MENU

DAY ONE
Cashew Overnight Quinoa with Kiwi
Egg & Lentil Salad
Turkey Stuffed Peppers

DAY TWO
Ginger Pear Smoothie
Spinach Salad with Stuffed Peppers
Chili Lime Shrimp Rice Bowl

DAY THREE
Egg Scramble
Shrimp & Lentil Salad
Pork Tenderloin with Sweet Potatoes & Green Beans

DAY FOUR
Green Smoothie with an Egg
Pear & Cashew Salad with Pork
Turkey Burger & Fries with Zucchini Sauté

DAY FIVE
Cinnamon Pear Quinoa
Ginger Turkey 'Noodles'
Minestrone

DAY SIX
Southwest Scramble
Minestrone
Quinoa Patties over Spinach Salad

PREP AHEAD

FOR THE WEEK

- 10 cups cooked quinoa prepared according to package directions
- 9 cups cooked brown or green lentils prepared according to package directions
- 5½ cups cooked brown rice prepared according to package directions
- 1 cup toasted cashews
- 8 hardboiled eggs
- 6 limes, zested & juiced (11 Tablespoon lime juice, 2 teaspoons zest)
- 3" fresh ginger, grated (4 teaspoons)

FOR DAY ONE

- Cut fruits & vegetables:
  - 6 carrots, shredded (2 cups)
  - 2 stalks celery, chopped (1 cup)
  - 1½ yellow onion, diced (1½ cups)
  - 2 medium zucchini, diced (4 cups)
  - 8 large red or green bell peppers, cut in half and seeded

FOR DAY TWO

- Cut fruits & vegetables:
  - 10 ounces spinach, chopped (7 cups)
  - 1 small yellow onion, thin strips (¾ cup)
  - 4 carrots, thin strips
  - 2 red or green bell peppers, thin strips (2 cups)

FOR DAY THREE

- Cut fruits & vegetables:
  - ½ yellow onion, chopped (½ cup)
  - 1 zucchini, chopped (2 cups)
  - 3 red or green bell peppers, chopped (3 cups)
  - 1 zucchini, grated (1½ cups)
  - ¾ pound green beans, trimmed (2¼ cups)

FOR DAY FOUR

- Cut fruit & vegetables:
  - 5 carrots, grated (1⅔ cup)
  - 2 red or green bell peppers, chopped small (2 cups)
  - 4 zucchini, cut into thin rounds

PREP AHEAD (continued)

FOR DAY FIVE

- Cut fruits & vegetables
  - 2 carrots, grated (⅔ cup)
  - 6 carrots, diced (3 cups)
  - 2 yellow onions, diced (2 cups)
  - 6 stalks celery, diced (3 cups)
  - 2 zucchinis, diced (4 cups)
  - 1½ pounds green beans, trimmed, cut into 1-inch pieces (4½ cups)

FOR DAY SIX

- Cut fruits & vegetables
  - 1 yellow onion, diced (1 cup)
  - 1 red or green bell pepper, diced (1 cup)
  - 1 red or green bell pepper, sliced (1 cup)
  - 6 ounces spinach, chopped (4 cups)
  - 2 carrots, grated (⅔ cup)

CLASSIC AND CLASSIC FOR ONE — the fresh20 — **CLEAN EATING**

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
ground turkey	5-1/2 lbs	2-3/4 lbs	1-3/4 lbs	30	
medium shrimp	3 pounds	1-1/2 lbs	3/4 pound	24	*peeled & deveined*
pork tenderloin	2 (1 lb)	1 (1 lb)	>>>	14	*use 2 pork chops for 1 serving*
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
kiwi	16	8	4	8	
carrots	25	13	7	4	
celery	8 stalks	4 stalks	2 stalks	3	
spinach	3-1/4 pounds	1-3/4 lbs	1 pound	10	
tarragon	1 bunch	1 bunch	1 bunch	2	
pears	20	10	5	10	
yellow onion	6	3	2	6	
basil	1 bunch	1 bunch	1 bunch	1.5	
bell peppers	17	9	5	17	*any color*
zucchini	14	7	4	14	
lime	7	4	3	3.5	
banana	4	2	2	2	
ginger	3-4"	2"	1"	2	
cilantro	2 bunches	1 bunch	1 bunch	3	
sweet potatoes	13	7	1 lg + 2 sm	12	
green beans	2-1/4 lbs	1-1/4 lbs	3/4 lb	5	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
lentils	4-1/2 cups	2-1/4 cups	1-1/4 cup	5	*brown or green*
raisins	1/4 cup	2 Tablespoons	1 Tablespoon	1	
parmesan cheese	1 cup	1/2 cup	1/4 cup	2	
canned tomatoes	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	*petite diced*
cinnamon	1-1/4 tsp	3/4 tsp	1/2 tsp	0.5	*optional*
vanilla	1 tsp	1/2 tsp	1/4 tsp	0.5	*optional*
chili powder	2 tsp	1 tsp	1/2 tsp	0.5	
PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
White Wine Vinegar	5 Tablespoons	2-1/2 Tblsp	1-1/2 Tblsp		
Coconut Milk (low fat)	6-1/4 cups	3-1/4 cups	1-3/4 cups		
Dijon mustard	2 tsp	1 tsp	1/2 tsp		
Garlic cloves	8 cloves	4 cloves	2 cloves		
Herbes de Provence	4 teaspoons	2 teaspoons	1 teaspoon		
quinoa	6-1/2 cups	3-1/4 cups	1-3/4 cups		
eggs	24	12	8		
cumin	1-1/2 tsp	3/4 tsp	1/2 tsp		
cayenne					
paprika	1-1/2 tsp	3/4 tsp	1/2 tsp		
chicken broth	10 cups	5 cups	2-1/2 cups		
brown rice	3 cups	1-1/2 cups	3/4 cup		
tomato paste					
oregano					
kosher salt	6-3/4 tsp	3-1/2 tsp	1-3/4 tsp		
black pepper	4-3/4 tsp	2-1/2 tsp	1-1/4 tsp		
Nuts: cashews	2-1/4 cups	1-1/4 cups	3/4 cup		
Canned Beans: White	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can		
oats					

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Cashew Overnight Quinoa with Kiwi

Make the night before

1 cup low-fat coconut milk
1 cup water
4 cups cooked quinoa * *see prep guide*
½ teaspoon vanilla, optional
½ cup chopped toasted cashews (can save out of mixture for crunchy garnish)
Chia seeds would be a nice addition

4 kiwi, peeled

Combine all ingredients (except kiwi), put in individual bowls, and cover; refrigerate overnight. Serve with kiwi.

400 kcal, 11g Protein, 58g Carb, 35mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 6% Calcium, 30% Iron

■ DAY ONE ■

LUNCH: Egg & Lentil Salad

For salad
4 hardboiled eggs, chopped
2 cups cooked lentils **** see prep guide***
2 carrots, shredded (⅔ cup)
2 stalks celery, chopped (1 cup)
4 ounces spinach leaves (3 cups)
¼ cup raisins
¼ bunch tarragon, chopped

For dressing
1 teaspoon Dijon mustard
2 Tablespoons white wine vinegar
2 Tablespoons olive oil
dash of kosher salt and black pepper

4 pears, sliced

Combine salad ingredients and toss gently. Whisk together dressing ingredients and toss with salad. Serve with pears.

Dressed Salad:
310 kcal, 17g Protein, 34g Carb, 220mg Sodium, 10g Fiber, 225mg Cholesterol, 12g Fat, 2.5g Saturated, 12g Sugar, 8% Calcium, 30% Iron
Pear:
100 kcal, 1g Protein, 23g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 2% Calcium, 2% Iron

■ DAY ONE ■

DINNER: Turkey Stuffed Peppers

For turkey stuffed peppers
2½ pounds ground turkey
1 yellow onion, diced (1 cup)
4 carrots, shredded (1⅓ cups)
½ cup chopped basil
1 egg, beaten
½ cup cooked brown rice ***** ***see prep guide***
1 teaspoon Herbes de Provence
½ teaspoon black pepper
1 (15 ounce) can petite diced tomatoes
8 large red or green bell peppers, cut in half and seeded

For lime brown rice
1 Tablespoon olive oil
½ yellow onion, diced (½ cup)
2 medium zucchini, diced (4 cups)
2 cups cooked brown rice ***** ***see prep guide***
⅛ teaspoon each kosher salt and ground black pepper
1 Tablespoon lime juice

For turkey stuffed peppers

1. Heat oven to 400°F.
2. Combine all filling ingredients (turkey through diced tomatoes) and stuff pepper halves. Place stuffed peppers on a baking tray and cook, covered, for about 35-40 minutes.
   Save 8 halves for Lunch Day 2.
3. For dinner, serve 2 stuffed pepper halves on a bed of brown rice for each serving.

For brown rice

1. Heat oil in a large skillet over medium heat. Add onion and zucchini and cook for 3 minutes. Add rice, salt, and pepper and stir to warm through. Remove from heat and toss in lime juice.

Peppers:
320 kcal, 36g Protein, 19g Carb, 150mg Sodium, 5g Fiber, 110mg Cholesterol, 11g Fat, 2.5g Saturated, 8g Sugar, 10% Calcium, 10% Iron
Rice:
170 kcal, 4g Protein, 28g Carb, 70mg Sodium, 4g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 3g Sugar, 28% Calcium, 6% Iron

■ DAY TWO ■

BREAKFAST: Ginger Pear Smoothie

½ cup cashews
4 pears, chopped
1 banana, sliced
2 teaspoons grated ginger
2 cups low-fat coconut milk
2 cups water
dash of cinnamon, *optional*
2 cups ice

Blend cashews first then add remaining ingredients and blend.

330 kcal, 4g Protein, 50g Carb, 35mg Sodium, 8g Fiber, 0mg Cholesterol,14g Fat, 6g Saturated, 27g Sugar, 4% Calcium, 8% Iron

■ DAY TWO ■

LUNCH: Spinach Salad with Stuffed Peppers

10 ounces spinach, chopped (7 cups)
1 (15 oz) can organic white beans, drained and rinsed
2 Tablespoons olive oil
2 Tablespoons lime juice
8 stuffed bell peppers, warmed ***from Dinner Day #1***

Toss spinach with beans, olive oil, and lime juice. Serve with warm bell peppers.

470 kcal, 43g Protein, 35g Carb, 220mg Sodium, 11g Fiber, 110mg Cholesterol, 18g Fat, 3.5g Saturated, 9g Sugar, 20% Calcium, 30% Iron

■ DAY TWO ■

DINNER: Chili Lime Shrimp Rice Bowl

For shrimp
¼ cup lime juice
1 teaspoon lime zest
2 Tablespoons olive oil
¼ cup chopped cilantro
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon chili powder
3 pounds medium peeled and deveined shrimp

For rice bowl
1 Tablespoon olive oil
1 small yellow onion, thin strips (¾ cup)
4 carrots, thin strips
2 red or green bell peppers, thin strips (2 cups)
dash of kosher salt and black pepper
3 cups cooked brown rice
¼ cup chopped cilantro
1 lime, cut into wedges

1. Combine all shrimp ingredients and marinate for 10 minutes.
2. For rice bowl, heat a large non-stick skillet over medium-high heat and add oil. When oil is hot add onions and carrots; cook for 2 minutes. Add bell peppers, salt, and pepper and cook for 2-3 minutes. Add rice and cilantro and stir just until warmed. Set aside and keep warm, wipe out skillet.
3. Put skillet back on medium-high heat and add drained shrimp and cook until just done, about 2-3 minutes. **Save half of shrimp for Lunch Day #3**.
4. Serve over rice bowl with a wedge of lime.

Shrimp:
180 kcal, 34g Protein, 0g Carb, 320mg Sodium, 0g Fiber, 275mg Cholesterol, 4.5g Fat, .5g Saturated, 0g Sugar, 10% Calcium, 4% Iron
Rice Bowl:
260 kcal, 5g Protein, 49g Carb, 8mg Sodium, 6g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 8g Sugar, 6% Calcium, 6% Iron

■ DAY THREE ■

BREAKFAST: Egg Scramble

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
1 red or green bell pepper, chopped (1 cup)
1 zucchini, chopped (2 cups)
8 eggs, beaten
¼ teaspoon kosher salt
dash of black pepper
¼ bunch tarragon, chopped

4 kiwis, peeled and sliced

Heat a medium non-stick skillet over medium heat and add oil. When oil is hot add onion, bell pepper, and zucchini; cook for about 4-5 minutes. Add eggs, salt, and pepper and scramble in pan for 2-3 minutes. Sprinkle with tarragon.

Serve with kiwi.

Scramble:
190 kcal, 15g Protein, 7g Carb, 300mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron
Kiwi:
45kcal, 1g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 10% Iron

■ DAY THREE ■

LUNCH: Shrimp & Lentil Salad

3 cups cooked lentils
2 red or green bell peppers, chopped (2 cups)
1 zucchini, grated (1½ cups)
8 ounces spinach
2 Tablespoon lime juice
1 Tablespoon olive oil
2 Tablespoon low-fat coconut milk
¼ cup chopped cilantro
dash of kosher salt and black pepper

1½ pounds cooked chili lime shrimp * ***from Dinner Day 2***

4 pears

Toss salad ingredients together and serve shrimp on top. Have pear with the salad or save for a snack.

Salad:
460 kcal, 50g Protein, 38g Carb, 380mg Sodium, 15 Fiber, 275mg Cholesterol, 12g Fat, 2g Saturated, 6g Sugar, 20% Calcium, 45% Iron
Pear:
130 kcal, 1g Protein, 32g Carb, 0mg Sodium, 6 Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 20g Sugar, 2% Calcium, 2% Iron

■ DAY THREE ■

DINNER: Pork Tenderloin with Sweet Potatoes and Green Beans

For pork tenderloin with sweet potatoes
2 (1 pound) pork tenderloins
1 teaspoon kosher salt
½ teaspoon black pepper
1 teaspoon paprika
1 teaspoon Herbes de Provence
1 Tablespoon olive oil

For sweet potatoes
4 small sweet potatoes, diced
1½ Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

For green beans
1 Tablespoon olive oil
¾ pound green beans, trimmed (2¼ cups)
¼ teaspoon kosher salt
dash of black pepper
¼ cup cashews, chopped

1. Heat oven to 425°F.
2. Season tenderloins with salt, pepper, paprika, and Herbes.
3. Heat an oven proof skillet over medium-high heat and add oil. Sear pork on each side then put into oven for about 20 minutes, turning once. Let rest and slice. **Save half for Lunch Day #4**.
4. Combine sweet potatoes, oil, salt and pepper and put on baking sheet. Cook for about 25 minutes.

Meanwhile

1. Heat a medium skillet over medium heat and add olive oil. When oil is hot add green beans, salt, and pepper. Cook for about 3-5 minutes. Top with chopped cashews.

Tenderloin:
140 kcal, 24g Protein, 0g Carb, 300mg Sodium, 0g Fiber, 75mg Cholesterol, 4g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron
Potatoes:
140 kcal, 2g Protein, 26g Carb, 230mg Sodium, 4g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron
Beans:
110 kcal, 3g Protein, 9g Carb, 125mg Sodium, 3g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 3g Sugar, 4% Calcium, 8% Iron

■ DAY FOUR ■

BREAKFAST: Green Smoothie with an Egg

3 bananas
4 kiwis, peeled
3 ounces spinach (2 cups)
2 cups low-fat coconut milk
1 cup water
2 cups ice

Blend to desired consistency; serve with hardboiled egg.

4 hardboiled eggs

Smoothie:
200 kcal, 2g Protein, 37g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 20g Sugar, 4% Calcium, 15% Iron
Egg:
70 kcal, 7g Protein, 1g Carb, 85mg Sodium, 0g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY FOUR ■

LUNCH: Pear & Cashew Salad with Pork

For salad
3 cups cooked quinoa
1 (15 oz) can organic white beans, drained and rinsed
8 ounces spinach (6 cups)
2 carrots, grated (⅔ cup)
¼ bunch tarragon, chopped
4 pears, sliced
¼ cup toasted cashews

For dressing
2 Tablespoons white wine vinegar
2 Tablespoons olive oil
1 teaspoon Dijon mustard
¼ teaspoon kosher salt
dash of black pepper

1 pound pork tenderloin, sliced and warmed if desired * ***from Dinner Day 3***

Whisk together dressing ingredients. Toss salad ingredients with dressing and top with sliced pork.

Salad:
470 kcal, 32g Protein, 60g Carb, 370mg Sodium, 11g Fiber, 75mg Cholesterol, 10g Fat, 2g Saturated, 23g Sugar, 10% Calcium, 30% Iron
Dressing:
60 kcal, 0g Protein, 0g Carb, 135mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

■ DAY FOUR ■

DINNER: Turkey Burger & Fries with Zucchini Sauté

For turkey burgers
2½ pounds ground turkey
2 red or green bell peppers, chopped small (2 cups)
3 carrots, grated (1 cup)
1 cup chopped cilantro
1 teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon cumin
½ teaspoon chili powder

For sweet potato fries
6 sweet potatoes, cut into fries
2 Tablespoons olive oil
½ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon cumin

For zucchini
1 Tablespoon olive oil
2 cloves garlic, minced
4 zucchini, cut into thin rounds
dash each kosher salt and black pepper

1. Heat oven 425°F.
2. Combine turkey burger ingredients and form into 8 patties. Put on foil lined sheet tray and put in oven for 20-25 minutes. **Save 4 burgers for Lunch Day #5**.
3. Combine sweet potatoes with remaining ingredients and put on lined sheet tray in a single layer; cook 20-30 minutes. **Save ⅓ for Dinner Day #6**.
4. For zucchini, heat oil in a medium skillet. Add garlic, zucchini, salt, and pepper. Cook for 3-4 minutes.

