maca root 3 tablespoons
- Raw chia seeds 3/4 cup
- Shelled hemp seeds 2 tablespoons
- Toothpicks 3
- Vegetable broth 1/4 cup

NUT & SEED BUTTERS

- Raw almond butter 1/3 cup
- Raw cashew butter 3 tablespoons

OIL & VINEGAR

- Apple cider vinegar 1/4 cup
- Avocado oil 2 cups
- Balsamic vinegar 1/2 cup
- Coconut oil 5/8 cup
- Extra-virgin olive oil 2 cups
- Red wine vinegar 1/4 cup

CANNED GOODS

- Diced tomatoes 14.5 oz can
- Light coconut milk 3 cans
- Water chestnuts 1 8 oz can
- White meat tuna 1 6 oz can

DAIRY

- Ghee 7.5 oz jar **in the refrigerated section*

FROZEN

- Frozen blueberries 10 oz bag
- Frozen peaches 10 oz bag
- Frozen pineapple 10 oz bag
- Frozen raspberries 10 oz bag
- Frozen spinach 8 oz



CLEAN PANTRY MAKEOVER SHOPPING LIST

CONTINUED...

HERBS, SPICES & SEASONINGS

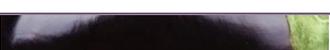
- Cayenne 1 teaspoon
- Chili powder 2 ½ teaspoons
- Cinnamon 2 tablespoons
- Curry powder 1 teaspoon
- Dried dill 1/2 teaspoon
- Dried oregano 1 ½ tablespoons
- Dried parsley 1 teaspoon
- Dried rosemary 2 tablespoons
- Fennel seed 1 teaspoon
- Fresh cracked pepper 1 ½ teaspoons
- Garlic powder 1 tablespoon
- Ground coriander 1 ½ teaspoons
- Ground cumin 2 tablespoons
- Ground nutmeg 1 ½ tablespoons
- Italian herbs 2 tablespoons
- Paprika 1 ½ teaspoons
- Poultry seasoning 2 tablespoons
- Red pepper flakes 1 ¼ teaspoons
- Sea salt 1/2 cup
- Smoked paprika 2 ½ teaspoons

Notes:



30-DAY MEAL PLAN DAYS 1-7

(r) Recipe included (s) Suggested, included in the shopping list

	BREAKFAST	LUNCH	DINNER
 DAY 1 MONDAY	2 Eggs (cooked any way), breakfast sausage, avocado & ½ apple (s)	Mason jar chicken salad (r) <i>*Prepare on Sunday</i>	Prosciutto wrapped chicken breast (r) with roasted asparagus (r)
 DAY 2 TUESDAY	Two-egg frittata with mixed veggies (r)	Mason jar chicken salad (r) <i>*Prepare on Sunday</i>	Garlic and rosemary crusted salmon (r) with roasted cauliflower (r) & sautéed spinach (s)
 DAY 3 WEDNESDAY	Green goddess smoothie (r)	Garden salad with l/o salmon (s) <i>Spinach, mushroom, cucumber & sliced almonds(s)</i>	Tasty chili (r) with a side salad (s) <i>Mixed greens, yellow bell pepper, cucumber & tomatoes (s)</i>
 DAY 4 THURSDAY	Bacon (r), eggs (cooked any way) (s) & salsa fresca (r)	l/o Chili with a side salad (s) <i>Lettuce, tomato, onion & apple (s)</i>	Shrimp with lemongrass, chili & coconut (r) over l/o roasted cauliflower (s) <i>*Prepare chia breakfast</i>
 DAY 5 FRIDAY	Chia seed breakfast bowl with strawberries (r) spinach and a side of sausage (s)	l/o Chili with a side salad (s) <i>Mixed greens, yellow bell pepper, cucumber & tomatoes (s)</i>	Easy-cook NY strip (r) with sautéed mushrooms (r) and roasted red potatoes (s)
 DAY 6 SATURDAY	Homemade breakfast sausage (r) with eggs (cooked any way) and mixed greens (s)	Garden salad with l/o steak (s) <i>Spinach, avocado, red onion, mushroom & strawberries (s)</i>	Super-tasty chicken burgers (r)
 DAY 7 SUNDAY	Rainbow hash (r) with a side of strawberries (s)	l/o Chicken burgers (s)	Soup or Stir-fry (s) <i>* Use up extra veggies</i>



SHOPPING LIST DAYS 1-7

PRODUCE

- Asparagus 1/4 bunch [J]
- Button mushrooms 10 [I,N,Q]
- Carrot 2 ½ [F,N]
- Cauliflower 1 small [K]
- Cilantro 2 tablespoons [L,O]
- Crimini mushrooms 4 oz. (about 6) [M]
**or mushrooms of choice- to sauté*
- Crunchy cucumber 2 [D,R]
- Eggplant 1 small [P]
- Fresh rosemary 2 sprigs [C]
**or dried if fresh is unavailable*
- Fresh sage 4 leaves [H]
- Garlic 1 bulb [C,N,O,P,J,M]
- Garnet yam 1 medium [I] **or any sweet potato*
- Green onion 3 stalks [P]
- Lemon 2 [J,D,C,F]
- Lemongrass stalk 1 [N] **or lemongrass paste*
- Lettuce of choice 1 head [F]
- Lime 1 [L,N]
- Mixed greens 5 oz. [R]
- Parsley 1/4 cup [D]
- Radish 1 bunch [F]
- Rainbow chard 2 leaves [I]
- Red bell pepper 1/4 cup [O]
- Red onion 1 [R,F,L]
- Red potato 1 medium [R]
- Roma tomato 4 [L,R]
- Spinach 5 oz [D,R]
- White onion 2 ½ [I,O,N,P,Q]
- Yellow bell pepper 3/4 [R]
- Yellow squash 1 [N]
- Zucchini 3 [F,N]

FRUIT & BERRIES

- Apple 1 [R]
- Avocado 3 [O,R,P]
- Banana 1 [D] **freeze*
- Green apple 1/2 [D]
- Strawberries 3 servings [B,R]
**or preferred in-season fruit or berry*

DAIRY

- Unsweetened almond milk 1 ½ cup
[B,D] **or preferred non-dairy milk*
- Eggs 10 [I,Q,R,D]

NITRATE FREE PACKAGED

- Bacon 8 oz [G,I,P,Q] **thick cut, preferably organic center cut and free of added sugar and nitrates*
- Breakfast sausage 2 servings [R] **Applegate Farms sausage is a great choice*

SEAFOOD

- Salmon 2 4-6 oz filets [C] **with or without skin*
- Shrimp 4-6 oz [N] **peeled raw shrimp from a sustainable source, fresh or frozen/thawed*

POULTRY

- Chicken breast 1 lb [F,H] **boneless/skinless*
- Ground chicken breast 1 lb [O]
- Ground turkey 4-6 oz [E]

MEATS

- NY strip 8-12 oz. [A] **or any other preferred cut*
- Ground beef ½ lb [P]
- Prosciutto 1 slice [H]
**preferably purchased fresh cut from the meat department*



RECIPE KEY DAYS 1-7

- [A] Easy-Cook NY Strip
- [B] Chia Seed Breakfast Bowl
- [C] Garlic & Rosemary Crusted Salmon
- [D] Green Goddess Smoothie
- [E] Homemade Breakfast Sausage
- [F] Mason Jar Chicken Salad
- [G] No-Mess Crispy Bacon
- [H] Prosciutto Wrapped Chicken Breast
- [I] Rainbow hash
- [J] Roasted Asparagus
- [K] Roasted Cauliflower
- [L] Salsa Fresca
- [M] Sautéed Mushrooms
- [N] Shrimp with Lemongrass, Chili & Coconut
- [O] Super-Tasty Chicken Burgers
- [P] Tasty Chili
- [Q] Two-Egg Frittata
- [R] Suggested (s) Items on the Meal Plan



30-DAY MEAL PLAN DAYS 8-14

(r) Recipe included (s) Suggested, included in the shopping list

	BREAKFAST	LUNCH	DINNER
 DAY 8 MONDAY	Grain-free granola (r) with a non-dairy milk of choice, strawberries and a side of bacon (s)	l/o Chicken burger(s)	Wild cod with citrus-fennel slaw (r) and steamed broccoli (s)
 DAY 9 TUESDAY	Jumbo breakfast muffins (r) with a side of avocado (s)	Cod salad cucumber boats (r) <i>*Using l/o cod</i>	Skillet chicken with capers, peppers & asparagus (r)
 DAY 10 WEDNESDAY	Berrylicious smoothie (r)	Mason jar salad with l/o skillet chicken (s) <i>Romaine, zucchini, carrot, red onion & walnuts (s)</i>	Cider glazed pork chops (r) with butternut mash (r)
 DAY 11 THURSDAY	l/o Jumbo breakfast muffins (s)	Garden salad with l/o cider glazed pork (s) <i>Romaine, mushroom, onion, tomato & diced apple (s)</i>	Oven roasted crispy chicken (r) with roasted vegetables (r)
 DAY 12 FRIDAY	So-easy skillet frittata with l/o roasted veggies (r) and a ½ banana on the side (s)	Oh-so tasty lettuce wraps (r) <i>*Using l/o roasted chicken</i>	NY Strip with cilantro-chimichurri (r) with roasted butternut squash and rutabaga (r)
 DAY 13 SATURDAY	Smoked salmon breakfast tower (r)	Kale salad with l/o steak (s) <i>Kale, onion, shredded carrot & diced apple (s)</i>	Cajun burgers (r)
 DAY 14 SUNDAY	Three ingredient muffins (r) with a side of bacon (s)	l/o Cajun burger (s)	Soup or Stir-fry (s) <i>* Use up extra veggies</i>



SHOPPING LIST DAYS 8-14

PRODUCE

- Asparagus spears 3/4 bunch [L,M]
- Broccoli 1/2 head [Q]
- Butternut squash 2 small [B,K]
- Button mushroom 4 [O,Q]
- Carrot 2 [Q]
- Cauliflower 1/2 head [Q]
- Cilantro 1 bunch [F,R]
- Crunchy cucumber 1 1/2 [A,I]
- Cucumber 1 wide [E]
- Fennel bulb 1 small [R]
- Fresh mint 1/4 cup [F]
- Fresh oregano 1/4 cup [F]
- Fresh sage 4 leaves [D] **you may have some left from last week*
- Garlic 1 bulb [D,F,J,L,...]
- Kale 1 bunch [H,Q]
- Lemon 1 [R]
- Orange bell pepper 1 [H,M]
- Radish 3 [I]
- Red bell pepper 1 [L]
- Red onion 1 [C,E,N,Q,...]
- Red potato 1 medium [Q]
- Roma tomato 2 1/2 [E,Q]
- Romaine lettuce 1 head [C,I,Q]
- Rutabaga 1 [K]
- Steak tomato 1 [N]
- Sweet onion 1 [D,L,O]
- Sweet potato 1 small [N]
- White onion 1/4 [H]
- Yellow bell pepper 1/2 [C]
- Yellow squash 1 [L]
- Zucchini 1 1/2 [L,Q]

FRUIT & BERRIES

- Apple 1 [Q]
- Avocado 2 [C,I,N,Q]
- Banana 1 1/2 [P,Q]
- Strawberries 1 serving [Q] **or any other preferred in-season fruit or berry*

DAIRY

- Unsweetened almond milk 2 cups [A,Q] **or preferred non-dairy milk*
- Eggs 13 [H,O,P]

NITRATE FREE PACKAGED

- Bacon 4 slices [Q] **thick cut, preferably organic center cut and free of added sugar and nitrates*
- Chicken sausage 1 serving [O] **Applegate Farms Sweet Italian sausage is a great choice*
- Chorizo 12 oz [H] **Diestel's turkey chorizo is a great choice*
- Smoked salmon 1 1/2 oz [N] **free of added sugar and nitrates*

SEAFOOD

- Wild cod 8-12 oz [E,R] **or similar fish*

POULTRY

- Chicken 2 portions [J] **bone in/skin on leg/thigh combos or chicken breast can be used*
- Chicken 1 lb [I,M] **boneless/skinless breast or thighs*

MEATS

- NY strip 8-12 oz [F] **or any other preferred cut*
- Ground beef 3/4 lb [C]
- Pork chops 8-12 oz [D]

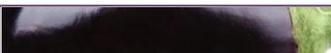


- [A] Berrylicious Smoothie
- [B] Butternut Mash
- [C] Cajun Burgers
- [D] Cider Glazed Pork Chops
- [E] Cod Salad in Cucumber Boats
- [F] NY Strip with Cilantro-Chimichurry Sauce
- [G] Grain-Free Granola
- [H] Jumbo Breakfast Muffins
- [I] Oh-So Tasty Lettuce Wraps
- [J] Oven Roasted-Crispy Chicken
- [K] Roasted Butternut Squash & Rutabaga
- [L] Roasted Vegetables
- [M] Skillet Chicken with Capers, Onions & Asparagus
- [N] Smoked Salmon Breakfast Tower
- [O] So-Easy Skillet Frittata
- [P] Three Ingredient Muffins
- [Q] Suggested (s) Items on the Meal Plan
- [R] Wild Cod with Citrus-Fennel Slaw



30-DAY MEAL PLAN DAYS 15-21

(r) Recipe included (s) Suggested, included in the shopping list

	BREAKFAST	LUNCH	DINNER
 DAY 15 MONDAY	2 Eggs (cooked any way), breakfast sausage, avocado (s) & salsa fresca (r)	l/o Soup or Stir-fry	Chia crusted salmon with a tangerine salsa (r) and steamed broccoli (s)
 DAY 16 TUESDAY	Apple sandwiches with almond butter & bacon (r)	Garden salad with l/o chia salmon (s) <i>Mixed greens, avocado, yellow bell pepper & cucumber (s)</i>	Balsamic roasted chicken with asparagus and sweet onions (r)
 DAY 17 WEDNESDAY	Piña wholada smoothie (r)	Mason jar salad with l/o baked chicken (s) <i>Spinach, tomato, radish, avocado and sunflower seeds (s)</i>	Coconut-curry chicken soup (r)
 DAY 18 THURSDAY	2 Eggs (cooked any way) (s) with salsa fresca (r) and greens (s)	l/o Coconut-curry chicken soup (s)	Smokey garlic shrimp (r)
 DAY 19 FRIDAY	l/o Grain-free granola with a non-dairy milk of choice, strawberries and sausage (s)	Mason jar salad with l/o garlic shrimp (s) <i>Raw cauliflower, zucchini, carrot, mushroom & red onion(s)</i>	Lamb with pistachio gremolata (r) and cauliflower mashers (r)
 DAY 20 SATURDAY	Breakfast pepper bowls (r)	l/o Lamb with cauliflower mashers (s)	Roasted chicken with tangy garlic-cilantro sauce (r) and sautéed spinach (s)
 DAY 21 SUNDAY	Heavenly hash (r)	Garden salad with l/o roasted chicken (s) <i>Mixed greens, tomato, cucumber and diced apple (s)</i>	Soup or Stir-fry <i>* Use up extra veggies</i>



SHOPPING LIST DAYS 15-21

PRODUCE

- Asparagus spears 1/4 bunch [B]
- Bell pepper 2 [C,D,M] **any color you choose*
- Broccoli 1/2 head [M]
- Button mushroom 7 [C,D,M]
- Carrot 1 [M]
- Cauliflower 2 small [F,L,M]
- Cilantro 1 bunch [E,G,H,J,K]
- Cucumber 1 [M]
- Flat-leaf parsley 2 tablespoons [E]
- Garlic 1 bulb [B,E,H,J,L]
- Garnet yam 1 medium [C] **or any sweet potato*
- Lemon 2 [E,J,L]
- Lime 1 1/2 [H,K]
- Mixed greens 5 ounces [M]
- Radish 3 [M]
- Rainbow chard 4 leaves [C]
- Red onion 1 [B,C,D,K,M]
- Roma tomato 5 [H,K,M]
- Shallot 1 small [H]
- Snow peas 8 ounces [H]
- Spinach 5 ounces [D,I,M]
- Zucchini 1 [L,M]

