

## **Fresh and Clean Recipes- Menu Planning- Week 3**

### **Snack to Prepare Ahead for the Week:**

Almonds (or any preferred nut other than peanuts)

Green apples with almond butter

Berries

Hummus w/ raw veggies

Salsa w/ brown rice chips

Beanditos with Hummus

Arbonne fit chews

Arbonne fizz sticks

### **Something Sweet**

#### **Chocolate Pudding**

To satisfy that sweet craving try our deceptively delicious pudding. Gluten free and Dairy Free this is a clean eating alternative dessert! Top with shredded unsweetened coconut or slivered roasted almonds or try dipping some fresh organic strawberries in it.

1 can coconut milk

½ cup almond butter

3 Tbsp. unsweetened cocoa powder

2 Tbsp. agave

Mix all ingredients in your blender then pour into jars and refrigerate to set at least 1 hour! Overnight is best... You can also freeze in a lidded plastic container for an ice cream substitute.

## **Breakfast Option**

### **No Cook Oatmeal**

This oatmeal is easy to make and can be made ahead and divided up in 8 oz mason jars to be eaten throughout the week.. Mix up your toppings and comment below letting us know your favorites!

2 Tbsp. cup chia seeds  
2 cups steel cut GF oats  
2 cups unsweetened almond or coconut milk  
1 tsp. cinnamon or pumpkin pie spice or fresh fruit of your choice

1. Mix and divide in small mason jars then wait 30 min and stir again. Refrigerate overnight! Will be ready in the morning, keeps up to 4 days. 2. Stir well before you eat and top with berries or spice of your choice!! If after workout top with a banana and ½ cup chopped walnuts (banana only if eating within an hour after a workout)

## **MONDAY**

### **Lunch: Mexican Salad**

shredded chicken  
romaine lettuce  
large tomato; chopped  
4 green onions; divided  
2 Tbsp. black olives  
3 avocados; divided  
kidney beans  
cilantro  
garlic clove; minced  
lime; juiced  
½ cup apple cider vinegar  
S+P to taste

1. Blend 2 avos, 2 green onions, garlic, lime juice, vin. S+P till well mixed, you may add water in small amounts while blending to smooth. 2. Toss first 8 ingredients in dressing. 3. Add fresh salsa if you'd like as well

### **Dinner: Grilled Rosemary Chicken Kabobs with Beet and Avocado Salad**

2 boneless skinless chicken breasts; cut into 1 inch cubes  
2 tsp. apple cider vinegar  
1 lemon; juiced  
2 cloves crushed garlic

4 stems fresh rosemary (with leaves taken off and chopped separate; save the stems)

1 cup Extra Virgin Olive Oil

1 tsp. Spike (or other poultry seasoning)

1 tsp. salt

½ tsp. pepper

½ zucchini; cut into 1 inch chunks

1 red bell pepper; cut into chunks

¼ sweet onion; cut into chunks

For salad:

2 pre-cooked beets (or fresh ones, peeled and steamed till soft)

1 avocado

1 Tbsp. apple cider vinegar + 2 tsp.; divided

1 tsp. lemon juice

4 leaves chopped fresh basil

¼ cup chopped almonds

extra S+P to taste

1. Stir together EVOO, garlic, rosemary leaves, seasoning, S+P, lemon juice, and 2 tsp. apple cider vin. 2. Pour liquid equally into 2 large Ziploc baggies. 3. Place chicken in one bag of marinade and store in refrigerator 30 min (or up to one day if done ahead) 4. Place veggies in second baggie and marinade along side chicken. 5. Preheat grill to Med Hi heat. 6. Chop beets and avocados into cubes. 7. Stir in fresh basil and chopped almonds 8. Drizzle apple cider vin. and lemon and S+P to taste. 9. Thread chicken and veggies onto rosemary skewers and cook until chicken is cooked through, about 10-15 min turning occasionally. 10. Serve with salad

## **Tuesday**

### **Lunch: Avocado Tuna Wraps with Green Apple**

1 can tuna

1 avocado

½ chopped tomato

1 splash apple cider vinegar

½ tsp. paprika

S+P to taste

chopped jalapenos (optional for heat)

romaine leaves for wrapping

1. Drain tuna. 2. Mash up avocado. 3. Mix together tuna, avocado, tomato, vin., paprika, S+P. 4. Serve in romaine lettuce leaves. 5. Sprinkle optional chopped jalapeno for heat!

