



# 28 DAY CLEAN EATING PLAN

1,500 CALORIES

28 DAY CLEAN EATING PLAN

# TABLE OF CONTENTS

INTRODUCTION	3
GUIDES	
Pantry & Fridge Staples	5
Eating Clean While Dining Out	6
Additional Tips & Tricks	7
WEEK 1	
Meal Plan	9
Grocery List	10
Breakfast	11 – 13
Main Meals	14 – 22
Snacks	23 – 25
WEEK 2	
Meal Plan	27
Grocery List	28
Breakfast	29 – 31
Main Meals	32 – 39
Snacks	40 – 42
WEEK 3	
Meal Plan	44
Grocery List	45
Breakfast	46 – 48
Main Meals	49 – 56
Snacks	57 – 59
WEEK 4	
Meal Plan	61
Grocery List	62
Breakfast	63 – 65
Main Meals	66 – 73
Snacks	74 – 75

# INTRODUCTION

Clean Eating (or simply known as Clean Eating) is the practice of eliminating processed foods in the diet to achieve a healthier lifestyle. The diet follows the principles recommended by health experts to maximize the energy and improve overall health and wellbeing.

The basics include eating balanced meals with wholesome snacks, preferably prepared at home to avoid artificial ingredients in food. Plant-based proteins are also emphasized such as quinoa, barley, lentils, peas, and beans.

Aside from these, fresh fruits and vegetables are also emphasized for their nutrient quality. When taken consistently, it can result to stronger immune system.

The diet does not primarily focus on eating, it also encourages the dieters to “clean up their act” and practice healthy habits by adopting a cleaner lifestyle. This includes regular exercise, quality sleep, and ways to manage stress.

Benefits of Clean Eating Diet:

1. Stronger immune system and protection against lifestyle-related diseases such as hypertension, diabetes, and cancer.
2. Improvement of mood and memory.
3. Effective in weight management.

How to use this meal plan

The meal plan provides 28 days of Clean Eating recipes with breakfast, lunch, dinner, and snacks. The serving portions are carefully computed to meet the 1,500 kcal/day requirement of dieters who want to lose weight, jumpstart, or maintain a healthier lifestyle.



# GUIDES

28 DAY CLEAN EATING PLAN

# PANTRY & FRIDGE STAPLES

To easily start this meal plan, it is best to store wholesome foods in your pantry and fridge so that they can be readily available when needed. There is a principle called Berardi's law which states that if a particular food is easily accessible in your area (or in your possession), either the dieter and/or their companion will eventually tolerate what's available and consume what's in front of them.

Here is a list of wholesome foods that should be stable in the pantry or fridge:

## Pantry

Nuts & Seeds:

Macadamia, cashew, Brazil nuts, almonds, walnuts, chia seeds, flax seeds, hemp, sunflower seeds

Plant-based Proteins:

Lentils, Beans, Legumes, etc.

Healthy Oils:

Olive oil, canola oil, corn oil, peanut oil, etc.

Fruits:

Bananas, apples, pears, oranges, strawberries, avocados, blueberries and more.

Grains:

Brown rice, quinoa, oats, bulgur, amaranth, etc.

Eggs and Dairy:

Eggs, almond milk, coconut milk, and other plant-based milk products, parmesan cheese, mozzarella, etc.

## Fridge/Freezer

Proteins:

Beef, lamb, chicken, turkey, pork and others

Seafood:

Salmon, haddock, shrimp, trout, shellfish, and other wild-caught seafoods

Dairy:

Yogurt, cream, cream cheese, cottage cheese, etc.

Vegetables:

Kale, onions, broccoli, cauliflower, peppers, tomatoes, etc.

Frozen fruits:

Berries, melons, bananas, etc.

# CLEAN EATING WHILE DINING OUT

It may be a challenge to practice eating clean when dining out. Whether it may be for a night of fun, you can still be in control and maintain this practice by mindfully observing what foods you are taking into your body.

Here are tips to have an easy-breezy dining experience while eating clean and dining out:

1. Always check the menu. Restaurants nowadays have their own online presence with their full menu listed. In fact, some of them already have Nutrition Facts presented on each meal choice. Try to check out the facts and the ingredients of a specific meal so you can know exactly what you are eating.
2. Ask to keep the dressing on the side. When eating salads, ask them to not pour on the plate and instead, to serve it separately. There are lots of dressing loaded with preservatives and chemicals and you don't want them in your system. The healthiest choice would always be olive oil and balsamic vinaigrette dressing.
3. Ask for your own entrée. Don't hesitate to make a simple request of only giving you clean and healthy choices. Off-the-menu dishes can surely be accommodated exactly the way you want them to be served.
4. Drink water before meals. It is good to drink a glass of water before each meal. This is one way to avoid eating extra calories. If you cannot tolerate plain water, always have a bottle or flask of green tea. This way, you'll benefit from the nutrients and antioxidants from it.
5. Bring your own food. If you can't seem to choose which meal you want to eat, bring your own. There is nothing to be shamed about it. Most restaurants won't mind this. Also, ignore those who give you strange looks, it is your health, not theirs'. Remember that.

# ADDITIONAL TIPS & TRICKS

## Shopping Tips:

1. Purchase ingredients like oils, cereals, grains, and other dry ingredients in bulk on the first week.
2. Check your pantry and fridge before making a grocery list and stick to it.
3. The number of vegetables needed are rounded off, you can use the extra vegetables in other meals or prepare it as an extra snack to munch on.
4. Many recipes call for fresh herbs. Save money by purchasing these herbs as small plants. They are easy to maintain, don't cost much and spruces up your windowsill.
5. Feel free to swap out the ingredients, for example, olive oil instead of vegetable oil, oat milk instead of almond milk.
6. Always choose the fresh over processed foods
7. Never do grocery shopping when hungry. This will avoid compulsive buying.
8. Look for "whole grain" foods.
9. Your cart should be filled with fresh fruits and veggies.
10. Choose to reduce fat or low fat version of food.
11. Avoid buying sweetened beverages and other products.,
12. Always read the Nutrition Facts.
13. Try to keep an open mind and try natural foods that are new to you.

## Eating Tips:

1. Focus on your fibre intake. Make sure you have fruits and/or vegetables in each of your meal.
2. Choose whole grains. There is always a whole-grain versions of breads, rice, pasta, and other carbohydrate-rich foods.
3. Always choose plant-based proteins. These proteins have ample amino acids to support muscle growth, repair, and development. Plus, they don't contain cholesterol and their fats come in healthy source.
4. Limit added sugar. The American Heart Association suggests eating no more than 6 tsp/day of added sugar for women and 9 tsp/day for men.
5. Limit sodium. The Institute of Medicine recommends limiting the sodium intake of 2,300mg/day. That is equivalent to 1 teaspoon of salt.



# WEEK 1

28 DAY CLEAN EATING PLAN



# WEEK 1

## THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	SNACKS	MACROS
MONDAY	Blueberry Quinoa Cereal	Arugula & Shrimp Salad	Broccoli & Potato Soup	Chickpea & Sesame Crackers	Calories: 1513kcal Fat: 72.7g (S.Fat 29.4g) Protein: 76.2g Net Carbs: 150.4g
TUESDAY	Spinach & Apple Smoothie	Broccoli & Potato Soup (Leftover)	Cajun Fish Tacos	Chickpea & Sesame Crackers	Calories: 1517kcal Fat: 59.8g (S.Fat 15.5g) Protein: 73.5g Net Carbs: 189.9g
WEDNESDAY	Blueberry Quinoa Cereal	Cajun Fish Tacos (Leftover)	Salmon Burgers	Chickpea & Sesame Crackers	Calories: 1529kcal Fat: 69.9g (S.Fat 21.9g) Protein: 108.3g Net Carbs: 159.3g
THURSDAY	Spinach & Apple Smoothie	Salmon Burgers (Leftover)	Chicken Tortilla Stew	Chickpea & Sesame Crackers	Calories: 1517kcal Fat: 66.8g (S.Fat 12.3g) Protein: 108.3g Net Carbs: 152.9g
FRIDAY	Blueberry Quinoa Cereal	Chicken Tortilla Stew (Leftover)	Chicken & Vegetable Meatloaf	Chocolate Wholewheat Brownies	Calories: 1513kcal Fat: 70.6g (S.Fat 24.7g) Protein: 91.6g Net Carbs: 137g
SATURDAY	Spinach & Apple Smoothie	Chicken & Vegetable Meatloaf (Leftover)	Turkey & Vegetable Pot Pie	Chocolate Wholewheat Brownies	Calories: 1501kcal Fat: 62g (S.Fat 12.2g) Protein: 82.9g Net Carbs: 162g
SUNDAY	Blueberry Quinoa Cereal	Turkey & Vegetable Pot Pie (Leftover)	Farfalle With Tomato Cheese Sauce	Chocolate Wholewheat Brownies	Calories: 1502kcal Fat: 57.2g (S.Fat 22.4g) Protein: 67.4g Net Carbs: 195.9g

# WEEK 1

## GROCERY LIST

### Fats & Oil

- 120ml (4 oz) extra virgin olive oil
- 35ml (1.2 oz) vegetable oil

### Herbs & Spices

- 1 bay leaf
- 3g (0.1 oz) Cajun seasoning
- 3g (0.1 oz) ground cumin
- 3g (0.1 oz) chili powder
- 10g (0.4 oz) Italian seasoning
- 3g (0.1 oz) red pepper flakes
- 2g (0.1 oz) dried thyme

### Baking Supplies

- 20ml (0.7 oz) vanilla extract
- 120g (4 oz) wholewheat flour
- 40g (1.3 oz) chickpea (garbanzo bean) flour
- 8g (0.3 oz) unsweetened cocoa powder
- 15g (0.5 oz) dark chocolate chips
- 35g (1.2 oz) all-purpose flour

### Condiments

- 10ml (0.4 oz) rice vinegar
- 10g (0.4 oz) Dijon mustard
- 5ml (0.2 oz) sherry vinegar
- 5ml (0.2 oz) low-sodium soy sauce
- 30ml (1 oz) olive oil
- 30ml (1 oz) mayonnaise
- 15ml (0.5 oz) cocktail sauce
- 15ml (0.5 oz) tomato paste
- 30ml (1 oz) red wine vinegar

### Cereals, Grains, Pasta

- 120g (4 oz) quinoa
- 40g (1.3 oz) dry rolled oats
- 160g (5.3 oz) whole-grain farfalle (bowtie) pasta

### Produce

- 1 shallot
- 2 white onions
- 2 red onion
- 1 leek
- 2 stalks celery
- 7 cloves garlic
- 150g (oz) Yukon Gold potatoes
- 2 tomatoes
- 1 jalapeno pepper
- 1 green chile pepper
- 70g (oz) green cabbage
- 1 scallion
- 160g (oz) cremini mushrooms
- 1 carrot
- 80g (oz) arugula
- 90g (oz) baby spinach
- 30g (oz) leafy salad greens
- 1 bunch cilantro
- 1 small bunch dill
- 2 basil leaves
- 50g (oz) frozen peas
- 80g (oz) blueberries
- 4 avocados
- 1 banana
- 3 Granny Smith apples
- 2 Limes
- 2 Lemons

### Meats

- 140g (4.7 oz) cooked shrimp, peeled, tails removed
- 230g (7.7 oz) tilapia, or any white fish
- 250g (8.3 oz) salmon fillets
- 200g (7 oz) boneless, skinless, chicken thighs
- 300g (10 oz) lean ground chicken
- 300g (10 oz) boneless, skinless turkey breast

### Sweeteners

- 70ml (2.3 oz) honey
- 40g (1.3 oz) granulated raw sugar

### Others

- 30g (1 oz) dried apricots
- 40g (1.3 oz) wholegrain croutons
- 6 wholegrain flour tortillas
- 2 whole-grain burger buns
- 160g (5.3 oz) canned black beans
- 580g (19.7 oz) canned crushed tomatoes
- 300g (10 oz) tomato pasta sauce
- 1 sheet pie crust
- 200g (6.7 oz) condensed low-fat cream of chicken soup

### Nuts & Seeds

- 30g (1 oz) chia seeds
- 25g (0.9 oz) sliced almonds
- 8g (0.3 oz) sesame seeds

### Dairy

- 2 eggs
- 45g (1.5 oz) Parmesan cheese, grated
- 5g (0.2 oz) butter
- 260ml (8.7 oz) low-fat milk
- 120g (4 oz) low-fat Cheddar, shredded
- 15g (0.5 oz) low-fat plain Greek yogurt
- 80g (2.7 oz) fresh mozzarella cheese

### Liquids

- 600ml (20 oz) unsweetened almond milk
- 240ml (8 oz) unsweetened coconut milk
- 45ml (1.5oz) orange juice
- 750ml (25 oz) low-sodium vegetable broth
- 50ml (1.7 oz) low-sodium chicken broth
- 30ml (1 oz) coffee

# BREAKFAST

# BLUEBERRY QUINOA CEREAL

1 SERVING (35 minutes)



## INGREDIENTS

30g (1 oz) quinoa, rinsed well  
60ml (2 oz) unsweetened almond milk  
60g (2 oz) unsweetened coconut milk  
20g (0.7 oz) cup fresh blueberries  
2 tsp honey

## DIRECTIONS

Combine the quinoa, almond milk, coconut milk, and half of the blueberries in a saucepan.