FRUIT & BERRIES

- Apple 1 1/2 [A,M]
- Avocado 2 [I,M]
- Strawberries 1 serving [M] **or preferred in season fruit or berry*
- Tangerine 1 [G]

DAIRY

- Unsweetened almond milk 1 cup [M] **or preferred non-dairy milk*
- Egg 9 [C,D,G,M]

NITRATE FREE PACKAGED

- Bacon 2 slices [A] **thick cut, preferably organic center cut and free of added sugar and nitrates*
- Breakfast sausage 2 servings [M] **Applegate Farms sausage is a great choice*

SEAFOOD

- Salmon filets 2 4-6 oz [G] **with or without skin*
- Shrimp 8-12 oz [L] **peeled raw shrimp from a sustainable source, fresh or frozen/thawed*

POULTRY

- Chicken 2 portions [B] **bone in/skin on thigh or breast can be used*
- Chicken 16-24 oz [H,J] **boneless/ skinless breast or thighs*

MEATS

- Lamb 8-12 oz [E] *boneless chop or tenderloin*
**You may also substitute for beef*



RECIPE KEY DAYS 15-21

- [A] Apple Sandwiches with Almond Butter and Bacon
- [B] Balsamic Roasted Chicken
- [C] Heavenly Hash
- [D] Breakfast Pepper Bowls
- [E] Broiled Lamb with Pistachio Gremolata
- [F] Cauliflower Mashers
- [G] Chia Crusted Salmon with Tangerine Salsa
- [H] Coconut-Curry Chicken Soup
- [I] Piña Wholada
- [J] Roasted Chicken with Tangy Garlic-Cilantro Sauce
- [K] Salsa Fresca
- [L] Smokey Garlic Shrimp
- [M] Suggested (s) Items on the Meal Plan



30-DAY MEAL PLAN DAYS 22-28

(r) Recipe included (s) Suggested, included in the shopping

	BREAKFAST	LUNCH	DINNER
 DAY 22 MONDAY	BLT & A (r)	l/o Soup or Stir-fry (s)	Macadamia crusted snapper (r) with roasted asparagus (r) and arugula salad (s)
 DAY 23 TUESDAY	2 Eggs (cooked any way), with avocado (s) and salsa fresca (r)	Snapper salad cucumber boats (r) <i>*Using l/o snapper</i>	Roast chicken with brussels (r)
 DAY 24 WEDNESDAY	Peachy-keen smoothie (r)	Garden salad with l/o roasted chicken (s) <i>Arugula, tomato, onion and avocado (s)</i>	Pork chops with balsamic fig and caramelized onion (r) savory green beans and mushrooms (r)
 DAY 25 THURSDAY	l/o Grain-free granola with a non-dairy milk of choice, strawberries and sausage (s)	Mason jar salad with l/o skillet pork (s) <i>Arugula, zucchini, carrot, mushroom and apple (s)</i>	Oven roasted crispy chicken (r) with roasted vegetables (r)
 DAY 26 FRIDAY	2 Eggs (cooked any way), with sausage and greens (s)	Lettuce wraps with l/o roasted chicken (r)	Stuffed chicken with cashew cream sauce (r)
 DAY 27 SATURDAY	Baked eggs in portabella mushroom (r)	l/o Stuffed chicken over a bed of romaine (s)	NY Strip with cilantro-chimichurri (r) roasted cauliflower (r) and sweet potato (s)
 DAY 28 SUNDAY	Basic hash (r) with a side of strawberries (s)	Garden salad with l/o steak (s) <i>Kale, grated carrot, onion, apple & walnuts (s)</i>	Soup or Stir-fry (s) <i>* Use up extra veggies</i> <i>*Prepare chia breakfast</i>



SHOPPING LIST DAYS 22-28

PRODUCE

- Arugula 5 oz [B,R]
- Asparagus spears 3/4 bunch [J,M]
- Brussels sprouts 1/2 pound [L]
- Carrot 2 [R]
- Cauliflower 1 small [K]
- Cilantro 1 bunch [C,N]
- Crimini mushrooms 8 oz [O,Q,R]
- Crunchy cucumber 1 1/4 [F]
- Cucumber 1 wide [P]
- Fresh mint 1/4 cup [C]
- Fresh oregano 1/4 cup [C]
- Fresh parsley 1 tablespoon [E] **or dry may be used*
- Garlic 2 bulbs [E,L,O,Q,...]
- Green beans 1/2 lb [O]
- Kale 1 bunch [H,R]
- Lemon 2 [B,J,L]
- Lime 1/2 [N]
- Red onion 1 [A,D,I,R,...]
- Shiitake mushroom caps 4 oz [O]
- Sweet onion 1 [L,M]
- Red bell pepper 1 [M]
- Yellow bell pepper 1/2 [A]
- Portobello mushroom 1 large [I]
- Potato 1 medium [A] **potato of choice- excluding russet*
- Radish 3 [F]
- Roma tomato 3 1/2 [B,N,P,R]
- Romaine lettuce 1 head [F,R]
- Shallot 1 small [Q]
- Sweet potato 1 medium [R]
- Yellow squash 1 [M]
- Zucchini 2 [M,R]

FRUIT & BERRIES

- Apple 1 [R]
- Avocado 2 1/4 [A,B,F,R]
- Orange 1/2 [E]
- Strawberries 2 servings [R] **or preferred in season fruit or berry*

DAIRY

- Unsweetened almond milk 2 cups [H,R] **or preferred non-dairy milk*
- Eggs 7 [E,I,R]

NITRATE FREE PACKAGED

- Bacon 3 slices [B,I] **thick cut, preferably organic center cut and free of added sugar and nitrates*
- Breakfast sausage 3 servings [A,R] **Applegate farms is a great choice*

SEAFOOD

- Snapper 2 4-6 oz filets [E,P] **or you may substitute with any other white fish*

POULTRY

- Chicken 2 breast [Q] **boneless/ skinless*
- Chicken 2 portions [L] **bone in/skin on- thigh or breast can be used*
- Chicken 2 portions [F,G] **bone in/skin on- leg/thigh combos or breast can be used*

MEATS

- Pork chops 8-12 oz [D] **boneless*
- NY Strip 8-12 oz [C] **or any other preferred cut*



RECIPE KEY DAYS 22-28

- [A] Basic Hash
- [B] BLT&A
- [C] NY Strip with Cilantro-Chimichurri Sauce
- [D] Pork Chops with Balsamic Fig & Caramelized Onion
- [E] Macadamia Crusted Snapper
- [F] Oh-So Tasty Lettuce Wraps
- [G] Oven Roasted-Crispy Chicken
- [H] Peachy-Keen Smoothie
- [I] Portobello Baked Eggs
- [J] Roasted Asparagus
- [K] Roasted Cauliflower
- [L] Roasted Chicken with Brussels
- [M] Roasted Vegetables
- [N] Salsa Fresca
- [O] Savory Green Beans & Mushrooms
- [P] Snapper Salad in Cucumber Boats
- [Q] Stuffed Chicken with Cashew Cream Sauce
- [R] Suggested (s) Items on the Meal Plan



30-DAY MEAL PLAN DAYS 29 & 30

(r) Recipe included (s) Suggested, included in the shopping list

	BREAKFAST	LUNCH	DINNER
 DAY 29 MONDAY	Chia parfait (r) with greens and a side of sausage (s)	Tuna salad lettuce wraps (r)	Garlic & rosemary crusted salmon (r) with asparagus and yellow squash (s)
 DAY 30! TUESDAY	2 Eggs (cooked any way) with breakfast sausage & ½ apple (s)	Garden salad with l/o salmon (s) <i>Mixed greens, avocado, yellow bell pepper & cucumber (s)</i>	Bacon wrapped filet mignon (r) with cauliflower mashers (r) and sautéed spinach (s)
 DAYS 1-7	Notes:		
 DAYS 8-14	Notes:		
 DAYS 15-21	Notes:		
 DAYS 22-28	Notes:		
 DAYS 29 & 30	Notes:		



SHOPPING LIST/RECIPE KEY DAYS 29-30

PRODUCE

- Asparagus 1/4 bunch [F]
- Carrot 1/4 cup [E]
- Cauliflower 1 medium [B]
- Celery 1/4 cup [E]
- Crunchy cucumber 1/2 [F]
- Fresh rosemary 2 teaspoons [D]
* dried if fresh is unavailable
- Garlic 2 cloves [D]
- Lemon 1 [D]
- Mixed greens 3 cups [F]
- Romaine 1 head [E] *or butter lettuce
- Red onion 2 tablespoons [E]
- Spinach 2 1/2 ounces [F]
- Yellow bell pepper 1/4 [F]
- Yellow squash 1 [F]

FRUIT & BERRIES

- Apple 1/2 [F]
- Avocado 1 [E,F]

DAIRY

- Unsweetened almond milk 1 cup [C]
*or preferred non-dairy milk
- Eggs 2 [F]

NITRATE FREE PACKAGED

- Bacon 2 slices [A] *thick cut, preferably organic center cut and free of added sugar and nitrates
- Breakfast sausage 2 servings [F] *Applegate Farms sausage is a great choice

SEAFOOD

- Salmon 2 4-6 oz filets [D] *with or without skin

MEATS

- Filet mignon 2 4-6 oz [A] *or 1 8-12 oz filet

- [A] Bacon Wrapped Filet Mignon
- [B] Cauliflower Mashers
- [C] Chia Parfait
- [D] Garlic & Rosemary Crusted Salmon
- [E] Tuna Salad Lettuce Wraps
- [F] Suggested (s) Items on the Meal Plan



BREAKFAST RECIPES

Notes:

Apple Sandwiches with Almond Butter and Bacon



- ❖ These sandwiches have all the right ingredients to keep you satiated, and while it may seem like an unusual combo they sure are a hit!
- ❖ This breakfast is considered a 'breakfast switch-up' and is not intended to be a staple breakfast on the Clean.

Prep: 5

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 **apple** cut into four slices- they will be about ½ inch thick
- 2 tablespoons **almond butter**
- 2 **bacon slices** precooked **See the No-mess crispy bacon recipe*

Preparation

1. Slice your apple and remove the core from the two center slices.
2. Add one tablespoon of almond butter to each the top and the bottom slices. Next add one slice of bacon to each set.
3. Place the cored slices on top.

Baked Eggs in Portobello Mushroom



Prep: 5 Min Cook: 20 Min

Serving: 1

Source: phreshandclean.com

- ❖ Eggs baked in portobello mushrooms make a fun weekend breakfast or a great lunch when served with a big salad.
- ❖ Choose large, firm portobello mushrooms, that are not too flat (or the egg will spill) or too deep (or the egg will take forever to cook).
- ❖ Eggs are a great source of protein. Numerous vitamins, including vitamin A, potassium and many B vitamins like folic acid, choline and biotin, are also packed into this oval-shaped staple.

Ingredients

- 1 large **portobello mushroom**
- 1 **bacon slice** *diced*
- 1 tablespoon **onion** *diced*
- 2 **eggs**
- 1 splash of **avocado oil**
- 1 dash of **sea salt & pepper**
- 1 dash of **dried herbs**

Preparation

1. Preheat oven to 375°
2. Clean the portobello mushroom cap with a damp cloth, remove the stem and scrape out the gills so you have a well deep enough for the eggs.
3. Rub a little bit of avocado oil on the outside of the mushroom to help it cook and keep it from sticking to the pan.
4. Set the cap on a baking sheet.
5. Place the diced bacon and onion inside the mushroom cap.
6. Carefully crack your eggs and drop them into the mushroom cap.
7. Sprinkle with sea salt, black pepper and dried herbs of choice.
8. Carefully place the baking pan into the pre-heated oven and bake for 20-30 minutes. The amount of time required depends on how thick your mushrooms are and how you like your eggs cooked.

Basic Hash



- ❖ This all-star easy-to-follow Potato Hash is amazing, so fresh and full of flavor!
- ❖ Avocados are considered a “Super Food” and have a special position in the food calorie pyramid. They are a good source of energy are rich in various nutrients, vitamins and minerals. Avocados are also a good source of monounsaturated fatty acids, and they have low sugar content.

Prep: 5 Min Cook: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 cup **potato** *potato of choice (excluding russet), peeled and cubed- ½ inch*
- 1 splash of **avocado oil**
- ½ teaspoon **garlic powder**
- ½ teaspoon **coriander**
- ¼ teaspoon **sea salt**
- 2 tablespoons **onion** *diced*
- 1 **sausage** *Applegate farms Sweet Italian is a great choice*
- ½ **yellow bell pepper** *diced*
- ¼ **avocado** *sliced*
- 1 dash of **smoked paprika**

Preparation

1. Toss the cubed potato with the avocado oil, garlic powder, coriander and sea salt.
2. Heat a skillet over medium heat and add the onion and potato.
3. Cook until the potato begins to brown (about 5 minutes).
4. Add the sausage and bell pepper and cook another 5 minutes.
5. Top with avocado and a dash of smoked paprika.

Berrylicious Smoothie



Prep: 10 Min

Serving: 1

Source: phreshandclean.com

- ❖ Delicious anytime of the day, this smoothie makes a super-fast breakfast—packed with vitamin C and heart-healthy antioxidants!
- ❖ Gelatin is largely composed of the amino acids glycine and proline, which many people don't consume in adequate amounts as they are found in the bones, fibrous tissues and organs of animals and as a population, we don't consume these parts as much anymore. These amino acids are needed not only for proper skin, hair and nail growth, but also for optimal immune function.

Ingredients

- 1 cup **almond milk** or *coconut milk*
- ¼ cup **frozen blueberries**
- ¼ cup **frozen raspberries**
- ½ **frozen banana**
- 3 **kale leaves** *stems removed*
- ½ small **cucumber**
- 2 tablespoons **gelatin** *Great Lakes is a great choice (11g protein per serving)*
- 3 **ice cubes**
- 2 tablespoons **almond butter**

Preparation

1. Combine all ingredients into a blender or vitamix. Blend well.
2. Serve immediately and enjoy!

❖ Tip: If gelatin is not for you, have an egg or sausage on the side.

BLT & A



- ❖ It's a new twist on a traditional recipe!
- ❖ Avocados are considered a "Super Food" and have a special position in the food calorie pyramid. They are a good source of energy are rich in various nutrients, vitamins and minerals. Avocados are also a good source of monounsaturated fatty acids, and they have low sugar content.
- ❖ Look for organic bacon, center cut and free of added sugar and nitrates.

Prep: 5 Min Cook: 20 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 handful of **mixed greens**
- 1 teaspoon **extra-virgin olive oil**
- 1 squeeze of **lemon**
- 1 **roma tomato** *sliced and quartered*
- ½ **avocado** *sliced into chunks*
- 2 **bacon slices** *preferably organic, center cut and free of added sugar and nitrates*
- sea salt** and **fresh cracked pepper** *to taste*

Preparation

1. Preheat oven to 400°.
2. Lay bacon on the rack of a foil lined baking sheet.
3. Bake for approximately 20 minutes, until crispy.
4. Meanwhile toss the mixed greens with olive oil & lemon.
5. Plate the greens, roma tomato and avocado.
6. Top with chopped bacon.

- ❖ Tip: Let bacon grease cool, fold foil and throw away.