Burgers:
220 kcal, 31g Protein, 6g Carb, 360mg Sodium, 1g Fiber, 75mg Cholesterol, 9g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 8% Iron
Fries:
160 kcal, 2g Protein, 26g Carb, 230mg Sodium, 4g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 5g Sugar, 4% Calcium, 4% Iron
Zucchini:
70 kcal, 2g Protein, 6g Carb, 75mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 4g Sugar, 4% Calcium, 4% Iron

■ DAY FIVE ■

BREAKFAST: Cinnamon Pear Quinoa

1½ cups uncooked quinoa
1 cup low-fat coconut milk
2 cups water
4 pears, chopped
1 teaspoon cinnamon, optional
½ teaspoon vanilla, optional

Put quinoa, coconut milk, water, and pears in medium saucepan and bring to simmer. Reduce to low and cover for about 15-20 minutes. Stir in cinnamon and vanilla.

350 kcal, 8g Protein, 69g Carb, 30mg Sodium, 10g Fiber, 0mg Cholesterol, 6g Fat, 2.5g Saturated, 21g Sugar, 4% Calcium, 25% Iron

■ DAY FIVE ■

LUNCH: Ginger Turkey 'Noodles'

2 Tablespoons olive oil
4 large zucchini, spiraled or shaved

4 cooked turkey burgers, crumbled * ***from Dinner Day #4***
2 carrots, grated (⅔ cup)
2 Tablespoons lime juice
2 teaspoons grated ginger
1 Tablespoon soy sauce, optional
1 Tablespoon olive oil
¼ cup chopped toasted cashews

1. Heat olive oil in a large non-stick skillet over high heat and sear zucchini noodles for 1 minute (or can be left raw).
2. Combine remaining ingredients and serve over "noodles".

450 kcal, 36g Protein, 18g Carb, 520mg Sodium, 3g Fiber, 75mg Cholesterol, 28g Fat, 4g Saturated, 8g Sugar, 6% Calcium, 20% Iron

■ DAY FIVE ■

DINNER: Minestrone

2 Tablespoons olive oil
2 yellow onions, diced (2 cups)
4 cloves garlic, minced
6 carrots, diced (3 cups)
6 stalks celery, diced (3 cups)
3 sweet potatoes, diced small
2 zucchini, diced (4 cups)
2 teaspoons Herbes de Provence
¾ teaspoon kosher salt
½ teaspoon black pepper
2 (15 ounce) cans diced tomatoes
1½ pounds green beans, trimmed, cut into 1-inch pieces (4½ cups)
10 cups low-sodium chicken broth
4 ounces spinach (3 cups)
4 cups cooked lentils
2 (15 oz) cans organic white beans, drained and rinsed
¼ cup grated parmesan cheese
¼ cup chopped basil

1. Heat a very large pot over medium heat and add olive oil.
2. When oil is hot, add onions, garlic, carrots, celery, sweet potatoes, and zucchini. Cook for 4-5 minutes. Add Herbes, salt, pepper, tomatoes, green beans, broth, spinach, lentils, and white beans. Bring to boil then lower to simmer for 10 minutes. **Save half for Lunch Day #6.**
3. Garnish with parmesan cheese and basil.

420 kcal, 23g Protein, 66g Carb, 420mg Sodium, 19g Fiber, 0mg Cholesterol, 7g Fat, 2g Saturated, 16g Sugar, 20% Calcium, 40% Iron

■ DAY SIX ■

BREAKFAST: Southwest Scramble

1 Tablespoon olive oil
½ pound ground turkey
1 yellow onion, diced (1 cup)
1 red or green bell pepper, diced (1 cup)
¼ teaspoon kosher salt
dash of black pepper
½ teaspoon cumin
½ teaspoon chili powder
6 ounces spinach, chopped (4 cups)
6 eggs, beaten

4 kiwi, peeled

Heat a large non-stick skillet over medium heat. Add oil and turkey, cooking 2-3 minutes crumbling as you go. Add onion, bell pepper, salt, pepper, cumin, and chili powder. Cook 2-3 minutes. Add spinach and eggs. Cook 3-4 minutes.

Serve with kiwi.

Scramble:
250 kcal, 24g Protein, 8g Carb, 330mg Sodium, 2g Fiber, 365mg Cholesterol, 15g Fat, 3g Saturated, 2g Sugar, 8% Calcium, 20% Iron
Kiwi:
45 kcal, 1g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 10% Iron

■ DAY SIX ■

LUNCH: Minestrone

Minestrone Soup ****from Dinner Day #5***
¼ cup grated parmesan
¼ cup chopped basil

Heat soup in pot and garnish with cheese and basil.

420 kcal, 23g Protein, 66g Carb, 420mg Sodium, 19g Fiber, 0mg Cholesterol, 7g Fat, 2g Saturated, 16g Sugar, 20% Calcium, 40% Iron

■ DAY SIX ■

DINNER: Quinoa Patties Over Spinach Salad

For quinoa patties
2 cups sweet potato fries, mashed * ***from Dinner Day #4***
3 cups cooked quinoa
½ cup ground cashews
½ teaspoon paprika
¼ cup chopped cilantro
½ teaspoon kosher salt
¼ teaspoon black pepper
1 egg
2 Tablespoons olive oil (for the pan)

For spinach salad
8 ounces spinach (6 cups)
1 red or green bell pepper, sliced (1 cup)
2 carrots, grated (⅔ cup)

For dressing
1½ Tablespoons olive oil
2 cloves garlic, minced
2 Tablespoon coconut milk
1 teaspoon lime zest
1 Tablespoon white wine vinegar
¼ bunch tarragon, chopped
dash of kosher salt and black pepper

1. Combine all quinoa patty ingredients except oil.
2. Heat oil in a large non-stick skillet over medium heat. Scoop about ⅓ cup at a time into skillet and cook about 3-4 minutes on each side. Repeat with remaining mixture to cook all the patties.

   Meanwhile

3. Whisk dressing ingredients together and toss with spinach, bell pepper, and carrots. Serve quinoa patties over salad.

Dressed Salad:
90 kcal, 2g Protein, 8g Carb, 70mg Sodium, 0g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 4g Sugar, 6% Calcium, 10% Iron
Quinoa Patties:
420 kcal, 11g Protein, 48g Carb, 390mg Sodium, 6g Fiber, 55mg Cholesterol, 21g Fat, 3g Saturated, 5g Sugar, 6% Calcium, 20% Iron

MENU

DAY ONE
Orange Banana Smoothie
Brown Rice & Butternut Salad
Steak Mojo with Chipotle Black Bean Medley

DAY TWO
Overnight Apple Pie Oats
Steak Salad Tacos
Cajun Salmon with Roast Winter Veggies

DAY THREE
Tex Mex Scramble Tostadas
Salmon Salad
Lemon Paprika Chicken with Balsamic Brussels & Brown Rice

DAY FOUR
Orange Banana Smoothie
Roasted Veggie Soup with Chicken
Beef Fajitas

DAY FIVE
Overnight Apple Pie Oats
Black Bean Hummus with Veggies & Tortilla Dippers
Lemon Herb Chicken with Succotash

DAY SIX
Veggie Scramble
Chicken Goat Cheese Salad
Black Bean Butternut Squash Soup

PREP AHEAD

FOR THE WEEK

- Make Mojo Sauce * *see Meal #1*
- Make Cajun seasoning * *see Meal #2*
- 9 cups cooked brown rice
- 1 roasted butternut squash (see recipe below)
- 6-7 lemons, zested & juiced (17 Tablespoons lemon juice, 2 Tablespoons zest)
- ½ cup orange juice (from 2-3 oranges)
- Freeze 6 peeled bananas

FOR DAY ONE

- Marinate steak for up to one hour
- Cut fruits & vegetables:
  - 4 oranges, peeled
  - 4 carrots, peeled and diced (2 cups)
  - 1 yellow onion, diced (1 cup)
  - 1 red or green bell pepper, diced (1 cup)

FOR DAY TWO

- Cut fruits & vegetables:
  - 1 red or green bell pepper, diced (1 cup)
  - 4 parsnips, peeled and cubed
  - 4 carrots, peeled and cubed
  - 1 butternut squash, peeled and cubed

FOR DAY THREE

- Cut fruits & vegetables:
  - ½ yellow onion, diced (½ cup)
  - 3 red or green bell pepper, diced (3 cups)
  - 1 zucchini, diced (2 cups)
  - 1 pound Brussels sprouts, trimmed and halved

FOR DAY FOUR

- Cut fruit & vegetables:
  - 4 oranges, peeled
  - 1 yellow onion, sliced thin (1 cup)
  - 2 red or green bell peppers, sliced thin (2 cups)
  - 1 zucchini, sliced thin (2 cups)
  - 2 carrots, peeled and diced (1 cup)

FOR DAY FIVE

- Make hummus ahead
- Cut fruits & vegetables
  - 4 carrots, peeled and into sticks
  - 2 zucchini, sliced
  - 2 red or green bell peppers, sliced
  - 1 yellow onion, diced (1 cup)
  - 2 zucchini, diced (4 cups)

FOR DAY SIX

- Cut fruits & vegetables
  - 1½ yellow onion, diced (1½ cups)
  - 4 red or green bell pepper, diced (4 cups)
  - 2 zucchini, diced (4 cups)
  - 1 zucchini, diced or shredded (2 cups)
  - 2 carrots, peeled & diced (1 cup)

For Roasted Butternut Squash

1 medium butternut squash, peeled and cubed

Place butternut squash on a foil lined baking sheet. Bake at 400° for 35-40 minutes until tender.

CLASSIC AND CLASSIC FOR ONE

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CLEAN EATING

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
flank steak	3 pounds	1-1/2 pounds	3/4 pound	15	
salmon fillets	2-1/2 pounds	1-1/4 pounds	2 (5 oz) fillets	20	
chicken thighs	16	8	4	8	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
bananas	6	3	2	3	
oranges	15	8	4	10	
carrots	16	8	4	4	
butternut squash	2 medium	1 medium	1 medium	3	
edamame (frozen)	5 cups	2-1/2 cups	1-1/4 cups	3	
basil	3 bunches	2 bunches	1 bunch	4.5	
lemons	7	4	2	2	
yellow onion	5	3	2	5	
red or green bell peppers	13	7	4	13	
cilatnro	4 bunches	2 bunches	1 bunch	6	
apples	10	5	3	8	
frozen corn	3 cups	1-1/2 cups	3/4 cup	2.5	
spinach	22 ounces	11 ounces	6 ounces	5	
parsnips	4	2	1	2	
zucchini	9	5	3	4.5	
Brussels sprouts	1 pound	1/2 pound	1/4 pound	1.5	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
vanilla	4-1/2 teaspoons	2-1/4 tsp	1-1/4 tsp		*optional*
goat cheese	1 cup	1/2 cup	1/4 cup	5	
chipolte peppers	1 can	1 can	1 can	2	
cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon		*optional*
nutmeg	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		*optional*
corn tortillas	24	12	6	3	
garlic powder	2 teaspoons	1 teaspoon	1/2 teaspoon		*optional*
white vinegar	1/2 cup	1/4 cup	2 Tblspns	2	
PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
Balsamic Vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
almond milk	14 cups	7 cups	3-1/2 cups		
Dijon mustard	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
Garlic cloves	16 cloves	8 cloves	5 cloves		
Herbes de Provence	4 teaspoons	2 teaspoons	1 teaspoon		
eggs	16	8	4		
cumin	3 teaspoons	1-1/2 tsps	3/4 teaspoon		
cayenne	1/2 teaspoon	1/4 teaspoons	1/8 teaspoon		
paprika	2 Tablespoons	1 Tablespoon	1-1/2 tsp		
chicken broth	12 cups	6 cups	3 cups		
brown rice	4-1/2 cups	2-1/4 cups	1-1/4 cups		
tomato paste					
oregano					
kosher salt	8 teaspoons	4 teaspoons	2 teaspoons		
black pepper	4 teaspoons	2 teaspoons	1 teaspoon		
nuts: almonds	1 cup	1/2 cup	1/4 cup		
canned beans: black	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Orange Banana Smoothie

½ cup raw old fashioned oats
3 bananas (frozen if you like a thicker smoothie)
4 oranges, peeled
2 carrots, peeled diced (1 cup)
3 cups almond milk
3 cups ice
Dash of vanilla, optional

Blend oats into a powder then add remaining ingredients and blend.

270 kcal, 7g Protein, 53g Carb, 125mg Sodium,9 g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 25g Sugar, 30% Calcium, 10% Iron

■ DAY ONE ■

LUNCH: Brown Rice & Butternut Salad

For salad
3 cups cooked brown rice
3 cups roasted butternut squash cubes * *see prep guide*
1½ cups edamame
½ cup chopped basil
¼ cup crumbled goat cheese, optional
½ cup chopped roasted almonds

For dressing
2 Tablespoons lemon juice
1 Tablespoon balsamic vinegar
2 Tablespoons olive oil
dash of salt and pepper

Combine salad ingredients and toss gently. Whisk together dressing ingredients and toss with salad.

450 kcal, 15g Protein, 56g Carb, 85mg Sodium, 8g Fiber, 5mg Cholesterol, 20g Fat, 3g Saturated, 4g Sugar, 15% Calcium, 15% Iron

■ DAY ONE ■

DINNER: Steak Mojo with Chipotle Black Bean Medley

Make Mojo Sauce ahead

For steak mojo
3 pounds flank steak
¾ cup mojo sauce (*see recipe below*)

For black bean medley
2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 carrots, peeled and diced (1 cup)
1 red or green bell pepper, diced (1 cup)
2 (15 ounce) cans black beans, rinsed and drained
Up to 1 chipotle in adobo sauce, minced (depending on how hot you like it)

1. Heat oven to 375°F.
2. Combine steak and mojo sauce; marinate for up to one hour.
3. Heat either an outdoor grill to medium-high or a large skillet to medium high. Sear steak for about 3 minutes per side then place in oven to finish cooking for about 10 minutes (or keep on grill for 6-8 minutes). Let steak rest before slicing. **Save ⅔ for Lunch Day #2 and Dinner Day #4**.

Meanwhile

4. For Black Bean Medley, heat a skillet over medium heat and add olive oil, onions, and carrots; sauté for 3-4 minutes. Add bell pepper and cook for 1-2 minutes.
5. Add beans and chipotles and cook until heated through.

Mojo Sauce (make ahead)
2 bunches cilantro
⅓ cup olive oil or grapeseed oil
⅓ cup white or apple cider vinegar
½ cup orange juice (from 2-3 oranges)
6 cloves garlic
1 teaspoon kosher salt
½ teaspoon black pepper

Put all ingredients in a food processor. Makes about 1½ cups, **save ½ cup for Dinners #4 & #6**.

For Steak:
230 kcal,32 g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 90mg Cholesterol, 11 g Fat, 3.5g Saturated, 0g Sugar, 2% Calcium, 10% Iron
For Black Bean Medley:
250 kcal, 12g Protein, 35g Carb, 105mg Sodium, 11g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated,5 g Sugar, 10% Calcium, 15% Iron

■ DAY TWO ■

BREAKFAST: Overnight Apple Pie Oats

Make the night before

3 apples, diced
2 cups raw old fashioned oats
4 cups almond milk
1 teaspoon cinnamon, optional
2 teaspoons vanilla, optional
¼ teaspoon nutmeg, optional
¼ cup toasted almonds

Combine all ingredients the night before and place in individual serving containers if desired. Put in refrigerator overnight.

470 kcal, 16g Protein, 76g Carb, 140mg Sodium, 14g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 16g Sugar, 40% Calcium, 25% Iron

■ DAY TWO ■

LUNCH: Steak Salad Tacos

1 pound cooked flank steak, sliced * ***from Dinner Day #1***
1 cup frozen corn, thawed
1 red or green bell pepper, diced (1 cup)
½ cup chopped cilantro
4 ounces spinach leaves (2 cups)
8 small corn tortillas
4 oranges, sliced

Combine steak, corn, bell pepper, cilantro and spinach; serve in tortillas with a side of sliced oranges.

Kitchen Note: Tortillas can be crisped and all ingredients tossed together as a salad (serve oranges on the side).

