

# CLEAN EATING MEAL PLAN

## WEEK 1

### BREAKFAST:

Your Favorite Recipes

Mixed berry smoothie

Basic chocolate shake

Chocolate almond smoothie

Blueberry smoothie



### LUNCH:

Repeat shakes or dinner leftovers

Salads are a great meal too!!!

Healthy  
Living

NUTRITION



### DINNER:

Chicken Leek Soup with Spinach

Spicy Paprika & Lime Chicken with  
Brown Rice & Asparagus

Mediterranean Inspired Kidney Bean  
Salad

Chile Lime Salmon Fajita Salad with  
Cilantro Lime Vinaigrette

Clean Eating Superfood Rotini

Harvest Skillet

LEFTOVER OR DINE OUT NIGHT

### SNACKS:

Almonds

Apples with Almond butter Berries

Hummus w/ raw veggies or veggie chips

Fizzies & Chews (Arbonne)

Sliced cucumbers with lemon juice and a  
dash of sea salt and cayenne pepper



### Week 1 Shopping List

*Keep in mind you may have some ingredients already :)*

#### **Spices:**

- Cayenne Pepper
- Cinnamon
- Black Pepper
- Sea Salt
- All Spice
- Thyme
- Black Pepper
- Coriander
- Paprika
- Dried Thyme
- Garlic Powder
- Onion Powder
- Cumin
- Chili Powder

#### **Snacks:**

- Boiled eggs
- Cucumber with Lemon
- Green Apples with Almond Butter
- Homemade Kale Chips
- Arbonne Fizz Sticks
- Arbonne Fit Chews

#### **Meat:**

*Always Organic, Grass-Fed, Free Range*

- Chicken Breasts and Tenderloins
- 1 1/2 Pounds Ground Turkey
- 1 Salmon Fillet per Person

#### **Fresh Produce:**

- Zucchini
- Carrots
- Leek
- Spinach
- Avocado
- Spring Mix
- Garlic
- Limes
- Red Bell Pepper
- Yellow Bell Pepper
- Sweet Potato
- Celery Stalks
- Jalapeños
- Cilantro
- Green Apple
- Lemons
- Parsley
- Red Onion
- Asparagus

#### **Dry/Canned Goods:**

- Brown Rice
- Black Beans
- Kidney Beans
- Lentils
- EVOO
- Coconut Oil
- Apple Cider Vinegar with the Mother
- Tomatoes Diced, Paste & Sauce
- Brown Rice Pasta Rotini or Choice
- Chicken Broth

#### **Shakes:**

- Coconut/Almond Milk
- Berries
- Ingredients for favorite recipes



## Chicken Leek Soup with Spinach

### Ingredients

4 cups raw chicken (cut into chunks ( about 3 lbs boneless chicken))  
1 large leek (diced and chopped)  
4 stalks celery (diced)  
1 cup spinach  
4-6 cloves garlic (crushed)  
2 tsp thyme (fresh or dried)  
2 tsp pepper  
1 tsp salt  
1 tsp cumin  
2 tbsp coconut oil  
1/2 cup cilantro (chopped)  
4 cups low sodium chicken stock (optional)  
Note

You can use chicken stock as a base or just cook the chicken in water and veggies which will create a stock. If not using chicken stock, cook an extra 20 minutes to allow the flavors of the leek & celery soak in.

### Directions

Dice leek into small pieces right to the green stem. Chop celery into small pieces. Crush garlic .

Boil 6 cups water or 4 cups chicken stock and 2 cups water.

Add diced chicken, celery, leeks , pepper, cumin, salt and cook for about 30 - 40 minutes.

Add thyme, cilantro, coconut oil and simmer for 10 minutes. Add crushed garlic and remove off the fire.



## Spicy Paprika & Lime Chicken

### Ingredients

2 lbs. chicken tenderloins  
5 tps sweet paprika  
1 tsp cayenne pepper or chill powder  
1 1/2 tsp Celtic salt or sea salt  
1 tsp Allspice  
1 tsp coriander seeds powder  
1 tsp black pepper  
3 tbsps olive oil  
2 garlic cloves, finely chopped  
2 tps tomato paste  
2 limes (zest + juice from one lime for the marinade and juice from the second when serving)  
Coconut oil for frying

### Instructions

Mix all marinade ingredients in a large bowl. Rinse chicken meat and cut larger pieces in half keeping long slices. Using your hands, cover and rub the pieces with the marinade. Cover with cling wrap and set aside for at least one hour before grilling. If using a grill plate or a frying pan on your stove, heat one teaspoon of coconut oil until sizzling hot. Fry chicken pieces for 3 minutes on each side and then remove to a plate to rest. Make sure not to overcrowd the frying pan or you will end up with too much meat juice and your dish will become stewed rather than grilled chicken. If using a BBQ, heat the plate to sizzling hot and either spray with olive oil or brush with coconut oil. Place chicken pieces on the plate with a little space in between and cook for 3 minutes on each side on medium/high heat with the lid on. Remove cooked chicken to a serving plate and drizzle with more lime juice before serving.

Preparation time: 10 minutes + at least 1 hour marinating time

Cooking time: 15 minutes depending on the size of frying pan/BBQ plate

Number of servings: 5-6



## Mediterranean Inspired Kidney Bean Salad

### Ingredients

3 cans of kidney beans  
1 red bell pepper - diced  
1 yellow bell pepper - diced  
1/2 red onion - diced  
1 small bunch of parsley - chopped  
2 lemons - juiced  
1 tbs olive oil  
salt to taste

1. Start off with draining and rinsing the kidney beans, then toss them in a bowl or tupperware.
2. Mix in your diced bell peppers, onion, and parsley.
3. Drizzle the olive oil and mix well.
4. Add desired amount of lemon. I love lemon so I will use two or more lemons.
5. Salt to taste.