Bring the mixture to a boil, then reduce to a low heat and cook for 30 minutes, or until very tender.

Serve the cereal warm with the remaining blueberries and honey.

## NUTRITIONAL VALUES

Calories: 304 kcal  
Fat: 17.1g (13g S.Fat)  
Carbs: 35.2g  
Protein: 6.1g  
Sugar: 13g  
Sodium: 56mg

# SPINACH & APPLE SMOOTHIE

1 SERVING (5 minutes)



## INGREDIENTS

1/8 avocado, pitted and peeled  
1/4 medium banana, frozen  
1 Granny Smith apples, chopped  
30g (1 oz) baby spinach  
1 tbsp chia seeds  
1 tsp vanilla extract  
1/2 cup ice cubes  
1/2 cup unsweetened almond milk  
1 tsp honey

## DIRECTIONS

In a blender, combine all the ingredients and blend on high for 2 minutes, or until smooth.

Pour into a glass and enjoy!

## NUTRITIONAL VALUES

Calories: 301 kcal  
Fat: 11.1g (1.6g S.Fat)  
Carbs: 50.9g  
Protein: 5.1g  
Sugar: 30.2g  
Sodium: 124mg

# MAIN MEALS

# ARUGULA & SHRIMP SALAD

2 SERVINGS (15 minutes)



## INGREDIENTS

### FOR VINAIGRETTE

45 ml (1.5 oz) fresh orange juice  
2 tsp rice vinegar  
1 tsp honey  
1/2 tsp Dijon mustard  
1 tbsp extra virgin olive oil  
1/2 tsp salt

### FOR SALAD

140g (5 oz) cooked shrimp, peeled, tails removed  
80g (2.7 oz) fresh arugula  
15g (0.5 oz) Parmesan cheese, grated  
30g (1 oz) dried apricots, sliced  
1 medium shallot, thinly sliced  
2 tbsp sliced almonds, toasted  
1/4 tsp freshly ground black pepper

## NUTRITIONAL VALUES

Calories: 508 kcal  
Fat: 23g (5.1g S.Fat)  
Carbs: 43g  
Protein: 33.9g  
Sugar: 35g  
Sodium: 676mg

## DIRECTIONS

### VINAIGRETTE

In a medium mixing bowl, combine the orange juice, vinegar, honey, and mustard. While whisking, drizzle in the oil. Add the warm shrimp and let them marinate in the dressing for a few minutes.

### SALAD

In a separate medium mixing bowl, combine the arugula, cheese, apricots, shallot, almonds, and pepper. Pour in the vinaigrette while reserving the shrimp. Salad should be tossed with tongs and divided among salad bowls. Serve the shrimp on top of the salad in each bowl right away.

# BROCCOLI & POTATO SOUP

2 SERVINGS (35 minutes)



## INGREDIENTS

1 tsp vegetable oil  
1 tsp butter  
1 small white onion, thinly sliced  
60g (2 oz) leek, halved lengthwise, thinly sliced crosswise, using white and light green parts only  
1 stalk celery, sliced  
1 clove garlic, sliced  
150g (5 oz) Yukon Gold potatoes, peeled, cut into 1/2-inch (1.3 cm) chunks  
750ml (25 oz) low-sodium vegetable broth  
1 bay leaf  
1/4 tsp salt  
1/4 tsp ground black pepper  
340g (14.3 oz) broccoli florets  
180ml (8 oz) low-fat milk  
120g (7.7 oz) reduced fat shredded Cheddar cheese, divided  
40g (4 oz) wholegrain croutons

## NUTRITIONAL VALUES

Calories: 501 kcal  
Fat: 21.5g (9.8g S.Fat)  
Carbs: 51.6g  
Protein: 30.9g  
Sugar: 11.5g  
Sodium: 1217mg

## DIRECTIONS

Heat the oil and butter in a large pot over medium heat. When the butter has melted and started to bubble, add the onion, leek, celery, and garlic. Cook until translucent, about 10 minutes, reducing heat as needed to prevent browning.

Cook for 7 minutes after adding the potatoes, broth, bay leaf, salt, and pepper. Add 3/4 of the broccoli florets and cook until the potatoes and broccoli are fork tender. Remove the bay leaf, add the milk, and turn off the heat.

Pour the soup into a blender and blend for 1 minute, or until smooth. Return the soup to the pot and stir in the remaining broccoli. Simmer for 5 minutes on medium-low heat, or until the broccoli is tender. Stir in 3/4 of the cheese until melted.

To serve, ladle soup into bowls and top with remaining cheese and croutons. Refrigerate leftovers for up to 3 days.



# CAJUN FISH TACOS

2 SERVINGS (25 minutes)



## INGREDIENTS

### FOR PICO DE GALLO

90g (3 oz) tomato, diced  
25g (1 oz) red onion, diced  
1 tbsp lime juice  
1 tbsp cilantro, chopped  
1 tsp jalapeño pepper, minced  
1/2 clove garlic, minced  
1/8 tsp salt  
1/8 tsp ground black pepper

### FOR FISH

230g (8 oz) tilapia (or any white fish)  
30ml (1 oz) extra virgin olive oil, divided  
1 tsp Cajun seasoning  
15g (0.5 oz) wholewheat flour

### FOR ASSEMBLY

4 whole-grain flour tortillas, warmed  
70g (2.3 oz) shredded green cabbage  
1/2 avocado, sliced  
2 lime wedges

## NUTRITIONAL VALUES

Calories: 515 kcal  
Fat: 16.1g (2.6g S.Fat)  
Carbs: 66.8g  
Protein: 32.2g  
Sugar: 5.8g  
Sodium: 359mg

## DIRECTIONS

### PICO DE GALLO

Toss together all the Pico de Gallo ingredients in a small mixing bowl.

### MAKE THE FISH

Cut the tilapia into strips the size of the tortillas you're using. Heat 1 tablespoon oil in a large sauté pan over medium-high heat. Season the fish with Cajun seasoning and lightly dust with flour.

When the oil is hot and shimmering, add the fish in a single layer to the pan, making sure that no pieces touch. Cook the fish in batches, adding 1 tablespoon of oil to each as needed. Cook the fish for about 2 minutes, or until it is almost opaque halfway through. Cook until the fish is opaque all the way through on the second side.

Remove the cooked fish from the pan and place it on a plate lined with paper towels; cover with foil to keep it warm.

### ASSEMBLY

Fill tortillas with fish, cabbage, avocado, and Pico de Gallo. Serve with lime wedge.

# SALMON BURGERS

2 SERVINGS (30 minutes)



## INGREDIENTS

### FOR BURGERS

250g (8.3 oz) salmon fillets  
8g (0.3 oz) fresh dill  
1/2 scallion, cut into 2 pieces  
1 tsp Dijon mustard  
1 tsp sherry vinegar  
1 tsp low-sodium soy sauce  
1 small garlic clove  
1/4 tsp ground black pepper  
2 whole-grain burger buns  
1/2 avocado, thinly sliced  
4 slices tomato  
30g (1 oz) leafy salad greens  
2 lemon wedges

### FOR SAUCE

2 tbsp olive oil mayonnaise  
1 tbsp cocktail sauce

## NUTRITIONAL VALUES

Calories: 510 kcal  
Fat: 25.6g (4.8g S.Fat)  
Carbs: 56.7g  
Protein: 36.7g  
Sugar: 6.5g  
Sodium: 628mg

## DIRECTIONS

### BURGERS

Preheat grill on medium heat, 190°C/375°F.

In a food processor, combine 3 pieces of salmon, dill, scallion, mustard, vinegar, soy sauce, garlic, and pepper, and process until the mixture is pasty. Scrape down the bowl's sides and add the remaining salmon. Pulse a few times until the chunks are bite-size.

To make a tender burger, gently shape the salmon into four patties. Spray the cut sides of the buns lightly.

Oil the grill and place the burgers on the grate; cook for 4 minutes on one side and 2 minutes on the other. After flipping the burgers, toast the cut side of the buns on the grill.

Take the patties and buns off the grill.

### SAUCE

In a small mixing bowl, combine mayonnaise and cocktail sauce. Serve each patty with avocado, tomato, salad greens, lemon wedges, and sauce on a bun.

# CHICKEN TORTILLA STEW

2 SERVINGS (45 minutes)



## INGREDIENTS

200g (7 oz) boneless skinless chicken thighs, cut into 1-inch (2.5 cm) pieces  
160g (5.3 oz) canned black beans, rinsed, and drained  
160g (5.3 oz) canned crushed tomatoes with juice  
60g (2 oz) sliced red onion  
1 green chile pepper, diced 1/4 inch (6 mm)  
1 clove garlic, minced  
1 tbsp tomato paste  
50ml (1.8 oz) low-sodium chicken broth  
1 tsp ground cumin, divided  
1 tsp chili powder  
1/4 tsp salt, divided  
1/4 tsp ground black pepper  
2 whole-grain flour tortillas, stacked and cut into 1/4-inch (6 mm) thick strips  
1/2 avocado, diced  
15g (0.5 oz) low-fat plain Greek yogurt

## NUTRITIONAL VALUES

Calories: 506 kcal  
Fat: 19g (4.4g S.Fat)  
Carbs: 44.7g  
Protein: 41.2g  
Sugar: 5.2g  
Sodium: 531mg

## DIRECTIONS

Add the chicken, beans, tomatoes with juice, onions, chile peppers, garlic, tomato paste, broth, 1/2 teaspoon cumin, chilli powder, 1/4 teaspoon salt, and pepper to a large pot. Cook on low for 35 minutes, covered.

Meanwhile, preheat the oven to 200°C/400°F.

Spray a large sheet pan with oil and spread out the tortillas. Toss with the remaining 1/2 teaspoon cumin and 1/4 teaspoon salt, then spread into an even layer. Bake for 7 minutes, or until golden, flipping halfway.

Arrange tortillas in serving bowls and ladle in the stew, followed by the avocados and a dollop of yoghurt.