Steak Salad Tacos:
350 kcal, 33g Protein, 26g Carb, 230mg Sodium, 3g Fiber, 85mg Cholesterol, 12g Fat, 3.5g Saturated, 2g Sugar, 4% Calcium, 15% Iron
Oranges:
60 kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat,0 g Saturated, 11g Sugar, 4% Calcium, 0% Iron

DAY TWO

DINNER: Cajun Salmon with Roast Winter Veggies

2 Tablespoons olive oil
4 parsnips, peeled and cubed
4 carrots, peeled and cubed
1 butternut squash, peeled and cubed
½ teaspoon kosher salt
¼ teaspoon black pepper

Make Cajun Seasoning ahead

2½ pounds salmon fillets
1 Tablespoon Cajun seasoning (*see recipe below*)
1 Tablespoon olive or grapeseed oil

Cajun Seasoning
2 teaspoon kosher salt
3 teaspoons paprika
¼ teaspoon cayenne
2 teaspoons Herbes de Provence
½ teaspoon black pepper
2 teaspoon garlic powder, optional

1. Heat oven to 425°F. Combine olive oil with parsnips, carrots, squash, salt, and pepper. Put on baking sheets in the oven for about 20-25 minutes. **Save half for Lunch Day #4 to be pureed for soup**.

   Meanwhile

2. Season salmon with Cajun seasoning. Heat a large non-stick skillet over medium heat and add oil. Cook salmon on each side about 3-4 minutes, until desired doneness.
3. **Save half of salmon for Lunch Day #3**.

Roast Winter Veggies:
130 kcal, 2g Protein, 23g Carb, 150mg Sodium, 5g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 7g Sugar, 6% Calcium, 6% Iron
Cajun Salmon:
220 kcal, 28g Protein, 0g Carb, 120mg Sodium, 0g Fiber, 80mg Cholesterol, 11g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 6% Iron

■ DAY THREE ■

BREAKFAST: Tex Mex Scramble Tostadas

1 Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 red or green bell pepper, diced (1 cup)
1 zucchini, diced (2 cups)
½ cup chopped cilantro
½ chipotle pepper, minced
¼ teaspoon kosher salt
Dash of black pepper
8 eggs, beaten
4 corn tortillas, toasted

1. Heat a medium non-stick skillet over medium heat and add oil.
2. When oil is hot, add onion, bell pepper, and zucchini; cook for about 3-4 minutes. Add cilantro, chipotle pepper, salt, pepper, and eggs and cook stirring until eggs are just cooked.
3. Serve scramble over toasted tortillas.

250 kcal, 16g Protein, 18g Carb, 300mg Sodium, 2g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated,3 g Sugar, 6% Calcium, 10% Iron

■ DAY THREE ■

LUNCH: Salmon Salad

Salad
8 ounces spinach (6 cups)
2 red or green bell peppers, diced (2 cups)
2 cups edamame
½ cup chopped basil
1 pound cooked salmon fillets, flaked * ***from Dinner #2***

Dressing
3 Tablespoons lemon juice
2 Tablespoons olive oil
1 teaspoon Dijon mustard
Dash of kosher salt and pepper

Combine salad ingredients. Whisk together dressing ingredients. Toss together.

400 kcal, 37g Protein, 12g Carb, 170mg Sodium, 5g Fiber, 80mg Cholesterol, 21g Fat, 3g Saturated, 4g Sugar, 15% Calcium, 25% Iron

■ DAY THREE ■

DINNER: Lemon Paprika Chicken with Balsamic Brussels & Brown Rice

For chicken
2 Tablespoons olive oil
1 Tablespoon paprika
3 Tablespoons lemon juice
1 Tablespoon lemon zest
1 teaspoon kosher salt
½ teaspoon black pepper
8 large chicken thighs

For balsamic Brussels & brown rice
2 Tablespoons olive oil
1 pound Brussels sprouts, trimmed and halved
½ teaspoon kosher salt
¼ teaspoon black pepper
3 Tablespoons balsamic vinegar

3 cups brown rice, warmed

1. Heat oven to 400°F.
2. Combine oil, paprika, lemon juice and zest, salt, and pepper with chicken and let marinate at least 10 minutes. Put in a baking dish and bake 30-40 minutes. **Save half the chicken for Lunch Day #4**.
3. Combine Brussels sprouts with oil, salt, and pepper and put on a baking sheet. Bake at 400°F for 20 minutes. Remove from oven, stir in balsamic vinegar, and cook another 2-3 minutes.
4. Serve with warmed rice.

Chicken:
260 kcal, 20 g Protein, 0g Carb, 330mg Sodium, 0g Fiber, 95mg Cholesterol, 19g Fat, 0.5g Saturated, 0g Sugar, 0% Calcium, 8% Iron
Brown Rice and Brussels:
290 kcal, 7g Protein, 45g Carb, 260mg Sodium, 7g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 3g Sugar, 4% Calcium, 10% Iron

■ DAY FOUR ■

BREAKFAST: Orange Banana Smoothie

½ cup raw old fashioned oats
3 bananas (frozen if you like a thicker smoothie)
4 oranges, peeled
2 carrots, peeled and diced (1 cup)
3 cups almond milk
3 cups ice
Dash of vanilla, optional

Blend oats into a powder then add remaining ingredients and blend.

270 kcal, 7g Protein, 53g Carb, 125mg Sodium,9 g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 25g Sugar, 30% Calcium, 10% Iron

■ DAY FOUR ■

LUNCH: Roasted Veggie Soup with Chicken (make the night before)

Make soup the night before

About 6 cups roasted winter veggies ***from Dinner Day #2***
5-6 cups low sodium chicken broth
Dash of kosher salt and pepper
2 cups roasted chicken thigh meat ***from Dinner Day #3***

Puree veggies and broth to desired consistency. Warm soup and add chicken on top.

400 kcal, 25g Protein, 25g Carb,640 mg Sodium, 5g Fiber, 95mg Cholesterol, 23g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 15% Iron

■ DAY FOUR ■

DINNER: Beef Fajitas

1 pound flank steak, cut into thin strips ***from Dinner Day #1***
3 Tablespoons lemon juice
2 cloves garlic, minced
1 teaspoon cumin
½ teaspoon kosher salt
Dash of black pepper
Dash of cayenne
½ cup chopped cilantro
2 Tablespoons olive or grapeseed oil, divided (for the pan)

1 yellow onion, sliced thin (1 cup)
2 red or green bell peppers, sliced thin (2 cups)
1 zucchini, sliced thin (2 cups)
Dash of kosher salt and black pepper

8 corn tortillas
4 Tablespoons mojo sauce ****from Dinner Day #1***

1. Combine lemon juice, garlic, cumin, salt, pepper, cayenne, and cilantro; add steak and marinate for at least 10 minutes. Heat a large non-stick skillet over high heat and add 1 Tablespoon oil. Add the drained meat, in batches, if necessary, and just sear slightly. Remove from skillet and set aside.
2. Put skillet back on medium high heat and add 1 Tablespoon oil.
3. Add the onions and cook for 1 minute. Add bell peppers and zucchini and cook for about 2-3 minutes. Season vegetables with salt and pepper then add meat back in for only 1-2 minutes.
4. Serve in tortillas with mojo sauce.

600 kcal,36 g Protein, 54g Carb, 560mg Sodium,6 g Fiber, 85mg Cholesterol, 27g Fat, 5g Saturated, 5g Sugar, 4% Calcium,15 % Iron

■ DAY FIVE ■

BREAKFAST: Overnight Apple Pie Oats

Make the night before

3 apples, diced
2 cups raw old fashioned oats
4 cups almond milk
1 teaspoon cinnamon, optional
2 teaspoons vanilla, optional
¼ teaspoon nutmeg, optional
¼ cup toasted almonds

Combine all ingredients the night before and place in individual serving containers if desired. Put in refrigerator overnight.

470 kcal, 16g Protein, 76g Carb, 140mg Sodium, 14g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 16g Sugar, 40% Calcium, 25% I

■ DAY FIVE ■

LUNCH: Black Bean Hummus (make ahead)

Make hummus ahead

2 cloves garlic, minced
1½ (15 ounce) cans black beans, drained and rinsed (reserve liquid to adjust consistency)
2 Tablespoons olive oil
3 Tablespoons lemon juice
1 teaspoon cumin
¼ teaspoon kosher salt
Dash of black pepper
½ bunch cilantro

Combine in food processor. Serve with veggies and tortillas.

4 carrots, peeled and into sticks
2 zucchini, sliced
2 red or green bell peppers, sliced

4 corn tortillas, toasted

Hummus with vegetables and tortillas:
300 kcal, 12g Protein, 47g Carb, 190mg Sodium, 12g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 9g Sugar, 10% Calcium,15 % Iron

■ DAY FIVE ■

DINNER: Lemon Herb Chicken with Succotash

For chicken
8 chicken thighs
4 cloves garlic, minced
3 Tablespoons lemon juice
1 Tablespoon lemon zest
2 teaspoons Herbes de Provence
2 Tablespoons olive oil
1 teaspoon kosher salt
½ teaspoon black pepper

For succotash
1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 zucchini, diced (4 cups)
2 cups frozen corn
1½ cups edamame
Dash each kosher salt and ground black pepper
1 cup chopped basil

1. Heat oven to 400°F.
2. Combine chicken with next 7 ingredients (garlic through black pepper) and marinate at least 10 minutes. Put chicken in a baking dish and cook for about 30-40 minutes. **Save half for Lunch Day #6**. Serve over succotash.

   Meanwhile

3. For succotash, heat a large non-stick skillet over medium heat and add olive oil, onion, and zucchini. Cook for 2-3 minutes. Add corn, edamame, salt, and pepper; sauté for about 2-3 minutes. Toss in basil.

For Chicken:
260 kcal, 20g Protein, 0g Carb, 330mg Sodium, 0g Fiber, 95mg Cholesterol, 19g Fat, 0.5g Saturated, 0g Sugar, 0% Calcium, 8% Iron
For Succotash:
190 kcal, 9g Protein, 23g Carb, 75mg Sodium, 4g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 7g Sugar, 8% Calcium, 8% Iron

■ DAY SIX ■

BREAKFAST: Veggie Scramble

1½ Tablespoons olive oil
½ yellow onion, diced (½ cup)
1 red or green bell pepper, diced (1 cup)
1 zucchini, diced (2 cups)
4 ounces spinach (2 cups)
½ cup chopped basil
¼ teaspoon kosher salt
Dash of black pepper
8 eggs, beaten

Heat a medium non-stick skillet over medium heat and add oil. When oil is hot add onion, bell pepper, zucchini, and spinach; cook for about 3-4 minutes. Add basil, salt, pepper, and eggs; stir until eggs are just cooked.

220 kcal, 16g Protein, 8g Carb, 320mg Sodium, 2g Fiber, 450mg Cholesterol, 15g Fat, 3.5g Saturated, 3g Sugar, 8% Calcium, 15% Iron

■ DAY SIX ■

LUNCH: Chicken Goat Cheese Salad (can be made ahead)

2 cups cooked chicken, shredded or diced ***from Dinner Day #5***
¾ cup goat cheese, crumbled
2 red or green bell peppers, diced (2 cups)
1 zucchini, diced or shredded (2 cups)
6 ounces spinach (4 cups)
½ cup chopped basil
3 cups cooked brown rice
2 Tablespoons white wine or apple cider vinegar
1 Tablespoon olive oil
Dash of black pepper

Salad can be made ahead

Toss all ingredients together.

540 kcal, 29g Protein, 42g Carb, 390mg Sodium, 5g Fiber, 110mg Cholesterol, 29g Fat, 4g Saturated, 4g Sugar, 8% Calcium, 20% Iron

■ DAY SIX ■

DINNER: Black Bean Butternut Squash Soup

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 carrots, diced (1 cup)
2 cloves garlic, minced
1 zucchini, diced (2 cups)
1 red or green bell pepper, diced (1 cup)
½ - 1 chipotle, minced
2 teaspoons Cajun seasoning ****from Dinner Day #2***
1 teaspoon cumin
6 cups low-sodium chicken broth
2 (15 ounce) cans black beans, rinsed and drained
½ roasted cubed butternut squash (2½-3 cups) **see prep guide*
4 Tablespoons mojo sauce ****from Dinner Day #1***

4 apples, sliced

1. Heat a large pot over medium heat. Add oil, onions, carrots and garlic; cook for 2-3 minutes. Add zucchini, bell pepper, chipotle, Cajun seasoning, and cumin and cook for 2-3 minutes. Add broth, black beans, and squash and bring to a low simmer; cook for at least 10 minutes.
2. Top each serving with mojo sauce. Serve with a side of sliced apples.

Soup:
360 kcal, 16g Protein, 51g Carb, 400mg Sodium, 14g Fiber, 0mg Cholesterol, 11g Fat, 1g Saturated, 6g Sugar, 15% Calcium, 25% Iron
Apple:
90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0 g Saturated, 19g Sugar, 2% Calcium, 2% Iron

MENU

DAY ONE
Peanut Butter Banana Smoothie
Split Pea Hummus with Orange Avocado Salad
Roast Chicken Breasts with Sweet Potatoes & Broccoli

DAY TWO
Breakfast Scramble
Chicken Broccoli Salad
Blackened Mahi Mahi with Pineapple Salsa & Barley

DAY THREE
Orange Overnight Oatmeal
Sweet Potatoes Pineapple Salad
Pork Tenderloin with Orange Peanut Sauce & Broccoli Stir Fry

DAY FOUR
Peanut Butter Banana Smoothie
Pork Satay with Veggies
Chicken Pepper Pot

DAY FIVE
Breakfast Scramble
Chicken Pepper Pot
Split Pea and Barley Soup with Spinach Pecan Salad

DAY SIX
Orange Overnight Oatmeal
Split Pea & Barley Soup
Pineapple Fried Rice

PREP AHEAD

FOR THE WEEK

- 8 cups cooked barley prepared according to package directions
- 7 cups cooked brown rice prepared according to package directions
- Freeze 6 bananas
- 3 lemons, zested & juiced (8 Tablespoons juice, 4 teaspoons zest)

FOR DAY ONE

- Cut fruits & vegetables:
  - 2 red or green bell peppers, sliced
  - 4 carrots, peeled and sliced
  - 2 stalks celery, sliced into sticks
  - 1½ heads broccoli, chopped (6 cups)
  - 2 oranges, segments, diced

FOR DAY TWO

- Cut fruits & vegetables:
  - 4 cups diced pineapple
  - 2 oranges, peeled and into segments
  - 1½ yellow onion, diced (1½ cups)
  - 3 scallions, chopped
  - 5 red or green bell peppers, diced (5 cups)

FOR DAY THREE

- Cut fruits & vegetables:
  - 4 oranges, zested, peeled and segments
  - 2 oranges, peeled and pureed
  - 3 carrots, sliced (1 cup)
  - ½ head broccoli, chopped (2 cups)

FOR DAY FOUR

- Cut fruits & vegetables:
  - 2 bell peppers, sliced
  - 4 red or green bell peppers, diced large (4 cups)
  - 2 carrots, diced (1 cup)
  - 2 carrots, peeled and into sticks
  - 2 stalks celery, into sticks
  - 2 cups broccoli florets
  - 3 yellow onions, diced (3 cups)

FOR DAY FIVE

- Cut fruits & vegetables:
  - 1 yellow onion, minced (1 cup)
  - ½ yellow onion, diced (½ cup)
  - 1 red or green bell pepper, diced (1 cup)
  - 6 carrots, diced small (3 cups)
  - 6 stalks celery, diced small (3 cups)
  - 4 chopped scallions (½ cup)

FOR DAY FIVE (continued)

- 2 red or green bell peppers, sliced
- 6 ounces spinach, chopped (4 cups)
- 4 oranges, sliced
- 1 orange, segments
- 3 cups sliced pineapple

FOR DAY SIX

- Cut fruits & vegetables:
  - 4 oranges, zested, peeled and segments
  - 1 yellow onion, diced (1 cup)
  - 2 red or green bell peppers, diced (2 cups)
  - 4 scallions, chopped
  - 2 cups pineapple, small dice

CLASSIC AND CLASSIC FOR ONE — the fresh20 — **CLEAN EATING**

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
chicken breasts	7 pounds	3-1/2 pounds	1-3/4 pounds	42	*bone in, skin on*
mahi mahi fillets	1-1/2 pounds	3/4 pound	1 (6 oz) fillet	18	
pork tenderloins	3 pounds	1-1/2 pounds	3/4 pound	18	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
banana	8	4	2	4	
whole pineapple	3 medium	2 medium	1 medium	6	
spinach	18 ounces	9 ounces	5 ounces	6	
lemon	4	2	1	2	
fresh basil	2 bunches	1 bunch	1 bunch	3	
red or green bell peppers	18	9	5	18	
carrots	17	9	5	8.5	
celery	10 stalks	5 stalks	3 stalks	2	
sweet potatoes	2-1/2 pounds	1-1/4 pounds	3/4 pound	10	
broccoli	3 heads	2 heads	1 head	4.5	
yellow onion	7	4	2	7	
oranges	19	10	5	10	
avocado	4	2	1	4	
scallions	11	6	3	2	
cilantro	2 bunches	1 bunch	1 bunch	3	
parsley	1 bunch	1 bunch	1 bunch	1.5	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
peanut butter	1-1/4 cups	3/4 cup	1/3 cup	4	
vanilla	2-1/4 teapsoons	1-1/4 tsp	3/4 tsp	0.5	*optional*
dried split peas	4 cups	2 cups	1 cup	2	
diced tomatoes	5 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	10	
dried apricots	1 cup	1/2 cup	1/4 cup	3	
grapeseed oil	4-1/2 Tblspns	2-1/4 Tblsp	1-1/4 Tblsp	1.5	
barley	4 cups	2 cups	1 cup	3	*sub quinoa if gluten sensitive*
white vinegar	2 Tablespoons	1 Tablespoon	1-1/2 tsps	1	
chili powder	1 teapsoon	1/2 teaspoon	1/4 teaspoon	0.5	*optional*
low sodium soy sauce	1/2 c + 1 Tblsp	4-1/2 Tblspns	2-1/4 Tblsp	2	
PANTRY INGREDIENTS					
Olive Oil	1-1/2 cups	3/4 cup	6 Tablespoons		
Balsamic Vinegar	2 Tablespoons	1 Tablespoon	1-1/2 tsp		
light coconut milk (canned)	56 fl oz	28 fl oz	14 fl oz		
Dijon mustard					
Garlic cloves	22 cloves	11 cloves	6 cloves		
Herbes de Provence					
eggs	21	11 eggs	6		
cumin	1-3/4 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
paprika	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
chicken broth	64 fl ounces	32 fl ounces	16 fl ounces		
brown rice	3-1/2 cups	1-3/4 cups	1 cup		
tomato paste					
oregano					
kosher salt	6 teapsoons	3 teaspoons	1-1/2 tsp		
black pepper	3 teaspoons	1-1/2 teaspoons	3/4 tsp		
nuts: pecans	1-1/4 cups	2/3 cup	1/3 cup		
canned beans: black	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can		
raw old fashioned oats	4 cups	2 cups	1 cup		

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Peanut Butter Banana Smoothie

3 bananas (frozen for a thicker smoothie)
1 cup pineapple chunks
3 ounces spinach (2 cups)
¼ cup peanut butter
1½ cups light coconut milk
1½ cup water
2 cups ice
dash of vanilla, optional

Blend together.