### **Dinner: Chicken with Pesto and Zucchini Noodles**

4 chicken breasts seasoned with S+P

1 cup arugula; firmly packed

1/4 cup Italian (flat-leaf) parsley

1/4 cup cilantro

1/4 cup coconut oil

1 garlic clove; peeled and crushed

2 tsp. freshly squeezed lemon juice

1/2 tsp. salt

1/2 tsp. pepper

1/2 cup walnuts

2 large zucchini; julienned into pasta-like noodles (or you can use a spiral slicer, worth the investment!! I love mine!)

1. Preheat your oven to 400, and heat a large cast iron skillet or cast iron pan over high heat. 2. Once hot add 2 tsp. coconut oil, then chicken breasts, reduce heat to Med Hi and cook about 10 min. 3. Turn chicken over and cook about another 5 min. 4. While the chicken is cooking make your pesto in blender or food processor... 5. Place arugula, parsley, cilantro, garlic, lemon juice, walnuts and S+P into blender and mix until well blended. 6. Remove chicken from pan and add zucchini noodles, tossing in about 1/4 cup of the pesto to coat. 7. Place chicken on top of the zucchini noodles and bake in oven for 15-20 min or chicken is cooked through. 8. Save remaining pesto in the refrigerator for later in the week!

### **Wednesday**

#### **Lunch: Asian Slaw Salad**

shredded chicken

1/4 head Napa cabbage; sliced thin

2 carrots; sliced in very thin strips (again you can use your slicer 😊)

1 large beet raw; peeled and sliced thin

2 green onions; sliced  
knob of ginger; peeled and finely sliced  
jalapeno; minced  
handful cilantro  
handful chopped pistachios

**Asian Vinaigrette Dressing:**

¼ cup apple cider vinegar  
2 Tbsp. sesame oil  
S+P

1. In large bowl toss cabbage, carrots, beet, green onion, ginger, jalapeno and cilantro and pistachios. 2. Add shredded chicken. 3. Whisk together vin., sesame oil and S+P. 4. Mix dressing into salad and enjoy!

**Dinner: Grilled Sausages with Sweet Potato Chips**

4 Trader Joes jalapeño 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. Extra Virgin Olive Oil + 1 tsp.; divided  
S+P to taste  
leftover pesto  
1 tsp. red chili pepper flakes (optional)

1. Preheat oven to 400. 2. Thinly slice sweet potato and place on foil covered baking sheet. 3. Drizzle EVOO over the sweet potato and toss to coat and salt + pepper 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 avo. 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 over the sausages.

**Thursday**

**Lunch: My Favorite Salad**

½ cup thinly sliced Napa cabbage  
6 leaves romaine lettuce; thinly sliced  
handful cherry tomatoes; cut in half  
3 green onions; thinly sliced  
2 slices cooked organic turkey bacon

2 hard boiled eggs; sliced  
1 cup shredded chicken  
1/2 avocado

Garlic Dressing: (Can be used up to 2 weeks, so save remainder for next week!)

1/4 cup almond milk  
1 cup homemade Mayo (see recipe at [freshandcleanrecipes.com](http://freshandcleanrecipes.com))  
1/8 tsp. crushed garlic  
1/2 tsp. paprika  
1/2 tsp. mustard powder  
1 tsp agave  
1/4 tsp. salt  
1/4 tsp. pepper

1. Blend dressing in blender till well combined, then chill in refrigerator. 2. Cook turkey bacon and crumble. 3. Prepare produce. Toss fresh salad ingredients with dressing till lightly coated 4. Add bacon and shredded chicken and enjoy!

