

Congratulations on making it through the first week of your 28-day detox!! This week we want to offer a new idea and that is to make several lunches ahead of time for an easy grab and go... We have suggested a few here but feel free to switch out your own and prepare your shopping list accordingly! Enjoy!!

Tip: Check out Trader Joe's fresh section for pre-peeled and cut veggies like butternut squash and others to save time!

Fresh and Clean Recipes- Menu Planning- Week 2

Snack to prepare ahead for the week:

Almonds (any preferred nut other than peanuts)

Green apples with almond butter

Berries

Hummus w/ raw veggies

Salsa w/ brown rice chips

Beanitos (bean chips) with Hummus

Arbonne fit chews

Arbonne fizz sticks

Something Sweet

Chocolate Black Bean Brownies

Black bean brownies?!?!? You don't have to give up brownies to stay on the healthy track.

Serves 10-12 cupcakes/brownies

1 can (15 oz) organic black beans

2 cage-free large eggs

3 Tbsp. organic coconut oil, melted

5 Tbsp. unsweetened cocoa powder

2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. sea salt
3 Tbsp. coconut sugar
2 tsp. organic agave nectar
1/2 scoop Arbonne chocolate powder
1 Tbsp. vanilla extract
1/2 cup chopped nuts (I like walnuts)
Optional toppings can include chopped walnuts, pecans, or coconut flakes

1. Preheat oven to 350 degrees. 2. Rinse and drain black beans. 3. Mix all ingredients, except nuts, together in a mixing bowl, blender or food processor. If you are doing it in a bowl use an immersion blender to combine ingredients until beans are fully pureed. 4. Add optional nuts (reserving 1 Tbsp. for later) and gently fold in. 5. Separate mixture into 12 lined muffin tins. 6. Top with leftover nuts or coconut flakes.

Bake for 22 minutes or until knife in center comes out clean.

After Workout Shake

Arbonne Sweet Green Banana Shake

This sweet shake is just what I crave after a hard workout!! The spinach gives it a fresh mint color too. You'll feel empowered and ready for the rest of your day!

1 banana
1/2 sweet potato; steamed (I like to steam several ahead of time and freeze them)
Big handful of spinach
1 cup almond milk
Pinch of cinnamon
2 scoops Arbonne Vanilla Protein powder
A few ice cubes (if your banana and sweet potato aren't frozen)

Place all ingredients in a blender and mix until smooth!!

MONDAY

Lunch: Quinoa Salad

1 cup quinoa (soaked for 2 min, then strained)

Vegetable broth (or water)
1 can garbanzo beans; drained
Handful of basil; thinly sliced
Handful of Italian parsley; chopped
½ cucumber; diced
½ bell pepper; diced
Handful cherry tomatoes; quartered
2 green onions; sliced thinly
1 jalapeno (or less for less heat)
One juiced lemon
4 Tbsp. Avocado Oil
½ avocado sliced
S+P to taste

1. Follow instructions to cook quinoa (using veg broth gives more flavor; or water), and then refrigerate 30 min to chill. 2. Add ingredients and toss to combine. 3. Fills 6-8 8oz mason jars for lunch this week! Garnish with avocado sliced on top.

Dinner: Zucchini Pasta

2 large zucchini; julienned into pasta-like noodles (or use brown rice noodles)
½ cup sun dried tomatoes
1 cup cherry tomatoes
2 Tbsp. pine nuts; toasted
Large bunch asparagus
1 cup arugula, firmly packed
¼ cup Italian (flat-leaf) parsley
¼ cup cilantro
¼ cup coconut oil
1 garlic clove; peeled and crushed
2 tsp. freshly squeezed lemon juice
½ tsp. Salt
½ tsp. Pepper
½ cup Walnuts
Extra Virgin Olive Oil (EVOO) for drizzling

1. Preheat oven to 350. 2. Trim asparagus and place on foil covered baking sheet. 3. Drizzle EVOO over the asparagus and toss to coat and S+P to taste. 4. Bake for about 15 min, flipping halfway through. (Keep an eye on them as to not

burn but get nice and toasted) 5. Place arugula, parsley, cilantro, garlic, lemon juice, walnuts and S+P into blender and mix until well blended. 6. Toss noodles in ½ cup pesto, and heat over low stirring till warmed. 7. Add tomatoes and pine nuts then serve! **Save 3 spears asparagus and remaining pesto for later in the week!!!**

Tuesday

Lunch: Salad with Avocado Dressing

2 cups any mix of the following arugula, spinach, dandelion, or watercress.