Breakfast Pepper Bowls



- ❖ This might just be one of the easiest ways to make an impressive breakfast that looks as though you spent a lot of time slaving away in the kitchen. But... you didn't.
- ❖ There's really no limit on what you can stuff in your peppers – any veggies or meat you have lying around in your fridge would be a great addition to these little pepper bowls.

Prep: 5 Min Cook: 35 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 **bell pepper** *any color you choose*
- 2 **eggs** *scrambled*
- 1 **mushroom** *sliced*
- 1 tablespoon **onion** *chopped*
- 1 oz **spinach**

Preparation

1. Preheat oven to 400°.
 2. Crack the eggs into a mixing bowl and scramble them.
 3. Add the mushroom, onion and spinach to your eggs and mix well.
 4. Slice the top off of your bell pepper and remove the core.
 5. Pour your egg mixture into the bell pepper and place it on a foiled lined baking sheet. If the bell pepper does not sit flat use a utensil to secure it in an upright position.
 6. Place the top on the bell pepper and bake in the oven for 35 minutes.
- ❖ Tip: Mix it up! Personalize them with different veggies each time.

Chia Parfait



- ❖ Featuring nutrient-rich chia seeds, this creamy parfait is certainly a treat!
- ❖ Chia seeds have recently gained attention as an excellent source of omega-3 fatty acid. They are also an excellent source of fiber at 10 grams per ounce (about 2 tablespoons), and contain protein and minerals including iron, calcium, magnesium and zinc.
- ❖ Make ahead

Prep: 5 Min Refrigerate: over-night

Serving: 1

Source: phreshandclean.com

Ingredients

- ¼ cup **raw chia seeds**
- 1 cup **unsweetened almond milk** or *coconut milk*
- ½ cup **frozen raspberries**
- 1 **medjool date** *pit removed*

Preparation

1. Combine chia seeds, almond milk, raspberries and the date in a blender, and blend until a uniform texture is achieved.
2. Place the mixture into a sealed container and chill overnight.
3. Before serving, whisk the mixture into a smooth consistency, making sure that there aren't any clumps.
4. Serve mixture in a bowl or glass.

Some other Suggestions:

- ❖ Fresh fruit & Berries
- ❖ Raw-unsalted nuts
- ❖ Unsweetened coconut
- ❖ Cinnamon
- ❖ Lemon zest

Chia Seed Breakfast Bowl



- ❖ This chia seed breakfast pudding is delicious and nutritious! Add your favorite toppings for a supercharged breakfast!
- ❖ Chia seeds have recently gained attention as an excellent source of omega-3 fatty acid. They are also an excellent source of fiber at 10 grams per ounce (about 2 tablespoons), and contain protein and minerals including iron, calcium, magnesium and zinc.
- ❖ Make ahead

*Prep: 5 Min Refrigerate: over-night
Serving: 1*

Source: phreshandclean.com

Ingredients

- ¼ cup **raw chia seeds**
- 1 cup **unsweetened almond milk** *or coconut milk*
- 1 handful **strawberries** *sliced*

Preparation

1. Place the chia seeds in an airtight container.
2. Add the almond milk.
3. Stir to combine.
4. Cover the container and refrigerate overnight.
5. Before serving, whisk the mixture into a smooth consistency, making sure that there aren't any clumps.
6. Spoon mixture into a bowl or glass and layer with berries.

Some other Suggestions:

- ❖ Fresh fruit & Berries
- ❖ Raw-unsalted nuts
- ❖ Unsweetened coconut
- ❖ Cinnamon
- ❖ Lemon zest

Grain-Free Granola



Prep: 10 Min Cook: 25 Min
Serving: 8 - half cup servings

Source: phreshandclean.com

- ❖ This is a grain-free granola that includes nuts, seeds, currants and a bit of maca root.
- ❖ Maca root has an earthy, nutty, and slightly sweet taste that's known to have many benefits including helping to balance hormones, improve energy levels, and boost the immune system, since it's a source of vitamin C and zinc.
- ❖ Enjoy on its own, or topped with fruit, berries, or milk of your choice.
- ❖ Make ahead
- ❖ Stores well in the refrigerator

Ingredients

- 1 cup **raw, unsalted sunflower seeds**
- 1 cup **raw, unsalted pumpkin seeds**
- ½ cup **raw, unsalted pecans** *chopped*
- ½ cup **raw, unsalted sesame seeds**
- ¾ cup **ground flax seed**
- 2 tablespoons **powdered maca root**
- ½ cup **dried currants**
- ½ cup **coconut oil** *soft or melted*
- 2 tablespoons **cinnamon**
- 1 tablespoon **nutmeg**
- ½ teaspoon **sea salt**

Preparation

1. Preheat oven to 350°.
2. In a large bowl, add the nuts, seeds, ground flax, maca root and mix together.
3. In a small bowl, add the coconut oil, spices and salt, and mix together.
4. Add the coconut mixture to the seed mixture and mix well using your hands, ensuring that all of the seed mixture is well coated.
5. Spread the mixture evenly onto a baking sheet and bake for 10 minutes.
6. Remove the baking sheet from the oven and toss well, making sure to spread the mixture onto the baking sheet evenly again.
7. Place the baking sheet back into the oven for another 10 minutes.
8. Toss the mixture again, this time add the currents before tossing.

Preparation continued...

9. Place the baking sheet back into the oven and bake for another 5 minutes, during this last 5 minutes check often to be sure it is not burning. If it appears done, you can remove it from the oven early.

10. Cool and refrigerate before consuming.

❖ Tip: Since all ovens vary, check often to make sure it does not burn! Chill before eating and store in the refrigerator.

Green Goddess Smoothie



- ❖ Try this fully raw smoothie as an ultimate fuel source! This recipe is a natural sunshine in a jar that feeds your body real energy!
- ❖ It is filled with awesome detoxing ingredients and you have the ratio of 3:1 veggies to fruits, which is important to really keep the smoothie alkalizing.

Prep: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- ½ cup **almond milk** or *coconut milk*
- ½ **frozen banana**
- ½ **green apple** or *any other fruit of choice, add extra fruit to make it sweeter*
- ½ **small cucumber**
- 1 handful of **spinach**
- ¼ cup **parsley**
- 6 **ice cubes**
- 2 tablespoons **ground flax** or *hemp seeds*
- ½ **lemon juice**
- 1 dash of **cinnamon**

Preparation

1. Combine all ingredients into a blender or vitamix. Blend well.
2. Serve immediately and enjoy!

Some other suggestions:

- ❖ Add some extra protein; fresh, raw eggs are a great option if you're comfortable with them, if not, have a hardboiled egg on the side.
- ❖ Throw in a little low glycemic fruit (frozen berries are brilliant), or something sweeter, like frozen pineapple, if you've just done a long endurance session.
- ❖ Add some fat, like coconut oil, avocado (this is great even in the sweeter varieties of smoothies) or raw almond butter once in a while.
- ❖ Turmeric is also an excellent addition for it's anti-inflammatory properties; ginger is a great choice too!

Heavenly Hash



- ❖ This all-star easy-to-follow Sweet Potato Hash is amazing, so fresh, bright and full of flavor!
- ❖ The many health benefits attributed to chard are due to its impressive list of vitamins, nutrients, and organic compounds, which include vitamins K, C, and A, as well as vitamin E, riboflavin, and vitamin B6. In terms of minerals, Swiss chard has a wealth of magnesium, manganese, potassium, iron, sodium, and copper.

Prep: 5 Min Cook: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 cup **garnet yam** or any sweet potato, peeled and cubed- ½ inch
- 1 splash of **avocado oil**
- ½ teaspoon **smoked paprika**
- ½ teaspoon **cumin**
- ¼ teaspoon **sea salt**
- 2 tablespoons **onion** *diced*
- 2 **button mushrooms** *sliced*
- 2 tablespoons **red bell pepper** *diced*
- 2 leaves of **rainbow chard** *sliced in 1-inch pieces*
- 1 dash of **cayenne pepper** *optional, if you like it spicy*
- 1 oz ***raw, unsalted walnuts**
- 1 **egg** *cooked any way you like*

Preparation

1. Toss the cubed potato with the avocado oil, paprika, cumin and sea salt.
2. Heat a skillet over medium heat and add the onion and potato.
3. Cook until the potato begins to brown- about 5 minutes.
4. Add the mushroom and bell pepper and cook another 5 minutes.
5. Add the chard, turn off the heat and stir until the chard begins to wilt.
6. Top with walnuts. And an egg, if you choose.

Homemade Breakfast Sausage



- ❖ Making fresh turkey breakfast sausage from scratch is quick, easy, healthier and simple and taste much better than the store-bought stuff. Just organic turkey and spices, exactly how turkey breakfast sausage should be!
- ❖ You can use this recipe for chicken and pork as well.
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 5 Min Cook: 5 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 4-6 oz **ground turkey** *preferably organic*
- 1 teaspoon **avocado oil** *add only if using lean turkey*
- 1 teaspoon **fennel seed**
- ½ teaspoon **chili powder**
- ½ teaspoon **sea salt**
- ¼ teaspoon **garlic powder**
- 1 pinch of **cayenne pepper** *optional, if you like it spicy*

Preparation

1. Place ground turkey in a medium-mixing bowl.
2. Add spices to ground turkey and mix until spices are evenly distributed throughout the meat. Mix in a little avocado oil if you are using *lean* turkey. This adds extra moisture.
3. Preheat your skillet on medium heat.
4. Place sausage into the hot skillet and cook until browned, stirring and breaking any clumps apart. Cooking time will be about 5-7 minutes.
5. Be careful not to overcook or the sausage will be dry in texture.
6. Serve immediately.

- ❖ Tip: Do a taste test while it's still hot in the pan. Adjust the seasonings if desired. Like a super bold sausage? Double all or some of the spices! And remember... do not overcook! Or the sausage will be dry in texture instead of juicy.
- ❖ If you chose to make a larger quantity, store the remainder in the refrigerator for up to three days.

Jumbo Breakfast Muffins



- ❖ The great thing about this recipe is that you can make a batch of muffins at the beginning of the week and refrigerate them until you want to eat them again, which will probably be every morning, because they're so easy, delicious and nutritious!
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 30 Min

Serving: 6 muffins

Source: phreshandclean.com

Ingredients

9 eggs

½ bell pepper *diced*

¼ white onion *diced*

6 kale leaves *stems removed, chopped*

½ teaspoon sea salt

½ teaspoon smoked paprika

12 oz chorizo *Diestel's turkey chorizo is a great choice*

Preparation

1. Preheat oven to 350°.
2. Crack the eggs into a mixing bowl and scramble them.
3. Combine the bell pepper, onion, kale and seasonings into the eggs.
4. Measure out about 2 ounces (¼ cup) of the chorizo and place into the bottom of each muffin tin.
5. Measure ½ cup of the egg mixture and put it on top of the chorizo in each tin. If you have any of the egg mixture left over, just evenly divide up the remaining among the 6 muffins.
6. Put the egg muffins into the oven and cook for approximately 30 minutes.
7. When done, put a toothpick into the muffin to make sure they are cooked through.
8. Place any leftover muffins into a container and refrigerate or freeze them for later use.

- ❖ Tips: Reserve one muffin for Thursday's breakfast and freeze the rest for easy on-the-go breakfasts.
- ❖ Mix it up! Personalize them with different veggies each time.

No-Mess Crispy Bacon



- ❖ Easy crispy bacon with an even easier clean-up!
- ❖ Look for organic bacon, center cut and free of added sugar and nitrates.
- ❖ Some excellent choices are Beeler's, Applegate Organic Bacon, Organic Prairie Uncured Bacon or Pasture Perfect Free Range bacon.
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 5 Min Cook: 20 Min

Serving: 1

Source: phreshandclean.com

Ingredients

2 **bacon slices** preferably organic, center cut and free of added sugar and nitrates

Preparation

1. Preheat oven to 400°.
 2. Lay bacon on the rack of a foil lined baking sheet.
 3. Bake for approximately 20 minutes, until crispy.
 4. Let bacon grease cool, fold foil and throw away.
- ❖ Tip: Pre-make your bacon for the week and store in the refrigerator.

Peachy-Keen Smoothie



Prep: 10 Min

Serving: 1

Source: phreshandclean.com

- ❖ This quick, easy and peachy smoothie has all the right ingredients that make it both delicious and satisfying!
- ❖ Peaches have an extraordinary array of health benefits. They are high in antioxidants, help increase immunity and help remove toxins from the body. Peaches are also rich in fiber, vitamins A, B, C, and E.
- ❖ Maca root has an earthy, nutty, and slightly sweet taste that's known to have many benefits including helping to balance hormones, improve energy levels, and boost the immune system, since it's a source of vitamin C and zinc.

Ingredients

- 1 cup **unsweetened almond milk** or *coconut milk*
- 1 cup **frozen peaches**
- 2 leaves of **kale** *de-stemmed*
- ¼ **cucumber**
- 2 tablespoons **ground flax**
- 2 tablespoons **shelled organic hemp seeds**
- ½ teaspoon **maca powder**
- 6 **ice cubes**

Preparation

1. Combine all ingredients into a blender or vitamix. Blend well.
2. Serve immediately and enjoy!

Piña Wholada



- ❖ This recipe is an irresistible creamy slushy blend that includes coconut, pineapple and avocado. A Piña Colada you can feel great about!
- ❖ Avocados are considered a “Super Food” and have a special position in the food calorie pyramid. They are a good source of energy are rich in various nutrients, vitamins and minerals. Avocados are also a good source of monounsaturated fatty acids, and they have low sugar content.

Prep: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 cup **light coconut milk** *canned*
- 1 cup **frozen pineapple**
- ½ **avocado**
- 2 tablespoons **gelatin** *Great Lakes is a great choice (11g protein per serving)*
- 1 handful of **spinach**
- 6 **ice cubes**
- 1 teaspoon **unsweetened, shredded coconut**

Preparation

1. Combine all ingredients into a blender or vitamix. Blend well.
2. Serve immediately and enjoy!
3. Optional: Garnish serving glass with a coconut rim; dip in the coconut milk and then the shredded coconut.

❖ Tip: If gelatin is not for you, have an egg or sausage on the side.

Rainbow Hash



- ❖ This all-star easy-to-follow Sweet Potato Hash is amazing, so fresh, bright and full of flavor!
- ❖ The many health benefits attributed to chard are due to its impressive list of vitamins, nutrients, and organic compounds, which include vitamins K, C, and A, as well as vitamin E, riboflavin, and vitamin B6. In terms of minerals, Swiss chard has a wealth of magnesium, manganese, potassium, iron, sodium, and copper.

Prep: 5 Min Cook: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 cup **garnet yam** or any sweet potato, peeled and cubed- ½ inch
- 1 splash of **avocado oil**
- ¼ teaspoon **smoked paprika**
- ¼ teaspoon **cumin**
- 1 **bacon slice** preferably organic, center cut and free of added sugar and nitrates
- 2 tablespoons **white onion** diced
- 2 **button mushrooms** sliced
- 2 **rainbow chard leaves** sliced in 1 inch pieces
- 1 dash of **cayenne pepper** optional, if you like it spicy
- 1 **egg** cooked any way you like

Preparation

1. Toss the cubed potato with the avocado oil, paprika and cumin.
2. Heat a skillet over medium heat and add the bacon, onion and potato.
3. Cook until the potato begins to brown- about 5 minutes.
4. Add the mushrooms and cook for another 5 minutes.
5. Add the chard, turn off the heat and stir until the chard begins to wilt.
6. Top with an egg, cooked any way you choose.