# CHICKEN & VEGETABLE MEATLOAF

2 SERVINGS (55 minutes)



## INGREDIENTS

160g (5.3 oz) cremini mushrooms  
1 small white onion, diced  
2 cloves garlic, minced  
1 tbsp extra-virgin olive oil  
40g (1.3 oz) dry rolled oats  
1 large egg  
300g (11 oz) lean ground chicken  
300g (10 oz) tomato pasta sauce, divided  
2 tbsp red wine vinegar  
2 tsp Italian seasoning  
1/2 tsp salt  
1/2 tsp ground black pepper

## NUTRITIONAL VALUES

Calories: 505 kcal  
Fat: 24.6g (5.6g S.Fat)  
Carbs: 31.9g  
Protein: 40.3g  
Sugar: 8.6g  
Sodium: 1293mg

## DIRECTIONS

Preheat the oven to 190° C/375°F. Coat a small loaf pans with spray.

In a food processor, finely chop the mushrooms and add them to a large mixing bowl. Rep with the onion and garlic. Heat the oil in a large frying pan over medium heat. When the oil begins to shimmer, add the vegetables, and cook for 7 minutes, or until the water releases and evaporates completely, lowering the heat as needed. Place aside.

Process the oats until they are finely ground. In the same bowl as the vegetables, whisk the eggs. Stir in the processed oats, chicken, 100g pasta sauce, cooked vegetables, vinegar, Italian seasoning, salt, and pepper until well combined.

Fill the loaf pan halfway with the mixture. Distribute the remaining pasta sauce evenly on top of the loaf. Bake for 15 minutes on the middle rack, turning pan halfway through cooking, or until loaves are firm and a thermometer inserted in the centre reads at least 74°C/165°F.

Allow 5 minutes for the loaf to rest before slicing and serving.

# TURKEY & VEGETABLE POT PIE

2 SERVINGS (50 minutes)



## INGREDIENTS

### FOR CRUST

1 sheet pie crust (store-bought), cut into 2 equal pieces

### FOR FILLING

200g (7 oz) condensed low-fat cream of chicken soup  
80ml (2.7 oz) low-fat milk  
300g (10 oz) boneless, skinless turkey breast, thinly sliced into bite-size pieces  
80g (2.7 oz) carrots, thinly sliced  
60g (2 oz) leeks, quartered lengthwise, then thinly sliced crosswise, using white and pale green parts only  
40g (1.3 oz) celery, thinly sliced  
50g (1.7 oz) frozen peas, thawed  
2 tbsp whole-wheat flour  
1 tsp dried Italian seasoning  
1 lemon, zested  
1/2 tsp ground black pepper  
1/4 tsp salt

## NUTRITIONAL VALUES

Calories: 497kcal  
Fat: 16.4g (3.3g S.Fat)  
Carbs: 54g  
Protein: 33.5g  
Sugar: 15.1g  
Sodium: 2505mg

## DIRECTIONS

Preheat the oven to 180°C/350°F .

In a large mixing bowl, combine soup and milk. Combine the remaining ingredients in a mixing bowl. Filling should be poured into two ceramic or metal dishes. Place the pie crust on top of the filling. Trim any excess dough from the edges and seal the crust with your thumb and forefinger. Make a small hole in the centre to let steam escape.

Place the pie on a baking sheet and bake for 35 to 45 minutes, or until the centre of the crust turns golden and an instant-read thermometer inserted into the pie reads 74°C/165°F, covering browned edges only with foil halfway through cooking.

Remove the pie from the oven and set it aside for 5 minutes before serving.

# FARFALLE WITH TOMATO CHEESE SAUCE

4 SERVINGS (25 minutes)



## INGREDIENTS

160g (5.3 oz) whole-grain farfalle (bowtie) pasta  
1 tbsp extra-virgin olive oil  
1 clove garlic, minced  
1/2 tsp red pepper flakes  
420g (14 oz) canned crushed tomatoes, drained  
2 basil leaves  
1/2 tsp honey  
1/2 tsp salt  
1/2 tsp ground black pepper  
80g (2.7 oz) fresh mozzarella cheese, chopped  
30g (1 oz) grated Parmesan cheese

## NUTRITIONAL VALUES

Calories: 503kcal  
Fat: 13.8g (4.4g S.Fat)  
Carbs: 81.5g  
Protein: 23.8g  
Sugar: 16.2g  
Sodium: 1193mg

## DIRECTIONS

Cook the pasta according to the package directions, then keep it warm.

Heat the oil in a medium saucepan over medium heat. Cook for 30 seconds, or until the garlic and red pepper flakes are tender and aromatic. Cook for 10 minutes on medium-low heat with the crushed tomatoes and basil.

Remove the saucepan from the heat and add the honey, salt, and pepper. Allow for a 2-minute cooling period, or until warm but not hot. Remove and discard the basil leaves.

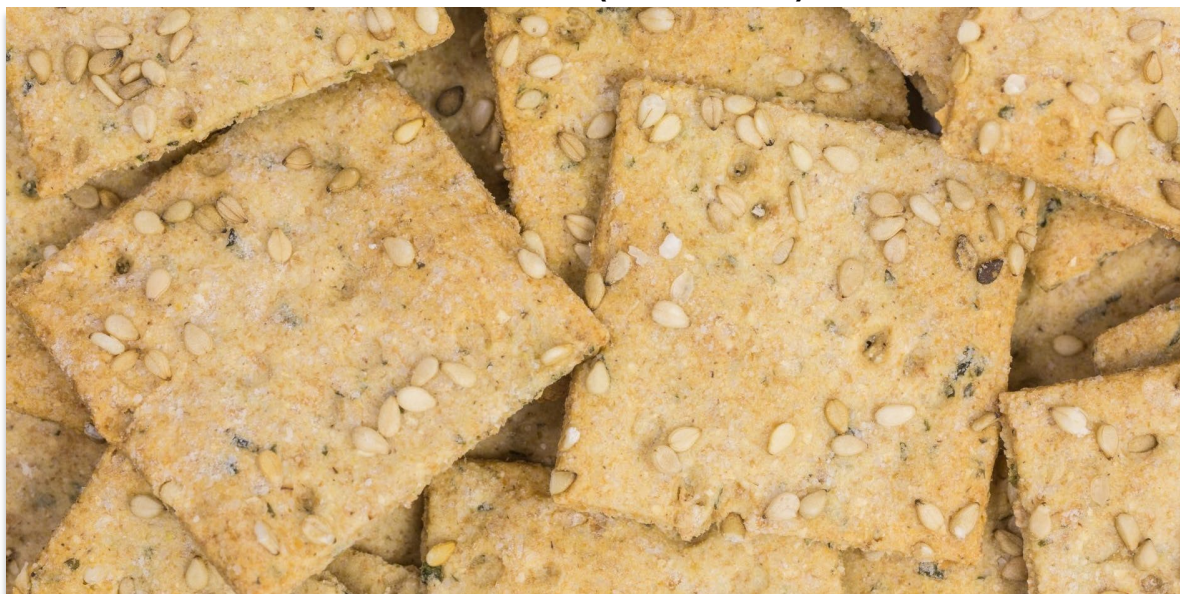
In a blender, puree the warm sauce and mozzarella until smooth. To avoid breaking the sauce, reheat the pasta and sauce in a saucepan over low heat.

Garnish with basil leaves and Parmesan cheese, if desired.

# SNACKS

# CHICKPEA & SESAME CRACKERS

4 SERVINGS (40 minutes)



## INGREDIENTS

40g (1.3 oz) chickpea (garbanzo bean) flour  
40g (1.3 oz) whole-wheat flour  
1/8 tsp salt  
1/8 tsp ground black pepper  
35ml (1.2 oz) extra-virgin olive oil, plus extra for rubbing  
1/4 tsp dried thyme  
1 tbsp sesame seeds, divided  
1/8 tsp flaked sea or kosher salt

## NUTRITIONAL VALUES

Calories: 200 kcal  
Fat: 11.1g (1.5g S.Fat)  
Carbs: 20.6g  
Protein: 5.3g  
Sugar: 1.7g  
Sodium: 107mg

## DIRECTIONS

In the bowl of a stand mixer, combine the flours, salt, and pepper. Mix on low with the paddle attachment until everything is combined. Pour in 3 tablespoons warm water, followed by the oil, and beat on medium speed for 5 to 7 minutes, or until the dough becomes elastic.

Mix in the thyme and half of the sesame seeds on low until combined. Form the dough into a ball and lightly coat with olive oil. Return the dough to the bowl, cover with plastic wrap to keep it from drying out, and set aside for 30 to 60 minutes.

Preheat the oven to 230°C/450°F and line one large baking sheet with parchment paper. Dust the work surface and dough with flour and roll out the dough ball with a rolling pin until it is less than 1/8-inch (3 mm) thick (almost paper thin), turning once or twice. Transfer the rolled dough to a sheet pan as soon as possible.

Brush the rolled dough lightly with 1 tablespoon of oil, then top with the remaining sesame seeds and flaked salt.

With a pizza cutter, cut in half crosswise and separate by 1 inch. Cut the dough into 8 to 16 strips. Bake for 16–18 minutes, or until golden and crisp.



# CHOCOLATE WHOLE-WHEAT BROWNIES

4 SERVINGS (35 minutes)



## INGREDIENTS

8g (0.3 oz) unsweetened cocoa powder  
30ml (1 oz) coffee  
15g (0.5 oz) dark chocolate chips  
30ml (1 oz) vegetable oil  
1 tsp vanilla extract  
1 large eggs, room temperature  
40g (1.3 oz) granulated raw sugar  
35g (1 oz) all-purpose flour  
25g (1 oz) whole-wheat flour, plus extra for dusting  
1/4 tsp salt

## NUTRITIONAL VALUES

Calories: 198 kcal  
Fat: 9.9g (1.7g S.Fat)  
Carbs: 25.2g  
Protein: 4g  
Sugar: 12.3g  
Sodium: 166mg

## DIRECTIONS

Preheat the oven to 170°C/325°F. Only the bottom of a small brownie pan should be greased and lightly floured.

In a large mixing bowl, combine cocoa powder and boiling liquid and whisk until dissolved. Stir in the chocolate chips until they are melted. Mix in the oil and vanilla extract. In a separate bowl, whisk the eggs until frothy, then add the sugar. Combine with the chocolate. Fold in the flours and salt all at once, just until moistened.

Bake for 20 minutes on the bottom rack, or until a toothpick inserted 2 inches (5 cm) from the side of the pan comes out clean or slightly moist. Allow to cool completely before slicing into 4 to 8 brownies. For up to 5 days, store in an airtight container.

