

# CLEAN EATING MEAL PLAN

## WEEK 3

### 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:

Pinto Bean Salad

Ginger Carrots and Mahi Mahi

Asian Kale Salad with Grilled Chicken

Chicken Piccata

Turkey Picadillo

Oven Baked Chicken Fajitas

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 4 Shopping List**

*NOTE: ALWAYS CHECK TO SEE IF YOU HAVE ANYTHING YOU CAN USE FROM LAST WEEK OR SOME YOU MAY ALREADY HAVE*

#### **Spices:**

Sea Salt  
Black Pepper  
Dried Oregano  
Garlic Powder  
Cumin  
Bay Leaves  
Chili Powder

#### **Shakes:**

Coconut/Almond Milk  
Berries  
Ingredients for favorite recipes

#### **Snacks:**

Boiled eggs  
Cucumber with Lemon  
Green Apples with Almond Butter  
Homemade Kale Chips  
Arbonne Fizz Stick

#### **Meat:**

*Organic, Grass-Fed, Free Range  
Whole or Precut Whole Chicken*

2 Chicken Breast per Person  
1 1/2 Pounds Ground Turkey  
1 Pound Mahi Mahi

#### **Fresh Produce:**

Avocado  
Lime  
Tomato  
Cilantro  
Red Onion  
Garlic  
Ginger  
Lemon  
Carrots  
Green Onions  
Parsley  
Kale  
Red & Yellow Bell Peppers  
Cucumber

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

Pinto Beans Cans  
EVOO & Coconut Oil & Apple Cider Vinegar  
Chicken Broth  
Coconut Aminos  
Sesame Oil  
Sesame Seeds  
Raw Agave  
Almond Flour  
Capers  
Tomato Sauce  
Diced Tomatoes with Green Chiles  
Brown Rice Tortillas



## **Pinto Bean Salad with Avocado, Tomatoes, Red Onion, and Cilantro**

1 can (15 oz.) pinto beans, rinse and drain very well  
3-4 tablespoons of Apple Cider Vinegar  
1 avocado, diced into pieces 1/2 inch square (sometimes I use two avocados; if so double the lime juice)  
2 tsp. fresh lime juice  
1 cup chopped tomatoes or cherry tomatoes cut in half)  
1/2 cup finely chopped red onion  
1/2 cup finely chopped cilantro  
1-2 T olive oil, or a bit more  
fresh ground black pepper and sea salt to taste

Pour beans into a colander placed in the sink and rinse well until no more foam appears. Let beans drain well for at least 15 minutes. Then blot beans dry with paper towel, place in plastic bowl, and toss with white balsamic vinegar. Let beans marinate in the vinegar while you prep other ingredients.

Cut avocado into 1/2 inch pieces and place in small bowl. Toss with lime juice. Chop tomatoes, or if using cherry tomatoes, cut in half.

Chop red onion and cilantro. (I like to chop with a chef's knife, but you could use a mini-chopper or food processor for this.) Mix onions and cilantro into marinating beans. Then use a large spoon to gently fold in avocado and tomato. Drizzle olive oil over salad and season to taste with fresh ground black pepper and sea salt, and gently toss again. Serve immediately, at room temperature.



## Gingered Carrots with Mahi Mahi

4 carrots, sliced  
2 tablespoons coconut oil (may be able to use less)  
5 green onions, diced  
1/2 teaspoon fresh grated ginger  
1 teaspoon crushed garlic  
1 pound of mahi mahi pieces  
1 tablespoon fresh lemon juice  
1/2 cup chicken broth  
1 tablespoon coconut aminos  
Fresh ground black pepper and sea salt to taste

Saute the carrots in 1T of the butter or coconut oil over medium heat for 5-7 minutes or until the carrots start to brown.

While the carrots are cooking, mix the chicken broth, coconut aminos or tamari and black pepper together in a bowl and set aside.

Add the green onions to the carrots and cook for another minute. Add the lemon juice, ginger, and garlic to the pan and sauté just until the veggies are coated with the ginger and garlic. Sprinkle with a little sea salt, stir again. Remove the carrot mixture from the pan and set aside.