Smoked Salmon Breakfast Tower



Prep: 5 Min Cook: 15 Min

Serving: 1

Source: phreshandclean.com

- ❖ Treat yourself to this colorful flavor-bomb and you won't be disappointed. It's simple to make and will have you feeling like a gourmet chef in no time!
- ❖ Look for wild smoked salmon that is free of added sugar and nitrates.
- ❖ Due to its high sodium content, smoked salmon should be consumed in moderation. This breakfast is considered a 'breakfast switch-up' and is not intended to be a staple breakfast on the Clean.

Ingredients

- 1 **sweet potato** *one ½ inch slice*
- 1 splash **avocado oil**
- 1 **steak tomato** *one ½ inch slice*
- ½ **avocado** *sliced*
- 1.5 oz **smoked salmon**
- 1 tablespoon **red onion** *diced*
- 1 tablespoon **capers**
- sea salt** and **pepper** *to taste*

Preparation

1. Preheat broiler.
2. Slice sweet potato and coat with avocado oil and sprinkle with sea salt and cracked pepper.
3. Place on a foil lined baking sheet and broil for 15 minutes, flipping half way through.
4. Meanwhile prep the remaining ingredients.
5. Layer your potato, tomato, avocado and salmon and garnish with red onion, capers and fresh cracked pepper.

So-Easy Skillet Frittata



- ❖ Once you've made one frittata, you can make them all – adjust the fillings and flavors based on what's in the fridge. Frittatas can give new life to leftovers, and they are a great way to get several food groups into one meal!
- ❖ Eggs are a great source of protein. Numerous vitamins, including vitamin A, potassium and many B vitamins like folic acid, choline and biotin, are also packed into this oval- shaped staple.

Prep: 3 Min Cook: 7 Min

Serving: 1

Source: phreshandclean.com

Ingredients

¼ teaspoon **ghee**

½ cup leftover **roasted vegetables**

1 **chicken sausage** *diced* **Applegate sausage is a great choice*

2 **eggs** (*yolk too!*)

Other Suggestions

mushroom, onion, fresh tomato, spinach, arugula, cilantro or micro greens
bacon- diced and thrown in the pan with the veggies

Preparation

1. Warm an 8-inch skillet on medium heat with ¼ teaspoon of ghee.
2. Add your leftover roasted veggies and sauté for a few minutes. Stirring occasionally.
3. Meanwhile scramble your two eggs.
4. Turn heat to low and pour your eggs over the top. Place the lid on and cook on low for another 7 (or so) minutes.
5. Plate your masterpiece on fresh greens or add micro greens on top and season to your liking.

- ❖ Tip: If it appears the egg may be difficult to remove from the pan, you can add a small amount of water to the edges of the frittata just before removing. The water helps loosen the egg from the pan.

Three Ingredient Muffins



- ❖ These three ingredient muffins are jam-packed with healthy, and completely nutritious ingredients. They are only as sweet as your ripe bananas so make sure you use ripe ones!
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 5 Min Cook: 20 Min

Serving: 1

Source: phreshandclean.com

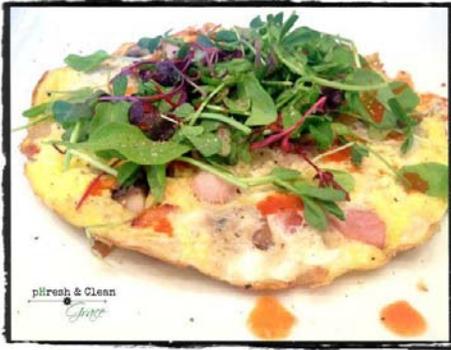
Ingredients

- 1 **banana**
- 2 **eggs**
- 1 tablespoon **almond butter**
- 1 tablespoon **sliced almonds** *optional*
- ½ teaspoon **ghee**

Preparation

1. Preheat oven to 350°.
2. Add all ingredients to a small mixing bowl blend well.
3. Grease your muffin pan (any size will do) with ghee or oil.
4. Pour batter into greased muffin tins.
5. Top with sliced almonds if you choose.
6. Bake for 18-20 minutes.
7. Allow these babies to cool before removing from the tin.

Two-Egg Frittata



- ❖ Once you've made one frittata, you can make them all – adjust the fillings and flavors based on what's in the fridge. Frittatas can give new life to leftovers, and they are a great way to get several food groups into one meal!
- ❖ Eggs are a great source of protein. Numerous vitamins, including vitamin A, potassium and many B vitamins like folic acid, choline and biotin, are also packed into this oval- shaped staple.

Prep: 5 Min Cook: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- ¼ teaspoon **ghee**
- ¼ cup **onion** *chopped*
- 2 **mushrooms** *sliced*
- 1 **bacon slice** *diced*
- 2 **eggs** (*yolk too!*)
- 1 handful of **greens**

Other Suggestions

leftover roasted vegetables
fresh tomato, spinach, arugula or cilantro
sausage - Applegate Farms is a great choice

Preparation

1. Warm an 8-inch skillet on medium heat with ¼ teaspoon of ghee.
2. Add your onion, mushroom & bacon and sauté for a few minutes until the onion becomes translucent. Stirring occasionally.
3. Meanwhile scramble your two eggs.
4. Turn heat to low and pour your eggs over the top. Place the lid on and cook on low for another 7 (or so) minutes.
5. Plate your masterpiece; add greens and season to your liking.

- ❖ Tip: If it appears the egg may be difficult to remove from the pan, you can add a small amount of water to the edges of the frittata just before removing. The water helps loosen the egg from the pan.



LUNCH RECIPES

Notes:

Cod Salad in Cucumber Boats



- ❖ These crunchy and refreshing cucumber creations will make your next day's lunch seem special. Mix and match- any leftover fish will be perfect in this recipe!
- ❖ Cod is an excellent low-calorie source of protein (a four-ounce serving of cod contains over 21 grams), and contains a variety of very important nutrients. It is very low in Saturated Fat and is also a good source of Niacin, Vitamin B12 and Potassium, Vitamin B6, Phosphorus and Selenium.

Prep: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 **cucumber** *select a wide one*
- 4 oz **cod** *precooked*
- ½ **roma tomato** *sliced and diced*
- 1 teaspoon **red onion** *diced*
- 2 tablespoons **raw, unsalted sunflower seeds**
- 1 tablespoon **extra-virgin olive oil**
- 1/8 teaspoon **sea salt**
- fresh cracked pepper** *to taste*

Preparation

1. Peel cucumber and slice in half. Core the seeds out, leaving ¼ inch at each end and set aside.
2. Mix cod, tomato, onion, sunflower seeds, olive oil and sea salt.
3. Spoon mixture into cucumber boats and garnish with fresh cracked pepper.

- ❖ Tip: This recipe is intended to use the leftover cod from Monday night's dinner.
- ❖ Taking it to work for lunch? Wrap in Saran wrap for easy transportation.

Mason Jar Chicken Salad



Prep: 10 Min

Serving: 2

Source: phreshandclean.com

- ❖ Mason jar salads really are limitless, they are perfect for on the go and can be prepared days ahead!
- ❖ Use a wide mouth quart size mason jar, or any other container if you don't have one. But keep in mind your salad will stay fresher for longer if it's in a glass container.
- ❖ Always layer in this order; dressing, hearty vegetables, beans and any other less hearty vegetables, protein and lastly your lettuce, nuts and seeds.

Ingredients

8-12 oz **chicken breast** *boneless/skinless - precooked and diced*

¼ cup **red onion** *diced*

2 **zucchini** *sliced and quartered*

2 **carrots** *sliced and halved*

10 **radishes** *sliced*

2 cups **lettuce** *chopped*

Salad Dressing

2 tablespoons **extra-virgin olive oil**

2 tablespoons **spring water**

2 teaspoons **lemon juice**

½ teaspoon **sea salt**

¼ teaspoon **garlic powder**

fresh cracked pepper *to taste*

Preparation

1. Prepare your dressing and set aside.
2. Prep veggies and layer in order of dressing, onion, zucchini, carrot, radish, chicken and lettuce splitting ingredients into each of your mason jars.
3. Upon serving, shake well and transfer to a salad bowl. Optionally if you would like to eat straight from your mason jar, leave a few inches of room at the top so you have room to shake and combine the ingredients before eating.

- ❖ Tip: These salads are intended to be for Mondays and Tuesdays lunch.
- ❖ If your chicken breast is uncooked, you can bake it at 400° for 20 minutes. Chill completely before adding it to your jar.

Oh-So Tasty Lettuce Wraps



- ❖ I'm obsessed with these wraps not only because I think they're so beautiful, but because they're incredibly easy to prepare, tasty and satisfying.
- ❖ The impressive lineup of ingredients ensures that you'll receive a huge boost of nutrition with every bite!
- ❖ Prepare ahead
- ❖ Perfect use for leftover chicken!

Prep: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 3 large **romaine leaves**
- ½ **avocado**
- 1 dash of **garlic powder**
- 1 dash of **sea salt**
- 1 dash of **cayenne pepper**
- 3-5 oz **chicken** *leftovers are great!*
- 1 **crunchy cucumber** *julienned*
- 3 **radish** *sliced*
- 1 oz **raw, unsalted sunflower seeds**

Preparation

1. Select 3 large romaine leaves, wash and trim stem.
2. Slice avocado in half and add garlic powder, sea salt, and cayenne to one half and mash it together with a fork.
3. Spread the avocado evenly on each leaf.
4. Layer chicken, cucumber and radish in the romaine leaves.
5. Top with sunflower seeds and roll up!

Snapper Salad in Cucumber Boats



- ❖ These crunchy and refreshing cucumber creations will make your next day's lunch seem special. Mix and match- any leftover fish will be perfect in this recipe!
- ❖ With a firm texture and mild taste, red snapper is a low-calorie, lean source of protein (each 6-ounce serving offers 45 grams) it is rich in selenium, vitamin A, potassium and omega-3 fatty acids.

Prep: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 **cucumber** *select a wide one- peeled*
- 4 oz **snapper** *precooked*
- ½ **roma tomato** *sliced and diced*
- 1 teaspoon **red onion** *diced*
- 2 tablespoons **raw, unsalted sunflower seeds**
- 1 tablespoon **extra-virgin olive oil**
- 1/8 teaspoon **sea salt**
- fresh cracked pepper** *to taste*

Preparation

1. Peel cucumber and slice in half. Core the seeds out, leaving ¼ inch at each end and set aside.
2. Mix snapper, tomato, onion, sunflower seeds, olive oil and sea salt.
3. Spoon mixture into cucumber boats and garnish with fresh cracked pepper.

- ❖ Tip: This recipe is intended to use the leftover snapper from Monday night's dinner.
- ❖ Taking it to work for lunch? Wrap in Saran wrap for easy transportation.

Tuna Salad Lettuce Wraps



- ❖ No mayonnaise? No problem! This tuna salad gains its moisture from the avocado and the end result is just about perfect!
- ❖ Avocados are considered a “Super Food” and have a special position in the food calorie pyramid. They are a good source of energy and are rich in various nutrients, vitamins and minerals. Avocados are also a good source of monounsaturated fatty acids, and they have low sugar content.

Prep: 10 Min

Serving: 1

Source: phreshandclean.com

Ingredients

1 6 oz can **white meat tuna** *drained*
¼ cup **carrot** *grated*
¼ cup **celery** *diced*
2 tablespoons **red onion** *diced*
2 tablespoons **capers**
½ teaspoon **dried parsley**
½ teaspoon **dried dill**
½ **avocado**
1 oz ***raw, unsalted walnuts**
sea salt and pepper *to taste*
3 **lettuce leaves**

Preparation

1. Add all ingredients to a mixing bowl and stir to combine.
2. Serve in lettuce leaves.



DINNER RECIPES

Notes:

Bacon Wrapped Filet Mignon



- ❖ This recipe is so simple, delicious and decadent- it's the perfect way to celebrate *Day 30!* You made it and I'm sure you feel amazing!!
- ❖ Shop for grass-fed beef, it is naturally leaner, higher in omega 3s and has the recommended ratio of omega 6 to omega 3 fats (3:1.) It is loaded with considerably more antioxidants, vitamins, and minerals, plus it's a great source of CLA.

Prep: 5 Min Cook: 20 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 2 4-6 oz **filet mignon** or 1 8-12 oz *filet*
- 2 **bacon** slices or 1- if only cooking 1 *filet*
- 1 **toothpick**

Spice Rub

- ¼ teaspoon **sea salt**
- ¼ teaspoon **cracked pepper**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon **paprika**

Preparation

1. Remove the filet mignon from the refrigerator 30 minutes prior to cooking and season with your spice mixture.
2. Preheat your broiler.
3. Take a strip of bacon and wrap it snugly around the steak. Insert a toothpick into the steak to hold the bacon in place while cooking.
4. Place the steaks on a broiler pan and slide into the broiler, positioning the pan 4-6 inches from the heating element.
5. Cooking times vary depending on the thickness of the steaks and how close you are able to cook them to the heat source. Cook for approximately 7 to 10 minutes on each side, flipping once during cooking. Check with an instant-read meat thermometer; when the internal temperature reaches 135° to 140°, the steak is medium rare.
6. Remove the filet mignon from the broiler and let it rest for 5 minutes before serving.

Balsamic Roasted Chicken



- ❖ This is an easy-to-prepare one-dish recipe. Feel free to substitute any favorite vegetables to make it your own.
- ❖ Asparagus is one of the most nutritionally well-balanced vegetables in existence. It leads nearly all produce items in the wide array of nutrients it supplies in significant amounts for a healthy diet.
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 40 Min

Serving: 2 chicken portions & 1 vegetable portion

Source: phreshandclean.com

Ingredients

2 chicken portions- bone in/skin on thigh or breast can be used

¼ cup red onion sliced thin

¼ bunch asparagus spears ends trimmed and cut into 1" segments

Balsamic Marinade

¼ cup avocado oil

¼ cup balsamic vinegar

5 garlic cloves minced

2 tablespoons dried rosemary

2 teaspoons sea salt

Preparation

1. Preheat oven to 400°.
2. In a small mixing bowl add avocado oil, balsamic, garlic, rosemary and salt. Reserve half of the mixture for the vegetables.
3. Rinse chicken and pat dry.
4. Marinate chicken in the balsamic mixture for 5-30 minutes. Discard marinade.
5. Set chicken in a shallow baking dish.
6. Roast chicken, skin side up at 400° for 30 minutes.
7. Meanwhile toss the vegetables with the remaining balsamic marinade.
8. Add vegetables and remaining sauce to the chicken dish and bake for another 10 minutes.

❖ Tip: Reserve the second serving of chicken for tomorrow's lunch.

Broiled Lamb with Pistachio Gremolata



- ❖ This lamb dish is bright, bold and bursting with flavor!
- ❖ Lamb is an excellent source of high quality protein and is an ideal source of iron, zinc and vitamin B.
- ❖ This dish pairs well with cauliflower mashers, baked garnet yam or green salad.
- ❖ Excellent for leftovers!
- ❖ For those with a slightly less adventurous palate the lamb can easily be switched out for beef.

Prep: 15 Min Cook: 15 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 1 8-12oz portion **lamb boneless chop or tenderloin**. **You may also substitute for beef*
- 1 splash of **avocado oil**
- 1 dash of **sea salt** and **fresh cracked pepper**

Pistachio Gremolata

- ¼ cup **pistachios** *chopped fine*
- 2 tablespoons **fresh flat-leaf parsley** *chopped*
- 2 tablespoons **cilantro** *chopped*
- 1 **lemon** *zest only*
- 1 **garlic clove** *minced*
- ¼ teaspoon **sea salt**

Preparation

1. Preheat broiler.
2. Clean lamb portion and trim any visible fat. Brush with oil and sprinkle with salt and pepper.
3. Place lamb on the rack of foil lined broiler pan, and broil 6-8 inches from the heat for about 15 minutes or until instant-read thermometer inserted into chops registers 160° for medium or to desired doneness, turning once.
4. Remove from the oven and let sit for 5-10 minutes.
5. While the lamb cooks, combine pistachios and the remaining ingredients.
6. Slice the lamb at an angle and top with the gremolata.