### **Dinner: The. Best. Chicken. With Roasted Asparagus and Baby Carrots**

6 chicken breasts (you will save 2 for lunch tomorrow)  
1 cup apple cider vinegar  
1/2 cup Extra Virgin Olive Oil + 2 Tbsp.; divided  
1 egg; whisked  
1 1/2 tsp. Spike or your favorite poultry seasoning  
1/2 tsp. pepper  
1 Tbsp. salt  
1 bunch asparagus  
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 up to 1 day. 2. Preheat oven to 400 and turn grill on to Med-Hi. 3. Break off ends of asparagus and place on foil-lined sheet with baby carrots. 4. Drizzle 2 tbsp. EVOO and S+P 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 tomorrows lunch and enjoy with your roasted veggies!!!!

### **Friday**

#### **Lunch: Grilled Chicken Wraps with Green Apple**

2 grilled chicken breasts  
romaine lettuce  
1/2 avocado

1 tomato  
sliced red onion (optional)

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

### **Dinner: Shrimp Fried Rice**

1 lb. frozen shrimp; thawed and grilled 2-3 min ea. side (until just cooked through and opaque)  
2 cups cooked brown rice (if possible cook earlier in the day or the night before and refrigerate)  
1 Tbsp. coconut oil or Extra Virgin Olive Oil  
2 cloves garlic; minced  
1/2 medium red or yellow onion; chopped  
1 cup carrots; chopped into small pieces  
3 eggs  
1/2 cup frozen green peas; defrosted  
2 Tbsp. BRAGGS amino acids  
S+P to taste

1. Preheat a large wok or skillet over high heat for about 1 minute, Swirl in the oil and heat until it becomes thin. 2. Reduce heat to medium and add garlic and onion and stir about 15 to 30 seconds. 3. Add the carrots and cook until tender, about 2 to 3 minutes. 4. Move all the ingredients to a separate plate. 5. Break the eggs into the wok, and stir to scramble until they are almost cooked through but still a little soggy, about 1 1/2 to 2 minutes. 6. Add the shrimp and the peas, followed by the other vegetables and rice, stirring and tossing between each addition. Use your spatula to break up any clumps. 7. Add the BRAGGS and S+P to taste. 8. Stir everything quickly around the wok until the rice is well coated and colored (little bits of white here and there is OK) and heated through, about 3 to 4 minutes. (Tip: Add more oil if the rice begins to stick to the wok; reduce the heat if it starts to scorch.) Taste and adjust seasonings if necessary. 9. Divide the rice among dinner plates. Serve hot!

### **Saturday**

#### **Lunch: Salmon Salad with Raspberry Basil Dressing**

2 salmon filets (wild is best and frozen wild is better than fresh farmed!)  
4 Tbsp. Extra Virgin Olive Oil; divided  
1 Tbsp. lemon pepper  
2 cups spinach

1 tomato; chopped  
1/2 avocado

**Raspberry Basil Dressing:**

1 cup raspberries  
3-4 basil leaves  
3 tsp. apple cider vinegar  
2 tsp. Extra Virgin Olive Oil  
¼ cup water  
S+P to taste  
lemon

1. Preheat skillet to med heat. 2. Drizzle 2 tbsp. EVOO over salmon and sprinkle with lemon pepper 3. Cook salmon for about 7 min on ea. side or more till flakes easily with a fork. 4. Remove from heat and let stand 3- 5 min while you prep salad and dressing. 5. Blend Raspberries, basil, vin, remaining EVOO, water and S+P till well combined. 6. In a bowl combine spinach, tomato and avocado then toss with dressing. 7. Serve on individual plates with salmon on top and a squeeze of lemon