# WEEK 2

28 DAY CLEAN EATING PLAN



# WEEK 2

## THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	SNACKS	MACROS
MONDAY	Blueberry Pancakes	Farfalle With Tomato Cheese Sauce (Leftover)	Lemon Chicken Salad	Oatmeal & Cherry Cookies	Calories: 1507kcal Fat: 56.1g (S.Fat 16.6g) Protein: 69.7g Net Carbs: 196.6g
TUESDAY	Morning Green Smoothie	Lemon Chicken Salad (Leftover)	Sweet Potato & Spinach Salad	Oatmeal & Cherry Cookies	Calories: 1498kcal Fat: 71.1g (S.Fat 13.6g) Protein: 65.4g Net Carbs: 165.7g
WEDNESDAY	Blueberry Pancakes	Sweet Potato & Spinach Salad (Leftover)	Asian Beef Ramen	Oatmeal & Cherry Cookies	Calories: 1516kcal Fat: 72.8g (S.Fat 17.1g) Protein: 66.2g Net Carbs: 154.2g
THURSDAY	Morning Green Smoothie	Asian Beef Ramen (Leftover)	Spaghetti & Meatballs	Oatmeal & Cherry Cookies	Calories: 1511kcal Fat: 41.1g (S.Fat 10.6g) Protein: 98.5 Net Carbs: 187.5g
FRIDAY	Blueberry Pancakes	Spaghetti & Meatballs (Leftover)	Mushroom Risotto	Trail Mix Snack Bars	Calories: 1511kcal Fat: 46.6g (S.Fat 13.1g) Protein: 69.8g Net Carbs: 202.9g
SATURDAY	Morning Green Smoothie	Mushroom Risotto (Leftover)	Simple Beef Tacos	Trail Mix Snack Bars	Calories: 1531kcal Fat: 57.3g (S.Fat 14.4g) Protein: 56.9g Net Carbs: 201g
SUNDAY	Blueberry Pancakes	Simple Beef Tacos (Leftover)	Black Bean & Mushroom Burger	Trail Mix Snack Bars	Calories: 1530kcal Fat: 54.7g (S.Fat 14g) Protein: 66.6g Net Carbs: 201.9g

# WEEK 2

## GROCERY LIST

### Fats & Oil

- 20ml (0.7 oz) coconut oil
- 95ml (3.2 oz) extra virgin olive oil
- 45ml (1.5 oz) avocado oil
- 15ml (0.5 oz) sesame oil
- 20ml (0.7 oz) vegetable oil

### Herbs & Spices

- 8g (0.3 oz) ground cinnamon
- 3g (0.1 oz) dried rosemary
- 3g (0.1 oz) coriander seeds
- 3g (0.1 oz) fennel seeds
- 3g (0.1 oz) red pepper flakes
- 3g (0.1 oz) chipotle powder
- 3g (0.1 oz) ground cumin
- 3g (0.1 oz) cayenne powder

### Baking Supplies

- 100g (3.3 oz) brown rice flour
- 20g (0.7 oz) buckwheat flour
- 25g (0.9 oz) almond flour
- 20g (0.7 oz) tapioca starch
- 20g (0.7 oz) coconut flour
- 5g (0.2 oz) baking powder
- 20ml (0.7 oz) vanilla extract
- 30g (1 oz) whole-wheat flour
- 5g (0.2 oz) baking soda

### Condiments

- 15ml (0.5 oz) Balsamic vinegar
- 15ml (0.5 oz) rice wine vinegar
- 15ml (0.5 oz) apple cider vinegar
- 15ml (0.5 oz) low-fat mayonnaise
- 15ml (0.5 oz) low-sugar ketchup

### Produce

- 5 cloves garlic
- 1 cucumber
- 140g (4.7 oz) button mushrooms
- 1 carrot
- 250g (8.4 oz) sweet potatoes
- 1 small knob ginger
- 60g (2 oz) daikon radish
- 3 scallions
- 2 white onions
- 220g (7.3 oz) seasonal mushrooms
- 2 tomatoes
- 60g (2 oz) cabbage
- 4 leaves lettuce
- 180g (6 oz) baby spinach
- 30g (1 oz) salad greens
- 1 small bunch cilantro
- 1 small bunch parsley
- 1 sprig rosemary
- 3 bananas
- 40g (1.3 oz) blueberries
- 3 Granny Smith apples
- 5 limes
- 1 lemon
- 2 avocados

### Cereals, Grains, Pasta

- 90g (3 oz) cooked quinoa
- 120g (4 oz) Japanese ramen noodles
- 120g (4 oz) dried spaghetti
- 170g (5.7 oz) risotto rice
- 60g (2 oz) dry old-fashion oats

### Sweeteners

- 20g (oz) coconut palm sugar
- 20ml (oz) maple syrup
- 40g (oz) light brown sugar
- 30ml (oz) honey

### Meats

- 210g (7 oz) skinless, boneless chicken breasts
- 170g (5.7 oz) top round steak
- 180g (6 oz) ground beef
- 180g (6 oz) beef shoulder

### Others

- 30g (1 oz) dried cranberries
- 240ml (8 oz) marinara sauce
- 12g (0.4 oz) nutritional yeast
- 4 corn tortillas
- 300g (10 oz) canned black beans
- 30g (1 oz) breadcrumbs
- 2 whole-grain burger buns
- 20g (0.7 oz) dried tart cherries
- 10g (0.4 oz) raisins

### Nuts & Seeds

- 60g (2 oz) walnuts
- 8g (0.3 oz) chia seeds
- 10g (0.4 oz) sliced almonds
- 40g (1.3 oz) raw cashews
- 40g (1.3 oz) pumpkin seeds
- 25g (0.9 oz) sunflower seeds
- 10g (0.4 oz) sesame seeds
- 12g (0.4 oz) flaxseed meal

### Dairy

- 6 eggs
- 360g (12 oz) plain Greek yogurt
- 50g (1.7 oz) feta cheese
- 15ml (0.5 oz) low-fat milk

### Liquids

- 140ml (4.3 oz) unsweetened almond milk
- 1250ml (42 oz) low-sodium beef broth
- 120ml (4 oz) dry white wine
- 600ml (20 oz) low-sodium vegetable broth

# BREAKFAST

# BLUEBERRY PANCAKES

1 SERVING (15 minutes)



## INGREDIENTS

25g (0.9 oz) brown rice flour  
1 tsp buckwheat flour  
1 tsp almond flour  
1 tsp tapioca starch  
1 tsp coconut flour  
1/4 tsp ground cinnamon  
1 tsp coconut palm sugar  
1/2 tsp baking powder  
1/4 tsp sea salt  
1 egg  
2 tbsp frozen or fresh blueberries  
35ml (1.2 oz) unsweetened almond milk  
35ml (1.2 oz) water  
1 tsp coconut oil, melted, plus more for the skillet  
1/2 tsp vanilla extract  
1 tsp maple syrup

## NUTRITIONAL VALUES

Calories: 303 kcal  
Fat: 10.9g (5.7g S.Fat)  
Carbs: 44g  
Protein: 8.4g  
Sugar: 9.4g  
Sodium: 563mg

## DIRECTIONS

Combine the brown rice flour, buckwheat flour, almond flour, tapioca starch, coconut flour, cinnamon, coconut palm sugar, baking powder, and salt in a large mixing bowl.

Whisk the eggs in a separate bowl, then stir in the blueberries, almond milk, water, coconut oil, and vanilla extract. Pour the wet ingredients over the dry ingredients, stirring until just combined.

Melt butter in a large skillet over medium heat. Melt a few tablespoons of coconut oil in a skillet, then spoon 2 tablespoons of batter into the pan, cooking each pancake for 2 to 3 minutes before flipping and cooking for another 1 to 2 minutes. Each side should be golden brown.

Serve warm, topped with a drizzle of maple syrup and blueberries.

# MORNING GREEN SMOOTHIE

1 SERVING (5 minutes)



## INGREDIENTS

1 Granny Smith apple, quartered  
1 cup baby spinach  
Juice of 1 lime  
120g (4 oz) 2% plain Greek yogurt  
1 banana (fresh or frozen)

## DIRECTIONS

In a blender, combine all the ingredients and blend on high for 2 minutes, or until smooth.

Pour into a glass and enjoy!

## NUTRITIONAL VALUES

Calories: 301 kcal  
Fat: 3g (1.2g S.Fat)  
Carbs: 59.8g  
Protein: 14.5g  
Sugar: 36.8g  
Sodium: 65mg

# MAIN MEALS



# LEMON CHICKEN SALAD

2 SERVINGS (35 minutes)



## INGREDIENTS

1/2 lemon, juiced  
1 clove garlic  
210g (7 oz) skinless, boneless chicken breasts  
1 tbsp extra virgin olive oil, for the chicken, plus more for the salad  
1 tsp dried rosemary  
1/2 tsp salt  
1/2 tsp ground black pepper  
1 cup salad greens  
1/2 cup quinoa, cooked and cooled  
1/2 medium cucumber, peeled and diced  
1/2 avocado, sliced  
1/2 cup chopped button mushrooms  
1 carrot, grated  
1 tbsp Balsamic vinegar

## NUTRITIONAL VALUES

Calories: 498 kcal  
Fat: 23.4g (4.9g S.Fat)  
Carbs: 42.3g  
Protein: 32.8g  
Sugar: 3.7g  
Sodium: 659mg

## DIRECTIONS

Preheat the oven to 180°C/350°F.

Drizzle olive oil and lemon juice over the chicken, then season with rosemary, salt, and pepper to taste. Cook the chicken in a baking dish for 20 minutes, or until tender and golden brown on top, then set aside while you make the salad.

Toss the greens, quinoa, cucumber, avocado, mushrooms, and carrots in a large mixing bowl, then drizzle with olive oil and balsamic vinegar to taste, coating the salad evenly. Divide the salad, slice the chicken, and add as much as you like to each salad before serving.

# SWEET POTATO & SPINACH SALAD

2 SERVINGS (40 minutes)



## INGREDIENTS

250g (8.3 oz) sweet potatoes, peeled and chopped into ½-inch dice  
2 tbsp extra-virgin olive oil  
1 tsp coriander seeds  
½ tsp fennel seeds  
¼ tsp ground cinnamon  
½ tsp sea salt  
120g (4 oz) baby spinach  
½ cup walnuts, toasted  
¼ cup dried cranberries  
¼ cup feta cheese

## DIRECTIONS

Preheat the oven to 180°C/350°F.

Toss the chopped sweet potatoes with the olive oil, coriander seeds, fennel seeds, cinnamon, and salt in a large mixing bowl, coating the chunks evenly. Spread the potatoes in a baking dish and roast for 25 to 30 minutes, or until fork tender. Take them out of the oven.

Toss the still-warm sweet potatoes with the chopped spinach in a large serving bowl, allowing the heat of the sweet potatoes to lightly wilt the spinach. When the potatoes are cool enough to handle, stir in the walnuts and dried cranberries, along with a sprinkle of salt and feta cheese, and serve.

## NUTRITIONAL VALUES

Calories: 496 kcal  
Fat: 36.7g (5.9g S.Fat)  
Carbs: 34.8g  
Protein: 13.4g  
Sugar: 8.8g  
Sodium: 825mg

# ASIAN BEEF RAMEN

2 SERVINGS (30 minutes)



## INGREDIENTS

1 tbsp avocado oil  
1 tbsp toasted sesame oil  
170g (6oz) top round steak, thinly sliced  
(about 1/4-inch thick) against the grain  
1 tbsp freshly grated ginger  
1 garlic cloves, minced  
500ml (16.7 oz) low-sodium beef broth  
1 tbsp rice wine vinegar  
120g (4 oz) Japanese ramen noodles  
1/2 cup daikon radish, thinly sliced  
1/2 bunch scallions, both greens and  
whites thinly sliced  
1 tsp red pepper flakes

## DIRECTIONS

Over high heat, heat a large wok or skillet. 1 teaspoon avocado oil, 1 teaspoon sesame oil Working in three small batches (don't overcrowd the pan), quickly cook the beef for 2 to 3 minutes with a third of the ginger and a third of the garlic. Set the mixture aside and continue to add the remaining oils and a third of the ginger and garlic until all of the beef is cooked.

While the beef is cooking, heat the beef broth and vinegar in a pot over medium heat. Cook the ramen noodles in the hot broth until they are just tender.

Divide the cooked noodles among four serving bowls, then top with the beef mixture. Garnish each bowl with radish slices, scallions, and red pepper flakes, if using.