❖ Tip: Reserve the second serving for tomorrow's lunch.

Cajun Burgers



Prep: 10 Min Cook: 10 Min
Serving: 2

Source: phreshandclean.com

- ❖ Beef burgers get a big flavor boost here from Cajun seasoning, lending them the perfect ratio of juiciness to flavor!
- ❖ Shop for grass-fed beef, it is naturally leaner, higher in omega 3s and has the recommended ratio of omega 6 to omega 3 fats (3:1.) It is loaded with considerably more antioxidants, vitamins, and minerals, plus it's a great source of CLA.
- ❖ Make ahead
- ❖ Excellent for leftovers

Ingredients

- $\frac{3}{4}$ lb **ground beef**
- $\frac{1}{2}$ teaspoon **sea salt**
- $\frac{1}{4}$ cup **red onion sliced**
- 1 tomato sliced**
- $\frac{1}{2}$ **yellow pepper sliced**
- $\frac{1}{2}$ **avocado sliced**
- 4 lettuce leaves**

Cajun Seasoning Blend

- 1** tablespoon **cumin**
- 1** tablespoon **dried oregano**
- 1** teaspoon **garlic powder**
- 1** teaspoon **paprika**
- 1** teaspoon **sea salt**
- $\frac{1}{4}$ teaspoon **cayenne**

Preparation

1. Combine all seasoning blend ingredients in a small bowl and mix well.
2. In a medium mixing bowl, combine the ground beef, sea salt, and **1 tablespoon** of the Cajun seasoning blend.
3. Shape into two patties. Cook in a skillet or grill over medium-high heat for 3-5 minutes per side or until burgers reach desired doneness.
4. Top your burgers with onion, tomato, peppers and avocado and wrap in lettuce leaves.
5. Store your remaining seasoning blend in an airtight container for future use.

- ❖ Tip: Reserve the remaining serving for Sunday's lunch.

Chia Crusted Salmon with Tangerine Salsa



- ❖ This is a bright, flavorful dish that's got all the right ingredients and is sure to impress!
- ❖ Chia seeds are among the healthiest foods on the planet, they are loaded with nutrients that have important benefits for your body and brain.
- ❖ Dish pairs well with roasted asparagus or steamed broccoli.
- ❖ Excellent for leftovers

Prep: 15 Min Cook: 10 Min

Serving: 2 salmon portions & 1 salsa portion

Source: phreshandclean.com

Ingredients

- 2 4-6 oz **salmon** filets *with or without skin*
- 1 **egg**
- 4 tablespoons **chia seeds**

Salsa

- 1 **tangerine** *slice off peel and dice*
- 1 tablespoon **cilantro** *chopped*
- 1 teaspoon **extra-virgin olive oil**
- ¼ teaspoon **sea salt**

Preparation

1. Preheat broiler.
2. Rinse and dry salmon.
3. Whisk the egg and pour it onto a plate, place the chia seeds on an adjacent plate.
4. Dip the top and sides of the salmon in the egg and then on the chia seeds, pressing lightly to coat.
5. Place salmon on the rack of foil lined broiler pan.
6. Broil 6 to 8 inches from heat for 8-10 minutes, or until fish is opaque in the center.
7. Meanwhile, combine the tangerine, cilantro, olive oil and sea salt.
8. Serve salsa over fish.

- ❖ Tip: Reserve the second serving of salmon for tomorrow's lunch.

Cider Glazed Pork Chops



- ❖ This fresh twist on a classic meat-and-potatoes dinner brightens the last of winter's bounty for a chilly winter night.
- ❖ Sage is rich in antioxidants and important nutrients, such as vitamin K. In fact, sage has been considered somewhat of a panacea (solution or remedy for all difficulties or diseases) throughout history because of its wide range of uses in cooking and medicine.

Prep: 5 Min Cook: 20 Min

Serving: 2 pork portions & 1 vegetable portion

Source: phreshandclean.com

Ingredients

- 1 tablespoon **avocado oil**
- $\frac{1}{4}$ **yellow onion** cut into 1" wedges
- 2 4-6 oz **pork chops**
- 4 **fresh sage** leaves
- 2 **garlic cloves** minced
- $\frac{1}{4}$ cup **apple cider vinegar**
- 1 teaspoon **Dijon mustard**
- sea salt** and **pepper** to taste

Preparation

1. Season pork chops with sea salt and pepper.
2. In a large skillet or heavy pot, heat the avocado oil over medium heat. Add onion and sauté for about 5 minutes.
3. Add sage leaves and pork chops and cook until browned on both sides and pork is slightly pink in the center, 4-6 minutes per side. The best way to make sure it is done is to use an instant-read thermometer. It should read 165° F when inserted into the thickest part.
4. Remove pan from the heat; transfer pork chops to a plate.
5. Stir garlic into the pan and place over medium-high heat; cook and stir for 30 seconds.
6. Pour in vinegar and add mustard, scrape up any browned bits from the bottom of the pan and bring mixture to a boil, and cook until sauce is reduced and thick, 3 to 4 minutes. Season with sea salt and cracked pepper to taste.
7. Return pork chops to the pan to warm slightly, 1 to 2 minutes per side.

- ❖ Tip: Reserve the second serving of pork for tomorrow's lunch.

Coconut-Curry Chicken Soup



Prep: 10 Min Cook: 15 Min

Serving: 2

Source: phreshandclean.com

- ❖ Chicken soup flavored with coconut and curry makes this Thai recipe a favorite. Snow peas, tomato, and chicken breast give this soup flavor, texture, and a wealth of nutrients.
- ❖ Coconut represents a vegetarian-sourced saturated fat consisting of medium chain fatty acids (MCFAs). Scientists have long recognized MCFAs such as lauric and capric acid for their anti-viral and anti-microbial properties. The body utilizes MCFAs as energy instead of storing them as fat.

Ingredients

- 1 tablespoon **coconut oil**
- 1 **garlic** clove *chopped*
- 1 **small shallot** *sliced thin*
- 8-12 oz **chicken breast** *boneless/ skinless- sliced thin*
- 8 oz **snow peas** *stems trimmed*
- 1 can **light coconut milk**
- 1 teaspoon **curry powder**
- ½ teaspoon **sea salt**
- 1 **roma tomato** *diced*
- 2 tablespoons **cilantro** *chopped*
- 1 **lime** *sliced*
- 1 dash of **cayenne pepper** **optional if you like it spicy*

Preparation

1. Heat coconut oil in a medium saucepan over medium heat. Add your garlic and shallot and cook until fragrant, a couple minutes.
2. Add chicken and snow peas and cook for 5 minutes, stirring occasionally.
3. In a separate mixing bowl, whisk coconut milk, curry, sea salt and cayenne. Add the mixture to your saucepan and continue heating for another 3 minutes.
4. Turn heat off and add your diced tomato. Cover for 5 minutes.
5. Serve and garnish with chopped cilantro and fresh lime.

- ❖ Tip: Reserve the second serving for tomorrow's lunch.

Easy-Cook NY Strip



Prep: 5 Min Cook: 20 Min

Serving: 2

Source: phreshandclean.com

- ❖ Whether you're making a romantic dinner or a casual meal, steaks are always a delightful entrée. Broiling them in the oven makes steak super quick and fuss-free to prepare.
- ❖ Shop for grass-fed beef, it is naturally leaner, higher in omega 3s and has the recommended ratio of omega 6 to omega 3 fats (3:1.) It is loaded with considerably more antioxidants, vitamins, and minerals, plus it's a great source of CLA.
- ❖ Dish pairs well with sautéed mushrooms and potatoes.

Ingredients

1 8-12 oz. portion **NY strip** or any other preferred cut

Spice Rub

¼ teaspoon **sea salt**

¼ teaspoon **cracked pepper**

¼ teaspoon **garlic powder**

¼ teaspoon **paprika**

Preparation

1. Remove the steak from the refrigerator 30 minutes prior to cooking and season with your spice mixture.
2. Preheat your broiler.
3. Place the steak on a broiler pan and slide into the broiler, positioning the pan as close as you can to the heating element.
4. Cooking times vary depending on the thickness of the steaks and how close you are able to cook them to the heat source. Cook for approximately 7 to 10 minutes on each side, flipping once during cooking. Check with an instant-read meat thermometer; when the internal temperature reaches 135° to 140°, the steak is medium rare.
5. Remove the steak from the broiler and let it rest for 5 minutes before serving.

❖ Tip: Reserve the second serving for tomorrow's lunch.

Garlic & Rosemary Crusted Salmon



- ❖ Juicy salmon with rosemary, lemon and garlic, takes minutes to prepare which is always perfect for those short on time!
- ❖ With much more omega-3 fatty acid than omega-6, salmon is the tastiest way I know to get your essential fatty acids!
- ❖ Dish pairs well with roasted asparagus, cauliflower or a mixed green salad.
- ❖ Excellent for leftovers.

Prep: 5 Min Cook: 10 Min

Serving: 2

Source: phreshandclean.com

Ingredients

2 4-6 oz **salmon** filets *with or without skin*

Garlic & Rosemary Rub

3 tablespoons **avocado oil**

2 teaspoons **lemon juice**

2 teaspoons **fresh rosemary** *chopped or dried if fresh is unavailable*

2 **garlic cloves** *minced*

sea salt and **fresh ground pepper** *to taste*

Preparation

1. Preheat broiler.
2. Combine avocado oil, lemon juice, rosemary, garlic, salt & pepper. Set aside.
3. Rinse, dry and place salmon on a foil lined broiler pan.
4. Reserve 2 tablespoons (mostly liquid) of your olive oil mixture to dress your salmon after plating. Rub the remainder on the top portion of the salmon.
5. Broil 6 to 8 inches from heat for 8-10 minutes, or until fish is opaque in the center.
6. After plating you salmon pour the remaining sauce over the top.
7. Garnish with a fresh rosemary sprig.

❖ Tip: Reserve the second serving for tomorrow's lunch.

Macadamia-Crusted Snapper



- ❖ A quick and easy fish recipe, with a healthy macadamia nut coating, that is sure to impress your guests!
- ❖ Macadamias are packed with numerous health-benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health and wellness.
- ❖ Dish pairs well with roasted asparagus or a fresh green salad.

Prep: 15 Min Cook: 15 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 2 4-6 oz **snapper filets** *or you may substitute with any other flakey white fish*
- 1 **egg whisked**
- 1/3 cup **macadamia nuts finely chopped**
- 1 tablespoon **fresh parsley chopped, dried may be used**
- 1 **garlic clove minced**
- 1/4 teaspoon **sea salt**
- 1/4 teaspoon **fresh cracked pepper**
- 1/2 **orange** zest only

Preparation

1. Preheat oven to 350°.
2. Rinse and pat dry fillets.
3. Add macadamia nuts, parsley, garlic, sea salt, pepper and orange zest to a mixing bowl and combine.
4. In a small bowl whisk the egg and pour it onto a plate, place the macadamia mixture on an adjacent plate.
5. Dip each fillet in egg mixture, and coat on both sides, then press it in the nut mixture. Be sure each fillet is fully coated.
6. Place fillets on the rack of foil lined baking pan, and bake for 15 minutes, or until fish flakes apart with a fork.

- ❖ Tip: Reserve the second serving for tomorrow's Snapper salad cucumber boats.

NY Strip with Cilantro-Chimichurri Sauce



- ❖ Shop for grass-fed beef, it is naturally leaner, higher in omega 3s and has the recommended ratio of omega 6 to omega 3 fats (3:1.) It is loaded with considerably more antioxidants, vitamins, and minerals, plus it's a great source of CLA.
- ❖ This dish pairs well with cauliflower, roasted potatoes or green salad.
- ❖ Prepare ahead
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 20 Min

Serving: 2

Source: phreshandclean.com

Ingredients

1 8-12 oz. portion **NY strip** or any other preferred cut

Chimichurri

½ cup **cilantro**

¼ cup **fresh mint**

¼ cup **fresh oregano**

¼ cup **avocado oil**

2 tablespoons **red wine vinegar**

½ teaspoon **red pepper flakes**

2 garlic cloves

sea salt to taste

Preparation

1. Combine all chimichurri ingredients in a food processor and process until smooth.
2. Use half as a marinade for the steak and refrigerate the remainder for your steak sauce, add sea salt to taste.
3. Marinate the steak for about an hour. Remove the steak from the refrigerator 20 minutes before cooking and let it sit at room temperature.
4. Preheat broiler and place steak on the rack of foil lined broiler pan, broil 6-8 inches from the heat for about 15 minutes or until instant-read thermometer inserted into steak registers 160° for medium or to desired doneness, turning once.
5. Transfer the steak to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.
6. Serve the remaining chimichurri over the steak.

❖ Tip: Reserve the second serving for tomorrow's lunch.

Oven Roasted-Crispy Chicken



- ❖ This high-heat roasting method results in crisp, crackly skin that gives way to moist flesh and herbed garlic yumminess.
- ❖ If you're looking for a great source of protein, this bird is the word! Chicken is high in protein and jam-packed full of essential nutrients and vitamins.
- ❖ Dish pairs well with roasted vegetables.
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 40 Min

Serving: 2

Source: phreshandclean.com

Ingredients

2 Chicken portions, bone in-skin on leg/thigh combos or chicken breast can be used

Garlic Rub

- 3 tablespoons **avocado oil**
- 3 **garlic cloves** *minced*
- 1 tablespoon **poultry seasoning**
- 1 teaspoon **sea salt**

Preparation

1. Preheat oven to 400° convection.
2. Rinse chicken and pat dry.
3. Set chicken on the rack of a foil-lined shallow baking pan.
4. In a small mixing bowl add avocado oil, minced garlic, seasoning and salt, it will be a pasty consistency.
5. Rub a light coat of the paste all over the chicken and try to get it under the skin too.
6. Roast chicken, skin side up at 400° convection for 20 minutes, change oven to 400° regular and roast for another 20 minutes.

- ❖ Tips: If you don't have a convection oven, you can just roast the chicken at 400° for the entire 40 minutes.
- ❖ Reserve the second serving for tomorrow's Oh-so tasty lettuce wraps.

Pork Chops with Balsamic Fig & Caramelized Onion



- ❖ With a subtle sweetness and jammy quality, this relish pairs perfectly with pork chops.
- ❖ Figs are high in natural sugars, minerals and soluble fiber. They are also rich in minerals including potassium, calcium, magnesium, iron and copper and are a good source of antioxidant vitamins A, E and K that contribute to health and wellness.

Prep: 10 Min Cook: 25 Min

Serving: 2

Source: phreshandclean.com

Ingredients

2 4-6 oz **pork chops**
1 teaspoon **ghee**
sea salt and **pepper to taste**

Balsamic Fig & Caramelized Onion

1 tablespoon **ghee**
 $\frac{1}{2}$ **red onion** *chopped*
 $\frac{1}{4}$ cup **balsamic vinegar**
 $\frac{1}{4}$ cup **dried black mission figs** *sliced*
2 tablespoons **extra-virgin olive oil**
sea salt and **pepper to taste**

Preparation

1. Heat 1-tablespoon ghee in a large skillet over medium heat. Sauté the onion until soft and beginning to brown, about 6 minutes.
2. Add the balsamic vinegar and continue to sauté until most of the liquid is gone and the mixture is slightly caramelized. Another couple minutes.
3. Transfer the onion mixture to the bowl of a food processor, add the figs and the 2 tablespoons olive oil, a splash of balsamic and season with sea salt and pepper. Pulse until the ingredients start to come together and form a coarse paste. Set relish aside and prepare your pork chops.
4. Season pork chops with sea salt and pepper.
5. Heat 1-teaspoon ghee over medium heat in the same skillet used for the onions. Add your pork chops and cook until browned on both sides and pork is slightly pink in the center, about 4-6 minutes per side. The best way to make sure it is done is to use an instant-read thermometer. It should read 165° F when inserted into the thickest part.
6. Plate your pork chop and top with relish.