260 kcal, 5g Protein, 34g Carb, 40mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 4.5g Saturated, 18g Sugar, 2% Calcium, 6% Iron

■ DAY ONE ■

LUNCH: Split Pea Hummus with Orange Avocado Salad (Make Ahead)

Make Hummus Ahead

For hummus
3 cloves garlic
12 cups water
4 cups dried green split peas, sorted and washed
1¼ teaspoons kosher salt, divided
¼ cup olive oil
2 Tablespoons lemon juice
¼ teaspoon cumin
2 Tablespoons chopped basil

For veggies
2 red or green bell peppers, sliced
4 carrots, peeled and sliced
2 stalks celery, sliced into sticks

For orange avocado salad
2 avocados, diced
2 oranges, segments, diced

1. For hummus, bring garlic and 12 cups of water to a boil. Add in peas and reduce to simmer. Cover and simmer for 25 minutes. Add in 1 teaspoon salt and cook another 15 minutes until tender. Drain.
2. **Reserve 6 cups of the cooked peas for Dinner Day #5.**
3. Combine remaining peas with ¼ teaspoon salt, oil, lemon, cumin, and basil in a food processor. Serve with veggies.
4. For salad, toss oranges and avocados gently to combine. Serve alongside veggies and hummus.

For hummus and veggies: 350kcal, 14g Protein, 37g Carb, 430mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 8g Sugar, 6% Calcium, 15% Iron
For orange avocado salad: 140kcal, 2g Protein, 13g Carb, 5mg Sodium, 6g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 2% Calcium, 2% Iron

■ DAY ONE ■

DINNER: Roast Chicken Breasts with Sweet Potatoes & Broccoli

For roast chicken breasts
7 pounds bone-in, skin on chicken breasts
2 Tablespoons olive oil
1 teaspoon kosher salt
1 teaspoon black pepper

For sweet potatoes
2½ pounds sweet potatoes, peeled and cubed
1 Tablespoon olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

For broccoli
2 Tablespoon olive oil
3 cloves garlic, minced
1½ heads broccoli, chopped (6 cups)
½ teaspoon kosher salt
¼ teaspoon black pepper
1 teaspoon lemon zest

1. For chicken, heat oven to 375°F. Place chicken on a baking sheet and drizzle with olive oil, salt, and pepper. Roast for about 35 minutes, until cooked through. Use 1½ pounds for dinner (remove skin). Let the other breasts cool, take meat off of bones (discard skin), and **cube for meals on Days #2 and #4**.
2. For sweet potatoes, combine potatoes with oil, salt and pepper. Put on baking sheet in oven with chicken for about 25-30 minutes. **Save half for Lunch Day #3**.
   Meanwhile
3. For broccoli, heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute. Add broccoli and cook for about 5-6 minutes. Add a little water if needed.
4. **Save half for Lunch Day #2**.

For chicken:
330 kcal, 38g Protein, 0g Carb, 270mg Sodium, 0 g Fiber, 115mg Cholesterol, 12g Fat, 4g Saturated, 0g Sugar, 2% Calcium, 8% Iron

For sweet potato:
140 kcal, 2g Protein, 29g Carb, 200mg Sodium, 4g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 6g Sugar, 4% Calcium, 4% Iron

For Broccoli: 70 kcal, 3g Protein, 8g Carb, 170mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 2g Sugar, 4% Calcium, 4% Iron

■ DAY TWO ■

BREAKFAST: Breakfast Scramble

1 Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 red or green bell pepper, diced (1 cup)
½ (15 ounce) can diced tomatoes
8 eggs, beaten
2 Tablespoons basil, chopped

2 bananas, halved lengthwise
2 Tablespoons peanut butter

Heat a large non-stick skillet over medium heat and add olive oil. When oil is hot, add onion and bell pepper; sauté for 2 minutes. Add tomatoes then add eggs and cook through. Garnish with basil.

Spread ½ Tablespoon peanut butter on each banana half. Serve alongside scramble or save for a mid-morning snack.

For scramble: 190 kcal, 14g Protein, 6g Carb, 180mg Sodium, 1g Fiber, 450mg Cholesterol, 13g Fat, 3.5g Saturated, 2g Sugar, 6% Calcium, 8% Iron
For PB Banana: 100kcal, 2g Protein, 15g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 8g Sugar, 0% Calcium, 2% Iron

■ DAY TWO ■

LUNCH: Chicken Broccoli Salad

2½ -3 cups cooked chicken breast, cubed **** from Dinner Day #1***
3 cups cooked broccoli **** from Dinner Day #1***
½ cup chopped dried apricots
1 avocado, diced
3 scallions, chopped (6 Tablespoons)
2 Tablespoon chopped basil
¼ teaspoon kosher salt
dash of black pepper
2 Tablespoons lemon juice
1½ Tablespoons olive oil

Toss all ingredients together gently.

490 kcal, 35g Protein, 22g Carb, 500mg Sodium, 8g Fiber, 110mg Cholesterol, 24g Fat, 3.5g Saturated, 6g Sugar, 8% Calcium, 15% Iron

■ DAY TWO ■

DINNER: Blackened Mahi Mahi with Pineapple Salsa & Barley

For blackened mahi mahi
1½ pounds mahi mahi fillets
¼ teaspoon kosher salt
dash of black pepper
½ teaspoon paprika
dash of cayenne
¼ teaspoon cumin
1½ Tablespoons grapeseed oil

For pineapple salsa
4 cups diced pineapple
2 oranges, peeled and into segments
4 red or green bell peppers, diced (4 cups)
1 yellow onion, diced (1 cup)
1 cup chopped cilantro
½ teaspoon kosher salt
¼ teaspoon black pepper
2 Tablespoons olive oil

3 cups cooked barley, warmed

1. Combine all salsa ingredients **saving half for Lunch Day #3**; set aside.
2. Sprinkle the fish fillets with the spices.
3. Heat a large non-stick skillet over medium-high heat and add grapeseed oil.
4. Cook fish about 2 minutes on each side. Serve with pineapple salsa and barley.

For Fish: 170 kcal, 31g Protein, 0g Carb, 270mg Sodium, 0g Fiber, 105mg Cholesterol, 4.5g Fat, 0.5g Saturated, 0g Sugar, 2% Calcium, 10% Iron
For salsa: 110 kcal, 2g Protein, 19g Carb, 125mg Sodium, 3g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 14g Sugar, 4% Calcium, 2% Iron
For Barley: 140kcal, 3g Protein, 33g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 8% Iron

■ DAY THREE ■

BREAKFAST: Orange Overnight Oatmeal

2 cups raw old fashioned oats
2 cups light coconut milk
2 cups water
1 teaspoon vanilla, optional
4 oranges, zested, peeled and segments
¼ cup pecans

Combine all ingredients the night before and place in individual serving containers if desired.
Put in refrigerator overnight.

340 kcal, 7g Protein, 48g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 6g Saturated, 16g Sugar, 4% Calcium, 10% Iron

■ DAY THREE ■

LUNCH: Sweet Potato Pineapple Salad

4 cups roasted sweet potatoes * ***from Dinner Day #1***
2 cups pineapple salsa * ***from Dinner Day #2***
1 avocado, diced
1 (15 oz) can organic black beans, drained and rinsed
¼ cup chopped cilantro
6 ounces spinach (4 cups)
1 Tablespoon lemon juice
1 Tablespoon olive oil
Dash of kosher salt and black pepper

Combine all ingredients.

430 kcal, 11g Protein, 66g Carb, 370mg Sodium, 16g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 20g Sugar, 15% Calcium, 25% Iron

■ DAY THREE ■

DINNER: Pork Tenderloin with Orange Peanut Sauce & Broccoli Stir Fry

For Pork Tenderloin with Orange Peanut Sauce
3 pounds pork tenderloin
2 oranges, peeled and pureed
3 cloves garlic, minced
¼ teaspoon cumin
¼ cup low-sodium soy sauce
2 Tablespoons white or rice vinegar
2 Tablespoons peanut butter
¼ teaspoon black pepper
¼ cup chopped cilantro

1. Heat outdoor grill to medium heat (see Kitchen Note).
2. In a re-sealable bag, combine oranges, garlic, cumin, soy sauce, vinegar, peanut butter, and black pepper. Add pork tenderloin and marinate at least 10 minutes.
3. After ten minutes remove pork from marinade (reserve marinade). Cook on grill for about 14-18 minutes turning occasionally.
4. Meanwhile, put marinade in a small pot on stove and bring to a boil with 3 Tablespoons of water added. Boil for 2 minutes. * This is a very important step for food safety – DO NOT SKIP *
5. **Save one pound pork tenderloin for Lunch Day #4**. Slice and serve remaining tenderloin with sauce and broccoli stir fry, sprinkle with cilantro.

Kitchen Note: Cooking indoors? Heat 1 Tablespoon grapeseed oil in a heavy, oven proof skillet; add marinated tenderloin and sear 5 minutes on each side. Place in 400°F oven and cook 12-14 minutes.

For broccoli stir fry
1 Tablespoon grapeseed or sesame oil
2 cloves garlic
3 carrots, sliced (1 cup)
½ head broccoli, chopped (2 cups)
2 Tablespoons low-sodium soy sauce
2 cups cooked brown rice

Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute. Add carrots and broccoli and cook for about 3-5 minutes then add soy sauce and rice until warmed through.

For Pork: 230 kcal, 36g Protein, 5g Carb, 380mg Sodium, 1g Fiber, 110mg Cholesterol, 6g Fat, 1.5g Saturated, 3g Sugar, 2% Calcium, 10% Iron
For Stir Fry: 200 kcal, 5g Protein, 35 Carb, 340mg Sodium, 6g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 4g Sugar, 6% Calcium, 6% Iron

■ DAY FOUR ■

BREAKFAST: Peanut Butter Banana Smoothie

3 bananas (frozen for a thicker smoothie)
1 cup pineapple chunks
3 ounces spinach (2 cups)
¼ cup peanut butter
1¼ cups light coconut milk
1½ cup water
2 cups ice
dash of vanilla, optional

Blend together.

260 kcal, 5g Protein, 34g Carb, 40mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 4.5g Saturated, 18g Sugar, 2% Calcium, 6% Iron

■ DAY FOUR ■

LUNCH: Pork Satay with Veggies (sauce can be made ahead)

For sauce
1½ Tablespoons low-sodium soy sauce
2 Tablespoons light coconut milk
⅓ cup peanut butter
1 clove garlic, minced
dash of cayenne, optional

For pork satay
1 pork tenderloin, sliced **** from Dinner Day 3***
2 red or green bell peppers, sliced
2 carrots, peeled and into sticks
2 stalks celery, into sticks
½ head broccoli florets (2 cups)

½ cup dried apricots

Whisk all of sauce ingredients together, serve with pork satay. Serve apricots on the side or save for a snack.

490 kcal, 46g Protein,37g Carb, 670mg Sodium, 9g Fiber, 110mg Cholesterol, 17g Fat, 3g Saturated, 18g Sugar, 8% Calcium, 20% Iron

■ DAY FOUR ■

DINNER: Chicken Pepper Pot

2 Tablespoon olive oil
3 yellow onions, diced (3 cups)
4 cloves garlic, minced
2 carrots, diced (1 cup)
4 red or green bell peppers, diced large (4 cups)
2 (15 oz) cans organic black beans, drained and rinsed
1 teaspoon chili powder, optional
1 teaspoon cumin
dash of cayenne, optional
½ teaspoon kosher salt
4 (15 ounce) cans of diced tomatoes, pureed
1 cup chopped basil
5 cups diced cooked chicken **** from Dinner Day #1***

2 cups cooked brown rice, warmed

1. Heat a large pot over medium heat and add oil. When oil is hot add onions and garlic and sauté for about 5 minutes. Add carrots, bell peppers, beans, chili powder, cumin, cayenne, and salt; cook for 1 minute. Add tomatoes and basil and cook on a simmer for at least 10 minutes. Add chicken and simmer 10 more minutes.
2. **Save half for Day #5 lunch**.
3. Serve remaining chicken over warmed rice

500 kcal, 33g Protein, 55g Carb, 340mg Sodium, 11g Fiber, 75mg Cholesterol, 12g Fat, 2g Saturated, 10g Sugar, 15% Calcium, 15% Iron

■ DAY FIVE ■

BREAKFAST: Breakfast Scramble

1 Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 red or green bell pepper, diced (1 cup)
½ (15 ounce) can diced tomatoes
8 eggs, beaten
2 Tablespoons basil, chopped

4 oranges, sliced

Heat a large non-stick skillet over medium heat and add olive oil. Add onion and bell pepper and sauté for 2 minutes. Add tomatoes then add eggs and cook until scrambled. Garnish with basil and serve with orange slices.

For scramble: 190 kcal, 14g Protein, 6g Carb, 180mg Sodium, 1g Fiber, 450mg Cholesterol, 13g Fat, 3.5g Saturated, 2g Sugar, 6% Calcium, 8% Iron
For oranges: 60kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

■ DAY FIVE ■

LUNCH: Chicken Pepper Pot

About 8 cups chicken pepper pot ****from Dinner Day #4***
3 cups sliced pineapple

Reheat or eat cold with a side of sliced pineapple.

Chicken Pot: 400 kcal, 30g Protein, 32g Carb, 340mg Sodium, 9g Fiber, 75mg Cholesterol, 12g Fat, 2.5g Saturated, 10g Sugar, 10% Calcium, 15% Iron
Pineapple: 60 kcal, 1g Protein, 16g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 12g Sugar, 2% Calcium, 2% Iron

■ DAY FIVE ■

DINNER: Split Pea and Barley Soup & Spinach Pecan Salad

For split pea & barley soup
2 Tablespoon olive oil
1 yellow onion, minced (1 cup)
4 cloves garlic, minced
6 carrots, diced small (3 cups)
6 stalks celery, diced small (3 cups)
About 6 cups cooked split peas ****from Lunch Day #1***
8 cups low-sodium chicken broth (can adjust for desired thickness)
5 cups cooked barley * ***see prep guide***
3 Tablespoons lemon juice
1 Tablespoon lemon zest
½ cup chopped parsley
4 chopped scallions (½ cup)
¼ teaspoon black pepper
½ teaspoon kosher salt

For spinach pecan salad
6 ounces spinach, chopped (4 cups)
1 orange, segments
2 red or green bell peppers, sliced
¼ cup chopped pecans, lightly toasted
2 Tablespoons olive oil
2 Tablespoons balsamic vinegar

1. Heat a large pot over medium heat and add olive oil, onion, and garlic; sauté for 2 minutes. Add carrots and celery and cook for another 2 minutes. Add split peas and broth and bring to a simmer for 10-15 minutes until carrots are tender. Add barley, lemon, parsley, scallions, pepper, and salt; simmer an additional 5-10 minutes.
2. **Save half for Lunch Day #6**. Serve remaining soup with spinach salad.
3. For spinach salad, combine spinach, oranges, peppers, and pecans; toss with olive oil and vinegar immediately before serving.

