

Fresh and Clean Recipes- Menu Planning- Week 4

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

Beanditos with Hummus

Arbonne fit chews

Arbonne fizz sticks

Something Sweet

Arbonne Granola Recipe

This sweet treat can be eaten as a snack midday or with a bowl of almond milk as an early morning/late night treat. Add your own favorite ingredients and play with the recipe till you perfect it to your own taste!!

1 ½ cup salted almond butter

1 scoop vanilla protein powder

2 Tbsp. cocoa unsweetened

½ cup coconut dried unsweetened

½ cup pecans

½ cup macadamia nuts

1/2 cup rolled oats

1/2 cup brown rice crisps

2 Tbsp. chia seeds

1 tsp. cinnamon

1 Tbsp. agave

2 egg whites

4 Tbsp. water

1. Preheat oven to 300. 2. In a pot warm the almond butter slightly so it blends with ingredients better. 3. Place nuts in a blender to chop finely but not into a fine meal. 4. In a large bowl whisk the egg whites and water. 5. Add the rest of the ingredients to the bowl and stir combine well. 6. Spread out thin on the parchment paper and bake till golden brown and crispy about 20-30 min, flipping after 10 min. 7. Once browned remove from oven and let sit for 10 min, do not touch, as granola will be forming clumps! 8. After 10 min of cooling you may use a spatula to break up some of the larger clusters and combine in a container.

Juice Drink/Snack

Refresh Mocktail

3 cups kale

2 cups strawberries

6 mint leaves

1 lime; juiced

1 cucumber; peeled and chopped

2 stalks celery; chopped

1 in ginger (if you like the spice!)

½ cup ice cubes

Blend until smooth

MONDAY

Lunch: BLTA Egg Salad with Green Apple

6 hardboiled eggs

1 large ripe avocado

½ cup quartered cherry tomatoes

3 strips chopped cooked organic turkey bacon

S+P to taste

1. Start by hard-boiling your eggs! I place mine in a pot with just enough water to cover them and turn the flame on high. Once the water starts to boil, turn the flame off, cover the pot, and let it sit covered for 20 minutes. I also add 1 tablespoon of baking soda to my water before boiling as it helps when peeling the eggs. Once hardboiled, let the eggs stand in cool water for a few minutes, then peel them. (You can do this step in the morning to cool until lunch) 2. While the eggs are cooling, you can take a mixing bowl and mash the avocado. 3. Dice the eggs and add to the avocado and stir till you have an egg salad consistency. 4. Now gently stir in the turkey bacon pieces and tomato with some S+P. 5. Scoop into lettuce boats. You have a hearty and healthy version of the traditional egg salad that your kids will love too!

Dinner: Chicken Tortilla Soup

2 cups shredded chicken

4 Tbsp. extra virgin olive oil (EVOO)

½ onion diced

1 large carrot; diced

1 zucchini; diced

1-quart chicken broth

2 cups water

1 lime + 1 more lime for topping

S+P to taste

4 Tbsp. cilantro + more for topping

1 can black beans

2 cups your favorite red salsa (fresh recipe at freshandcleanrecipes.com)

Toppings:

tortilla strips (brown rice tortillas cut in half and then cut into 1/4-inch strips and fried in coconut oil/ or EVOO)

diced tomatoes

chopped green onions

cilantro

½ avocado

lime wedge

1. Add EVOO to large pot over med heat. 2. Once oil is warmed, add chopped onions stirring often so as not to burn. Cook approx. 3-5 min until onions are tender. 3. Add shredded chicken, chicken broth, water, juice of 1 lime, carrots, diced zucchini, carrots, cilantro, black beans, salsa and S+P to taste. 4. Simmer for 1 hour or longer. 5. Pour into individual bowls and add preferred toppings

Tuesday

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 for future recipes!)

