

# CLEAN EATING MEAL PLAN

## WEEK 4

### 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:

Chilled Carrot Ginger Soup

Shrimp Ceviche

Make Ahead Mexican Breakfast Casserole

Thai Inspired Hydrating Cucumber Salad

Easy Baked Chicken

Spring Quinoa Salad

### 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



**Spices:**

Sea Salt  
 Black Pepper  
 Paprika  
 Ground Ginger  
 Turmeric  
 Chili Powder  
 Garlic Powder  
 Cumin

**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, Wild Caught**

1 lb. Peeled Deveined Medium Shrimp  
 1 lb. Ground Beef  
 12 Eggs  
 3.5 lb. Chicken Thighs, Bone-In

**Fresh Produce:**

2 Medium Onion  
 1 Red Onion  
 1 2-inch piece Fresh Ginger  
 1 Garlic  
 2 lb. Carrots (10-12)  
 8+ Lemons  
 8+ Limes  
 3 Cucumber  
 1 Large Yellow Onion  
 2 Jalapenoa  
 3 Avocados  
 1 Celery  
 1 Cilantro  
 1 Sweet Potato  
 14 Tomatoes  
 1 Red Pepper  
 1 pint grape tomatoes  
 1-2 red chillies  
 1-2 Basil  
 1 Asparagus Bunch  
 Fresh Spinach  
 Romaine Lettuce (optional)

**Dry/Frozen/Canned Goods:**

Frozen Peas  
 1 Can Chickpeas  
 1 Can Coconut Milk  
 48 oz. Vegetable Broth  
 Cashews  
 Quinoa  
 EVOO & Coconut Oil & Apple Cider Vinegar  
 Brown Rice Tortillas(optional)



## Chilled Ginger and Carrot Soup

*can be heated too!*

### Ingredients

2 tablespoons olive oil  
1 medium onion, chopped  
1 2-inch piece fresh ginger, peeled, grated  
1 clove garlic, sliced  
2 pounds carrots (10 to 12), sliced  
6 cups low-sodium vegetable broth  
Juice of 1 lime, plus lime wedges for garnish, optional  
1/2-1 can coconut milk (desired taste)  
Salt and freshly ground black pepper

### Directions

1. Warm oil in a pot over medium heat. Add onion; sauté until softened, 6 to 8 minutes. Add ginger and garlic; sauté until fragrant, about 1 minute.
2. Raise heat to medium-high; stir in carrots. Pour broth into pot, cover and bring to a simmer. Remove cover, reduce heat to medium to maintain a simmer and cook until carrots are very tender, about 25 minutes. Remove soup from heat and let cool slightly.
3. Working in batches, purée soup in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours.
4. Just before serving, stir in lime juice and coconut milk. Season with salt and pepper. Serve chilled, garnished with lime wedges, if desired.



## Shrimp Ceviche

*Serve with toasted Brown Rice Tortillas OR a bed of Romaine Lettuce*

### Ingredients

1 pound peeled and deveined medium shrimp  
1 cup fresh lime juice  
10 plum tomatoes, diced  
1 cucumber  
1 large yellow onion, diced  
1 jalapeno pepper, seeded and minced, or to taste  
2 avocados, diced  
2 ribs celery, diced  
chopped fresh cilantro to taste  
salt and pepper to taste

### Directions

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or 'cook') for about 10 minutes plus, OR until they turn pink and opaque. Meanwhile, place the plum tomatoes, onion and jalapeno, and avocados and celery, in a large, non-reactive (stainless steel, glass or plastic) bowl.
2. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to the bowl of vegetables. Pour in the remaining lime juice marinade. Add cilantro and salt and pepper to taste. Toss gently to mix.



# Make Ahead Mexican Breakfast Casserole

*Great Leftovers*

## Ingredients

12 eggs, whisked  
1/2 medium onion, diced  
1 lb ground beef  
1 sweet potato, shredded with skin on  
1 jalapeno, deseeded and chopped  
2 cloves of garlic, minced  
1 teaspoon chili powder  
1 teaspoon smoked paprika  
1 teaspoon salt  
2 cups diced fresh tomatoes (or 1 can of diced tomatoes, drained)  
2 cups fresh spinach (or chard or any leafy green you choose)

## Directions

1. Preheat oven to 375 F. Spray a 9"X13" baking dish with nonstick spray and set aside.
2. Cook ground beef in a large skillet over medium-high heat until no pink remains. Break into crumbly pieces using a spatula. Drain off extra grease. Add onion, shredded sweet potato, garlic, jalapeño, chili powder, salt, and paprika into skillet. Cook until onions are translucent (about 5 to 7 minutes). Add tomatoes and spinach into skillet and cook for about 2 minutes or until spinach begins to wilt.
3. Pour beef and sweet potato mixture into the prepared 9"X13" pan and spread evenly along the bottom. Pour whisked eggs over the top, making sure to mix the eggs into the sweet potato mixture with a spoon or spatula. (The casserole can be made ahead 1 day in advance up to this point just cover and refrigerate. Remove from fridge 15 minutes before cooking.)
4. Place in preheated oven and bake for 30 to 40 minutes or until middle of casserole is set (not jiggly) and edges are lightly browned. Enjoy!