Soup: 380 kcal, 18g Protein, 68g Carb, 310mg Sodium, 18g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 9g Sugar, 6% Calcium, 20% Iron
Salad: 160kcal, 2g Protein, 9g Carb, 25mg sodium, 3g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 5g Sugar, 4% Calcium, 6% Iron

■ DAY SIX ■

BREAKFAST: Orange Overnight Oatmeal

2 cups raw old fashioned oats
2 cups light coconut milk
2 cups water
1 teaspoon vanilla, optional
4 oranges, zested, peeled and segments
¼ cup pecans

Combine all ingredients the night before and place in individual serving containers if desired. Put in refrigerator overnight.

340 kcal, 7g Protein, 48g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 6g Saturated, 16g Sugar, 4% Calcium, 10% Iron

■ DAY SIX ■

LUNCH: Split Pea & Barley Soup

Split pea and barley soup ****from Dinner Day #5***

Reheat and serve.

Soup: 380 kcal, 18g Protein, 68g Carb, 310mg Sodium, 18g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 9g Sugar, 6% Calcium, 20% Iron

■ DAY SIX ■

DINNER: Pineapple Fried Rice

2 Tablespoons grapeseed oil, divided
5 eggs, beaten
1 yellow onion, diced (1 cup)
2 cups pineapple, small dice
2 red or green bell peppers, diced (2 cups)
2 cloves garlic, minced
4 scallions, chopped (½ cup)
⅓ cup chopped pecans
½ (15 oz) can organic black beans, drained and rinsed
3 cups cooked brown rice
1½ Tablespoons low-sodium soy sauce
1 teaspoon hot sauce, optional
2 Tablespoons chopped cilantro
2 Tablespoons chopped basil

1. Heat a large non-stick skillet over medium high heat and add 1 Tablespoon of oil then add beaten eggs and scramble. Remove eggs from pan, set aside and keep warm, and put pan back on the heat.
2. Add the other Tablespoon of oil and onion, pineapple, and bell peppers. Cook until the liquid evaporates and pineapple is starting to brown, about 3-5 minutes. Add garlic and scallions.
3. Turn down heat to medium and add the pecans. Cook for 2 minutes then add cooked eggs, beans, rice, soy sauce, and hot sauce until heated through.
4. Turn off heat and add cilantro and basil.

500 kcal, 18g Protein,620g Carb, 340mg Sodium,9g Fiber, 280mg Cholesterol, 21g Fat, 3.5g Saturated, 12g Sugar, 10% Calcium, 15% Iron

MENU

Day 1
Chocolate Hazelnut Smoothie
Caprese Salad
Artichoke Chicken

Day 2
Mango Overnight Oats
Chicken Boats
Salmon, Bok Choy & Polenta

Day 3
Egg Muffins
Salmon Salad & Plantains
Sausage Potato Soup

Day 4
Mango Overnight Oats
Sausage Potato Soup
Spiced Chicken with Plantains

Day 5
Chocolate Hazelnut Smoothie
Chicken Mango Salad
Sausage Sauté & Polenta

Day 6
Egg Muffins
Asparagus Bean Salad
Polenta Lasagna

PREP GUIDE

FOR THE WEEK

- Cook plantains * *see directions below*
- 1½ cups hazelnuts, toasted (heat in a dry pan over medium heat, 3-4 minutes, watch carefully)
- 4 lemons, zested & juiced (¾ cup juice, 3 Tablespoons zest)
- 4 peeled bananas, frozen
- 8 eggs, hard boiled

DAY 1

- ⅔ cup hazelnuts, soaked overnight
- 2 bunches kale, chopped (8 cups)
- 2 mangoes, sliced
- 2 yellow onions, diced (2 cups)

DAY 2

- 4 mangos, diced (4 cups)
- 3 carrots, shredded (1 cup)
- 4 cucumbers, halved lengthwise, seeds scooped out
- 8 bok choy, sliced in quarters

DAY 3

- 2 mangoes, sliced
- 2 yellow onions, diced (2 cups)
- 4 carrots, diced (2 cups)
- 2 carrots, shredded (⅔ cup)
- 2 bunches kale, chopped (8 cups)

DAY 4

- 1 bunch kale, chopped (4 cups)
- 4 mangoes, diced (4 cups)

DAY 5

- ⅔ cup hazelnuts, soaked overnight
- 4 mangoes, diced (4 cups)
- 1 yellow onion, diced (1 cup)
- 1 bunch asparagus, trimmed and cut into 1 inch pieces (16 spears)
- 1 cucumber, diced (2 cups)

DAY 6

- 1 bunch asparagus, shaved (16 spears)
- 4 carrots, shredded (1⅓ cups)
- 1 yellow onion, chopped (1 cup)
- 1 cucumber, sliced thin (2 cups)
- 1 mango, diced (1 cup)

Plantains

6 very ripe plantains
1 Tablespoon grapeseed oil

1. Preheat oven to 450°F.
2. Cut the ends off of the plantains and peel.
3. Cut each plantain on the diagonal into ½ inch slices. Toss with grapeseed oil.
4. Arrange in single layer on baking sheet.
5. Bake, turning occasionally, for 10-15 minutes, until plantains are golden brown and very tender.

CLASSIC AND CLASSIC FOR ONE

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CLEAN EATING

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
chicken breast	6 pounds	3 pounds	1-1/2 pounds	36	*bone in, skin on*
salmon fillets	2-1/2 pounds	1-1/4 pounds	3/4 pound	25	
italian sausage	2-1/4 pounds	1-1/4 pounds	3/4 pound	14	

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
banana	8	4	2	4	
tomatoes	26	13	7	13	
fresh basil	3 bunches	2 bunches	1 bunch	4.5	
arugula	1-3/4 pounds	1 pound	1/2 pound	3	
new potatoes	3-1/2 pounds	1-3/4 pounds	1 pound	7	
kale	5 bunches	3 bunches	2 bunches	10	
yellow onion	6	3	2	6	
mango	17	9	5	17	
carrots	13	7	4	4	
lemons	5	3	2	2.5	
cucumbers	6	3	2	6	
bok choy	8	4	2	4	
plantains	6	3	2	6	
asparagus	2 bunches	1 bunch	1 bunch	4	*16 spears/bunch*

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
cocoa powder	6 Tablespoons	3 Tablespoons	1-1/2 Tblspns	2	
fresh mozzarella	24 ounces	12 ounces	6 ounces	12	
artichoke hearts	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	8	
cinnamon	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	0.5	
vanilla	1/4 teaspoon	1/8 teaspoon	dash	0.5	
polenta	3 cups	1-1/2 cups	3/4 cup	1.5	
grapeseed oil	2 Tablespoons	1 Tablespoon	1/2 Tblspn	1	
soy sauce	1-1/2 Tblspns	2 teaspoons	1 teaspoon	1	

PANTRY INGREDIENTS					
Olive Oil	1 cup + 1 Tblspn	1/2 cup + 1 Tbl	1/3 cup		
balsamic vinegar	3 Tablespoons	1-1/2 Tblspns	2-1/4 tsp		
light coconut milk	48 fl oz	24 fl oz	12 fl oz		
Dijon mustard					
Garlic cloves	14 cloves	7 cloves	4 cloves		
Herbes de Provence	3-1/2 teaspoons	2 teaspoons	1 teaspoon		
eggs	24	12	6		
cumin	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne	Dash	Dash	Dash		
paprika					
chicken broth	136 fl oz	68 fl oz	34 fl oz		
quinoa					
tomato paste					
oregano					
kosher salt	3-3/4 tsp	2 tsp	1 tsp		
black pepper	3 tsp	1-1/2 tsp	3/4 tsp		
nuts: hazelnuts	2-3/4 cups	1-1/2 cups	3/4 cup		
canned beans: white	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Chocolate Hazelnut Smoothie

½ cup raw old fashioned oats
⅔ cup hazelnuts, soaked overnight
3 Tablespoons cocoa powder
2 bananas (frozen if you like a thicker smoothie)
1 cup light coconut milk
2 cups water
2-3 cups ices

4 eggs, hard boiled, sliced

Blend oats into powder. Add remaining ingredients and blend. Serve along with a side of hardboiled egg.

Smoothie: 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY ONE ■

LUNCH: Caprese Salad

1 pint grape tomatoes, sliced
3 cups cooked lentils
1 cup basil leaves, torn or chiffonade
6 ounces arugula
2 Tablespoon olive oil
2 Tablespoons balsamic vinegar
Dash of kosher salt and pepper
½ cup toasted hazelnuts, chopped

Drizzle with oil and vinegar and sprinkle with salt, pepper, and nuts. Toss together.

350kcal, 16g protein, 36g Carb, 80mg sodium, 15g fiber, 0mg cholesterol, 17g fat, 1.5g Saturated, 5g Sugar, 4% Calcium, 30% Iron

■ DAY ONE ■

DINNER: Artichoke Chicken

2 pounds new potatoes, diced
2 (15 ounce) cans artichoke hearts, rinsed and drained
4 tomatoes, chopped (3 cups)
2 bunches kale, chopped (8 cups)
2 yellow onions, diced (2 cups)
4 cloves garlic, chopped
1 teaspoon kosher salt
½ teaspoon black pepper
2 teaspoon Herbes de Provence
2 Tablespoon olive oil

3 pounds skin-on, bone-in chicken breasts

2 mangoes, sliced

1. Heat oven to 400°F.
2. Toss together first ten ingredients (potatoes through oil). In a baking dish, place vegetables in an even layer and top with chicken. Bake for about 35-40 minutes. **Save half the vegetables for Breakfast Day #3 and Day #6. Save half the chicken for Lunch Day #2.**
3. Serve with a side of sliced mango or save mango for dessert.

Chicken: 410 kcal, 34g Protein, 30g Carb, 690mg Sodium, 6g Fiber, 85mg Cholesterol, 16g Fat, 4g Saturated, 6g Sugar, 8% Calcium, 15% Iron
Mango: 70kcal, 0g Protein, 17gCarb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

■ DAY TWO ■

BREAKFAST: Mango Overnight Oats

2 cups raw old fashioned oats
2 cups light coconut milk
½ cup water
4 mangos, diced (4 cups)
Dash of cinnamon, optional
Dash of vanilla, optional
¼ cup toasted hazelnuts

Combine all ingredients except hazelnuts and put in refrigerator overnight. Garnish with hazelnuts before serving.

430 kcal, 8g Protein, 69g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 34g Sugar, 2% Calcium, 10% Iron

■ DAY TWO ■

LUNCH: Chicken Boats

1 pound cooked chicken meat, chopped ****from Dinner Day #1***
3 carrots, shredded (1 cup)
2 tomatoes, chopped (1½ cups)
3 Tablespoons lemon juice
1 Tablespoon lemon zest
1 (15 oz) can organic white beans, drained and rinsed
4 ounces fresh mozzarella cheese, diced
dash each kosher salt and ground black pepper
4 cucumbers, halved lengthwise, seeds scooped out

Combine all ingredients except cucumbers. Fill cucumbers with chicken & cheese mixture and serve.

370 kcal, 40g Protein, 31g Carb, 290mg Sodium, 9g Fiber, 85mg Cholesterol, 9g Fat, 4g Saturated, 13g Sugar, 25% Calcium, 20% Iron

■ DAY TWO ■

DINNER: Salmon, Bok Choy & Polenta

For polenta
1 Tablespoon olive oil
2 cloves garlic
3 cups low-sodium chicken broth
1 cup polenta

For salmon
2½ pounds salmon fillets
½ teaspoon kosher salt
½ teaspoon black pepper
1 teaspoon cumin

For bok choy
1 Tablespoon grapeseed oil
8 bok choy, sliced in quarters
1½ Tablespoons low-sodium soy sauce
1 Tablespoon lemon zest

1. For polenta, heat a medium pot over medium heat and add olive oil and garlic; sauté for 1 minute. Add broth and bring to simmer. Whisk in polenta and reduce heat to low. Cook about 10 minutes, stirring frequently.

Meanwhile

2. For salmon, heat a large nonstick skillet over medium-high heat. Season salmon fillets with salt, pepper, and cumin. Cook in skillet about 3 minutes per side, depending on preference. Set salmon aside and **save half for Lunch Day #3**. Put skillet back on heat and add grapeseed oil. Add bok choy and cook about 3-4 minutes. Turn off heat and add soy sauce and zest.
3. Serve salmon and bok choy over polenta.

Polenta: 160 kcal, 3g Protein, 24g Carb, 95mg Sodium, 2g Fiber, 5mg Cholesterol, 5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 6% Iron
Salmon: 210 kcal, 31g Protein, 0g Carb, 210mg Sodium, 0g Fiber, 65mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 6% Calcium, 4% Iron
Bok Choy: 60 kcal, 2g Protein, 4g Carb, 310mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 15% Calcium, 6% Iron

■ DAY THREE ■

BREAKFAST: Egg Muffins (can be made ahead and reheated)

8 eggs, beaten
Half the saved veggies & potatoes * ***from Dinner Day #1***
½ cup chopped basil
2 ounces fresh mozzarella cheese, diced, optional

2 mangoes, sliced

1. Heat oven to 400°F.
2. Combine ingredients and put into greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size.
4. Serve with mangoes or save for a morning snack.

240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron
Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

■ DAY THREE ■

LUNCH: Salmon Salad & Plantains

1 pound cooked salmon fillets, flaked * ***from Dinner Day #2***
1 (15 ounce) can artichoke hearts, rinsed and drained
2 tomatoes, diced (1½ cups)
2 carrots, shredded (⅔ cup)
3 Tablespoons lemon juice
1 Tablespoon lemon zest
1 Tablespoon olive oil
Dash of kosher salt and black pepper
¼ cup chopped basil
4 ounces arugula

3 cooked plantains ****see prep guide***

Combine salad ingredients and serve with plantains.

Salad: 320 kcal, 34g Protein, 15g Carb, 620mg Sodium, 3g Fiber, 65mg Cholesterol, 12g Fat, 2g Saturated, 6g Sugar, 10% Calcium, 10% Iron
Plantains: 180kcal, 2g Protein, 43g Carb, 5mg Sodium, 3g Fiber, 43mg Cholesterol, 2g Fat, 0g Saturated, 20g Sugar, 0% Calcium, 4% Iron

■ DAY THREE ■

DINNER: Sausage Potato Soup

1 Tablespoon olive oil
2 yellow onions, diced (2 cups)
4 carrots, diced (2 cups)
1½ pounds Italian sausage (bulk or links removed from casings)
1 teaspoon Herbes de Provence
4 tomatoes, diced (3 cups)
¼ teaspoon black pepper
8 cups low-sodium chicken broth
1½ pounds new potatoes, diced
2 (15 oz) cans organic white beans, drained and rinsed
2 bunches kale, chopped (8 cups)
2 ounces fresh mozzarella cheese, diced

1. Heat a large pot over medium heat. Add oil, onions, and carrots and cook for 2-3 minutes. Add sausage and Herbes and cook for about 3-4 minutes, crumbling meat as you stir.
2. Add tomatoes, pepper, broth, potatoes, beans, and kale. Bring to a simmer for about 10-15 minutes until potatoes are tender.
3. **Save half for Lunch Day #4.** Top remaining soup with cheese.

410 kcal, 27g Protein, 40g Carb, 610mg Sodium, 8g Fiber, 75mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 15% Calcium, 15% Iron

■ DAY FOUR ■

BREAKFAST: Mango Overnight Oats

2 cups raw old fashioned oats
2 cups light coconut milk
½ cup water
4 mangos, diced (4 cups)
Dash of cinnamon, optional
Dash of vanilla, optional
¼ cup toasted hazelnuts

Combine ingredients except hazelnuts. Put in refrigerator overnight, garnish with hazelnuts before serving.

430 kcal, 8g Protein, 69g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 34g Sugar, 2% Calcium, 10% Iron

■ DAY FOUR ■

LUNCH: Sausage Potato Soup

Reserved sausage soup, reheated ****from Dinner Day #3***
2 ounces of arugula

Heat soup and top with arugula.

410 kcal, 27g Protein, 40g Carb, 610mg Sodium, 8g Fiber, 75mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 15% Calcium, 15% Iron

■ DAY FOUR ■

DINNER: Spiced Chicken with Plantains

For chicken
3 pounds skin-on, bone-in chicken breasts
2 Tablespoons olive oil
1 teaspoon cumin
Dash of cayenne
Dash of cinnamon, optional
1 teaspoon kosher salt
½ teaspoon black pepper

For plantains
1 Tablespoon olive oil
2 cloves garlic, minced
1 bunch kale, chopped (4 cups)
3 cooked plantains ***see prep guide***
¼ teaspoon kosher salt
Dash of black pepper

1. For chicken, heat oven to 400°F.
2. Place chicken on a baking sheet and drizzle with olive oil; sprinkle with spices, salt, and pepper.
3. Cook for about 35-40 minutes until juices run clear (internal temperature 165°F).

Meanwhile:

4. For plantains, heat a large skillet over medium heat and add olive oil and garlic; sauté for 1 minute. Add kale and cook 3-4 minutes. Add plantains and salt and cook until heated through.
5. **Save half the chicken for Lunch Day #5**. Serve remaining chicken over plantain mixture.