Add the remaining tablespoon of butter or coconut oil to the same pan and melt over medium heat. Add the fish pieces and cook for 1 minute on each side, making sure that your pan is nice and hot so that the fish sear and turn golden brown on each side.

Pour the chicken broth mixture that you made earlier over the fish, cover & cook for another 1 – 2 minutes or until the fish is tender and flakes apart easily. Do not overcook!! Serve the fish over the gingered carrots. Serves 2-3 adults.



## Asian Kale Salad with Sesame Dressing With Grilled Chicken

### Ingredients

8 cups curly kale leaves, stems removed, torn into bite sized pieces

1 cup thinly sliced red bell pepper

1 cup thinly sliced yellow bell pepper

2 green onions, thinly sliced

1 small cucumber (I used Persian) thinly sliced

### Sesame Dressing

1 tablespoon sesame seeds

3 teaspoons raw agave

2 tablespoons Apple Cider vinegar

1 tablespoons sesame oil

2 teaspoons finely grated ginger

2 cloves garlic, minced

### Instructions

In a large bowl combine the curly kale leaves, bell pepper, green onions and cucumber.

In a small bowl combine the ingredients for the Sesame Dressing and whisk them together with a fork.

Toss the salad and serve immediately.



## Chicken Piccata

2-4 boneless, skinless chicken breast halves (1½ pounds total)  
½ cup blanched almond flour  
½ teaspoon celtic sea salt  
5 tablespoons coconut oil  
5 tablespoons olive oil  
¼ cup lemon juice  
1 cup chicken stock  
¼ cup brined capers  
¼ cup fresh chopped parsley

Cut the chicken breasts in half horizontally, butterflying them open –if the pieces are large, cut them each into two pieces after you cut them in half

Put chicken pieces between two pieces of parchment paper and pound them with a heavy skillet until ¼ inch thick

Mix together flour, salt

Rinse the chicken pieces in water, then dredge thoroughly in flour mixture, until well coated

Heat olive oil and 2 tablespoons of grapeseed oil in a large skillet on medium high heat. Add half of the chicken pieces and brown well on each side, about 3 minutes per side

Transfer from skillet to a plate, add the other breasts and cook, then remove from skillet

Place plate of chicken breasts in a warm oven while preparing the sauce

Add lemon juice, chicken stock and capers to the skillet and use a metal spatula to loosen the browned bits and incorporate them into the sauce

Reduce the sauce by half then whisk in the remaining 3 tablespoons of grapeseed oil

Plate the chicken, pour the sauce over it and sprinkle with parsley

Serve



## Turkey Picadillo

1 1/2 lb 93% lean ground turkey  
4 oz (1/2 can) tomato sauce  
kosher salt  
fresh ground pepper  
1 tsp ground cumin  
2 bay leaves

### Sofrito:

1/2 large onion, finely chopped  
2 cloves minced garlic  
1 tomato, chopped  
1/2 bell pepper, finely chopped  
2 tbsp cilantro

Brown the ground turkey on medium heat in large sauté pan and season with salt and pepper. Use a wooden spoon to break the meat up into small pieces.

Meanwhile, while turkey is cooking, make the sofrito by chopping onion, garlic, pepper, tomato and cilantro. (I quickly do it in my mini chopper)

Add sofrito to the meat and continue cooking on a low heat. Add about 2 tbsp of the brine (this adds great flavor) cumin, bay leaves, and more salt if needed. Add tomato sauce and 1/4 cup of water and mix well. Reduce heat to low and simmer covered about 15 minutes.



## Oven Baked Chicken Fajitas

### Ingredients

- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 Tbsp oil
- 2 tsp chili powder
- 2 tsp cumin
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp salt
- 1 (15 oz) can diced tomatoes with green chilies
- 1 medium onion, sliced
- 1 large bell pepper, seeded and sliced (I use half a green and half a red)
- 12 brown rice tortillas

### Instructions

Preheat the oven to 400 degrees. Place chicken strips in a greased 13x9 baking dish. In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt. Drizzle the spice mixture over the chicken and stir to coat. Next add the tomatoes, peppers, and onions to the dish and stir to combine. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender. Serve on tortillas with desired toppings.