This recipe is extremely easy and very hard to mess up. You can always add and subtract ingredients, its all up to your preference. When I am making a big batch for a party I will add orange and green bell peppers to make it really colorful. It really doesn't matter what color bell peppers you use. I also add fresh minced garlic sometimes.



## Chile Lime Salmon Fajita Salad with Cilantro Lime Vinaigrette

COOK TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Serving Size: 4

### INGREDIENTS

#### Salmon

1 pound skin on salmon  
3 tablespoon olive oil, divided  
1 teaspoon chile powder  
1 teaspoon smoked paprika  
1/2 teaspoon cumin  
zest of 2 limes  
pinch of salt and pepper  
1 red pepper, sliced

#### Salads

8 cups spring greens mix, chopped  
1 small jalapeno, seeded + chopped  
1/3 cup cooked black beans, rinsed + drained  
if using canned  
1-2 avocados, sliced  
fresh cilantro, for topping

#### Simple Lime Vinaigrette

1/4 cup olive oil  
1/4 cup fresh lime juice (about 2 limes)  
2 tablespoons cilantro, chopped (or more to your liking)  
1/2 teaspoon chili powder  
salt and pepper, to taste  
INSTRUCTIONS

To make the dressing, combine the olive oil, lime juice, cilantro, chili powder, and salt and pepper. Whisk to combine, taste and adjust seasonings to your liking. Set aside.

In a large salad bowl add the lettuce, jalapeño and black beans. Drizzle with the juice of half a lime (only do this if eating right away). Toss well and set aside.

In a small bowl combine the chili powder, smoked paprika, cumin, lime zest and a good pinch of salt and pepper.



Place the salmon on a plate and rub with 1 tablespoon olive oil. Sprinkle the spice mixture over the salmon and gently rub it into the salmon.

Heat a medium size skillet over medium-high heat. Add a tablespoon of olive oil and once hot, add the red pepper slices and a pinch of salt and pepper. Stir fry the peppers for 4-5 minutes. Remove the peppers from the pan. Reduce the heat to medium and add another tablespoon of olive oil and add the salmon, skin side facing up. Sear the salmon for 3-4 minutes and then flip and continue cooking for another 4-5 minutes or until the salmon reaches your desired doneness. Cooking times will vary depending on the size of your salmon. Cut the salmon into 4-6 pieces or chop into bites.

To assemble the salads, add the red peppers to the salad bowl and toss. Divide the salad among plates or bowls. Top each bowl with a piece of salmon. Add a few slice of avocado and drizzle with the dressing. Garnish with more cilantro.

## Clean Eating Superfood Rotini

(Makes 9 servings)

Ingredients:

1 1/2 pounds lean ground turkey  
1 tablespoon olive oil  
2 medium zucchini, shredded  
2 medium carrots, shredded  
1 (15 ounces) can tomato sauce, no sugar added  
1 (28 ounces) can diced tomatoes  
1/2 pounds Brown Rice Rotini  
1 tablespoon onion powder  
1 tablespoon garlic powder  
1 tablespoon ground cumin  
2 cups raw spinach, tightly packed  
2 cup water

Directions:

In a large pan, cook the turkey in the olive oil until almost completely cooked.

Add the zucchini, carrots, tomato sauce, diced tomatoes, spinach and spices.

When the spinach has cooked down so there is some room in the pan, add the pasta and cook until soft, stirring frequently and adding the water in increments as needed for cooking.



## Harvest Skillet

Basic Prep, Pepper-Popped  
vegan, serves 2-3

1 15oz can lentils, rinsed well in cool water and drained  
fine black pepper - add to taste  
salt to taste (if lentils are unsalted in can)  
1/4 cup finely chopped parsley  
1 tsp extra virgin olive oil  
cayenne  
1/2 of one small red or orange bell pepper, diced  
\*You can use the other half to serve the lentils in!  
1/2 green apple, diced  
1/4 cup sweet potato (optional)  
1/8 tsp cinnamon  
splash of apple cider vinegar  
1/2 TSP EVOO

### Directions:

1. Open your can of lentils and drain liquid. Rinse the lentils in cool water very well. Then drain all the excess water by tossing the lentils in a large bowl strainer. I use a fine mesh strainer. Fluff the lentils a bit so they are as dry as possible. Pat them dry with a paper towel if needed.
2. Warm a large skillet over high heat. Add 1/2 - 1 tsp of extra virgin olive oil. Spread around pan.
3. When oil is hot, add about 3/4 cup of lentils. Move them through the oil a bit and let them sit there sizzling in the pan. They will start to plump up and almost look like they are about to pop. Shake the pan a bit to toss the lentils for even cooking.
4. After about a minute, shake about 1/8 tsp (or to taste) of fine black pepper over the lentils. You can also add some salt if your canned lentils were not salted (check the can). Toss the lentils with the pepper and continue cooking. You can also add in the optional cayenne if you want extra spicy lentils.



Love Lentils.

5. You will know the lentils are ready when they look nutty, toasty and the edges are browned and dried. For the last minute of cooking, add in a few pinches of the chopped parsley and toss in pan to wilt with the lentils. Add more spices if desired too.
6. Remove these lentils and repeat the process with the remaining uncooked lentils.
7. Add a small drizzle of oil to skillet and add in the harvest veggies and apple. Toss around in pan, adding in the spices and as well. Cook over medium-high heat until the apples and veggies begin to brown.
8. Keep the veggies in the pan and add in the cooked lentils. Toss together over medium heat. Add the splash of vinegar and continue to cook allowing the flavors of the lentils and the veggies to mingle. This should take just a few minutes. The longer you cook, the drier your ingredients will get.

Magical skillet. Turns lentils into must-have little bits of yum!