**Dinner: Sweet Potato and Beef Tacos with Black Beans**

2 Tbsp. Extra Virgin Olive Oil  
1 large sweet potato; diced in small chunks  
½ onion; chopped  
1 lb. organic hamburger meat (or organic grass-fed Bison if its available yum!!!!)  
½ cup taco seasoning (recipe for homemade is at [freshandcleanrecipes.com](http://freshandcleanrecipes.com))  
1 can diced tomatoes  
brown rice tortillas  
**Toppings:** (optional)  
avocado  
diced tomato  
shredded lettuce  
cilantro  
lime  
1 can black beans

1. In large pan over Med heat EVOO and stir in onions till soft, about 3-5 min. 2. Add sweet potatoes and cook another 4-5 min. 3. Remove from pan 4. Add hamburger meat and to pan and cook till brown, stirring frequently to crumble. 5. Add taco seasoning and 1 can of diced tomatoes. 6. Stir on High to bubble then turn to low and simmer 5-7 min. 7. Add sweet potatoes and onions back in and stir to combine, Cover and remove from heat. 8. In small pan heat beans thoroughly. 9. Prepare your toppings and lightly grill tortillas on grill pan. 10. Layer tacos and Enjoy with side of beans!

## **Sunday**

**Lunch: Chopped Veggie Salad** (Can improvise ingredients based on any veggies you have left over)

½ head Napa cabbage  
3 green onions; thinly sliced  
2 diced pre-cooked beets (or steamed)  
handful of cherry tomatoes  
½ can garbanzo beans  
1/2 avocado  
handful raw almonds; chopped  
shredded chicken for protein  
S+P to taste

Mustard Vinaigrette:

1 egg  
2 Tbsp. apple cider vinegar  
¼ cup homemade mayo (recipe on [freshandcleanrecipes.com](http://freshandcleanrecipes.com))  
1 tsp. mustard powder  
1 Tbsp. agave  
¼ cup Extra Virgin Olive Oil  
¼ cup walnut oil  
S+P to taste

1. Bring a med saucepan of water to boil over med heat. Gently add the egg and reduce heat, let simmer for 2 minutes. 2. Drain and then run under cool water till cool enough to handle, peel egg and drain the white saving the yolk in the bowl of your blender. (Discard the white or save for breakfast omelets another morning). 3. Add the vin., mayo., mustard, agave, oils and S+P. 4. Blend the dressing and set in refrigerator to chill. 5. In a large bowl combine shredded cabbage and remaining ingredients. 6. Drizzle with dressing and toss to coat, season with S+P to taste.

## **Dinner: The. Best. Meatballs. And Cauliflower Rice**

2 pounds organic ground beef  
2 tsp. salt  
1/4 tsp. red pepper flakes  
1/2 tsp. ground fennel seed  
1/2 cup dried nutritional yeast  
1/4 cup parsley; chopped  
1 Tbsp. fresh oregano; chopped (or 1 tsp. dried)  
2 eggs  
2 cups your favorite tomato sauce

1 head cauliflower  
1 Tbsp. Ghee  
1 Tbsp. Extra Virgin Olive Oil  
extra chopped parsley for mixing

1. Preheat oven to 450. 2. Take the time to Rice your cauliflower (this means chop very very finely or pulse in the food processor until the consistency of rice) and set aside 3. Mix the first 8 ingredients in a large bowl and stir until just combined. 3. Grease a 9 x 13 baking dish, Roll your mixture into golf-ball-size meatballs, packing them firmly (Tip: wet hands to prevent meat from sticking; alternatively, you can use an ice cream scoop or large melon baller). 4. Place meatballs in baking dish in even rows so they're touching, bake until meatballs are cooked through, about 20 minutes. 5. Let rest 5 minutes, and then toss with your favorite tomato sauce. 6. In a large pan, warm the Ghee and EVOO together. 7. Add cauliflower rice and stir to cook for 5 min. 8. Add chopped parsley then turn to low and cover, steam for another 5 min. 9. Serve meatballs over cauliflower rice!