## NUTRITIONAL VALUES

Calories: 514 kcal  
Fat: 17.2g (3.9g S.Fat)  
Carbs: 46.6g  
Protein: 39.7g  
Sugar: 2.8g  
Sodium: 1190mg

# SPAGHETTI & MEATBALLS

2 SERVINGS (25 minutes)



## INGREDIENTS

180g (6 oz) ground beef  
1/4 cup minced white onion  
1 egg  
1 tsp ground chia seeds  
1 tbsp almond flour  
1/4 cup chopped fresh parsley  
2 tsp sea salt  
1/4 teaspoon ground black pepper

120g (4 oz) dried spaghetti  
1 cup marinara sauce

## NUTRITIONAL VALUES

Calories: 493 kcal  
Fat: 12.9g (3.9g S.Fat)  
Carbs: 52.3g  
Protein: 39.6g  
Sugar: 11.9g  
Sodium: 2495mg

## DIRECTIONS

In a large mixing bowl, combine all the meatball ingredients until well combined. Form even-sized balls, about the size of ping pong balls, with your hands and set them aside. In an ovenproof sauté pan, heat a few more tablespoons of vegetable oil. When the oil is hot, add the meatballs and brown them on each side for about 1 minute before transferring the pan to the oven. Cook them for another 10 minutes.

Cook the spaghetti according to the package directions until tender, then drain and toss with the meatballs and sauce. Serve right away.

# MUSHROOM RISOTTO

2 SERVINGS (30 minutes)



## INGREDIENTS

1 tbsp avocado oil, plus 1 tbsp for the mushrooms  
1/2 cup minced white onion  
2 garlic cloves, minced  
170g (6 oz) risotto rice  
120ml (4 oz) dry white wine  
600ml (20 oz) low-sodium vegetable broth, kept hot  
220g (7.3 oz) seasonal mushrooms, chopped  
1 tbsp nutritional yeast  
1 sprig fresh rosemary, finely chopped  
Salt & ground black pepper, to taste  
1 tbsp extra virgin olive oil

## NUTRITIONAL VALUES

Calories: 512 kcal  
Fat: 8.5g (1.2g S.Fat)  
Carbs: 91g  
Protein: 15.7g  
Sugar: 5.5g  
Sodium: 206mg

## DIRECTIONS

In a 2-quart saucepan over medium-high heat, melt 1 tablespoon avocado oil. Cook until the onion and garlic are translucent, about 2 minutes. Reduce the heat to medium and stir in the rice.

Continue to cook the mixture for another 2 minutes. This toasts the rice and imparts a wonderful nutty flavour to it. Allow the white wine to reduce by half before adding 1 cup of the broth. Stir the mixture frequently and let the rice absorb most of the liquid before adding more.

Continue to cook and stir the rice, adding liquid in 1/2-cup increments and stirring frequently. Prepare the mushrooms while the rice is cooking.

Sauté the mushrooms in avocado oil in a medium skillet over medium-high heat until lightly browned. Set them aside for now.

At this point, the mixture should be thick and creamy because the rice is almost fully cooked. Combine the sautéed mushrooms, nutritional yeast, rosemary, and salt in a mixing bowl.

Drizzle with olive oil and serve right away.

# SIMPLE BEEF TACOS

2 SERVINGS (2 hours 45 minutes)



## INGREDIENTS

180g (6 oz) beef shoulder  
1 tomato, roughly chopped  
1/2 white onion, roughly chopped  
1 clove garlic  
750ml (25 oz) low-sodium beef broth  
1 tbsp apple cider vinegar  
1/2 tsp chipotle powder  
1/2 tsp ground cumin  
1/2 teaspoon cayenne, to taste (optional)  
Salt & ground black pepper, to taste  
4 corn tortillas  
1/4 cup thinly sliced cabbage  
1/2 cup mashed avocado  
2 lime wedges

## NUTRITIONAL VALUES

Calories: 515 kcal  
Fat: 23.6g (5.2g S.Fat)  
Carbs: 50.4g  
Protein: 26.7g  
Sugar: 6.8g  
Sodium: 473mg

## DIRECTIONS

In a medium saucepan, combine the beef, tomato, onion, garlic, broth, vinegar, spices, salt, and pepper. Bring to a simmer, cover, and cook until the meat is tender enough to be pulled apart with a fork, about 2 hours and 30 minutes, adding more broth as needed.

Uncover and continue to cook until the remaining liquid has been reduced to form a thick sauce.

Pull the beef into shreds with two forks while it's still in the pot.

Top each corn tortilla with 1/4 cup shredded beef, 1 tablespoon cabbage, 1 tablespoon avocado, and a squeeze of lime.

# BLACK BEAN & MUSHROOM BURGERS

2 SERVINGS (25 minutes)



## INGREDIENTS

### PATTIES

140g (4.7 oz) button mushrooms  
1/2 cup cilantro  
2 scallions  
300g (10 oz) canned black beans, rinsed, and drained  
1 lime, juiced  
1/4 cup bread crumbs  
1 tsp fine sea salt

### ASSEMBLY

1 tomato, sliced  
4 leaves lettuce  
2 whole-grain burger buns, sliced half horizontally  
1 tbsp low-fat mayonnaise  
1 tbsp low-sugar ketchup

## NUTRITIONAL VALUES

Calories: 509 kcal  
Fat: 5.9g (0.8g S.Fat)  
Carbs: 91.9g  
Protein: 25.4g  
Sugar: 8.4g  
Sodium: 1557mg

## DIRECTIONS

Position a rack 6 inches from the heating element and heat the broiler. Line a baking sheet with parchment paper.

The mushrooms, cilantro, and scallions should all be minced (or do this by pulsing in a food processor). Mash half of the black beans into a bowl. Add the remaining beans, lime juice, breadcrumbs, and salt to taste. Form into 4 patties.

Arrange the patties on a baking sheet a few inches apart and broil until browned and crisp on the outside, 6 to 8 minutes per side.

Serve with the buns, topped with the tomato, lettuce, mayonnaise, and ketchup. Enjoy!

Note: If you want to grill the burgers, use a grill topper because the patties will fall apart if placed directly on the grill grate.

# SNACKS



# OATMEAL & CHERRY COOKIES

4 SERVINGS (30 minutes)



## INGREDIENTS

60g (2 oz) dry old-fashioned oats  
30g (1 oz) whole-wheat flour  
1 tsp ground cinnamon  
1/4 tsp baking soda  
1 egg  
20ml (0.7 oz) vegetable oil  
40g (1.3 oz) light brown sugar  
15ml (0.5 oz) low-fat milk  
1/2 tsp vanilla extract  
20g (0.7 oz) dried tart cherries  
10g (0.3 oz) sliced almonds, divided

## NUTRITIONAL VALUES

Calories: 203 kcal  
Fat: 8g (1.6g S.Fat)  
Carbs: 28.8g  
Protein: 4.7g  
Sugar: 10.2g  
Sodium: 100mg

## DIRECTIONS

Preheat the oven to 180°C/350°F and line 2 large sheet pans with parchment paper or silicone baking mats.

In a medium mixing bowl, combine the oats, flour, cinnamon, and baking soda. In a large mixing bowl, whisk together the egg, oil, sugar, milk, and almond extract.

Stir in the dry ingredients until just moistened, adding the cherries and half of the almonds near the end of the mixing.

Drop scant 2-tablespoon scoops of dough onto the pans, spacing them at least 2 inches (5 cm) apart, sprinkle with the remaining almonds, and gently pat with waxed paper to flatten slightly.

Bake for 16 minutes, or until golden around the edges and set in the center.

Allow to cool completely before storing in an airtight container for up to a week or freezing for up to a month.

# TRAIL MIX SNACK BARS

4 SERVINGS (35 minutes)



## INGREDIENTS

40g (1.3 oz) raw cashews  
10g (0.3 oz) raisins  
40g (1.3 oz) pumpkin seeds, toasted  
25g (0.9 oz) raw sunflower seeds  
10g (0.3 oz) raw sesame seeds  
1 tbsp flaxseed meal  
1/4 tsp salt  
30ml (1 oz) honey  
1/2 tsp vanilla extract

## NUTRITIONAL VALUES

Calories: 203 kcal  
Fat: 14.3g (2.3g S.Fat)  
Carbs: 15.6g  
Protein: 6.1g  
Sugar: 8.5g  
Sodium: 153mg

## DIRECTIONS

Preheat oven to 150°C/300°F and coat a small baking pan with canola oil spray.

In a food processor, finely chop cashews and dried fruit (or smash the nuts in a bag and chop the fruit) and add to a large mixing bowl. Stir in the pepitas, sunflower and sesame seeds, flaxseed, and salt. In a separate bowl, warm the honey for a few seconds in the microwave. Drizzle the honey and vanilla extract over the nut mixture and stir until completely combined.

Pour the mixture into the pan and evenly distribute it. Canola oil spray a sheet of waxed paper; place the waxed paper on top of the mixture, spray side down, and pack down gently with your hands.

Bake for 20 minutes, or until golden; cool completely. On top of the pan, place a cutting board. Place one hand on top of the board and the other underneath the pan, and then flip the pan upside down to release the cake. Cut into four bars.

Refrigerate bars individually in snack bags for up to 1 month to ensure maximum freshness.

# WEEK 3

28 DAY CLEAN EATING PLAN



# WEEK 3

## THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	SNACKS	MACROS
MONDAY	Tomato & Eggs	Black Bean & Mushroom Burger (Leftover)	Pea & Asparagus Risotto	Chocolate Chip Oatmeal Cookies	Calories: 1533kcal Fat: 50.1g (S.Fat 26g) Protein: 51.6g Net Carbs: 230.1g
TUESDAY	Mocha Banana Smoothie	Pea & Asparagus Risotto (Leftover)	Carrot Ginger Soup	Chocolate Chip Oatmeal Cookies	Calories: 1533kcal Fat: 55.2g (S.Fat 26.7g) Protein: 59.2g Net Carbs: 211.5g
WEDNESDAY	Tomato & Eggs	Carrot Ginger Soup (Leftover)	Stuffed Portobellos	Chocolate Chip Oatmeal Cookies	Calories: 1511kcal Fat: 65.8g (S.Fat 18.5g) Protein: 76.2g Net Carbs: 165.4g
THURSDAY	Mocha Banana Smoothie	Stuffed Portobellos (Leftover)	Chickpea & Spinach Curry	Chocolate Chip Oatmeal Cookies	Calories: 1525kcal Fat: 56.5g (S.Fat 16.9g) Protein: 65.5g Net Carbs: 202.4g
FRIDAY	Tomato & Eggs	Chickpea & Spinach Curry (Leftover)	Spiced Bubble & Squeak	Clean Energy Bars	Calories: 1521kcal Fat: 57.6g (S.Fat 21.5g) Protein: 54.8g Net Carbs: 216.2g
SATURDAY	Mocha Banana Smoothie	Spiced Bubble & Squeak (Leftover)	Homey Macaroni & Cheese	Clean Energy Bars	Calories: 1532kcal Fat: 60.5g (S.Fat 28.4g) Protein: 72.3g Net Carbs: 190.5g
SUNDAY	Tomato & Eggs	Homey Macaroni & Cheese (Leftover)	Creamy Chicken & Broccoli Pasta	Clean Energy Bars	Calories: 1530kcal Fat: 73.1g (S.Fat 25.9g) Protein: 96.2g Net Carbs: 129.5g

# WEEK 3

## GROCERY LIST

### Fats & Oil

- 80ml (2.7 oz) extra virgin olive oil
- 45ml (1.5 oz) coconut oil
- 5ml (0.2 oz) canola oil
- 30ml (1 oz) grapeseed oil
- 30g (1 oz) coconut butter
- 110g (3.7 oz) almond butter

### Herbs & Spices

- 15g (0.5 oz) garam masala
- 3g (0.1 oz) ground cumin
- 3g (0.1 oz) garlic powder
- 3g (0.1 oz) dried basil
- 10g (0.4 oz) mild curry paste
- 3g (0.1 oz) cumin seeds
- 5g (0.2 oz) turmeric powder
- 10g (0.4 oz) red chili powder
- 25g (0.9 oz) coriander powder
- 3g (0.1 oz) ground cinnamon