❖ Tip: Reserve the second serving of pork chop for tomorrow's lunch.

Prosciutto Wrapped Chicken Breast



- ❖ Good meals come in small packages, like chicken kept moist by cured ham and prepped in five minutes.
- ❖ If you're looking for a great source of protein, this bird is the word! Chicken is high in protein and jam-packed full of essential nutrients and vitamins.
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 20 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 4-6 oz **chicken breast** *boneless, skinless*
- 1 **prosciutto slice** *preferably purchased fresh, thick cut from the meat department*
- 4 **sage leaves**
- 1 splash of **avocado oil**
- fresh cracked pepper** to taste

Preparation

1. Preheat oven to 400 °
2. Rinse chicken and pat dry.
3. Lay the sage leaves over the chicken and wrap with the prosciutto.
4. Lightly coat with avocado oil.
5. Set chicken on a foil-lined shallow baking pan.
6. Bake for approximately 20 minutes. Time depends on the size of your breast.
7. The best way to make sure they are done is to use an instant-read thermometer. It should read 165° F when inserted into the thickest part.
8. Slice at a diagonal and top with fresh cracked pepper.

Roast Chicken with Sweet Onion & Brussels



- ❖ This is an easy-to-prepare one-dish recipe. Feel free to substitute any favorite vegetables to make it your own.
- ❖ Brussels sprouts are a good source of protein, iron and potassium; they also offer other benefits that can boost your overall health. Not a fan? That may be because they were over-cooked!
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 40 Min

Serving: 2 chicken portions & 1 vegetable portion

Source: phreshandclean.com

Ingredients

2 chicken portions- bone in/skin on thigh or breast can be used

1 lemon cut into wedges

$\frac{1}{4}$ cup **broth** *Pacific bone broth is a great choice*

$\frac{1}{4}$ cup **sweet onion** sliced

$\frac{1}{2}$ lb **brussels sprouts** trimmed and halved

Herb Rub

$\frac{1}{4}$ cup **avocado oil**

5 garlic cloves *minced*

2 tablespoons **dried Italian herbs**

2 teaspoons **sea salt**

Preparation

1. Preheat oven to 400°.
2. In a small mixing bowl add avocado oil, garlic, herbs and salt. Reserve half of the mixture for the vegetables.
3. Rinse chicken and pat dry.
4. Set chicken in a shallow baking dish.
5. Rub a light coat of the herb mixture all over the chicken and top with lemon wedges.
6. Roast chicken, skin side up at 400° for 20 minutes.
7. Meanwhile toss the vegetables with the remaining herb mixture and broth.
8. Add vegetables to the chicken dish and bake for another 20 minutes.

❖ Tip: Reserve the second serving of chicken for tomorrow's lunch.

Roasted Chicken with Tangy Garlic-Cilantro Sauce



- ❖ This dish comes packed full of flavor and is so easy it's sure to become a staple.
- ❖ If you're looking for a great source of protein, this bird is the word! Chicken is high in protein and jam-packed full of essential nutrients and vitamins.
- ❖ Dish pairs well with sautéed spinach, blanched green beans, cauliflower mashers or fresh greens.
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 20 Min

Serving: 2

Source: phreshandclean.com

Ingredients

8-12 oz **chicken** *boneless/ skinless- breast or thighs*
1 splash of **avocado oil**
1 pinch of **sea salt**

Garlic-Cilantro Sauce

1 cup **cilantro** *coarsely chopped*
2 **garlic** cloves *sliced*
1 teaspoon **sea salt**
¼ cup **extra-virgin olive oil**
2 tablespoons **lemon juice**
**extra sauce can be refrigerated for up to 3 days*

Preparation

1. Preheat oven to 400°.
2. Rinse and dry chicken and rub with avocado oil and sea salt.
3. Set chicken on a foil-lined shallow baking pan.
4. Bake for approximately 20 minutes. Time depends on the size of your portions.
5. The best way to make sure it is done is to use an instant-read thermometer. It should read 165° F when inserted into the thickest part.
6. Meanwhile, puree all of the sauce ingredients in a blender or food processor. Chill until ready to serve.
7. Slice chicken at a diagonal cut and pour sauce on top.

❖ Tip: Reserve the second serving for tomorrow's lunch.

Shrimp with Lemongrass, Chili and Coconut



- ❖ This succulent shrimp stir-fry is quick to make and big on flavor.
- ❖ Shrimp are a great source of high quality protein, and provide some of the most important vitamins and minerals that make up a healthy diet. They are surprisingly low in calories and are made up of extremely healthy cholesterol.

Prep: 5 Min Cook: 25 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 **garlic** clove *minced*
- ¼ teaspoon **red pepper flakes**
- 1 stalk **lemongrass** *outer layers removed- chopped or 1 tablespoon lemongrass paste*
- ¼ cup **vegetable broth**
- ½ cup **light coconut milk** *canned*
- 1 tablespoon **coconut oil**
- ½ **onion** *sliced*
- ½ **carrot** *sliced into match sticks*
- ½ **zucchini** *sliced into match sticks*
- ½ **yellow squash** *sliced into match sticks*
- 2 **mushrooms** *sliced*
- 4-6 oz **shrimp** *peeled raw shrimp, from a sustainable source, fresh or frozen/thawed*
- lime** *for garnish*

Preparation

1. In a small pot, bring garlic, red pepper flakes, lemongrass, broth, and coconut milk to a boil. Reduce heat and simmer until fragrant, about 20 minutes. Strain; discard solids. Keep warm.
2. Meanwhile, heat coconut oil in a skillet over medium-high heat. Add onion, carrot, zucchini, squash and mushrooms and cook, stirring, until tender, about 5 minutes.
3. Add the coconut broth, stir in the prawns and cook for a few minutes more until they turn pink – take care not to overcook them or they'll become tough.
4. Garnish with fresh lime.

Skillet Chicken with Capers, Peppers & Asparagus



- ❖ This easy one pan chicken dish benefits from the strong flavors of garlic, capers, and peppers. You can use more or fewer capers to suit your taste.
- ❖ If you're looking for a great source of protein, this bird is the word! Chicken is high in protein and jam-packed full of essential nutrients and vitamins.
- ❖ Excellent for leftovers

Prep: 5 Min Cook: 15 Min

Serving: 2 chicken portions & 1 vegetable portion

Source: phreshandclean.com

Ingredients

- 8-12 oz **chicken** *boneless/ skinless- breast or thighs*
- 1 tablespoon **ghee**
- 3 **garlic cloves** *sliced*
- ½ **orange bell pepper** *cored and sliced*
- ¼ bunch **asparagus** *spears ends trimmed- cut in 1-inch segments*
- 3 tablespoons **capers**
- 1 dash of **dried parsley**

Preparation

1. Prep your veggies.
2. Rinse chicken and pat dry.
3. Heat ghee in a large skillet over medium heat. Add your garlic and cook until fragrant, a couple minutes.
4. Add chicken and cook 5 minutes on each side.
5. Add your veggies and capers and cook for another 5 minutes. Be careful not to overcook your vegetables, they should be tender yet crisp.
6. Garnish with dried parsley.

- ❖ Tip: Reserve the second serving of chicken for tomorrow's lunch.

Smokey Garlic Shrimp



- ❖ If you have yet to discover the glory of smoked paprika, this is your official invitation. Made from smoked red peppers, it is a key ingredient in Spanish cooking. It imparts a deep ruby color and distinctive smoky flavor and aroma, instantly giving the simplest foods a huge wow factor. In this dish, it teams up with golden toasted garlic for doubly exciting seasoning for sautéed shrimp.

Prep: 10 Min Cook: 10 Min

Serving: 2 shrimp portions & 1 vegetable portion

Source: phreshandclean.com

Ingredients

½ zucchini sliced and quartered

½ small cauliflower stem removed- cut into florets

8-12 oz shrimp peeled raw shrimp, from a sustainable source, fresh or frozen/thawed

½ teaspoon sea salt

¼ teaspoon smoked paprika

2 tablespoons ghee

8 garlic cloves sliced thin

1 lemon zest only

Preparation

1. Add spring water to the bottom of a double pot or pot with steamer basket and place over medium-high heat, cover and bring to a boil.
2. Add your zucchini and cauliflower to the steamer pot and steam for 5 minutes.
3. In a medium-mixing bowl, toss your shrimp with the salt and smoked paprika.
4. In a sauté skillet, heat ghee over medium heat; add the sliced garlic and cook, stirring frequently until the garlic is golden. Watch closely so the garlic does not burn.
5. Turn heat to low and add your shrimp and cook for a few minutes on each side until they turn pink- take care not to overcook them or they'll become tough.
6. Turn heat off, add your vegetables and toss to combine.
7. Garnish with smoked paprika and lemon zest.

- ❖ Tip: Reserve the second serving of shrimp for tomorrow's lunch.

Stuffed Chicken with Cashew Cream Sauce



- ❖ As you look through this recipe, you may say "I can't do this" to which I say... yes you can!!
- ❖ Once you've made one stuffed chicken recipe, you can make them all. And the end result- a beautiful dish that's sure to impress your guests. Hey- you may even impress yourself!
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 20 Min

Serving: 2

Source: phreshandclean.com

Ingredients

2 6 oz **chicken breasts** *boneless/ skinless*
8 oz **frozen cut spinach** *pre-thawed*
1 teaspoon **ghee**
4 **crimini mushrooms** *sliced*
1 **garlic** clove *sliced*
1 small **shallot** *sliced*
½ teaspoon **ground nutmeg**
2 **toothpicks**
1 tablespoon **ghee**
sea salt and **pepper** *to taste*

Cashew Cream Sauce

½ cup **broth** *Pacific bone broth is a great choice*
1 tablespoon **ghee**
3 tablespoons **raw cashew butter**
½ teaspoon **dried parsley**
¼ teaspoon **garlic powder**
¼ teaspoon **sea salt**

Preparation

1. Thaw frozen spinach on the counter ahead of time. Transfer spinach to a kitchen towel- or a cheesecloth if you have one. Twist towel around spinach and wring it out until very dry. Transfer to a medium-mixing bowl.

Preparation continued...

2. Place skillet over medium heat. When skillet is hot, add ghee, mushrooms, garlic and shallot. Season with sea salt and pepper and sauté 5 minutes.
3. Transfer to a food processor and pulse to grind.
4. Add the mushroom mixture and nutmeg to the mixing bowl and stir to combine.
5. Slice chicken breasts from the wide end to form a pocket. Be careful to slice evenly so there are no holes.
6. Stuff equal parts of stuffing into each breast, pushing in with a spoon. Secure the open end of breasts with toothpicks.
7. Return your skillet to the stove over medium-high heat. Add 1-tablespoon ghee to the pan. Add the breasts to the pan and brown on all sides, cooking chicken 10 to 12 minutes. The meat will cook quickly because it is thin.
8. In another pan heat your broth, and add the remaining sauce ingredients. Whisk to combine, reduce heat to low and simmer until thickened and ready to serve.
9. Remove toothpicks and serve breasts whole or slice on an angle and fan out on dinner plates.
10. Top the stuffed chicken breasts with generous spoonfuls of the sauce and garnish with fresh cracked pepper.

❖ Tip: Reserve the second serving for tomorrow's lunch.

Super-Tasty Chicken Burgers



- ❖ These burgers are super-tasty and packed full of flavor!
- ❖ If you're looking for a great source of protein, this bird is the word! Chicken is high in protein and jam-packed full of essential nutrients and vitamins.
- ❖ Make ahead
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 10 Min

Serving: 3 burgers

Source: phreshandclean.com

Ingredients

- 1 lb **ground chicken breast**
- ¼ cup **white onion** *chopped*
- ¼ cup **fresh cilantro** *chopped*
- ¼ cup **red bell pepper** *chopped*
- 1 **garlic clove** *minced*
- ½ teaspoon **smoked paprika**
- ½ teaspoon **sea salt**
- ½ teaspoon **coriander**
- 1 tablespoon **avocado oil**
- 1 **avocado**

Preparation

1. Preheat broiler
2. Mix together ground chicken, onion, cilantro, bell pepper, garlic, seasonings and avocado oil in a large bowl.
3. Divide mixture and form into 3 patties.
4. Place burgers on the rack of foil lined broiler pan, broil 6-8 inches from the heat for about 10 minutes.
5. Serve over greens or as a lettuce wrapped burger.
6. Top with fresh avocado.

❖ Tip: Reserve the remaining two servings for Sunday and Monday's lunch.

Tasty Chili



Prep: 10 Min Cook: 15 Min

Serving: 3

Source: phreshandclean.com

- ❖ Not only is this hearty chili a cinch to make it's quite possibly the best tasting chili around!
- ❖ Shop for grass-fed beef, it is naturally leaner, higher in omega 3s and has the recommended ratio of omega 6 to omega 3 fats (3:1.) It is loaded with considerably more antioxidants, vitamins, and minerals, plus it's a great source of CLA.
- ❖ Make ahead
- ❖ Leftovers are even better than the first day!
- ❖ This recipe calls for legumes; if you have chosen to do the Super Clean please replace the legumes with your vegetables of choice.

Ingredients

- 1 tablespoon **ghee**
- 3 **garlic cloves** *minced*
- ½ **onion** *diced*
- ½ lb **ground beef**
- 15 oz **cannelloni beans** *soaked and sprouted or canned, rinsed*
- 1 14.5 oz can **diced tomatoes** *in juice un-drained*
- 1 8 oz can **water chestnuts** *chopped*
- 1 cup **broth** *Pacific bone broth is a great choice*
- 1 cup **eggplant** *diced*
- 2 teaspoons **chili powder**
- 1 teaspoon **ground cumin**
- 1/8 teaspoon **cayenne pepper** *or more if you like it spicy*
- 1 teaspoon **sea salt** *or to taste*
- 3 **bacon slices** *precooked *See the No-mess crispy bacon recipe*
- 1 firm **avocado** *diced*
- 3 **green onion stalks** *sliced*

Preparation

1. Heat your ghee in a large saucepan over medium heat.
2. Add your garlic and onion and cook until translucent, stirring occasionally.
3. Add your ground beef and stir with a wooden spoon, breaking up large pieces. About 5 minutes.

Preparation continued...

4. Add your beans, diced tomatoes and water chestnut, stir to combine.
5. In the bowl of a food processor, add your broth, eggplant, chili powder, cumin, cayenne and sea salt. Blend into a smooth consistency.
6. Add blended mixture to your saucepan and stir to combine. Continue heating on medium heat until heated throughout.
7. Serve and top with chopped bacon, diced avocado and sliced scallions.

❖ Tip: Reserve the remaining two servings for Thursday's and Friday's lunch.