Chicken: 170 kcal, 25g Protein, 0g Carb, 340mg Sodium, 0g Fiber, 80mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron
Kale: 220kcal, 2g Protein, 44g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 20g Sugar, 2% Calcium, 6% Iron

■ DAY FIVE ■

BREAKFAST: Chocolate Hazelnut Smoothie

½ cup raw old fashioned oats
⅔ cup hazelnuts, soaked overnight
3 Tablespoons cocoa powder
2 bananas (frozen if you like a thicker smoothie)
1 cup light coconut milk
2 cups water
2-3 cups ices

4 eggs, hard boiled, sliced

Blend oats into powder. Add remaining smoothie ingredients and blend. Serve with a side of sliced egg.

Smoothie; 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY FIVE ■

LUNCH: Chicken Mango Salad

1 pound cooked chicken, diced * ***from Dinner Day #4***
4 mangos, diced (4 cups)
1 cucumber, diced (2 cups)
2 tomatoes, diced (1½ cups)
3 Tablespoons lemon juice
1 Tablespoon olive oil
Dash of kosher salt and black pepper
6 ounces arugula

Toss all ingredients together.

350 kcal, 28g Protein, 41g Carb, 160mg Sodium, 4g Fiber, 65mg Cholesterol, 8g Fat, 0.5g Saturated, 35g Sugar, 10% Calcium, 10% Iron

■ DAY FIVE ■

DINNER: Sausage Sauté & Polenta

For sausage sauté
1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
12 ounces Italian sausage (bulk or links removed from casings)
1 bunch asparagus, trimmed and cut into 1 inch pieces (16 spears)
1 (15 ounce) can artichoke hearts, rinsed and drained and chopped
¼ teaspoon black pepper

For polenta
2 Tablespoons olive oil
4 cloves garlic
6 cups low-sodium chicken broth
2 cups polenta
2 ounces mozzarella cheese, diced

1. For sauté, heat a large skillet over medium heat and add oil and onion; cook for 2 minutes Add sausage and crumble as it cooks. Add asparagus, artichokes, and pepper and cook for about 4 minutes.
2. For polenta, heat a medium pot over medium heat and add olive oil and garlic; sauté for 1 minute. Add broth and bring to simmer. Whisk in polenta and reduce heat to low. Cook about 10 minutes, stirring frequently.
3. **Pour half the polenta into a 9x9 dish, refrigerate, and reserve for Dinner Day #6**.
4. Serve sausage sauté over remaining warm polenta; garnish with cheese.

Sausage Sauté: 290 kcal, 23g Protein, 15g Carb, 750mg Sodium, 4g Fiber, 70mg Cholesterol, 15g Fat, 5g Saturated, 6g Sugar, 15% Calcium, 15% Iron
Polenta: 230kcal, 6g Protein, 37g Carb, 105mg Sodium, 4g Fiber, 10mg Cholesterol, 5g Fat, 1.5g Saturated, 1g Sugar, 4% Calcium, 4% Iron

■ DAY SIX ■

BREAKFAST: Egg Muffins (can be made ahead and reheated)

8 eggs, beaten
Half of saved veggies and potatoes * ***from Dinner Day #1***
½ cup chopped basil
2 ounces fresh mozzarella cheese, diced, optional

4 bananas

1. Heat oven to 400°F.
2. Combine ingredients and put into greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size.
4. Serve with a banana or save for a mid-morning snack.

Egg muffins: 240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron
Banana: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 0% Calcium, 2% Iron

■ DAY SIX ■

LUNCH: Asparagus Bean salad

1 bunch asparagus, shaved (16 spears)
2 (15 ounce) cans white beans, rinsed and drained
2 carrots, shredded (⅔ cup)
1 cucumber, sliced thin (2 cups)
1 mango, diced (1 cup)
¼ cup chopped basil
8 ounces arugula
½ cup toasted hazelnuts
3 Tablespoons lemon juice
1 Tablespoon white or balsamic vinegar
2 Tablespoon olive oil
Dash of kosher salt and pepper

Toss all ingredients together.

410 kcal, 15g Protein, 48g Carb, 170mg Sodium, 14g Fiber, 0mg Cholesterol, 18g Fat, 1.5g Saturated, 16g Sugar, 20% Calcium, 30% Iron

■ DAY SIX ■

DINNER: Polenta Lasagna

1 Tablespoon olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
2 carrots, shredded (⅔ cup)
4 tomatoes, chopped (3 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon Herbes de Provence
½ cup chopped basil
1 (15 ounce) can white beans, rinsed and drained
4 ounces fresh mozzarella cheese, sliced thin

Pan of polenta ***from Dinner Day #5***

1. Heat oven to 375°F
2. Heat a skillet over medium heat and add oil, onions, garlic, and carrots; cook for 3 minutes.
3. Add tomatoes, salt, pepper, Herbes, basil, and beans and bring to a simmer for 5 minutes. Pour mixture over polenta and top with cheese. Cover and bake for 15-20 minutes.

480 kcal, 18g Protein, 65g Carb, 390mg Sodium, 10g Fiber, 30mg Cholesterol, 16g Fat, 6g Saturated, 10g Sugar, 25% Calcium, 15% Iron

MENU

DAY 1
Baked Oatmeal
Asparagus Mango Salad
Roast Chicken with Sunchokes & Kale

DAY 2
Breakfast Scramble
Chicken & Strawberry Salsa
Shrimp with Kale & Beans

DAY 3
Breakfast Smoothie
California Shrimp Bowl
Sausage with Dirty Quinoa

DAY 4
Baked Oatmeal
Sausage Soup
Chicken with Asparagus & Mashed Beans

DAY 5
Breakfast Smoothie
Chicken Asparagus Salad
Ham Soup with Strawberry Walnut Salad

DAY 6
Breakfast Scramble
Ham Soup
Garbanzo Quinoa Burgers with Mango Relish

PREP GUIDE

FOR THE WEEK

- 10 lemons, juiced & 1 zested (2 cups lemon juice, 4 teaspoons zest)
- 11 cups cooked quinoa prepared according to package directions
- 2 cups cooked brown rice prepared according to package directions

DAY 1

- 1 cup walnuts, chopped
- Cut fruits & vegetables:
  - 1 cup mashed strawberries
  - 2 mangos, peeled and sliced
  - 1 pound asparagus, trimmed and sliced very thin (16 spears)
  - 1 bunch kale, torn (4 cups)
  - 2 shallots, sliced

DAY 2

- Cut fruits & vegetables:
  - 2 mangoes, sliced
  - 1 pound strawberries, sliced (3 cups)
  - 1 small yellow onion, chopped (¾ cup)
  - 1 shallot, sliced
  - 1 pound asparagus, chopped (16 spears)
  - 1 cucumber, sliced
  - 1 bunch kale, chopped (4 cups)

DAY 3

- Cut fruits & vegetables:
  - 2 mangos, peeled and diced
  - 1 cucumber, diced (2 cups)
  - 2 carrots, shredded (⅔ cup)
  - 2 shallots, sliced
  - 2 stalks celery, chopped (1 cup)
  - 1 bunch collard greens, stems removed, chopped

DAY 4

- Cut fruits & vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 4 sun chokes, peeled and large dice

DAY 5

- Cut fruits & vegetables:
  - 2 mangos, peeled and diced
  - 2 small yellow onions, diced (1½ cups)
  - 8 carrots, diced (4 cups)
  - 8 stalks celery, diced (4 cups)
  - 1 bunch kale, chopped (4 cups)
  - 1 cucumber, diced (2 cups)

DAY 6

- Cut fruits & vegetables:
  - 2 mangos, diced
  - 1 small yellow onion, chopped (¾ cup)
  - 1 pound asparagus, chopped (16 spears)
  - 1 (15 ounce) can artichoke hearts, rinsed, drained and chopped

CLASSIC & CLASSIC FOR ONE					CLEAN EATING
Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes **for 4 servings**
	Qty				
chicken thighs	16 large	8 large	4 large	20	*about 6 pounds*
medium shrimp	3 pounds	1-1/2 pounds	3/4 pound	24	*peeled & deveined*
Italian sausage, bulk	1-1/4 pounds	3/4 pound	1/3 pound	5	*chicken or turkey*
low sodium ham	1 pound	1/2 pound	1/4 pound	4	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes **for 4 servings**
	Qty				
lemons	10	5	3	5	
bananas	8	4	2	4	
strawberries	7 pounds	3-1/2 pounds	1-3/4 pounds	20	*8 cups*
asparagus	5 pounds	2-1/2 pounds	1-1/4 pounds	10	*about 16 spears/lb*
mangoes	10	5	3	10	
avocado	6	3	2	6	
shallots	5	3	2	2	
sun chokes	12	6	3	8	*about 2 pounds*
kale	3 bunches	2 bunches	1 bunch	4.5	
yellow onion, small	5	3	2	5	
cucumber	3	2	1	3	
cilantro	1 bunch	1 bunch	1 bunch	1.5	
carrots	14	7	4	3	
celery	14	7	4	3	
collard greens	1 bunch	1 bunch	1 bunch	2	
parsley	1 bunch	1 bunch	1 bunch	1.5	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes **for 4 servings**
	Qty				
grapeseed oil	1 teaspoon	1/2 teaspoon	1/4 teaspoon	0.5	
baking powder	2 teaspoons	1 teaspoon	1/2 teaspoon	0.5	*optional*
cinnamon	1 Tablespoon	1/2 Tablespoon	3/4 teaspoon	0.5	
vanilla	1 Tablespoon	1/2 Tablespoon	3/4 teaspoon	0.5	
feta cheese	1-3/4 cups	1 cup	1/2 cup	5	
roasted bell peppers (jarred)	1-1/4 cups	3/4 cup	1/2 cup	3	
artichoke hearts	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	4	
low sodium soy sauce	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	0.5	
hot sauce	1 teaspoon	1/2 teaspoon	1/4 teaspoon	0.5	*optional*
diced tomatoes	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	4	
white beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
brown rice	1 cup	1/2 cup	1/4 cup	1	
PANTRY INGREDIENTS					
Olive Oil	1-1/4 cups	2/3 cup	1/3 cup		
White vinegar	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
almond milk	8 cups	4 cups	2 cups		
Dijon mustard	2 teaspoons	1 teaspoon	1/2 teaspoon		
Garlic cloves	23 cloves	12 cloves	6 cloves		
Herbes de Provence	4 teaspoons	2 teaspoons	1 teaspoon		
eggs	16	8	4		
cumin					
cayenne					
paprika	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
chicken broth	11 cups	5-1/2 cups	3 cups		
quinoa	5-1/2 cups	3 cups	1-1/2 cups		
tomato paste	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
oregano					
kosher salt	4-1/4 teaspoons	2-1/4 tsp	1-1/4 tsp		
black pepper	3 teaspoons	1-1/2 tsp	1 tsp		
nuts: walnuts	2-3/4 cups	1-1/2 cups	3/4 cup		
canned beans: garbanzos	7 (15 oz) cans	4 (15 oz) cans	2 (15 oz) cans		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Baked Oatmeal

1 teaspoon grapeseed oil (for baking dish)
4 cups raw old-fashioned oats
2 teaspoons baking powder, optional
1 Tablespoon cinnamon
1 Tablespoon vanilla
¼ teaspoon kosher salt
4 cups almond milk
2 cups mashed banana (4 bananas)
1 cup mashed strawberries (from 3 cups whole berries)
1 cup walnuts, chopped

1. Heat oven to 350°F.
2. Grease a 9x13 baking dish with grapeseed oil.
3. Combine all of the ingredients and put in baking dish and bake for about 25 minutes.
4. **Save half for Breakfast Day #4.**

380 kcal, 9g Protein, 56g Carb, 270mg Sodium, 9g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 15g Sugar, 20% Calcium, 15% Iron

■ DAY ONE ■

LUNCH: Asparagus Mango Salad

For salad
1 pound asparagus, trimmed and sliced very thin (16 spears)
2 mangos, peeled and sliced
1 avocado, sliced
1 (15 oz) can organic white beans, drained and rinsed
¼ cup feta cheese
¼ cup toasted walnuts

For dressing
3 Tablespoons lemon juice
2 Tablespoons olive oil
1 teaspoon Dijon mustard
Dash of kosher salt and black pepper

1. Whisk dressing ingredients together.
2. Combine salad ingredients and toss gently with dressing.

390 kcal, 12g Protein, 47g Carb, 210mg Sodium, 12g Fiber, 5mg Cholesterol, 20g Fat, 3g Saturated, 26g Sugar, 10% Calcium, 25% Iron

■ DAY ONE ■

DINNER: Roast Chicken with Sunchokes & Kale

2 shallots, sliced
4 cloves garlic, sliced
6 Tablespoons lemon juice
4 teaspoon lemon zest
½ teaspoon paprika
1 teaspoon Herbes de Provence
1 teaspoon kosher salt
½ teaspoon black pepper
1¼ pounds sun chokes, scrubbed clean (about 8)
1 bunch kale, torn (4 cups)

8 large chicken thighs (about 3 pounds)

1. Heat oven to 400°F.
2. Toss first 10 ingredients together and place in a large baking dish, place chicken on top and cook about 35 minutes.
3. **Save half of the chicken for Lunch Day #2**.

Chicken with vegetables: 450 kcal, 36g Protein, 21g Carb, 330mg Sodium, 9g Fiber, 145mg Cholesterol, 25g Fat, 7g Saturated, 3g Sugar, 15% Calcium, 25% Iron

■ DAY TWO ■

BREAKFAST: Breakfast Scramble

1 Tablespoon olive oil
1 small yellow onion, chopped (¾ cup)
1 pound asparagus, chopped (16 spears)
¼ teaspoon kosher salt
Dash of black pepper
½ cup roasted bell peppers, chopped
8 eggs, beaten
¼ cup feta cheese

2 mangoes, sliced

Heat a large non-stick skillet over medium heat and add the olive oil, onion, asparagus, salt and pepper and cook for about 3-4 minutes. Add the bell peppers then the eggs and scramble as they cook. Top with feta cheese. Serve with a side of sliced mango.

Scramble: 230 kcal, 19g Protein, 10g Carb, 430mg Sodium, 3g Fiber, 455mg Cholesterol, 15g Fat, 4g Saturated, 3g Sugar, 10% Calcium, 20% Iron
Mango: 100kcal, 1g Protein, 25g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 23g Sugar, 2% Calcium, 2% Iron

■ DAY TWO ■

LUNCH: Chicken & Strawberry Salsa

1 pound strawberries, sliced (3 cups)
1 cucumber, sliced
1 avocado, diced
1 shallot, sliced
¼ cup roasted bell peppers, chopped
½ cup chopped cilantro
3 Tablespoons lemon juice
1 Tablespoon olive oil
Dash of kosher salt and pepper
4 cooked chicken thighs, meat removed * ***from Dinner Day 1***

Combine all ingredients except chicken. Serve over warm or cold chicken.

430 kcal, 25g Protein, 14g Carb, 180mg Sodium, 6g Fiber, 115mg Cholesterol, 29g Fat, 7g Saturated, 7g Sugar, 4% Calcium, 15% Iron

■ DAY TWO ■

DINNER: Shrimp with Kale & Beans

For shrimp
1½ Tablespoons olive oil
3 pounds medium peeled and deveined shrimp
3 cloves garlic, minced
¼ teaspoon kosher salt
Dash of black pepper
3 Tablespoons lemon juice

For kale & beans
1 Tablespoon olive oil
3 cloves garlic, minced
1 bunch kale, chopped (4 cups)
1 (15 ounce) can artichoke hearts, rinsed, drained and chopped
1 ½ (15 ounce) cans garbanzo beans, rinsed and drained
Dash of black pepper

2 cups cooked brown rice, warmed

1. For shrimp, heat a medium skillet over medium-high heat and add olive oil. Add garlic and shrimp and cook for about 3 minutes. Add salt, pepper, lemon juice; set aside. **Save half the shrimp for Lunch Day #3**. Serve remaining shrimp over brown rice with kale and beans on the side.
2. For kale and beans, put skillet back on medium heat and add olive oil and garlic. Add kale and artichokes and cook for 3 minutes. Add beans and pepper and cook until heated through.

Shrimp: 170 kcal, 34g Protein, 0g Carb, 720mg Sodium, 0g Fiber, 275mg Cholesterol, 3.5g Fat, 0g Saturated, 0g Sugar, 10% Calcium, 4% Iron
Rice: 110kcal, 2g Protein, 23g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 2% Iron
Kale & Beans: 260kcal, 12g Protein, 40g Carb, 170mg Sodium, 9g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 3g Sugar, 20% Calcium, 20% Iron

■ DAY THREE ■

BREAKFAST: Breakfast Smoothie

½ cup raw old fashioned oats
½ cup walnuts
2 bananas
2 mangos, peeled and diced
1 cup strawberries
2 cups almond milk
2 cups ice

In a blender or food processor, blend oats and nuts. Add remaining ingredients and blend until smooth.