### Baking Supplies

- 10g (0.4 oz) unsweetened cocoa powder
- 15g (0.5 oz) cocoa nibs
- 15g (0.5 oz) all-purpose flour
- 20g (0.7 oz) whole-wheat flour
- 10ml (0.4 oz) vanilla extract
- 3g (0.1 oz) baking soda
- 3g (0.1 oz) baking powder
- 35g (1.2 oz) dark chocolate chips
- 10g (0.4 oz) mesquite flour

### Condiments

- 15ml (0.5 oz) Balsamic vinegar

### Produce

- 5 white onions
- 5 stalks asparagus
- 1 stalk celery
- 1 knob ginger
- 6 cloves garlic
- 1 leek
- 300g (10 oz) carrots
- 4 large portobello mushroom caps
- 50g (1.7 oz) shucked peas
- 3 tomatoes
- 1 medium cauliflower
- 3 potatoes
- 150g (5 oz) broccoli florets
- 1 bunch parsley
- 1 bunch chives
- 80g (2.7 oz) baby spinach
- 3 bananas

### Cereals, Grains, Pasta

- 140g (4.7 oz) risotto rice
- 160g (5.2 oz) semi-pearled farro
- 60g (2 oz) uncooked brown rice
- 150g (5 oz) dried macaroni
- 140g (4.7 oz) penne pasta
- 20g (0.7 oz) dry oats

### Liquids

- 90ml (3 oz) brewed strong coffee
- 60ml (2 oz) dry white wine
- 1600ml (54 oz) low-sodium vegetable broth
- 500ml (17 oz) low-sodium chicken broth

### Sweeteners

- 35g (1.2 oz) light brown sugar
- 15g (0.5 oz) granulated raw sugar
- 15ml (0.5oz) coconut nectar

### Meats

- 180g (6 oz) skinless, boneless chicken breast

### Others

- 1440g (48 oz) tomato sauce
- 4 slices whole-wheat bread
- 300g (10 oz) canned white beans
- 30g (1 oz) unflavoured whey protein
- 140g (4.7 oz) canned chickpeas
- 80g (2.7 oz) canned creamed corn
- 1 Medjool date

### Nuts & Seeds

- 3g (0.1 oz) flaxseed meal
- 20g (0.7 oz) pumpkin seeds
- 15g (0.5 oz) sunflower seeds
- 10g (0.4 oz) pistachios
- 5g (0.2 oz) chia seeds
- 10g (0.4 oz) hemp seeds

### Dairy

- 10 eggs
- 300ml (10 oz) plain 0% Greek yogurt
- 600ml (20 oz) 1% milk
- 90g (3 oz) low-fat grated Cheddar
- 80g (2.7 oz) feta cheese
- 45g (1.5 oz) low-fat cream cheese
- 120g (4 oz) low-fat sour cream
- 60g (2 oz) low-fat shredded Mozzarella cheese
- 20g (0.7 oz) butter

# BREAKFAST

# TOMATO & EGGS

1 SERVING (20 minutes)



## INGREDIENTS

1-1/2 cups tomato sauce  
2 tsp extra virgin olive oil  
1 tbsp parsley, chopped  
2 eggs  
1/4 tsp sea salt  
  
1 slice whole-wheat bread, toasted

## NUTRITIONAL VALUES

Calories: 302 kcal  
Fat: 15.3g (3g S.Fat)  
Carbs: 31.9g  
Protein: 14.1g  
Sugar: 17.6g  
Sodium: 2590mg

## DIRECTIONS

Preheat the oven to 180°C/350°F.

In a small saucepan, heat the tomato sauce with the olive oil. When it's warm, place it in a baking dish and top with the fresh herbs. Make four indentations in the sauce and carefully place an egg in each. Bake for 10 to 12 minutes, depending on how done you like your egg yolks.

Remove the pan from the oven and season with sea salt to taste.

Serve the sunken eggs on two plates with the toasted whole-wheat bread.

# MOCHA BANANA SMOOTHIE

1 SERVING (5 minutes)



## INGREDIENTS

1 small, very ripe bananas, cut into chunks and frozen  
30ml (1 oz) cup brewed strong coffee, cooled  
60ml (2 oz) plain 0% Greek yogurt  
80ml (2.7 oz) 1% milk  
1 tsp almond butter  
1 tsp unsweetened cocoa powder  
Ice cubes (optional)  
1 tsp cacao nibs

## NUTRITIONAL VALUES

Calories: 310 kcal  
Fat: 12.2g (2.5g S.Fat)  
Carbs: 40.7g  
Protein: 15.3g  
Sugar: 18.2g  
Sodium: 77mg

## DIRECTIONS

In a blender, combine the bananas, coffee, almond butter yogurt, milk, and cocoa powder until smooth. If you want a frothier smoothie, add ice until it reaches the desired consistency.

Enjoy the smoothie with cacao nibs as a garnish!



# MAIN MEALS

# ASPARAGUS & PEA RISOTTO

2 SERVINGS (25 minutes)



## INGREDIENTS

1 tsp coconut oil  
1/4 cup small white onion, diced  
140g (4.7 oz) risotto rice  
60ml (2 oz) dry white wine  
500ml (16.7 oz) low-sodium vegetable broth, kept hot  
5 stalks asparagus, cut into ½ inch pieces  
50g (1.7 oz) frozen (thawed) or fresh peas  
1 tsp sea salt  
1/2 tsp fresh black pepper  
2 tbsps coconut butter

## NUTRITIONAL VALUES

Calories: 516 kcal  
Fat: 20.3g (18g S.Fat)  
Carbs: 75.3g  
Protein: 8.7g  
Sugar: 9.5g  
Sodium: 1324mg

## DIRECTIONS

Melt the coconut oil in a saucepot over medium-high heat, then add the onion and cook for 2 minutes, or until translucent.

Reduce the heat to medium, stir in the rice, and cook for 2 minutes more. This toasts the rice and imparts a wonderful nutty flavour to it. Allow the white wine to reduce by half before adding half a cup of broth. Allow the rice to absorb most of the liquid before adding more.

Continue to cook the rice, adding the broth in half-cup increments and stirring frequently. When the rice is almost done, add the asparagus and continue to cook.

The rice should be thick and creamy at this point. Stir in the peas and heat until heated through. Season with salt and pepper, then stir in the coconut butter. Serve right away.

# CARROT GINGER SOUP

2 SERVINGS (40 minutes)



## INGREDIENTS

25ml (0.9 oz) extra virgin olive oil  
1/2 stalk celery, chopped  
1/2 cup white onion, chopped  
1/2 tbsp fresh ginger, minced  
1 clove garlic, minced  
1/2 leek, white and light green parts, thinly sliced  
600ml (20 oz) low-sodium vegetable broth  
300g (10 oz) carrots, chopped  
300g (10 oz) canned white beans, rinsed and drained  
1/4 tsp fine sea salt  
1/2 tsp ground black pepper  
30g (1 oz) unflavoured whey protein powder  
2 tbsp plain 0% Greek yogurt  
1 tbsp chopped fresh chives

## NUTRITIONAL VALUES

Calories: 501 kcal  
Fat: 14.1g (2g S.Fat)  
Carbs: 64.5g  
Protein: 31.8g  
Sugar: 9.9g  
Sodium: 448mg

## DIRECTIONS

In a Dutch oven or large saucepan, heat the olive oil over medium heat. Cook until the celery and onion are soft, about 10 minutes.

Cook until the ginger and garlic are fragrant, about 2 minutes more. Bring the leek, vegetable broth, carrots, and beans to a simmer. Cook for about 25 minutes, or until the carrots are soft. Take the pan off the heat.

Put 1 tablespoon at a time, stir the protein powder into the soup until incorporated. Season with salt and pepper. Using an immersion blender, blend the soup in the pot until smooth (or puree in a stand blender).

Serve each bowl topped with Greek yoghurt and chives.

# STUFFED PORTOBELLOS

2 SERVINGS (55 minutes)



## INGREDIENTS

2 tbsp grapeseed oil  
2 cups chopped white onions  
1 tsp balsamic vinegar  
2 cups low-sodium vegetable broth  
1 cup semi-pearled farro  
2 large eggs, lightly beaten  
6 tbsp low-fat plain yogurt  
Salt & ground black pepper, to taste  
4 portobello mushroom caps, stemmed  
80g (2.7 oz) crumbled feta cheese

## NUTRITIONAL VALUES

Calories: 502 kcal  
Fat: 27.8g (9.3g S.Fat)  
Carbs: 38g  
Protein: 26.9g  
Sugar: 10.2g  
Sodium: 636mg

## DIRECTIONS

In a cast-iron skillet, heat the oil over low heat. Stir in the onions to coat evenly. Allow to cook for 15 minutes, stirring every 2 to 3 minutes, until caramelized. Add the balsamic vinegar and mix well.

Meanwhile, in a medium saucepan, bring the broth and farro to a boil. Reduce the heat to medium-low, cover, and simmer for 30 minutes, or until the farro is tender. Set aside in a medium mixing bowl.

Preheat the oven to 180°C/350°F. Line a baking sheet with heavy-duty foil, then lightly oil it.

In a mixing bowl, combine the farro, egg, yoghurt, a pinch of salt and pepper, and the sautéed onions.

Place the mushroom caps on the baking sheet that has been prepared and spoon the farro stuffing into each mushroom cap. Bake for 20 minutes in the oven, or until the farro stuffing is set.

Before serving, top the mushrooms with feta cheese.

# CHICKPEA & SPINACH CURRY

2 SERVINGS (25 minutes)



## INGREDIENTS

1/4 tsp garam masala  
1/4 tsp ground cumin  
1/4 tsp of garlic powder  
1/2 tsp dried basil  
1/2 tsp canola oil  
1/2 tbsp mild curry paste  
80g (2.7 oz) baby spinach  
1/2 white onion chopped  
1 tomatoes, diced  
140g (4.7 oz) canned chickpeas,  
drained and rinsed  
80g (2.7 oz) canned creamed corn.  
Salt & ground black pepper, to taste

1/2 cup cooked brown rice

## NUTRITIONAL VALUES

Calories: 507 kcal  
Fat: 7.9g (0.9g S.Fat)  
Carbs: 92.7g  
Protein: 19.9g  
Sugar: 11.4g  
Sodium: 168mg

## DIRECTIONS

In a large skillet or wok, heat the oil over medium heat. Sauté the onions until they are translucent in colour.

Combine the curry paste and creamed corn in a mixing bowl. 5 minutes in the oven Stir in the garlic, spices, salt, and pepper. Combine the garbanzo beans and tomatoes in a mixing bowl. Stir. Cover the skillet or wok with a lid.

Once the spinach is tender, remove from the heat.

Serve with brown rice after adding the basil.

# SPICED BUBBLE & SQUEAK

2 SERVINGS (30 minutes)



## INGREDIENTS

1/2 tsp cumin seeds  
1/2 tbsp turmeric  
2 tsp garam masala  
2 tsp red chili powder  
2 tbsp coriander powder  
40ml (1.3 oz) coconut oil  
1/2-inch stick of ginger  
1/2 small white onion  
1 medium cauliflower  
2 cloves garlic  
2 fresh tomatoes  
3 potatoes  
Salt & ground black pepper, to taste

## DIRECTIONS

Cut the cauliflower into small pieces and the potatoes into cubes first. In a pan, heat the oil. For about 1 minute, sauté the cumin seeds. Stir in the ginger and garlic. Combine the potatoes, onion, tomatoes, garam masala, turmeric, chilli powder, and coriander powder in a mixing bowl. Allow to simmer for 5 minutes.

Cover and cook for about 15 minutes, or until the liquid ingredients have been reduced and the surface is golden brown.

Take out of the pan, serve, and enjoy!