Wild Cod with Citrus-Fennel Slaw



- ❖ Wild cod is a white, mild flavored fish that is available throughout the year and is a wonderful protein choice as it is extremely versatile making it easily adaptable to all methods of cooking.
- ❖ Besides being an excellent low-calorie source of protein (a four-ounce serving of cod contains over 21 grams), cod contains a variety of very important nutrients. It is very low in Saturated Fat and is also a good source of Niacin, Vitamin B12 and Potassium, Vitamin B6, Phosphorus and Selenium.
- ❖ Excellent for leftovers

Prep: 10 Min Cook: 10 Min

Serving: 2 cod portions & 1 slaw portion

Source: phreshandclean.com

Ingredients

2 4-6 oz **wild cod** or similar fish
½ teaspoon **ground coriander**
¼ teaspoon **ground cumin**
¼ teaspoon **sea salt**
1 teaspoon **avocado oil**
1 **garlic clove** *minced*

Citrus-Fennel Slaw

1 cup **fennel bulb** *about 1 medium- thinly sliced*
¼ cup **red onion** *thinly sliced*
1 tablespoon **cilantro** *chopped*
1 teaspoon **dried thyme leaves** *or use fresh if you have it*
1 teaspoon **lemon juice**
1 tablespoon **extra-virgin olive oil**
sea salt and **fresh ground pepper** *to taste*

Preparation

1. Preheat broiler.
 2. Rinse, dry and place cod on a foil lined broiler pan.
 3. Combine coriander and next 4 ingredients and rub mixture evenly over fish.
 4. Broil 6 to 8 inches from heat for 8-10 minutes, or until fish begins to flake apart.
 5. Meanwhile, prepare the citrus-fennel slaw, toss lightly and serve over fish.
- ❖ Tip: Reserve second serving of cod for the Cod salad cucumber boats the following day.



SIDES, SALSAS & SUCH

Notes:

Butternut Mash



- ❖ The fun thing about squash is it can absorb flavor easily so basically you can use your favorite seasonings and always enjoy the flavor.
- ❖ Feel free to add ground cinnamon, nutmeg, ginger or toasted pecans for a gourmet twist!
- ❖ This savory side will accompany any pork, beef or chicken dish perfectly.

Prep: 10 Min Cook: 15 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 1 small **butternut squash**
- 1 tablespoon **ghee** *or to taste*
- ½ teaspoon **sea salt** *or to taste*

Preparation

1. Add spring water to the bottom of a double pot or pot with steamer basket and place over medium-high heat, cover and bring to a boil.
2. Peel butternut squash. Cut in half, long-ways. Scoop out seeds. Cut into chunks. Steam squash for 15-20 minutes, or until soft when you insert a knife into the center.
3. Transfer squash from the pot to a food processor. NOTE: Be sure to take caution while transferring the squash and be careful of the steam.
4. Once in the food processor add your ghee and sea salt and process until whipped.
5. Garnish with fresh cracked pepper.

Cauliflower Mashers



Prep: 10 Min Cook: 15 Min

Serving: 2

Source: phreshandclean.com

- ❖ The fun thing about cauliflower is it can absorb flavor easily so basically you can use your favorite seasoning or herb and always enjoy the flavor.
- ❖ You have probably heard that the most nutritious foods are the ones that are the most colorful, but that's not the case cauliflower. Just one cup will provide 77% of your vitamin C needs, 20% of vitamin K, 10% or more of vitamin B-6 and folate needs for the day!
- ❖ This savory side will accompany any pork, beef or chicken dish perfectly.

Ingredients

- 1 small **cauliflower**
- 1 tablespoon **ghee** *or to taste*
- ½ teaspoon **sea salt** *or to taste*

Preparation

1. Add spring water to the bottom of a double pot or pot with steamer basket and place over medium-high heat, cover and bring to a boil.
2. Cut the stem and any leaves from the cauliflower and place the whole head in the pot or steamer basket.
3. Steam cauliflower for 15-20 minutes, or until soft when you insert a knife into the center.
4. Transfer cauliflower from the pot to a food processor. NOTE: Be sure to take caution while transferring the cauliflower and be careful of the steam.
5. Once in the food processor, use a knife to slice into small pieces, concentrating on the stem- most food processors wont get through the stem if you don't pre-cut it.
6. Add your ghee and sea salt and process until whipped.
7. Garnish with fresh cracked pepper.

Garlic Roasted Asparagus



- ❖ The process of roasting brings out the natural sweetness in vegetables and intensifies their natural flavors. One of the great benefits of roasting vegetables is that you conserve both the flavor and important nutrients in the vegetable itself. The “good stuff” stays right where it should... in the vegetable!
- ❖ Excellent for leftovers
- ❖ Add leftovers to breakfast eggs or salads

Prep: 2 Min Cook: 8 Min

Serving: 1

Source: phreshandclean.com

Ingredients

¼ bunch **asparagus** spears *ends trimmed*

½ teaspoon **avocado oil**

1 **garlic clove** *minced*

sea salt and **cracked pepper** *to taste*

1 **lemon** *juice & zest*

Preparation

1. Preheat oven to 400°.
2. Wash the asparagus and cut ends off. For super thick asparagus- peel the bottom third.
3. Toss together the asparagus, avocado oil, garlic and a sprinkle of salt and pepper.
4. Lay out in a single layer on a baking sheet.
5. Bake for 8-10 minutes, until asparagus is tender yet crisp.
6. Top with fresh lemon zest and a squeeze of lemon.

- ❖ Tip: Already baking or roasting your entrée? Just add the asparagus to the lower rack of the oven for the last 10 minutes!

Roasted Butternut Squash and Rutabaga



- ❖ This is a perfect side to any winter dish!
- ❖ Rutabaga is a cross between a turnip and a cabbage, originated in Russia but now grows throughout the United States. They include a diverse range of nutrients including high levels of manganese, potassium, phosphorous, magnesium, calcium, iron, and zinc, as well as vitamins like vitamin C, E, K, and members of the B-family.

Prep: 5 Min Cook: 30 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 1 small **butternut squash** *peeled and cubed- ½ inch*
- 1 **rutabaga** *peeled and cubed- ½ inch*
- 2 tablespoons **ghee**
- 2 **garlic cloves** *minced*
- 1 tablespoon **dried rosemary** *or fresh if you have it*
- ½ teaspoon **sea salt**

Preparation

1. Preheat oven to 450°.
2. Peel butternut squash. Cut in half, long-ways. Scoop out seeds. Cut into ½ inch cubes. Peel and cut your rutabaga into ½ inch cubes.
3. Toss vegetables with softened ghee, garlic, rosemary and sea salt.
4. Bake for about 30 minutes, or until squash is soft enough to put a fork through.

Roasted Cauliflower



- ❖ Cauliflower. Plain, simple, and on its own, rather unimaginative. But roasted? Until the edges get all browned and caramelized? Totally different story. Roasted, cauliflower becomes nutty and buttery, but without any nuts or butter. Roasted, it is the perfect vehicle for garlic, olive oil, lemon and seasonings.
- ❖ This recipe is more of a method than a precise recipe with exact amounts. Sprinkle as much or as little seasoning as you want.

Prep: 2 Min Cook: 8 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 1 small **cauliflower** *cut into florets*
- 1 teaspoon **avocado oil**
- sea salt** and **cracked pepper** *to taste*
- ½ teaspoon **cumin** **optional if it goes with your entrée*

Preparation

1. Preheat oven to 400°.
2. Add the cauliflower florets to a large mixing bowl, drizzle with avocado oil and toss with seasonings so that the florets are lightly coated.
3. Lay out in a single layer on a baking sheet.
4. Bake for 8-10 minutes, until cauliflower is tender yet crisp.
5. Serve immediately.

- ❖ Tip: On week one, reserve the second serving for Thursday's dinner.
- ❖ Already baking or roasting your entrée? Just add the cauliflower to the lower rack of the oven for the last 10 minutes!

Roasted Vegetables



- ❖ The process of roasting brings out the natural sweetness in vegetables and intensifies their natural flavors. One of the great benefits of roasting vegetables is that you conserve both the flavor and important nutrients in the vegetable itself. The “good stuff” stays right where it should... in the vegetable!
- ❖ Excellent for leftovers
- ❖ Add leftovers to breakfast eggs or salads

Prep: 10 Min Cook: 20 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- ½ zucchini sliced and quartered*
- ½ yellow squash sliced and quartered*
- ¼ red bell pepper chopped into squares*
- ¼ bunch asparagus spears cut into 1-inch segments*
- ¼ sweet onion chopped medium*
- 2 garlic cloves sliced*
- 1 tablespoon avocado oil*
- sea salt & fresh cracked pepper to taste*

Preparation

1. Preheat oven to 400°
2. Cut vegetables into bite-size pieces.
3. Put all vegetables in a large roasting pan, and toss with avocado oil.
4. Spread in a single layer.
5. Roast for 20 minutes, stirring occasionally; until vegetables are tender yet crisp.
6. Season with salt and pepper to taste after removing from the oven.

- ❖ Tips: Reserve the second serving for tomorrow’s So-easy skillet frittata.
- ❖ Already baking or roasting your entrée? Just add the vegetables to the lower rack of the oven for the last 20 minutes!

Salsa Fresca



- ❖ This is a very versatile salsa; it's a great addition to everything from eggs to steak.
- ❖ Tomatoes are a nutritional powerhouse, due in part to their high amount of lycopene, a powerful antioxidant that gives tomatoes their red color, and may lower the risk of heart disease, improve vision, lower cholesterol, and decrease the risk of cancer.
- ❖ Make ahead

Prep: 5 Min

Serving: 1

Source: phreshandclean.com

Ingredients

- 1 **roma tomato** *finely diced*
- 2 tablespoons **cilantro** *chopped*
- 2 tablespoons **red onion** *finely diced*
- 1 tablespoon **extra-virgin olive oil**
- 1 teaspoon **lime juice** *or more to taste*
- ¼ teaspoon **sea salt**

Preparation

1. Slice all of the vegetables and add them to a mixing bowl.
2. Add the olive oil, lime juice & sea salt and mix well.
3. Serve right away or refrigerate to chill.

Sautéed Mushrooms



Prep: 5 Min Cook: 10 Min

Serving: 1

Source: phreshandclean.com

- ❖ Sautéing is a quick, versatile way to cook any kind of mushroom, including basic button, crimini, stemmed shiitake, portobello, and morel mushrooms- or better yet, a mix of your favorites.
- ❖ While the cooking process only takes minutes, there are a few tips that assure the tastiest results. Savor them as a side dish, seasoned simply with sea salt and cracked black pepper or embellished with herbs and more!

Ingredients

- 4 oz **crimini mushrooms** or *mushrooms of choice- sliced*
- 1 tablespoon **ghee**
- 1 **garlic clove** *chopped*
- ½ teaspoon **sea salt**
- ½ teaspoon **dried oregano**

Preparation

1. In a medium skillet, heat your ghee over medium-high heat. When the ghee is hot, add your garlic and mushrooms. You should hear a sizzle. If the ghee isn't hot enough, the mushrooms will start to water out and steam instead of sauté.
2. Sprinkle with sea salt and oregano.
3. Cook the mushrooms for 4 to 5 minutes or until tender and lightly browned, stirring occasionally.

- ❖ Tip: Make sure not to crowd the mushrooms in the pan. This causes the mushrooms to water out and steam instead of sauté. A single layer with space between the mushrooms is ideal.

Savory Green Beans & Mushrooms



- ❖ A small amount of ghee goes a long way to make an appealing sauce for simply sautéed green beans and two kinds of mushrooms.
- ❖ Green beans are an excellent source of protein, calcium, dietary fiber, iron and several other essential nutrients. They have an impressive amount of antioxidants and even provide a rich source of Omega-3 fats too.

Prep: 5 Min Cook: 15 Min

Serving: 2

Source: phreshandclean.com

Ingredients

- 2 tablespoons **ghee**
- 4 oz **crimini mushrooms** *about 5- thinly sliced*
- 4 oz **shiitake mushroom** caps *thinly sliced*
- 1 teaspoon **sea salt**
- ½ lb **green beans** *ends trimmed*
- 2 **garlic cloves** *minced*
- 1 oz **sliced almonds**
- fresh cracked pepper** *to taste*

Preparation

1. Melt ghee in a large nonstick skillet over medium-high heat.
2. Add mushrooms and sea salt and sauté about 8 minutes or until mushroom liquid evaporates.
3. Stir in garlic and green beans and sauté another 5 minutes or until green beans are tender yet crisp, tossing to combine.
4. Garnish with fresh cracked pepper and sliced almonds.



BONUS RECIPES & HOW TO'S

Notes:

Homemade Almond Milk

Prep: 15 min {plus overnight soak}

Yields: 4 cups

Source: phreshandclean.com

Ingredients

1 cup **raw, unsalted almonds**
a pinch of **sea salt**
4 cups **spring water** *plus additional for soaking*
2 **medjool dates** pitted **optional {sweetener}*
¼ teaspoon **vanilla** **optional {flavoring}*
nut-milk bag

Directions

Note: This recipe requires a nut-milk bag.

1. In a glass container, add the almonds, sea salt and enough spring water to thoroughly cover the almonds {about an inch or two above}. Cover with a cloth and set on the counter to soak overnight. Soaking is an important step because it breaks down the phytic acid and enzyme inhibitors, and it cultures beneficial enzymes.
2. Rinse the almonds thoroughly under cool running water and place them into a blender- I use a Vitamix, but any high-powered blender or food processor will do.
3. Fill the blender with spring water up to the five-cup mark. You can use less water for creamier almond milk. If you're using vanilla and/or dates, add those now.
4. Blend on the highest setting for a few minutes - the almonds should be pulverized into a very fine meal.
5. Place the nut-milk bag into a four-cup Pyrex measuring cup (or similar size container) and fold the top over the perimeter of the container.
6. Pour the almond milk into the nut-milk bag. Lift the bag up and out of the container, and allow the milk to strain out the bottom.
7. At this point, I like to hang the bag from my cabinet handle and let the milk continue to strain, or you can just hold it over your container for a few minutes.
8. After most of the milk has strained, 'milk' the bag by squeezing and pressing the almond meal to extract as much liquid as possible; ending up with about 4-cups.
9. Transfer your almond milk to an airtight glass container and refrigerate immediately.
10. Store in the refrigerator for up to 4-5 days. Shake before using.



{step five}



{step six}



{step seven}

Homemade Hummus

Prep: 10 min

Yields: about 2 cups

Source: phreshandclean.com

Ingredients

15 oz **garbanzo beans** *drained & rinsed*

$\frac{1}{4}$ cup **tahini**

$\frac{1}{4}$ cup **extra-virgin olive oil**

$\frac{1}{4}$ cup **spring water**

1 **garlic clove** sliced

2-3 tablespoons **lemon juice**

$\frac{1}{2}$ teaspoon **sea salt** *or to taste*

Directions

1. Place all of the ingredients into the bowl of a food processor and run the machine for several minutes; stopping a few times to scrape down the sides. Continue until the hummus is smooth and creamy.
 2. Serve immediately or refrigerate to chill.
- Bare in mind that unlike commercially produced products, this homemade version doesn't contain any preservatives or stabilizers, so you will need to keep it refrigerated and consume within a week.



pHresh & Clean Salad Dressings

Dressings are not included in the shopping list

Source: phreshandclean.com

Super Kale Dressing

Servings: 2

2 tablespoons **tahini**
1 tablespoon **spring water**
1 tablespoon **lemon juice**
1 tablespoon **avocado oil**
1 tablespoon **coconut aminos**

Lemon-Tahini Dressing

Servings: 2

2 tablespoons **tahini**
2 tablespoons **lemon juice**
1 teaspoon **avocado oil**
½ teaspoon **garlic powder**
¼ teaspoon **sea salt**
fresh cracked pepper *to taste*

Tangy Dressing

Servings: 2

2 tablespoons **avocado oil**
2 tablespoons **dijon mustard**
1 teaspoon **apple-cider vinegar**
½ teaspoon **sea salt**
fresh cracked pepper *to taste*

Asian Dressing

Servings: 2

1 tablespoon **sesame oil**
1 tablespoon **avocado oil**
1 tablespoon **coconut aminos**
1 teaspoon **fresh ginger** *chopped fine*
1 teaspoon **white wine vinegar**
¼ teaspoon **red pepper flakes**
1 **garlic clove** *minced*

Orange~Poppy Dressing

Servings: 2

2 tablespoons **avocado oil**
2 tablespoons **fresh orange juice**
½ teaspoon **dijon mustard**
1 teaspoon **poppy seeds**
½ teaspoon **sea salt**
fresh cracked pepper *to taste*

PREPARATION FOR RECIPES LISTED ABOVE

Add all ingredients to a small mixing bowl and whisk to combine.