320 kcal, 6g Protein, 52g Carb, 70mg Sodium, 7g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 33g Sugar, 20% Calcium, 10% Iron

■ DAY THREE ■

LUNCH: California Shrimp Bowl (can also be tossed salad)

3 cups cooked quinoa
1 ½ pounds cooked shrimp, diced* ***from Dinner Day 2***
1 cucumber, diced (2 cups)
2 avocados, diced
2 carrots, shredded (⅔ cup)
2 Tablespoons white vinegar (rice vinegar would be good here)
1 Tablespoons low sodium soy sauce
3 Tablespoons lemon juice
1 teaspoon hot sauce, optional

In 4 individual serving bowls, layer quinoa, shrimp, cucumber, avocado, and carrot. Combine vinegar, soy sauce, and lemon juiced (hot sauce if desired) and drizzle over each bowl.

480 kcal, 43g Protein, 42g Carb, 960mg Sodium, 10g Fiber, 275mg Cholesterol, 17g Fat, 2.5g Saturated, 5g Sugar, 15% Calcium, 20% Iron

■ DAY THREE ■

DINNER: Sausage with Dirty Quinoa

1 Tablespoon olive oil
2 shallots, sliced
2 stalks celery, chopped (1 cup)
2 cloves garlic, minced
¾ pound bulk Italian turkey or chicken sausage
1 (15 oz) can organic white beans, drained and rinsed
1 bunch collard greens, stems removed, chopped
½ cup water or broth
Dash of kosher salt
3 cups cooked quinoa
1 Tablespoon soy sauce
¼ teaspoon black pepper

1. Heat a large non-stick skillet over medium heat and add the olive oil. When oil is hot add the shallots, celery, garlic, sausage, beans, and collard greens; cook for 5 minutes, breaking up sausage as it cooks.
2. Add ½ cup of water and a dash of kosher salt. Cover and cook 10 minutes.
3. Add quinoa, soy sauce, and pepper and cook until heated through.

450 kcal, 28g Protein, 53g Carb, 690mg Sodium, 12g Fiber, 65mg Cholesterol, 15g Fat, 3.5g Saturated, 4g Sugar, 30% Calcium, 25% Iron

■ DAY FOUR ■

BREAKFAST: Leftover Baked Oatmeal

Reheat baked oatmeal from Breakfast Day #1.

380 kcal, 9g Protein, 56g Carb, 270mg Sodium, 9g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 15g Sugar, 20% Calcium, 15% Iron

■ DAY FOUR ■

LUNCH: Sausage Soup (can be made ahead)

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
½ pound bulk chicken or turkey Italian sausage
4 carrots, diced (2 cups)
4 stalks celery, diced (2 cups)
1 (15 oz) can organic white beans, drained and rinsed
4 sun chokes, peeled and large dice
1 (15 ounce) can diced tomatoes
4 cups chicken broth
1 teaspoon Herbes de Provence
¼ teaspoon kosher salt
¼ teaspoon black pepper

1. Heat a large pot over medium heat and add olive oil, onions, and garlic; sauté for 2-3 minutes.
2. Add sausage and break it up into pieces as it cooks. Add the carrots, celery, beans and sun chokes and cook for 3-4 minutes.
3. Add tomatoes, broth, Herbes, salt, and pepper and simmer for at least 5-10 minutes.

400 kcal, 21g Protein, 50g Carb, 610mg Sodium, 10g Fiber, 35mg Cholesterol, 12g Fat, 3g Saturated, 21g Sugar, 10% Calcium, 35% Iron

■ DAY FOUR ■

DINNER: Chicken with Asparagus & Mashed Beans

For chicken
8 chicken thighs (about 3 pounds)
1 Tablespoon olive oil
3 cloves garlic, minced
1 teaspoon Herbes de Provence
½ teaspoon kosher salt
¼ teaspoon black pepper

For asparagus
2 Tablespoons olive oil
2 pounds of asparagus (30-35 spears)
½ teaspoon kosher salt
¼ teaspoon black pepper

For mashed beans
3 (15 ounce) cans garbanzo beans, rinsed and drained
1 cup chicken broth
2 Tablespoons olive oil
4 cloves garlic, minced
2 Tablespoons tomato paste
½ cup chopped parsley
6 Tablespoon lemon juice
½ teaspoon kosher salt
¼ teaspoon black pepper
½ cup feta cheese

Foe chicken & asparagus

1. Heat oven to 400°F.
2. Combine oil and garlic and brush over chicken; season with Herbes, salt, and pepper. Put on baking sheet and cook for about 35 minutes. Toss asparagus with oil, salt and pepper and put in oven with chicken for last 10 minutes of cook time.
3. **Save half of chicken and asparagus for Lunch Day #5**.

For mashed beans

1. In a food processor, puree beans and broth.
2. Heat a large skillet over medium heat and add olive oil and garlic; sauté for 1 minute. Add tomato paste, bean puree, parsley, lemon juice, salt, pepper, and feta, stir until heated through.
3. **Save half for Dinner Day 6.**

Chicken 380 kcal, 29g Protein, 0g Carb, 250mg Sodium, 0g Fiber, 145mg Cholesterol, 27g Fat, 7g Saturated, 0g Sugar, 0% Calcium, 10% Iron
Asparagus: 60 kcal, 2g Protein, 4g Carb, 120mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 15% Iron
Mashed Beans: 200kcal, 10g Protein, 27g Carb, 280mg Cholesterol, 6g Fat, 1g Saturated, 2g Sugar, 8% Calcium, 10% Iron

DAY FIVE

BREAKFAST: Breakfast Smoothie

½ cup raw old fashioned oats
½ cup walnuts
2 bananas
2 mangos, peeled and diced
1 cup strawberries
2 cups almond milk
2 cups ice

In a blender or food processor, blend oats and nuts, then add remaining ingredients and blend.

320 kcal, 6g Protein, 52g Carb, 70mg Sodium, 7g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 33g Sugar, 20% Calcium, 10% Iron

DAY FIVE

LUNCH: Chicken Asparagus Salad

For salad
4 cooked chicken thighs, meat removed, diced****from Dinner Day #4***
1 pound cooked asparagus, cut into bite sized pieces ****from Dinner Day #4***
1 avocado, diced
1 cucumber, diced (2 cups)
2 cups cooked quinoa

For dressing
6 Tablespoons lemon juice
1 teaspoon Dijon mustard
2 Tablespoons olive oil
Dash of kosher salt and black pepper

Whisk dressing ingredients together. Combine salad ingredients in a serving bowl, add dressing and toss well.

430 kcal, 31g Protein, 30g Carb, 250mg Sodium, 8g Fiber, 90mg Cholesterol, 22g Fat, 3g Saturated, 4g Sugar, 6% Calcium, 30% Iron

■ DAY FIVE ■

DINNER: Ham Soup with Strawberry Walnut Salad

For ham soup
2 Tablespoons olive oil
2 small yellow onions, diced (1½ cups)
2 cloves garlic, minced
8 carrots, diced (4 cups)
8 stalks celery, diced (4 cups)
1 pound low sodium ham, diced
1 bunch kale, chopped (4 cups)
6 cups chicken broth
1 (15 ounce) can diced tomatoes
2 (15 ounce) cans garbanzo beans, rinsed and drained
1 teaspoon Herbes de Provence
Dash of black pepper

For strawberry walnut salad
4 cups fresh strawberries
½ cup walnuts
drizzle balsamic vinegar, optional

1. In a large pot over medium heat add the olive oil, onions, and garlic; cook for 2 minutes.
2. Add carrots, celery, and ham and cook for 3-4 minutes.
3. Add kale, broth, tomatoes, beans, Herbes and pepper and simmer for 10 minutes.
4. **Save half the soup for Lunch Day #6.**
5. In a serving bowl, combine strawberries and walnuts, drizzle with vinegar.

Soup: 310 kcal, 22g Protein, 35g Carb, 720mg Sodium, 8g Fiber, 30mg Cholesterol, 9g Fat, 2g Saturated, 9g Sugar, 15% Calcium, 15% Iron
Strawberry Walnut Salad: 140 kcal, 3g Protein, 14g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 8g Sugar, 4% Calcium, 6% Iron

■ DAY SIX ■

BREAKFAST: Breakfast Scramble

1 Tablespoon olive oil
1 small yellow onion, chopped (¾ cup)
1 pound asparagus, chopped (16 spears)
¼ teaspoon kosher salt
Dash of black pepper
½ cup roasted bell peppers, chopped
8 eggs, beaten
¼ cup feta cheese

Heat a large non-stick skillet over medium heat and add the olive oil, onion, asparagus, salt and pepper and cook for about 3-4 minutes. Add the bell peppers then the eggs and scramble as they cook. Top with feta cheese.

Scramble: 230 kcal, 19g Protein, 10g Carb, 430mg Sodium, 3g Fiber, 455mg Cholesterol, 15g Fat, 4g Saturated, 3g Sugar, 10% Calcium, 20% Iron

■ DAY SIX ■

LUNCH: Leftover Ham Soup
6 cups strawberry halves

Reheat 10 cups leftover soup from Dinner Day #5 and serve with strawberries.

Soup: 310 kcal, 22g Protein, 35g Carb, 720mg Sodium, 8g Fiber, 30mg Cholesterol, 9g Fat, 2g Saturated, 9g Sugar, 15% Calcium, 14% Iron
Strawberries: 70kcal, 2g Protein, 18g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 6% Iron

■ DAY SIX ■

DINNER: Garbanzo Quinoa Burgers with Mango Relish

½ recipe mashed beans ****from Dinner Day #4***
3 cups cooked quinoa
1 (15 ounce) can artichoke hearts, rinsed, drained and chopped
1 Tablespoon olive oil

2 mangos, diced
¼ cup chopped cilantro
1 avocado, diced
½ cup feta cheese

1. Heat oven to 425°F.
2. Combine mashed beans, quinoa, and artichoke hearts and form into 8 patties.
3. Drizzle with oil and bake on a parchment lined baking sheet for 10 -15 minutes turning once.
4. Combine mango, cilantro, avocado, and feta and serve on top of burgers.

Burgers: 440 kcal, 19g Protein, 64g Carb, 600mg Sodium, 12g Fiber, 5mg Cholesterol, 12g Fat, 2g Saturated, 4g Sugar, 15% Calcium, 30% Iron
Mango Relish: 190kcal, 6g Protein, 29g Carb, 240mg Sodium, 5g Fiber, 5mg Cholesterol, 8g Fat, 2.5g Saturated, 23g Sugar, 8% Calcium, 2% Iron

MENU

DAY 1
Eggs with Bruschetta
Chopped Garbanzo Salad
Pork Tenderloin with Asparagus & Rice

DAY 2
Orangemeal
Pork with Asian Slaw
Tilapia with Red Lentils & Spinach

DAY 3
Banana Beet Smoothie
Lentils Soup with Asparagus & Crispy Beans
Meatballs & Spaghetti Squash

DAY 4
Eggs with Bruschetta
Meatballs & Squash
Roast Pork & Beet Salad

DAY 5
Orangemeal
Beet & Carrot Salad with Ricotta
Beef Stir Fry

DAY 6
Berry Beet Smoothie
Stir Fry
Lentil Lasagna

PREP GUIDE

FOR THE WEEK

- Make bruschetta * *see recipe below*
- 4 oranges, zested & juiced (1 cup juice, 8 Tablespoons zest)
- 3 lemons, zested & juiced (9 Tablespoons juice, 1 Tablespoon zest)
- 3-4" fresh ginger, grated (3 Tablespoons)
- 9 cups cooked brown rice, prepared according to package directions
- 20 cups cooked spaghetti squash * *see directions below*
- 16 beets, cooked and peeled * *see directions below*
- 16 carrots, shredded (5½ cups)

DAY 1

- Cut vegetables:
  - 1 leek, chopped
  - 2 bell peppers, chopped (2 cups)
  - 6 ounces mushrooms, chopped (3 cups)
  - 1 cucumber, chopped (2 cups)
  - 4 tomatoes, chopped (3-4 cups)
  - 10 ounces spinach, chopped (7 cups)
  - 2 pounds asparagus, trimmed and cut into 2 inch pieces (about 32 spears)

DAY 2

- Cut vegetables:
  - ½ large head cabbage, shredded (4 cups)
  - 2 bell peppers shredded or cut into very thin slices (2 cups)
  - 4 leeks, chopped

DAY 3

- Cut fruits & vegetables:
  - 1 bell pepper, chopped (1 cup)
  - 4 oranges, sliced

DAY 4

- Cut fruits & vegetables:
  - 1 leek, chopped
  - 1 bell pepper, chopped (1 cup)
  - 6 ounces mushrooms, chopped (3 cups)
  - 10 carrots, peeled and sliced
  - 4 oranges, peeled, segments

DAY 5

- Cut vegetables:
  - 2 leeks, chopped
  - 1 pound asparagus trimmed and cut into 1 inch pieces (16 spears)
  - 2 bell peppers, sliced (2 cups)
  - 8 ounces mushrooms, sliced (4 cups)
  - 4 oranges, sliced

DAY 6

- Cut vegetables:
  - ½ large head cabbage, shredded (4 cups)

Bruschetta (about 8 cups)

10 tomatoes, chopped
1 leek, minced
6 cloves garlic, minced
¼ cup olive oil
¼ cup balsamic vinegar
1 teaspoon kosher salt
½ teaspoon black pepper
1½ cups chopped basil

Combine and store in refrigerator.

Spaghetti Squash (yields about 20 cups)
4 large spaghetti squash

1. Heat oven to 375°F.
2. Cut squash in half and remove seeds. Brush the inside of each half with olive oil and sprinkle with coarse salt and freshly ground black pepper.
3. Place cut sides down on rimmed baking sheets and bake for about 40-50 minutes, or until you can easily pierce the squash with a fork. Make strands with fork, store in the refrigerator until needed.

Beets
16 medium red beets

Place beets in a large pot and add water to cover. Bring to a boil and cook about 45 minutes. Run under cool water and peel.

CLASSIC & CLASSIC FOR ONE		the fresh20		CLEAN EATING
Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes **for 4 servings**
	Qty			
pork tenderloin	3-1/2 pounds	1-3/4 pounds	3/4-1 pound	21	
tilapia fillets	1-1/4 pounds	3/4 pound	1 (5-6 oz) fillet	12.5	
lean ground beef	4 pounds	2 pounds	1 pound	24	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes **for 4 servings**
	Qty			
tomatoes	14	7	4	7	
leeks	9	5	3	9	
fresh basil	2 bunches	1 bunch	1 bunch	3	
spaghetti squash	4 large	2 large	1 large	8	
red beets	16 medium	8 medium	4 medium	8	
red or green bell pepper	8	4	2	8	
mushrooms (brown or button)	1-1/4 lbs	3/4 pound	1/3 pound	7.5	
cucumber	1	1	1	1	
spinach	2-3/4 lbs	1-1/2 pounds	3/4 pound	6	
oranges	16	8	4	10	
asparaugs	3 lb	1-1/2 lbs	3/4 pound	6	
carrots	26	13	7	6	
green cabbage	1 head	1 head	1 head	2	
lemons	3	2	1	1.5	
fresh ginger	2-3"	1-2"	1-2"	2	
bananas	4	2	1	2	
strawberries	8 pints	4 pints	2 pints	16	*about 6 pounds (for 4 servings)*
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes **for 4 servings**
	Qty			
red or white vinegar	3 Tablespoons	1-1/2 Tblspns	2-1/4 teaspoons	2	
brown rice	4-1/2 cups	2-1/4 cups	1-1/4 cups	4	
raisins	1-1/2 cups	3/4 cup	1/3 cup	3	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	0.5	
vanilla	2-1/4 teaspoons	1-1/2 teaspoons	3/4 teaspoon	1	
low sodium soy sauce	4-1/2 Tblspns	2-1/2 Tblspns	1-1/2 Tblspns	2	
grapeseed oil	4 Tablespoons	2 Tablespoons	1 Tablespoon	2	
red lentils	4 cups	2 cups	1 cup	4	
low fat ricotta cheese	4 cups	2 cups	1 cup	4	
PANTRY INGREDIENTS					
Olive Oil	1-1/2 cups	3/4 cup	1/3 cup		
balsamic vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
light coconut milk	10 cups	5 cups	2-1/2 cups		
Dijon mustard					
Garlic cloves	20 cloves	10 cloves	5 cloves		
Herbes de Provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
eggs	16	8	4		
cumin	1-3/4 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
paprika					
chicken broth	2 cups	1 cup	1/2 cup		
quinoa					
tomato paste					
oregano					
kosher salt	5-3/4 tsp	3 teaspoons	1-1/2 teaspoons		
black pepper	3-1/2 tsp	2 teaspoons	1 teapsoon		
nuts: cashews	2 cups	1 cup	1/2 cup		
canned beans: garbanzos	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can		
raw old fashioned oats	5-1/2 cups	2-3/4 cups	1-1/2 cups		

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Eggs with Bruschetta

1 Tablespoon olive oil
1 leek, chopped
1 bell pepper, chopped (1 cup)
6 ounces mushrooms, chopped (3 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 eggs, beaten
1 cup bruschetta **see prep guide*
4 cups strawberries, halved

1. Heat a non-stick skillet over medium heat and add olive oil. When oil is hot add leeks, bell pepper, and mushrooms; cook for about 3 minutes. Add salt, pepper, and eggs and scramble to your liking.
2. Top with bruschetta. Serve with sliced fresh strawberries

Eggs: 220 kcal, 16g Protein, 10g Carb, 360mg Sodium, 2g Fiber, 450mg Cholesterol, 15g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron
Strawberries: 45 kcal, 1g Protein, 11g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 4% Iron

■ DAY ONE ■

LUNCH: Chopped Garbanzo salad

For salad
2 (15 ounce) cans garbanzo beans
1 cucumber, chopped (2 cups)
1 bell pepper, chopped (1 cup)
4 tomatoes, chopped (3-4 cups)
2 beets, cooked and chopped **see prep guide*
10 ounces spinach, chopped (7 cups)

For dressing
3 Tablespoons white or red wine vinegar
2 Tablespoons olive oil
½ teaspoon Herbes de Provence
dash of kosher salt and pepper

For garnish
¼ cup cashews
¼ cup raisins, optional

In a small bowl, combine dressing ingredients. In a large bowl, combine salad ingredients, add dressing, and toss well. Top with cashews and raisins, if desired.