## NUTRITIONAL VALUES

Calories: 503 kcal  
Fat: 20.1g (16.2g S.Fat)  
Carbs: 75.9g  
Protein: 13.2g  
Sugar: 14.9g  
Sodium: 145mg

# HOMEY MACARONI & CHEESE

2 SERVINGS (45 minutes)



## INGREDIENTS

3 tbsp low-fat cream cheese.  
1-1/2 cup low fat milk.  
1-1/2 cup low fat grated cheddar  
cheese.  
1-1/2 cup macaroni  
Salt & ground black pepper, to taste

## NUTRITIONAL VALUES

Calories: 510 kcal  
Fat: 13.9g (8.3g S.Fat)  
Carbs: 58.2g  
Protein: 36.2g  
Sugar: 11.7g  
Sodium: 647mg

## DIRECTIONS

Preheat the oven at 180°C/350°F .

Cook the macaroni according to the package instructions. Place the cooked macaroni and place it into a casserole dish. Pour in the milk, cheese. And the cream cheese.

Give a quick stir and then place a lid over the dish. Bake for approximately 25 minutes for a golden brown top, or just have it straightaway!

# CREAMY CHICKEN & BROCCOLI PASTA

2 SERVINGS (30 minutes)



## INGREDIENTS

1 tbsp extra virgin olive oil  
1 tbsp all-purpose flour  
1/2 cup low-fat sour cream  
2 cups low-sodium chicken broth  
180g (6 oz) skinless, boneless chicken breast (butterfly the breast, then cube it.)  
140g (4.7 oz) penne pasta  
150g (5 oz) broccoli florets  
3 cloves minced garlic  
60g (2 oz) low-fat shredded mozzarella cheese  
Salt & ground black pepper, to taste

## NUTRITIONAL VALUES

Calories: 509 kcal  
Fat: 29.6g (13.2g S.Fat)  
Carbs: 23.7g  
Protein: 38.3g  
Sugar: 2.5g  
Sodium: 466mg

## DIRECTIONS

Precook broccoli for about 3 minutes in a large pot of boiling salted water or steam it instead. Remove the broccoli and place it in a bowl to cool.

Prepare the pasta according to the package directions. After cooking the pasta, drain the water. In a medium frying pan over medium heat, heat 1/2 tablespoon olive oil.

Sauté the chicken cubes, garlic, and cracked red pepper for 4-5 minutes, or until the chicken is no longer pink. Cool the chicken in a separate bowl. Add the remaining olive oil and flour to the skillet. Stir until the flour has absorbed all the olive oil and forms a paste.

Fill the pan halfway with cream. Stir until the flour paste is completely dissolved. For about 10 minutes, bring the water to a boil. The sauce will thicken slightly as it sits. Reduce the heat to a low setting and allow to simmer. Cook for 3 minutes more after adding the chicken to the sauce.

Place the cheese in the pan and stir until it melts. Mix in the pasta and broccoli. Stir gently until the mixture is thoroughly heated and evenly coated with sauce. Season with salt and pepper to taste. Cook, covered, for 5 minutes on low heat, until the sauce is thick and creamy. Serve immediately and enjoy!



# SNACKS

# CHOCOLATE CHIP OATMEAL COOKIES

4 SERVINGS (30 minutes)



## INGREDIENTS

3g (0.1 oz) flaxseed meal  
20g (0.7 oz) butter, sliced  
35g (1.2 oz) light brown sugar, clumps broken up  
15g (0.5 oz) granulated raw sugar  
1/2 tsp pure vanilla extract  
65g (2.2 oz) almond butter  
25g (0.9 oz) all-purpose flour  
20g (0.7 oz) whole-wheat flour  
1/4 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
20g (0.7 oz) dry oats  
35g (1.2 oz) dark chocolate chips

## NUTRITIONAL VALUES

Calories: 206 kcal  
Fat: 8.6g (4.2g S.Fat)  
Carbs: 31g  
Protein: 3.4g  
Sugar: 17.2g  
Sodium: 259mg

## DIRECTIONS

Preheat oven to 190°C/375°F and line 2 large sheet pans with parchment paper or silicone baking mats.

In a small mixing bowl, combine flaxseed meal and 2 tablespoons water. Beat butter, sugars, and vanilla in an electric mixer fitted with a paddle attachment on medium speed until smooth and slightly fluffy, about 3 minutes. Mix in the flaxseed slurry, almond butter, and 1 tablespoon of water on low until combined.

Turn the mixer off, scrape down the sides of the bowl, and then add the flours, baking powder, baking soda, and salt. Mix on low speed until all the ingredients are completely incorporated. Scrape down the bowl's sides. Mix in the oats and chocolate chips on low until evenly distributed.

Portion dough into 2 tablespoon (28 g) balls with a spring handle ice cream scoop or your hands. Place 1 1/2 inches (3.8 cm) apart on sheet pans. If you have a small overabundance of dough, bake it in two batches.

Flatten each cookie slightly with a fork in a crisscross pattern. Bake for 8 minutes, or until lightly golden. Cool for up to 5 days in airtight containers or freeze for up to 4 months.

# CLEAN ENERGY BARS

3 SERVINGS (45 minutes)



## INGREDIENTS

20g (0.7oz) raw pumpkin seeds, toasted  
15g (0.5 oz) raw sunflower seeds, toasted  
10g (0.3 oz) raw pistachios, toasted  
30g (1 oz) unsalted almond butter  
15ml (0.5 oz) coconut nectar  
1 Medjool date, cut into small chunks  
1 tsp chia seeds  
10g (0.3 oz) raw hemp seeds  
1/4 tsp ground cinnamon  
2 tsp mesquite flour  
1/2 tsp vanilla extract

## NUTRITIONAL VALUES

Calories: 209 kcal  
Fat: 14.3g (1.4g S.Fat)  
Carbs: 15.7g  
Protein: 7.6g  
Sugar: 8.6g  
Sodium: 26mg

## DIRECTIONS

In a large mixing bowl, combine all the ingredients until well combined. Line a small baking dish with parchment paper, then press the mixture into it, compacting it to form a 1/2-inch thick solid layer.

After scoring the surface into 12 inch bars, place the dish in the fridge to allow the bars to set.

Remove them from the fridge after about 30 minutes and cut them into squares.

Leftovers can be kept in the fridge for up to a month or portioned and frozen.



# WEEK 4

28 DAY CLEAN EATING PLAN

# WEEK 4

## THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	SNACKS	MACROS
MONDAY	Vegetable Frittata	Creamy Chicken & Broccoli Pasta (Leftover)	Falafel Burgers	Avocado Chocolate Pudding	Calories: 1522kcal Fat: 90.1g (S.Fat 40.6g) Protein: 72.4g Net Carbs: 119.6g
TUESDAY	Strawberry Burst Smoothie	Falafel Burgers (Leftover)	Barbeque Chicken Kebabs	Avocado Chocolate Pudding	Calories: 1514kcal Fat: 56.7g (S.Fat 15.9g) Protein: 77.9g Net Carbs: 179g
WEDNESDAY	Vegetable Frittata	Barbeque Chicken Kebabs (Leftover)	Chicken & Veggie Couscous	Avocado Chocolate Pudding	Calories: 1505kcal Fat: 49g (S.Fat 23.9g) Protein: 96.4g Net Carbs: 171.5g
THURSDAY	Strawberry Burst Smoothie	Chicken & Veggie Couscous (Leftover)	Chicken Fried Rice	Avocado Chocolate Pudding	Calories: 1507kcal Fat: 42.2g (S.Fat 14.5g) Protein: 70.7g Net Carbs: 217.2g
FRIDAY	Vegetable Frittata	Chicken Fried Rice (Leftover)	Quick Sausage & Rice	Almond Cookies	Calories: 1519kcal Fat: 56.8g (S.Fat 28.4g) Protein: 51g Net Carbs: 197.8g
SATURDAY	Strawberry Burst Smoothie	Quick Sausage & Rice (Leftover)	Basil & Broccoli Pasta	Almond Cookies	Calories: 1533kcal Fat: 62.3g (S.Fat 21.8g) Protein: 43.7g Net Carbs: 200.6g
SUNDAY	Vegetable Frittata	Basil & Broccoli Pasta (Leftover)	Mango Chicken Curry	Almond Cookies	Calories: 1525cal Fat: 83.3g (S.Fat 46.3g) Protein: 54.1g Net Carbs: 146.6g

# WEEK 4

## GROCERY LIST

### Fats & Oil

- 65ml (2.1 oz) coconut oil
- 60ml (2 oz) extra virgin olive oil
- 25ml (0.9 oz) vegetable oil
- 45g (1.5 oz) almond butter
- 20g (0.7 oz) coconut butter

### Herbs & Spices

- 3g (0.1 oz) garlic powder
- 3g (0.1 oz) ground cumin
- 20g (0.7 oz) curry powder
- 5g (0.2 oz) ground cinnamon

### Baking Supplies

- 30g (0.1 oz) cacao powder
- 5ml (0.2 oz) vanilla extract
- 5ml (0.2 oz) almond extract
- 120g (4 oz) almond flour
- 10g (0.4 oz) coconut flour
- 40g (1.3 oz) arrowroot powder
- 3g (0.1 oz) baking soda
- 3g (0.1 oz) baking powder

### Condiments

- 15g (0.5 oz) tahini
- 240ml (8 oz) low-sugar barbecue sauce
- 15ml (0.5 oz) low-sodium soy sauce
- 10ml (0.4 oz) stir-fry sauce
- 60g (oz) salsa

### Sweeteners

- 10ml (0.4 oz) chocolate liquid stevia
- 8g (0.3 oz) xylitol
- 40ml (1.3 oz) coconut nectar

### Produce

- 3 white onions
- 7 cloves garlic
- 1 eggplant
- 1 cucumber
- 2 tomatoes
- 1 Butterhead lettuce
- 2 green bell peppers
- 2 red bell peppers
- 80g (2.7 oz) button mushrooms
- 1 zucchini
- 1 scallion
- 1 stalk celery
- 1 green onion
- 1 carrot
- 160g (5.3 oz) seasonal vegetables (squash, zucchini, kale, spinach)
- 90g (3 oz) broccoli florets
- 90g (3 oz) baby spinach
- 2 bunches basil
- 1 bunch parsley
- 40g (1.3 oz) frozen peas
- 3 bananas
- 240g (8 oz) strawberries
- 1 lemon
- 2 oranges
- 1 mango
- 1 avocado

### Cereals, Grains, Pasta

- 170g (8.3 oz) couscous, uncooked
- 360g (12 oz) white rice, cooked
- 140g (4.7 oz) rigatoni pasta, uncooked

### Meats

- 450g (16 oz) boneless, skinless chicken breasts
- 220g (7.3 oz) cooked chicken, diced
- 100g (3.3 oz) sausage links

### Others

- 300g (10 oz) canned chickpeas
- 30g (1 oz) breadcrumbs
- 2 whole-wheat burger buns
- 8 skewers

### Dairy

- 9 eggs
- 180ml (6 oz) low-fat Greek yogurt
- 30ml (1 oz) low-fat sour cream
- 15g (0.5 oz) butter
- 10g (0.4 oz) Parmesan cheese, grated

### Liquids

- 270ml (9 oz) unsweetened coconut milk
- 420ml (14 oz) unsweetened almond milk
- 120ml (4 oz) low-sodium chicken broth

# BREAKFAST

# VEGETABLE FRITTATA

1 SERVING (35 minutes)



## INGREDIENTS

1 tsp coconut oil  
1/2 cup seasonal vegetables, such as squash, zucchini, kale, spinach  
1/2 white onion, thinly sliced  
1 garlic clove, minced  
2 eggs  
2 tbsp unsweetened coconut milk  
1 tsp basil, chopped  
1 tsp parsley, chopped  
1/2 tsp sea salt  
1/2 tsp black ground pepper

## NUTRITIONAL VALUES

Calories: 296 kcal  
Fat: 20.6g (13g S.Fat)  
Carbs: 15.9g  
Protein: 14.1g  
Sugar: 6.1g  
Sodium: 1084mg

## DIRECTIONS

Preheat the oven to 180°C/350°F.