½ cup Italian parsley

½ carrot; thinly cut

4 radishes; sliced thin

½ cucumber; diced

3 stalks of roasted asparagus; cut into 1 in pieces (from last nights dinner)

1 cup thinly sliced fennel

Avo Dressing

1 ripe avocado

2 Tbsp. fresh lemon juice

2 Tbsp. avocado oil

S+P to taste

1. Blend dressing till smooth. 2. Pour dressing into two Mason jar containers, top with salad ingredients split in two. 3. Shake when ready to eat!

Dinner: Grilled Fish with Sautéed Spinach

2 Tbsp. fresh lime juice

2 tsp. avocado oil

2 halibut filets (or other wild caught mild white fish)

1 big bunch fresh spinach

1 Tbsp. coconut oil

2 garlic cloves; minced

Fresh lemon

1. Preheat oven to 400 degrees. 2. Line baking sheet with parchment paper. Place filets on parchment 3. Mix together lime and avocado oil and pour over the fish. 4. Bake approx. 10 min until fish is cooked and flakes easily. 5. Place coconut oil in skillet and melt, add spinach and garlic and sauté. 6. Serve with fresh fish and a squeeze of lemon. S+P to taste.

WEDNESDAY

Lunch: Quinoa Salad

Enjoy from your Monday batch with fresh sliced avocado
Prepare tonight's dinner!

Dinner: Slow Cooked Curry

1 Tbsp. coconut oil
1 onion; diced
2 leeks; thinly sliced, omitting the dark green leaves
6 garlic cloves; minced
2 Tbsp. minced ginger
1 butternut squash; peeled and diced into 1" cubes
3 parsnips; peeled and diced into 1" cubes
6 cups veggie or chicken stock
¼ cup red curry paste
1 Tbsp. tamari paste
1 cup frozen peas
1 bunch Swiss chard; chopped
1 can coconut milk
2 limes, juiced
Sea salt

Optional Toppings:

Fresh cilantro
Green onions; thinly sliced
Radish sprouts (or alfalfa sprouts or bean sprouts)
Cauliflower rice (or brown rice, or brown rice noodles) (also optional)
Shredded chicken breast (optional)

1. Over Low heat, start by sautéing the onions, leeks, garlic and ginger in 1 Tbsp. coconut oil about 5 min. 2. Once cooked through and tender, add them to the slow cooker along with the butternut squash, parsnips, stock, curry paste and tamari. 3. Stir it all together well and then, cook on low for 8 hours (or high for 4-6) 4. When ready to serve, finish by adding the frozen peas, Swiss chard, coconut milk, lime juice and about 6 good turns of sea salt. 7. Stir this all together well again and let simmer for another 5 min for it to combine. 8. Top with toppings and serve as a soup or over your choice of starch and add chicken if you'd like.

THURSDAY (Tip: marinade tonight's chicken)

Lunch: Deviled Eggs over Arugula with Sliced Tomato and Bacon

6 eggs
2 Tbsp. homemade mayo (I prepared mine with a tsp. of dried rosemary and dill)
see recipe at freshandcleanrecipes.com recipes ~ dressings and sauces
½ tsp. mustard powder
¼ tsp. paprika
2 cups arugula

1 large tomato; sliced
4 slices cooked organic turkey bacon

1. Prepare your deviled eggs by hard boiling and then slicing in half lengthwise. (IF you add a Tbsp. of baking soda to egg pot when boiling it will make peeling much easier) 2. Scoop out the yolk and mix with mayo, mustard and paprika. 3. Serve over bed of fresh arugula, tomato and bacon. S+P to taste.

Dinner: The. Best. Chicken. With Roasted Zucchini and Baby Carrots

6 Chicken breasts (you will save 2 for lunch tomorrow)
1 cup apple cider vinegar
½ cup Extra Virgin Olive Oil (EVOO) + 2 Tbsp. divided
1 egg; whisked
1½ tsp. Spike or your favorite poultry seasoning
½ tsp. pepper
1 Tbsp. salt
1 large zucchini
2 cups baby carrots
S+P to taste

1. In large Ziploc bag, marinade chicken in apple vin, EVOO, egg, seasoning and S+P for 1 hour and up to 1 day. 2. Preheat oven to 400 and turn grill on to Med-Hi. 3. Slice zucchini lengthwise and place on foil-lined sheet with baby carrots. 4. Drizzle 2 tbsp. EVOO and salt + pepper onto veggies. 5. Roast for 20 min in oven or until tender. 6. Grill chicken breasts until cooked thoroughly, approx. 12-15 min (pierce to make sure there is no pink in center). 7. Save 2 chicken breasts for Saturdays lunch and enjoy with your roasted veggies!!!!

FRIDAY

Lunch: Quinoa Salad

Enjoy the last of your quinoa salad with fresh sliced avocado!