¼ cup almond milk
1 cup homemade Mayo (see recipe at freshandcleanrecipes.com)
1/8 tsp. crushed garlic
½ tsp. paprika
½ 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 Carrots

6 chicken breasts (you will save 2 for lunch tomorrow)
1 cup apple cider vinegar
½ cup extra virgin olive oil (EVOO) + 1 Tbsp
1 egg; whisked
1½ tsp. Spike or your favorite poultry seasoning
½ tsp. pepper
1 Tbsp. salt

1 lb. carrots with fresh green tops
juice and fresh grated zest of lime
1 tsp. agave nectar or honey

1/2 tsp. fine sea salt
1/2 tsp. ground cumin
1/4 tsp. ground coriander
1/4 teaspoon smoked paprika
2 green onions; thinly sliced
small handful fresh mint leaves; chopped

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. Trim the tops off the carrots (you can use them in salads if you enjoy their flavor). Toss them on a baking sheet with the olive oil, limejuice and zest, agave, salt and spices. 4. Roast about 20 minutes, depending on size, until the carrots are just tender and beginning to color. 5. Transfer to a plate and sprinkle with the green onions and mint before tossing together and serving. 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 carrots!!!!

Wednesday

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: Veggie Tacos and Salsa

1/2 red bell pepper; cut in strips
1/2 yellow bell pepper; cut in strips
1/2 sweet onion; sliced thin
5 mushroomsl sliced thin
1/4 head Napa cabbage; sliced thin
1/2 avocado sliced
1 Tbsp. coconut oil
2 brown rice tortillas

1. Sauté peppers, onion and mushroom in 1 Tbsp. coconut oil. 2. Warm tortillas on skillet or pan, place on plate and fill with sautéed veggies. 3. Top with cabbage, avocado and salsa.

Roasted Fresh Salsa

This is a super fresh and simple salsa recipe and you can control the heat by adding or taking away the jalapeno amount, also leaving some of the seeds in the jalapeno will raise the heat... I prefer to roast the tomatoes before I blend but if you're in a time crunch just go straight to the chopping and blending!

4 large tomatoes or about 7 Roma tomatoes; diced with juice
4 green onions; sliced thin
2 jalapenos; finely diced
½ red onion; finely chopped
2 garlic cloves; minced
½ cup cilantro; chopped
2 limes; juiced
S+P to taste

1. Roast tomato on baking sheet for 10 min at 425. 2. Place all ingredients in chopper and pulse till well combined

Thursday

Lunch: Avocado Tuna Boats with Green Apple

1 can tuna
2 Tbsp. mayo (see recipe under dressings)
1 avocado
½ chopped tomato
2 green onions; sliced
small handful cilantro
S+P
jalapeños for heat or bell pepper for mild flavor

1. Drain tuna. 2. Mash up avocado. 3. Mix together tuna, mayo, avocado, tomato, green onion, cilantro S+P. 4. Cut the tops off jalapeños and slice down the middle removing the seeds then fill inside of peppers with tuna!!... If you'd like less heat cut bell pepper in half then cut that half into quarters and fill.

Dinner: Butternut Squash Pasta

1 bag brown rice or quinoa pasta
1 Tbsp. Ghee
½ sweet onion; diced
1 butternut squash
1/2 bunch kale; washed and roughly chopped
12 Brazil nuts; finely chopped or pulsed in food processor
avocado oil for drizzling

1. Cook pasta according to directions. 2. Drizzle Avocado oil 1 turn of the pan and cook onion over Med-low heat until soft and translucent, remove from pan and set aside. 3. Turn pan heat up to Med and add Ghee. Cube butternut squash (removing the skin and seeds) and heat in pan stirring often until browned and easy to pierce. 4. Add chopped kale and Brazil nuts and cook another 2-3 min until all warmed and browned. 5. Drain pasta and drizzle 1 Tbsp. Avocado oil if needed so it doesn't stick. Toss with onions, and squash mixture. Top with crushed red pepper if you like!

Friday

Lunch: Kale and Avocado Wraps and Snap Peas

Nori seaweed wraps or Vegetable wraps from Mothers (see grocery list)

½ bunch kale; roughly chopped

1 avocado

handful cherry tomato

¼ bell pepper

Killer T's Hummus Dressing

3 tsp. hummus

1 tsp. apple cider vin

S+P to taste

1. Mix hummus and cider vin to combine, toss kale in dressing and refrigerate half hour. 2. Mash avocado and slice tomatoes and bell pepper. 3. Layer avocado, kale, tomato and bell pepper in one side of your wrap and roll up tightly. Slice in half and enjoy with snap peas.