## Thai Inspired Hydrating Cucumber Salad *with Roasted Chickpeas*

### Dressing:

1/2 cup lemon juice  
1-2 tablespoons Apple Cider Vinegar (optional; to taste)  
1/2 teaspoon fine grain sea salt

### Salad:

2 medium cucumbers  
1 red pepper, diced  
1 cup diced red onion  
1/4 cup roughly chopped cilantro  
1/4 cup chopped roasted Cashews, for garnish  
Roasted spiced chickpeas (recipe follows)

1. Whisk dressing ingredients together in a small bowl and adjust to taste. Feel free to add more sweetener if you prefer. Set aside.
2. Peel cucumbers, slice off the ends, and slice in half lengthwise. Scoop out the seeds with a small spoon (see photo in post if necessary). Slice halves into 1/8-inch “half moons” and toss into a large bowl. If your cucumbers are really big you can slice the half-moons in half as well.
3. Dice the red pepper and red onion and add into bowl. Roughly chop cilantro and add into bowl. Pour in all the dressing and toss to combine. Let this salad sit for about 30 minutes in the fridge, tossing every 10 minutes or so to help the dressing soak in.
4. Meanwhile, prepare the roasted chickpeas (if desired). Recipe follows.
5. Portion into bowls and top with cashews and optional roasted chickpeas. Serve immediately.



## Roasted Spiced Chickpeas

*Great as a snack too!*

### Ingredients

- 1 (15-oz) can chickpeas (or 1.5 cups cooked)
- 1/2 teaspoon olive oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cumin
- 1/8 teaspoon ground turmeric

### Directions

1. Preheat oven to 400F and line a medium baking sheet with a couple pieces of paper towel.
2. Rinse and drain the chickpeas and place onto paper towel. Add a couple paper towels on top and roll the chickpeas around until completely dry. This helps them crisp up in the oven.
3. Add the chickpeas into a medium mixing bowl and stir in the oil until coated. Now stir in the rest of the seasonings.
4. Discard paper towel and line baking sheet with parchment paper. Add chickpeas back onto the baking sheet.
5. Roast at 400F for 20 minutes. Give the pan a gentle shake to stir the chickpeas and roast for another 15-20 minutes, until golden and lightly charred on the bottom. I roast for a full 40 minutes because I like them on the crispy side, but keep an eye on them as oven temps vary.
6. Cool for 5 minutes or so and then top on your salad. They will lose their crispness quickly so these are best enjoyed immediately. You can also freeze the chickpeas once fully cooled and reheat them in the oven for 5 minutes or so to bring back the crispness.



## Easy Baked Chicken with Tomatoes, Basil and Red Chillies

*Serve with a side of Quinoa and your favorite spring vegetable*

### Ingredients

3.5 lbs. skinless bone-in chicken thighs (about 8)  
1 pint grape tomatoes  
1-2 red chillies, sliced (don't even bother to remove the seeds)  
15 large basil leaves (torn up a bit) plus 10-12 smaller ones for garnish  
1 Tbsp. olive oil  
1 tsp. salt  
½ tsp. coarse black pepper

### Directions

Preheat oven to 425F.

Arrange chicken pieces in a single layer in a large rimmed pan or baking dish (I use my 12" cast iron skillet). Topple in the tomatoes. Scatter everything with the chillie slices and the 15 large basil leaves. Drizzle with the olive oil and sprinkle with salt and pepper.

Bake until chicken is cooked through, about 45 minutes to an hour. Scatter the remaining 10-12 basil leaves over top before serving.





## Spring Quinoa Salad

For the Dressing:

3 tablespoons olive oil  
3 tablespoons fresh lemon juice  
1 clove garlic, minced  
1 tablespoon finely chopped fresh basil  
Salt and freshly ground black pepper, to taste

For the salad:

2 cups water  
1 cup quinoa  
1/2 teaspoon salt  
2 teaspoons olive oil  
1 small bunch asparagus, about 15 spears, cut into 1-inch pieces  
1 tablespoon fresh lemon juice  
1 cup frozen peas  
1 avocado, chopped  
Salt and freshly ground black pepper, to taste  
1/4 cup chopped basil

Directions:

1. In a small bowl or medium jar, combine the dressing ingredients. Whisk to combine or shake with the jar lid on tight. Set aside.
2. Add water, quinoa, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.
3. While the quinoa is cooking, cook the asparagus. In a large skillet, heat the olive oil over medium heat. Add the asparagus and fresh lemon juice. Cook until tender, about 5 minutes. Stir in the peas and cook for an additional 2 minutes.
4. In a large bowl, combine quinoa, asparagus, peas, and avocado. Pour the dressing over the salad and stir until well coated. Season with salt and pepper, to taste. Stir in the fresh basil and serve.