Champagne Vinaigrette

Servings: 4

¼ cup **avocado oil**
2 tablespoons **champagne vinegar**
1 tablespoon **shallot**
1 tablespoon **grained dijon mustard**
1 tablespoon **fresh orange juice**
½ teaspoon **garlic powder**
½ teaspoon **sea salt**
fresh cracked pepper *to taste*

Goddess Dressing

Servings: 4

4 **green onion stalks** *chopped*
2 tablespoons **lemon juice**
½ cup **avocado oil**
½ **avocado**
2 teaspoons **sea salt**
fresh cracked pepper *to taste*

Lemon~Basil Dressing

Servings: 4

2 tablespoons **dijon mustard**
2 tablespoons **lemon juice**
½ cup **avocado oil**
¼ cup **basil leaves** *sliced thin*
1 teaspoon **sea salt**

PREPARATION FOR RECIPES LISTED ABOVE

Add all ingredients to the bowl of a food processor and purée.

- Double the recipe for salad dressing on the go!
- Store in refrigerator for up to a week.

4 Key Elements for a Perfect Stir-fry Without a Recipe

Source: phreshandclean.com

Stir-frying is the perfect way to use up those extra ingredients at the end of the week. No matter what you end up using - the steps always stay the same - but your finished masterpiece is unique every time!



Simply toss bite-sized pieces in a wok or pan using a little hot oil over medium-high heat and, in five minutes or less, the work is done! Meats are flavorful, tender and well-seared, and vegetables stay bright and crisp.

1. Size Matters

Most vegetables cut into thin, bite-sized pieces are ideal, especially those with high moisture content, such as squash and bell peppers. Denser vegetables, like broccoli, work well too, just expect them to be a little crisper. Leafy greens, such as spinach, chard or kale cook in seconds. Tender cuts of meat, such as chicken breasts, flank steak or pork tenderloin, stir-fry beautifully when cut into thin, bite-sized strips. Avoid large or tough chunks of meat, such as pork shoulder or beef stew meat, which require long, slow cooking in order to become tender. Shrimp, scallops and firm fish, such as halibut, work well, but a delicate, flaky fish isn't a great choice because it tends to fall apart.

2. It Helps To Be Well-Equipped

You can use a large pan, but a good wok is the traditional tool used for stir-frying, because it conducts heat quickly through the bottom and sides. "Tossing" food or moving it around in the wok permits everything to cook evenly. If you don't have a wok, choose a pan that conducts heat well. Since stainless steel pans don't develop a nonstick patina, they often require more oil for cooking, and food may stick more readily. A lid is helpful for dense vegetables that may need to steam briefly at the end of cooking. It's very important to avoid pans that come with a nonstick finish, as they can't be used over high-heat.

3. Fats Are Our Friend

The next important element to a satiating stir-fry is to use a healthy portion of fat that's very heat resistant. Coconut or avocado oil and ghee are the best

choices. Don't use dark sesame oil for stir-frying; the high heat will diminish the distinctive taste. It's best to add it at the end or in a marinade to add flavor.

4. Ready Set Go!

Stir-frying proceeds at a fast pace and requires a lot of attention. The total cooking time may only be five or so minutes, which doesn't allow time to prepare ingredients midstream. Start by cutting, measuring, and mixing ingredients, and set them near the wok. Pull out the serving dish, then turn on the heat. Preheat the wok on medium-high heat until it is very hot, at least two minutes. Add oil and swirl the wok so the oil coats the surface. The oil becomes hot immediately and ripples across the surface.

If using onions, garlic or ginger, start with those. Add the onions and once they're almost soft, add the ginger and garlic for a few seconds until they become fragrant.

Stir-fry thinly sliced meat and poultry in small batches of six ounces or less, so the pan is not overcrowded - otherwise, it won't cook evenly. Cook the meat for a few minutes until it changes color, but not totally cooked through.

Next up, add the vegetables, making sure to stir the entire time. Limit the amount to about four to six cups at a time (or eight to ten cups for leafy greens). Start with firm vegetables, like carrots, peppers and thick broccoli stalks because they take longer to cook. Leafy vegetables like spinach and bok choy, as well as beansprouts, can go in towards the end. This way, everything is done cooking at the same time. Toss the ingredients from center to side of the wok. Add your sauce and any reserved ingredients. This is also a good time to add seafood. Seafood cooks quickly, so take care not to overcook or it will become tough. Cover to steam if further cooking is required. Add any fresh herbs last.

- Some great additions for your stir-fry are bone broth, coconut milk, coconut aminos, apple cider vinegar, citrus zest, curry, turmeric, cayenne, chili peppers, garlic, ginger, lime juice, basil or cilantro to name a few.
- For a delicious finish on a stir-fry - try adding a drizzle of toasted sesame oil and garnish with some raw nuts or seeds.

5 Easy Steps for Delicious Soup Without a Recipe

Source: phreshandclean.com

Soup is one of my favorite meals to make. It's easy, fast, and a perfect way to use up those extra veggies and herbs. Most of the time I don't even use a recipe. Instead, I rely on basic soup-building principles and what foods I have available to guide me.

It's really not hard to make a good soup. Just follow the 5 simple steps below - and soon you'll have a sumptuous soup simmering in your kitchen!



1. Start With Aromatics

"Aromatics" is just a fancy term for boldly fragrant vegetables. Think onions and garlic. They have a lot of flavor to give, so it's best to start with them so they have time to release all their essence into the soup. You don't need much - start with a small chopped onion and a couple cloves of chopped garlic. Sauté both in a little extra-virgin olive oil just until they begin to release their fragrance and become translucent. If you have a carrot or some celery, chop it up and add that too. Now you've created a nice solid base for your soup.

2. Add Other Vegetables or Meat

Here's where you can really get creative and add your choice of vegetables and/or meat to your soup. Practically anything will work. Dig through your produce drawer and see what you've got. A bell pepper? Chop it up and throw it in! A potato? Absolutely! The key here is that all the vegetables should be a similar size so they cook at the same rate. And since it's soup, you'll want the pieces to be no bigger than bite-size so you're not noshing on huge chunks. Are there any vegetables you shouldn't add? Not really, but tender vegetables, like spinach or even broccoli, with its delicate florets, may not fare well with longer cooking times, so add those at the end. In terms of amounts, I like to stick to around 4 cups of vegetables for 4 or 6 servings of soup. If you're adding meat, add it now too. Again, chop the pieces up small enough to make them manageable for your mouth. For quicker-cooking soups, lean cuts of meat like strip steak, pork loin, chicken breast or thighs are all good choices, as are lean ground meats. Avoid chuck steak, "stew meat," brisket or pork shoulder - all tough cuts that require longer cooking times for them to

break down and become tender. And stay away from bacon, prosciutto, pepperoni and other cured meats, which are very high in sodium (and some are also high in fat); they should be considered "flavorings" to be added later. About 12 ounces to 1 pound of meat is good for 4 to 6 servings.

3. Add Liquids

And now we get to the "soup" part of soup, a.k.a. the liquid. Broth is the way to go here. It really comes down to flavor preference, but I choose chicken broth or, if I want an even richer flavor, beef broth. For vegetarians, try "no-chicken" broth or vegetable broth and, of course, use homemade broth if you have any stashed away. Pay attention to the sodium content of your broth. "Regular broth" has upwards of 700 mg per serving - which is almost half the recommended daily amount if you're watching your salt. I usually opt for "reduced-sodium" broths that come with about 525 mg per serving. If you only have the high-sodium stuff, you can substitute water for half the broth. Start with 4 cups for 4 to 6 servings. Depending on how much vegetables and meat you add, you may need more or less broth; add enough so everything is submerged by 1/2 to 1 inch of liquid. If using (pre-cooked) legumes, now is a good time to add those.

4. Simmer Your Soup

How you cook your soup is important. You'll want to simmer your soup, not boil it. Boiling soup too rapidly can cause the vegetables to cook unevenly, while a gentle simmer cooks the vegetables at a steady, even pace. Simmering also allows more flavors to develop and deepen. So how long do you simmer for? It depends. Obviously, you want your meat cooked through and your vegetables tender - which should take 15 to 20 minutes. Use your palate to guide you- try a vegetable or cut into a piece of meat to see where you're at before taking the pot off the heat.

5. Finish With Herbs

You're almost done! Taste your soup - make sure you cool down your spoon first! Then adjust the salt and pepper to your taste. Add herbs, dry or fresh, right at the end so they have the greatest impact. If you add them too soon, their delicate aromas will just cook away. Some of my favorites are basil, marjoram and Italian herbs.



RESOURCES

NOTES:

KITCHEN TOOLS AND GADGETS

While new kitchen gadgets are NOT required to prepare Chef Grace's recipes... we have identified a few that might make your time in the kitchen more enjoyable!

[Airtight glass container](#) – provides safe storage for nut milk and other liquids. Helps reduce spoilage.

Blender [Vitamix](#) or [Blendtec](#) – high-powered grinding and blending for smoothies, creams, sauces, dressings and general recipe ingredients.

[Food processor](#) – quickly and easily slices, dices, chops, and purees ingredients to reduce prep time.

[Food processor \(Mini\)](#) – quick chopping for smaller batches. Ideal for sauces and dressings.

[Garlic press](#) – provides minced garlic or ginger in a snap.

[Glass Casserole Dish](#) - a cooking dish with a lid is especially useful when you don't want to use aluminum foil to cover during cooking.

[Instant Pot](#) – a slow cooker, pressure cooker, rice cooker and more... all in one! Loads of uses for prep-ahead recipes!

[Mason jars \(Small\)](#) – easy and clean storage for breakfasts and sauces.

[Mason jars \(Large\)](#) – the bigger brother for prepping and storing salads and snacks.

[Mini-chopper](#) – chop onions without shedding a tear! Saves time and patience chopping ingredients from coarse to fine. Perfect for small batches of rubs, tapenades or chopped nuts.

[Muffin Tin \(Standard\)](#) – muffins, what else can I say.

[Nutmilk sack](#) – used for separating off the fresh almond milk. Allows you to save the ground almond pulp for other recipes too!

[Oven Safe Racks](#) – these can be tough to come by, so unfortunately we tend to use cooling racks, unaware that they are not made for high temperatures and can be toxic. Try to find a stainless steel rack that can be used for both baking and cooling.

[Spiralizer](#) – makes quick, clean “noodles” from just about any vegetable and even fruits.

[Steamer basket](#) – perfect steamed veggies each time without the challenge of draining them over the sink!

Taco rack – avoids the hassle of stuffing tacos on their side spreading ingredients all over the counter. Especially useful when using lettuce wraps!

Unbleached Baking Cups – unbleached, chlorine free and eco-friendly. Makes clean up easy keeping muffins from sticking to the pan.

Unbleached parchment paper – unbleached, chlorine free and eco-friendly. Creates a quick, healthy, mess free nonstick surface.

RECOMMENDED BRANDS

While homemade is always best, we do understand the importance of convenience too. Here is a list of some of our favorite brands.

Please note the items marked with a *, are not to be consumed on The 30 Clean Challenge. However, they may be consumed in moderation when off a 30 Clean Challenge.

CONDIMENTS

- BBQ Sauce: [Tessemæ's](#)
- Coconut Aminos: [Coconut Secret](#)
- Fish sauce: [Red Boat](#)
- Grained Dijon mustard: [Roland](#)
- Hummus: Hope
- Ketchup: [Tessemæ's](#), Paleo Chef
- Mayo: [Primal Kitchen](#), [Tessemæ's](#)
- Pasta sauce: [Muir Glen Organic](#)
- Salad dressing: [Tessemæ's](#) (Caesar, ranch, balsamic, French, honey balsamic, honey mustard)
- ["Wholly" guacamole](#)

NUT BUTTERS

- Almond butter: [Artisana](#), [Trader Joes](#)
- Coconut butter: [Artisana](#), [Nutiva](#)
- Sunflower seed butter: [Sunbutter](#), [Maranatha](#)

PROTEIN

- Bacon: [Applegate](#), Beelers
- Beans: [Eden Organic](#) (BPA free canned or boxed)
- Beef Sticks: [Grass Run Farms](#)
- Chicken Bone Broth: Pacific
- Collagen & Gelatin: [Great Lakes](#), [Vital Proteins](#)
- Deli Meat: [Organic Prairie](#), Applegate, Plainville Farms, Whole Foods (fresh deli sliced)
- Hot dogs: [Applegate](#), US Wellness Meats
- Jerky: US Wellness Meats, [Chomps Sticks](#)
- Lentils: [truRoots Sprouted](#)
- Pepperoni: [Applegate](#)
- Sausage: [Applegate](#), [Aidell's Organic](#)
- *Vegan Protein Powder: [Sunwarrior Raw Vegan Natural](#)

GLUTEN-FREE GRAINS

- *Gluten-free tortillas: [Mi Rancho Organic Corn tortillas](#)
- *Oats: [Trader Joes](#), [Bob's Red Mill](#)
- *Pasta: [Tolerant](#), Jovial
- *Quinoa: [truRoots Sprouted](#)
- *Rice: [truRoots Sprouted](#)
- *Wraps: [Pure Wraps](#), [Coconut Wraps](#)

BEVERAGES

- Kombucha- [GT Brand](#) or [Health Ade](#) (any flavor with no more than 3g sugar per serving)
- [La Croix Sparkling Water](#)

BAKING

- Almond Meal / Flour: [Bob's Red Mill](#), [Honeyville](#) (less grainy than Bob's Red Mill)
- Aluminum free baking powder: [Rumford](#)
- Arrowroot: [Bob's Red Mill](#)
- Cacao Nibs: [Navitas Naturals](#)
- Chocolate Chips: [Enjoy Life Foods](#)
- Coconut Flour: [Nutiva](#)
- *Honey: raw, local
- *Maple Syrup: real, organic – [Coombs Organic](#), Whole Foods, Kirkland
- Nutritional Yeast: [Braggs](#)
- Sea salt: [Celtic](#)
- Unsweetened, finely shredded coconut: [Let's Do Organic](#)
- Unsweetened toasted coconut: [Let's Do Organic](#)
- Vanilla: [Simply Organic](#)

"TREATS"

- *[Bare Apple Chips](#)
- *Bars: [KITS Organic](#), [Lara bars](#) (no peanuts or chocolate), [RX Bars](#)
- *Chips: [Jackson's Honest Sweet Potato](#), Salt and Vinegar, Purple Heirloom
- *[Coco-rooms](#): Apple Pie, Brownie, Lemon Pie, Almond Strawberry, Vanilla Maple, Cacao Nib, Orange Dreamsicle
- *Dark Chocolate: [Green and Blacks](#), [Alter Eco](#), [Theo](#)
- *[Go Raw Sprouted Cookies](#)
- *Granola: [Two Moms in the Raw](#), [Steve's Paleo Goods](#), [Paleonola](#)
- *[Hail Merry](#): Bites- Pure Vanilla, Dark Chocolate, Lemon; Mini Tarts: Chocolate Almond Butter; Miracle Tarts: Dark Chocolate, Chocolate Almond Butter, Chocolate Mint
- *Plantain chips: [Inka](#), Artisan Tropic

Note: store-bought "treats" should be sweetened with real fruit, honey, and/or maple syrup, only!

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