Dinner: Cedar Plank Salmon

1 skin-on filet of salmon about 3/4 inch thick (make sure all the bones have been removed)

1 lemon

1/4 cup of fresh rosemary sprigs

1 tablespoon fresh rosemary; chopped

1 lemon

finely ground sea salt

1 bunch spinach

1 Tbsp. garlic

extra virgin olive oil (EVOO)

Cedar plank for cooking (can find at Sprouts or other grocery store)

Chive Oil

1/2 cup finely chopped fresh chives

1/2 cup avocado oil

1. Soak your cedar plank submerged completely in water for 30 min then towel dry and rub with EVOO 2. Place cedar plank in a cold oven and then heat it to 400 degrees. 3. Cut the salmon crosswise in sections about 2 inches apart lengthwise down the salmon essentially creating portions. 4. Cut the lemon crosswise into thin slices. Remove the seeds from the slices and then slice about 1/8" creating half-moons. 5. Insert a piece of lemon and a rosemary sprig into each crosswise cut in the salmon for delicious flavor. 6. Zest lemon, then mix with finely chopped rosemary leaves in a small bowl, add 1 Tbsp. sea salt and mix well. 7. Sprinkle the seasoning mix over the top of the salmon, spreading more on the thicker head end than the tail end. 8. Remove the plank from the oven and roast the salmon until medium-rare when tested with the tip of a knife. About 25 minutes. 9. While the salmon cooks you can make the chive oil: In a blender, combine all the ingredients and pureé until very smooth. 10. In a pan over Med heat sauté spinach in 1 Tbsp. Avocado Oil and 1 Tbsp. chopped garlic. 11. Remove the salmon from the oven and serve warm or at room temperature with the chive oil.

Saturday

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 vin
¼ cup mayo
1 tsp. mustard powder
1 Tbsp. agave
¼ cup extra virgin olive oil (EVOO)
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: Quinoa Bowl with Steak

1 cup quinoa
2 cup veg broth
1 NY steak (or other cut of your choice)
1 zucchini
handful mushrooms
2 large carrots
extra virgin olive oil (EVOO)
S+P

Prepare grill to Med Hi temp. 2. Toss veggies in EVOO and S+P 3. Cook quinoa to package instructions substituting broth for water. 4. Grill steak to desired temp and also veggies on BBQ till browned but not completely soft. 5. Rough chop veggies and serve with sliced steak over quinoa. Garnish with flat leaf parsley or cilantro!

Sunday

Lunch: Frittata for Any day

6 eggs
2 Tbsp. water
½ onion; sliced thin
1 small sweet potato; sliced very thinly
Handful spinach
¼ bell pepper
1 Tbsp. Ghee
S+P to taste
Fresh salsa (see recipe)

1. Preheat the oven to 375. 2. Beat together eggs and water with S+P. 3. In a large ovenproof skillet heat 1 Tbsp. ghee over Med heat. Add onions and sweet potato and cook about 10 min till soft and brown. Season with S+P. Add bell pepper and cook another 2-3 min. 4. Distribute all evenly across the skillet, then pour egg mixture on top and place in oven 10-12 min or until eggs are set but not very brown on top. Enjoy with fresh salsa!

Dinner: Mini Burgers and Brussle Sprouts

1 lb. organic hamburger meat
butter lettuce
sweet onion
1 cup mushrooms
2 cups thinly sliced brussle sprouts
2 Tbsp. crushed pistachios
2 slices cooked organic turkey bacon; chopped

2 Tbsp. coconut oil; divided
1 Tbsp. apple cider vin
S+P to taste

1. Preheat grill to Med Hi. 2. Form small patties (like a large meatball) of meat and grill till cooked to preference. 3. Sautee sliced Mushrooms and onions over med-low heat with coconut 10 min. 4. On stove over med heat warm 1 tbsp. coconut oil. 5. Add brussle sprouts and sauté 5 min, stirring occasionally. 6. Season with S+P and add turkey bacon, stir together and cook 2 minutes to let flavors come together. 7. Add crushed pistachios and drizzle of vinegar. 8. Serve brussle sprouts warm with mini burgers and mayo or ketchup to preference.