Dinner: Grilled Sausages with Sweet Potato Chips

4 TJ's jalapeno sausages (or other sausage of your choice)
4 large romaine leaves
4 slices of organic turkey bacon; cooked
¼ sweet onion; thinly sliced
2 avocados
2 large sweet potatoes
3 Tbsp. (EVOO) + 1 tsp. divided
S+P to taste
Leftover pesto
1 tsp. red chili pepper flakes (optional)

1. Preheat oven to 400. 2. Peel and then thinly slice sweet potato and place on foil covered baking sheet. 3. Drizzle EVOO over the sweet potato and toss to coat and S+P to taste. 4. Bake for about 20 min, flipping halfway through. (Keep an eye on them as to not burn but get nice and toasted) 5. Grill up your sausages till you have perfect grill marks on all sides ☺ 6. Toss your onions in 1 tsp. EVOO and grill over low until soft. 7. Mash up avocados. 8. Mix ½ mashed avocado with remaining pesto and optional red chili flakes. 9. Place sausages in crisp romaine leaves and top with sliced bacon, and divide remaining mashed avocado.

SATURDAY

Lunch: Grilled Chicken Wraps with Green Apple

2 grilled chicken breasts
Romaine lettuce
1/2 avocado
1 tomato; sliced
Sliced red onion (optional)

1. Slice up the 2 leftover grilled chicken breasts from last night. 2. Layer on romaine leaves with avocado, tomato, and onion (add homemade mayo if you wish) and S+P. 3. Enjoy with green apple slices.

Dinner: Cauliflower Pizza

1 12 oz. bag cauliflower florets (or ½ small head of cauliflower)
1/4 cup shredded Gluten Free, Dairy Free, Soy Free mozzarella (I like the brand Daiya from Sprouts)
1 egg; beaten
1 tsp. dried oregano
1/2 tsp. crushed garlic
1/4 tsp. salt
A few shakes of crushed red pepper flakes
1 cup marinara sauce
½ bell pepper; sliced
½ zucchini; sliced thin
Handful sliced mushrooms

¼ red onion; sliced thin

More mozzarella for topping

1. Preheat oven to 450. 2. Pulse Cauliflower in blender till it is in small rice like pieces (do not over blend or it will turn mushy!) 3. Cook in microwave for 8 min; let cool for 10 min then strain ALL the excess liquid out (a piece of cheese cloth or dish towel works well to squeeze out liquid), you should have about 1 cup cooked “riced” cauliflower 4. In large bowl combine egg, mozzarella, oregano, garlic, and salt. Add in cooled cauliflower and stir to combine. 5. Transfer mixture to a pizza stone or baking sheet sprayed with EVOO, and pat into a pizza form about 9 inches across. 6. Bake for 15 min 7. Sautee zucchini, red onion and mushrooms in 1 tsp. EVOO 8. Add marinara, a sprinkle of mozzarella and veggies then place back in oven until cheese melts.

SUNDAY

Brunch: Sweet Potato Hash and the Kitchen Sink

½ onion diced

1 clove garlic

1 sweet potato; diced small

Handful of spinach

2 eggs

Any other veggies left over from the week!

Your favorite salsa

S+P to taste

1. Start by warming the pan over Med with a little Avocado Oil or EVOO. Then turn down to low and add the onion and garlic, till the onion softens (about 3 min) 2. Add sweet potato and S+P then turn the heat back up to Med. 3. Stir around often for approx. 5 min or until sweet potato is cooked through. 4. Add any other remaining veggies you love and cook another 5-7 min. 5. Scramble eggs in a separate dish then add with the spinach and let it all come together a few min while the egg is cooking. 6. Add S+P to taste and a scoop of your favorite salsa!

Dinner: Leek Soup

1 Tbsp. of Extra Virgin Olive Oil (EVOO)

3 leeks, cut into 1/4-inch pieces (slice the white and light green part of the leek; discard the dark green leafy parts)

1 bulb of fennel, cut into 1/4-inch pieces, plus 2 tablespoons of the fronds (leaves)

Kosher salt

6 cups of low-sodium chicken broth (or vegetable broth)

1. Heat the oil in a large pot over Medium heat. 2. Add the leeks, fennel pieces, and 1/4 tsp. salt and cook, stirring occasionally, until soft (approximately 8-10 minutes) 3. Add the broth and simmer over medium heat, stirring occasionally, until heated through (approximately 4-6 minutes). 4. Puree mixture in the pot using a handheld immersion blender or in a standard blender, working in batches. If you are using a standard blender, be sure to take out the glass insert in the lid to let the steam escape when blending the hot liquid. Enjoy!