420 kcal, 16g Protein, 61g Carb, 180mg Sodium, 13g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 17g Sugar, 20% Calcium, 35% Iron

■ DAY ONE ■

DINNER: Pork Tenderloin with Asparagus & Rice

For pork tenderloin
3 (1 pound) pork tenderloins
2 Tablespoons olive oil
½ cup orange juice (from 2 oranges)
1 teaspoon kosher salt
½ teaspoon black pepper

For asparagus
2 pounds asparagus, trimmed and cut into 2 inch pieces (about 32 spears)
1 Tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper

3 cups cooked brown rice, warmed

1. In a baking dish or resealable bag, combine olive oil, orange juice, salt, and pepper. Add tenderloins and marinate at least 10 minutes.
1. Heat outdoor grill to medium.
2. Remove pork from marinade and discard any remaining liquid. Grill pork, turning occasionally, for a total of about 20 minutes until desired doneness (internal temperature 145°F). Alternately, you can sear tenderloins on the stovetop then bake in a 375°F oven for about 20 minutes.
3. **Save one tenderloin for Lunch Day #2**. Slice the remaining tenderloin and serve with asparagus and rice.

Meanwhile,

For asparagus, heat a medium skillet over medium heat and add olive oil. When oil is hot, add asparagus, salt, and pepper and cook for about 3-5 minutes. **Save half the asparagus for Lunch Day #3**.

Pork: 220 kcal, 36g Protein, 2g Carb, 330mg Sodium,0 g Fiber, 110mg Cholesterol, 7g Fat, 1.5g Saturated,1 g Sugar, 2% Calcium, 10% Iron
Asparagus: 40 kcal, 2g Protein, 4g Carb, mg Sodium, 2g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 15% Iron
Rice: 160 kcal, 3g Protein, 42g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 4% Iron

■ DAY TWO ■

BREAKFAST: Orangemeal

4 carrots, shredded (about 1⅓ cups)
¼ cup raisins
2 cups water
2 cups light coconut milk
½ teaspoon cinnamon, optional
¼ teaspoon kosher salt
3 Tablespoons orange zest (from 2 oranges)
1 teaspoon vanilla, optional
2 cups raw old-fashioned oats
½ cup toasted cashews

Combine all ingredients, except nuts, in a large saucepan and bring to a boil. Lower heat and simmer on low for about 5-6 minutes. Garnish with nuts before serving.

400 kcal, 11g Protein, 54g Carb, 200mg Sodium, 8g Fiber, 0mg Cholesterol, 16g Fat, 6g Saturated, 17g Sugar, 6% Calcium, 15% Iron

■ DAY TWO ■

LUNCH: Pork with Asian slaw

For slaw
½ large head cabbage, shredded (4 cups)
2 bell peppers shredded or cut into very thin slices (2 cups)
3 carrots, shredded (1 cup)
1 leek, chopped
1 cooked pork tenderloin, diced * ***from Dinner Day #1***

For dressing
1½ Tablespoons low-sodium soy sauce
2 Tablespoons grapeseed or sesame oil
3 Tablespoons lemon juice
1 teaspoon grated ginger
Dash of ground black pepper

In a small bowl combine dressing ingredients. In a serving bowl, combine slaw ingredients, add dressing, and toss well.

350 kcal, 39g Protein, 18g Carb, 600mg Sodium, 5g Fiber, 110mg Cholesterol, 14g Fat, 2.5g Saturated, 10g Sugar, 8% Calcium, 15% Iron

■ DAY TWO ■

DINNER: Tilapia with Red Lentils and Spinach

For lentils
2 Tablespoons olive oil
3 leeks, chopped
6 cloves garlic, minced
4 cups red lentils, rinsed
1½ cups light coconut milk
4 – 4 ½ cups water or broth
½ teaspoon kosher salt
¼ teaspoon black pepper
2 teaspoons grated ginger
1 teaspoon cumin
dash of cayenne

For tilapia
1 Tablespoon olive oil
1¼ pounds tilapia fillets
¼ teaspoon kosher salt
Dash of black pepper
3 Tablespoons lemon juice
12 ounces of spinach (8 cups)
¼ teaspoon kosher salt

1. For lentils, heat a large pot over medium heat and add oil, leeks, and garlic; cook for 3 minutes. Add lentils, milk, water, salt, and pepper and bring to a low simmer. Cook about 20 minutes. **Save 1/3 for Dinner Day #6**. To remaining lentils, add ginger, cumin, and cayenne and then **save half for Lunch Day #3**. Serve remaining lentils with tilapia and spinach.
2. For tilapia, season fish with salt and pepper. Heat a non-stick skillet over medium heat and add oil. When oil is hot add fish and sauté on each side about 2-3 minutes. Set aside and sprinkle with lemon juice.
3. Put skillet back on heat and add spinach and salt and cook about 3-4 minutes until wilted.

Lentils: 330 kcal, 21g Protein, 49g Carb, 180mg Sodium, 12g Fiber, 0mg Cholesterol, 6g Fat, 1.5g Saturated, 4g Sugar, 4% Calcium, 25% Iron
Tilapia: 190kcal, 30g Protein, 3g Carb, 370mg Sodium, 2g Fiber, 70mg Cholesterol, 6g Fat, 1.5g Saturated, 0g Sugar, 10% Calcium, 20% Iron

■ DAY THREE ■

BREAKFAST: Banana Beet Smoothie

½ cup raw old-fashioned oats
2 bananas
4 ounces spinach (3 cups)
2 beets, cooked and peeled
4 cups strawberries (1-1½ pints)
2 cups light coconut milk
1-2 cups water
Dash of vanilla, optional
2-3 cups ice

In a blender or food processor, blend oats into powder then add remaining ingredients and blend to your liking.

230 kcal, 4g Protein, 40g Carb, 65mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 19g Sugar, 6% Calcium, 10% Iron

■ DAY THREE ■

LUNCH: Lentil Soup & Asparagus with Crispy Beans (**can be made ahead**)

For lentil soup
About 3 cups cooked lentils ***from Dinner Day #2***
2 cups low-sodium chicken broth
1 pound cooked asparagus, warmed ***from Dinner Day #1***

Heat lentils and broth together and top with asparagus and crispy beans.

For crispy beans
2 (15 ounce) cans garbanzo beans, rinsed, drained and dried
2 Tablespoons olive oil
½ teaspoon cumin
¼ teaspoon kosher salt
Dash of cayenne

4 oranges, sliced

For crispy beans, heat oven to 400°F. Toss beans with oil and seasonings and place in a single layer on a baking sheet. Bake for about 30 minutes, tossing occasionally. **Save half for Lunch Day #5.**

Serve with a side of oranges.

Soup: 490 kcal, 30g Protein, 71g Carb, 300mg Sodium, 18g Fiber, 0mg Cholesterol, 11g Fat, 2g Saturated, 6g Sugar, 10% Calcium, 45% Iron
Orange slices: 60 kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

■ DAY THREE ■

DINNER: Meatballs & Spaghetti Squash

2 pounds lean ground beef
4 cloves garlic, minced
4 carrots shredded (1⅓ cups)
1 bell pepper, chopped (1 cup)
1 Tablespoon olive oil
½ cup ground old fashioned oats
4 cups bruschetta * *see prep guide*

8 cups cooked spaghetti squash, warmed

½ cup low-fat ricotta cheese

1. Heat oven to 400°F.
2. Combine all of meatball ingredients, except bruschetta, and form into golf ball size balls. Place in a baking dish and spoon bruschetta mixture over meatballs. Cover and put in oven for 30 minutes. **Save half for Lunch Day #4.**
3. Serve meatballs and sauce over spaghetti squash, top with ricotta cheese.

Meatballs: 320 kcal, 25 g Protein, 14g Carb, 250mg Sodium, 3g Fiber, 75mg Cholesterol, 18g Fat, 5g Saturated, 5g Sugar, 6% Calcium, 20% Iron
Squash and Ricotta: 130kcal, 5g Protein, 22g Carb, 180mg Sodium, 4g Fiber, 15mg Cholesterol, 4.5g Fat, 2.5g Saturated, 9g Sugar, 10% Calcium, 6% Iron

■ DAY FOUR ■

BREAKFAST: Eggs with Bruschetta

1 Tablespoon olive oil
1 leek, chopped
1 bell pepper, chopped (1 cup)
6 ounces mushrooms, chopped (3 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 eggs, beaten
1 cup bruschetta **see prep guide*
4 cups strawberries, halved

Heat a non-stick skillet over medium heat and add olive oil. When oil is hot, add leeks, bell pepper, and mushrooms; cook for about 3 minutes. Add salt, pepper, and eggs and scramble to your liking.
Top with bruschetta. Serve with a side of strawberries.

Eggs:220 kcal, 16g Protein, 10g Carb, 360mg Sodium, 2g Fiber, 450mg Cholesterol, 15g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron
Strawberries: 45 kcal, 1g Protein, 11g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 4% Iron

■ DAY FOUR ■

LUNCH: Meatballs & Squash

½ recipe meatballs and sauce, warmed * ***from Dinner Day #3***
8 cups spaghetti squash, warmed
½ cup low fat ricotta cheese

Serve meatballs over squash topped with ricotta cheese.

Meatballs 320 kcal, 25 g Protein, 14g Carb, 250mg Sodium, 3g Fiber, 75mg Cholesterol, 18g Fat, 5g Saturated, 5g Sugar, 6% Calcium, 20% Iron
Squash and Ricotta: 130kcal, 5g Protein, 22g Carb, 180mg Sodium, 4g Fiber, 15mg Cholesterol, 4.5g Fat, 2.5g Saturated, 9g Sugar, 10% Calcium, 6% Iron

■ DAY FOUR ■

DINNER: Roast Pork & Beet Salad

For roast pork
1½ pounds pork tenderloin
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon Herbes de Provence
3 Tablespoons lemon juice
1½ Tablespoons olive oil

For beet salad
10 beets, cooked and peeled and sliced
10 carrots, peeled and sliced
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper
6 ounces spinach (4 cups)
4 oranges, peeled, segments
½ cup toasted cashews

1. Heat oven to 375°F.
2. Combine salt, pepper, Herbes, and lemon juice and brush over tenderloin.
3. Heat an oven proof skillet over medium high heat. Add oil then sear pork on all side for a total of 5 minutes. Put in oven for about 15-20 minutes (until internal temperature reaches 145°F), cool slightly, and slice.

Meanwhile

1. Combine beets, carrots, oil, salt, and pepper and put on baking sheets in 375°F oven for about 20-25 minutes. **Reserve half for Lunch Day #5.**
2. Toss remaining vegetables with spinach, oranges, and nuts. Serve with sliced pork.

Pork: 230 kcal, 36g Protein, 0g Carb, 330mg Sodium, 0g Fiber, 110mg Cholesterol, 9g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 10% Iron
Beet Salad: 270 kcal, 6g Protein, 36g Carb, 230mg Sodium, 8g Fiber, 0mg Cholesterol, 11g Fat, 2g Saturated, 22g Sugar, 12% Calcium, 15% Iron

■ DAY FIVE ■

BREAKFAST: Orangemeal

5 carrots, shredded (1½ cups)
⅔ cup raisins
2 cups water
2 cups light coconut milk
½ teaspoon cinnamon, optional
¼ teaspoon kosher salt
3 Tablespoons orange zest (2 oranges)
1 teaspoon vanilla, optional
2 cups old-fashioned oats
½ cup toasted cashews

Combine all ingredients, except nuts, in a large saucepan and bring to a boil. Lower heat and simmer on low for about 5-6 minutes. Garnish with nuts.

400 kcal, 11g Protein, 54g Carb, 200mg Sodium, 8g Fiber, 0mg Cholesterol, 16g Fat, 6g Saturated, 17g Sugar, 6% Calcium, 15% Iron

■ DAY FIVE ■

LUNCH: Beet, Carrot Salad with Ricotta

Roasted carrots and beets ****from Dinner Day #4***
8 ounces spinach (6 cups)
¼ cup raisins
Crispy garbanzos ****from Lunch Day #3***
¼ cup orange juice (1 orange)
2 Tablespoons olive oil

1 cup low-fat ricotta cheese
1 Tablespoon lemon zest
¼ cup toasted cashews

In a serving bowl, combine beets, carrots, spinach, raisins, garbanzos, orange juice, and oil.
In a separate bowl, combine ricotta with lemon zest. Top each salad with a dollop of ricotta and some cashews.

460 kcal, 16g Protein, 49g Carb, 560mg Sodium, 9g Fiber, 35mg Cholesterol, 22g Fat, 7g Saturated, 22g Sugar, 25% Calcium, 20% Iron

■ DAY FIVE ■

DINNER: Beef Stir Fry

2 Tablespoons grapeseed or sesame oil
2 leeks, chopped
4 cloves garlic, minced
2 Tablespoons grated ginger
2 pounds lean ground beef
1 pound asparagus trimmed and cut into 1 inch pieces (16 spears)
2 bell peppers, sliced (2 cup)
8 ounces mushrooms, sliced (4 cups)
3 Tablespoons low-sodium soy sauce
¼ cup orange juice
2 Tablespoons orange zest
¼ teaspoon cumin
½ teaspoon black pepper

3 cups cooked brown rice, warmed

4 oranges, sliced

1. Heat a large skillet over medium-high heat and add oil, leeks, garlic, and ginger; cook for 1 minute.
2. Add beef and cook for about 3-4 minutes until almost done. Add in asparagus, bell pepper, and mushrooms and cook for 3-5 minutes.
3. Add soy sauce, orange juice and zest, cumin, and black pepper and cook for 1-2 minutes. **Save half for Lunch Day #6**. Serve remaining stirfry over warmed brown rice. Serve sliced oranges on the side or later as dessert.

Stir Fry: 260 kcal, 25g Protein, 7g Carb, 300 mg Sodium, 2g Fiber, 75mg Cholesterol, 15g Fat,5 g Saturated, 3g Sugar, 4% Calcium, 25% Iron
Rice: 160 kcal, 3g Protein, 42g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 4% Iron
Orange slices: 60 kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

■ DAY SIX ■

BREAKFAST: Berry Beet Smoothie

½ cup raw old-fashioned oats
2 bananas
4 ounces spinach (2½ cups)
2 beets, cooked and peeled
4 cups strawberries
2 cups light coconut milk
1-2 cups water
Dash of vanilla, optional
2-3 cups ice

In a blender or food processor blend oats into powder then add remaining ingredients and blend to your liking.

230 kcal, 4g Protein, 40g Carb, 65mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 19g Sugar, 6% Calcium, 10% Iron

■ DAY SIX ■

LUNCH: Stir fry

About 6 cups beef stir fry, warmed * ***from Dinner Day #5***
3 cups cooked brown rice, warmed

Heat stirfry and serve over rice.

Stir Fry: 260 kcal, 25g Protein, 7g Carb, 300 mg Sodium, 2g Fiber, 75mg Cholesterol, 15g Fat,5 g Saturated, 3g Sugar, 4% Calcium, 25% Iron
Rice: 160 kcal, 3g Protein, 42g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 4% Iron

■ DAY SIX ■

DINNER: Lentil Lasagna (can be made ahead and cooked when ready to eat)

About 3 heaping cups lentils ***from Dinner Day #2***
2 cups bruschetta ***see prep guide***

½ large head cabbage, shredded (4 cups)
4 cups cooked spaghetti squash

2 cups low-fat ricotta cheese

1. Heat oven to 400°F.
2. In a medium bowl, combine lentils with bruschetta. In a second bowl, combine spaghetti squash and cabbage.
3. In a 9x9 pan, layer half the cabbage mixture, half the lentils, and half the ricotta; repeat layers.
4. Cover and put in oven for 45 minutes.

550 kcal, 30g Protein, 60g Carb, 720mg Sodium, 14g Fiber, 70mg Cholesterol, 21g Fat, 11g Saturated, 15g Sugar, 30% Calcium, 25% Iron