Over medium-high heat, heat a large ovenproof sauté pan, preferably cast iron. Melt the coconut oil and stir in the vegetables and onion. Cook until everything is soft, stirring occasionally. Stir in the garlic and continue to cook until the mixture is aromatic.

While the vegetables are cooking, whisk together the eggs, milk, herbs, and salt in a medium mixing bowl. Place the egg mixture in the pan with the vegetables, then place in the preheated oven. Bake for 15 to 25 minutes (the time depends on the size of your pan).

Remove the pan from the oven when the centre is firm and serve the frittata warm or at room temperature.



# STRAWBERRY BURST SMOOTHIE

1 SERVING (5 minutes)



## INGREDIENTS

1 medium banana  
1/2 cup sliced strawberries  
1/4 cup low-fat Greek yogurt  
1 tbsp almond butter  
1/2 cup baby spinach  
1/2 cup unsweetened almond milk

## DIRECTIONS

Blend all the ingredients in a blender until smooth.  
Pour it into a cup and enjoy!

## NUTRITIONAL VALUES

Calories: 300 kcal  
Fat: 11g (1.5g S.Fat)  
Carbs: 40g  
Protein: 12.5g  
Sugar: 20g  
Sodium: 130mg

# MAIN MEALS

# FALAFEL BURGERS

2 SERVINGS (35 minutes)



## INGREDIENTS

2 tbsp extra virgin olive oil  
1/2 small eggplant, cut into ½-inch cubes, skin on  
Salt & ground black pepper, to taste  
300g (10 oz) chickpeas, drained  
1 tbsp fresh parsley, chopped  
1/2 tbsp scallion, chopped  
1/4 tsp garlic powder  
1/4 tsp ground cumin  
1/2 lemon, juiced  
1 tbsp tahini  
1/4 cup bread crumbs

2 whole-wheat burger buns  
2 tbsp low-fat sour cream  
4 slices cucumber  
2 slices tomato  
2 leaves Butterhead lettuce

## NUTRITIONAL VALUES

Calories: 509 kcal  
Fat: 20.4g (4.3g S.Fat)  
Carbs: 68.1g  
Protein: 16.4g  
Sugar: 16.7g  
Sodium: 603mg

## DIRECTIONS

In a skillet over medium-high heat, heat 1 tablespoon of the oil. Add the eggplant and season with salt and pepper to taste. Cook for 5 minutes, or until all sides are browned. Cook for another 10 minutes, or until the size has been reduced by half.

Chickpeas, parsley, scallions, garlic powder, cumin, lemon juice, tahini, and bread crumbs should all be combined.

Scrape the eggplant into the mixing bowl with the chickpeas and mash until the mixture is sticky. Form the mixture into four patties.

In a non-stick skillet over medium heat, heat the remaining 1 tablespoon oil. Cook until the patties are golden brown, 6 to 8 minutes per side.

Serve the patties with the buns, sour cream, cucumber, tomato, and lettuce.

# BARBECUE CHICKEN KEBABS

2 SERVINGS (20 minutes)



## INGREDIENTS

300g (10 oz) boneless, skinless chicken breasts, cubed  
1 green bell pepper, cut into 2-inch squares  
1 white onion, cut into wedges  
1 red bell pepper, cut into 2-inch squares  
80g (2.7 oz) button mushrooms  
1 cup low sugar barbecue sauce  
8 skewers

## DIRECTIONS

Thread pieces of chicken, green pepper, onion, mushroom, and red pepper onto skewers in an alternate pattern. Grill the kabobs over medium heat in a lightly oiled grill pan.

Cook, turning and brushing frequently with barbecue sauce, for 12 to 15 minutes, or until chicken juices run clear and vegetables are tender.

Enjoy it while it's still warm!

## NUTRITIONAL VALUES

Calories: 497 kcal  
Fat: 5.8g (0g S.Fat)  
Carbs: 59g  
Protein: 45.4g  
Sugar: 40g  
Sodium: 1509mg

# CHICKEN & VEGGIE COUSCOUS

2 SERVINGS (25 minutes)



## INGREDIENTS

170g (5.7 oz) couscous, uncooked  
1 cup cooked chicken, diced  
1/2 zucchini, chopped  
1/2 stalk celery, thinly sliced  
1/2 red bell pepper, diced  
1 cup orange juice  
2 tbsp fresh basil, chopped  
1 green onion, finely chopped  
1/2 tsp salt  
1/2 tsp pepper

## DIRECTIONS

In a large serving bowl, combine the couscous, chicken, and vegetables; set aside. In a saucepan over medium heat, bring orange juice to a boil; stir into couscous mixture. Wrap tightly in plastic wrap and set aside for 5 minutes.

Finish with the remaining ingredients. Gently stir until evenly combined, then serve!

## NUTRITIONAL VALUES

Calories: 504 kcal  
Fat: 3.1g (0.8g S.Fat)  
Carbs: 84.7g  
Protein: 33.3g  
Sugar: 13g  
Sodium: 646mg

# CHICKEN FRIED RICE

2 SERVINGS (15 minutes)



## INGREDIENTS

1 tbsp vegetable oil  
1 egg, beaten  
1/4 cup frozen peas  
1/4 cup carrot, peeled and sliced  
1/8 cup white onion, diced  
1 cup cooked rice  
1/2 cup cooked chicken, cubed  
1 tbsp low-sodium soy sauce  
1/2 tbsp stir-fry sauce  
1 clove garlic, minced

## DIRECTIONS

In a large skillet over medium heat, heat the oil.

In a skillet, scramble the eggs. When the eggs are done, remove them from the pan and chop them. In a skillet, combine the peas, carrot, and onion. Cook for another 2 to 3 minutes, or until the vegetables are crisp-tender. To the vegetable mixture, add the chopped scrambled eggs and the remaining ingredients. Cook, stirring occasionally, until the mixture is thoroughly heated.

Serve warm with a sprinkle of green onions.

## NUTRITIONAL VALUES

Calories: 495 kcal  
Fat: 8.6g (2.1g S.Fat)  
Carbs: 80.6g  
Protein: 21.3g  
Sugar: 2.9g  
Sodium: 580mg

# QUICK SAUSAGE & RICE

2 SERVINGS (15 minutes)



## INGREDIENTS

1 cup cooked white rice  
100g (3.3 oz) sausage links, sliced  
60g (2 oz) salsa

### GARNISH

1/2 green bell pepper, diced  
1/2 tomato, diced  
1/2 scallion, chopped

## DIRECTIONS

Combine all ingredients except the garnish in a large skillet over medium heat. Cook, stirring occasionally, until the sausage is thoroughly heated and most of the liquid has been absorbed.

Serve with diced pepper, diced tomato, and scallions on top.

## NUTRITIONAL VALUES

Calories: 516 kcal  
Fat: 14.8g (4.8g S.Fat)  
Carbs: 80g  
Protein: 13.6g  
Sugar: 3.5g  
Sodium: 600mg

# BASIL & BROCCOLI PASTA

2 SERVINGS (35 minutes)



## INGREDIENTS

2 tbsp extra virgin olive oil  
1 tbsp butter  
2 cloves garlic, sliced  
1 cup broccoli florets  
1/2 cup low-sodium chicken broth  
200g (7 oz) rigatoni pasta, cooked  
1 tbsp fresh basil, chopped  
Salt & ground black pepper, to taste  
1 tbsp grated Parmesan cheese

## DIRECTIONS

Cook the pasta according to the package instructions. Reserve some of the pasta water for later.

Heat the olive oil in a saucepan over medium heat. Cook the garlic slices for a minute, stirring constantly before adding the broccoli florets and cooked pasta. Stir for another minute and add the chicken broth and butter into the pan.

Add some pasta water if the sauce is too thick. Season with salt and ground black pepper to taste.

Serve immediately with a sprinkle of fresh basil and Parmesan cheese

## NUTRITIONAL VALUES

Calories: 505 kcal  
Fat: 23.7g (7g S.Fat)  
Carbs: 59.3g  
Protein: 15.6g  
Sugar: 0.8g  
Sodium: 165mg



# MANGO CHICKEN CURRY

2 SERVINGS (20 minutes)



## INGREDIENTS

2 tsp vegetable oil  
120g (4 oz) boneless, skinless chicken breasts, cooked and cubed  
150ml (5 oz) unsweetened coconut milk  
60ml (2 oz) water  
1/2 cup mango, peeled, pitted, and cubed  
2 tbsp curry powder  
  
1/2 cup cooked jasmine rice

## DIRECTIONS

In a large skillet over medium heat, heat the oil. Cook the chicken in the oil until golden and thoroughly warmed. Combine the milk, water, mango, and curry powder in a mixing bowl. Simmer, stirring occasionally, for 10 minutes, or until slightly thickened.

Serve hot over jasmine rice.

## NUTRITIONAL VALUES

Calories: 512 kcal  
Fat: 26.1g (17.8g S.Fat)  
Carbs: 50.1g  
Protein: 22.4g  
Sugar: 8.3g  
Sodium: 53mg

# SNACKS

# AVOCADO CHOCOLATE PUDDING

4 SERVINGS (35 minutes)



## INGREDIENTS

1 ripe avocado  
1/4 cup cacao powder  
1/4 cup unsweetened almond milk  
1 tsp vanilla extract  
1 tsp coconut oil  
2 tsp coconut butter  
2 drop chocolate liquid stevia  
2 tsp xylitol

## NUTRITIONAL VALUES

Calories: 208 kcal  
Fat: 19.5g (10.1g S.Fat)  
Carbs: 11.9g  
Protein: 3.6g  
Sugar: 1.2g  
Sodium: 7mg

## DIRECTIONS

In a blender, combine all the ingredients and blend on high for 1 minute, or until the mixture reaches a pudding-like consistency.

Adjust the sweetness to taste. If it's not sweet enough, add another dropper of chocolate liquid stevia. Then, scoop the pudding into a bowl and chill it for 30 minutes.

Before serving, top the pudding with your favourite toppings, such as shredded coconut, ground cinnamon, fresh berries, nuts, granola, cacao nibs, or a dollop of almond butter!

# ALMOND COOKIES

12 SERVINGS (40 minutes)



## INGREDIENTS

1 cup almond flour  
1 tbsp coconut flour  
40g (1.3 oz) arrowroot powder  
1/2 tsp baking soda  
1/4 tsp sea salt  
1/2 tsp ground cinnamon, plus more for sprinkling  
40ml (1.3 oz) coconut oil, melted  
40ml (1.3 oz) coconut nectar  
1/2 tsp almond extract

## NUTRITIONAL VALUES

Calories: 212 kcal  
Fat: 12.9g (8.5g S.Fat)  
Carbs: 21.3g  
Protein: 2g  
Sugar: 8.8g  
Sodium: 292mg

## DIRECTIONS

Combine the flours, baking soda, salt, and cinnamon in a large mixing bowl. Combine the melted coconut oil, coconut nectar, and almond extract in a mixing bowl. Only mix until everything is combined.

Wrap the dough in plastic wrap, pressing the sides together and shaping it into a long, even cylinder. Place it in the refrigerator to solidify for at least 30 minutes and up to one day.

Preheat the oven to 180°C/350°F when you're ready to bake the cookies.

Take the dough out of the plastic wrap and cut it into 1/4-inch rounds. Place the cookies on a baking sheet lined with parchment paper and sprinkle with cinnamon. Bake for 5 minutes, then flip each cookie and bake for another 4 to 5 minutes, or until golden brown and feel set.

Remove the cookies from the oven and allow it to cool before serving.