

Clean Eating Menu Plan - Week 3

Breakfast - Select 1 per day

1 whole grain english muffin
topped with 1 egg
1 cup grapes

Blend: 1 banana, 1/2 c blueberries
1/2 cup yogurt and 1/2 cup oats
with ice

Whole Grain English muffin
topped with 1 tbsp peanut butter
1 cup grapes

2 eggs cooked with
1 cup spinach, s & p
on a whole wheat tortilla

Cook 1 cup oats,
add in cocoa nibs,
fresh berries and nuts

Snacks - Select 2 per day

A fresh peach,
sliced and pitted



1 oz dark
chocolate

1 cup Greek yogurt
with granola



1 hard boiled egg

1 cup air-popped
popcorn



celery sticks
with hummus

1 cup fresh
berries



Small salad
with hard boiled
egg

Lunch - Select 1 per day

Quesadillas:
Whole grain tortilla
melted cheese
your choice of veggies

Lettuce Wraps:
Romaine Lettuce leaves,
topped with roasted chicken,
tomatoes and avocados

Chicken Wrap:
1 whole wheat tortilla
filled with spinach and
roasted chicken

Leftover Avocado Pasta
with cut up carrots,
celery and bell peppers

Dinner - Select 1 per day

Chicken & Broccoli
Stir-Fry
Steamed Brown Rice




Avocado Pasta
Fresh Garden Salad
w/ Lemon Vinaigrette




Quinoa & Turkey
Stuffed Peppers
Baked Tortilla Chips

Turkey Burger Wraps
Mexican Popcorn

Broccoli & Cheese
Quinoa Casserole
Fresh Garden Salad

Eggs in a Hole
Strawberry & Basil
Salad

Meals	Ingredients	Instructions
<h2 data-bbox="178 231 414 304">Meal 1</h2> <p data-bbox="170 357 422 441">Chicken and Broccoli Stir-fry</p>  <p data-bbox="121 556 479 609">Steamed Brown Rice</p>	<ul data-bbox="552 231 998 535" style="list-style-type: none"> • 1 lb broccoli, cut into florets • 1 tbsp olive oil • 1 lb chicken breasts, cut into 1" cubes • 4 cloves garlic, cut into thin slices • 2 tbsp fish sauce • 1 tbsp honey • 1 tbsp rice wine vinegar • 2 green onions, sliced thinly • salt and pepper to taste • 4 cups brown rice, prepared according to package directions 	<p data-bbox="1031 231 1250 252">Chicken and Broccoli Stir-fry:</p> <p data-bbox="1031 262 1518 430">Bring a large pot of salted water to a boil. Add broccoli and cook until almost tender, about 4 minutes. Remove from water and set aside. In a saucepan, warm olive oil over medium heat. Add chicken, garlic, fish sauce, honey and rice wine vinegar, and saute until cooked through. Add in green onions, and broccoli and salt and pepper to taste. Saute an extra minute, then serve warm over cooked brown rice.</p>
<h2 data-bbox="170 777 430 850">Meal 2</h2> <p data-bbox="154 892 446 934">Avocado Pasta</p>  <p data-bbox="146 1102 462 1260">Fresh Garden Salad with a Lemon Vinaigrette</p>	<p data-bbox="552 787 609 808">Pasta</p> <ul data-bbox="552 819 982 1092" style="list-style-type: none"> • 12 oz whole wheat spaghetti • 2 avocados, ripe, halved, seeded and peeled • 1/2 cup fresh basil leaves • 3 cloves garlic, minced • Juice from a lemon • 1/3 cup olive oil • salt and pepper to taste • 1 cup cherry tomatoes, halved <p data-bbox="552 1123 868 1144">Salad with Lemon Vinaigrette</p> <ul data-bbox="552 1155 836 1333" style="list-style-type: none"> • Fresh garden salad • 1/2 cup olive oil • 3 tbsp fresh lemon juice • 1 shallot, minced • 1.5 tsp dijon mustard • Drizzle of honey 	<p data-bbox="1031 777 1144 798">Avocado Pasta:</p> <p data-bbox="1031 808 1518 976">Bring a pot of salted water to a boil. Add pasta and cook until al dente. Drain and transfer to a large bowl. In a food processor, combine avocados, basil, garlic, and lemon juice. Turn food processor on, and slowly drizzle in olive oil. Season with salt and pepper to taste. Add avocado mixture to your warm pasta and toss until mixed well. Add in cherry tomatoes and serve warm.</p> <p data-bbox="1031 997 1372 1018">Fresh Garden Salad with Lemon Vinaigrette:</p> <p data-bbox="1031 1029 1469 1092">To make the dressing: Combine olive oil, lemon juice, shallot, mustar and honey, and blend until smooth. Toss with fresh garden salad.</p>
<h2 data-bbox="162 1375 430 1449">Meal 3</h2> <p data-bbox="146 1501 462 1617">Quinoa and Turkey Stuffed Peppers</p>  <p data-bbox="138 1785 470 1827">Baked Tortilla Chips</p>	<p data-bbox="552 1396 933 1417">Quinoa and Turkey Stuffed Peppers</p> <ul data-bbox="552 1428 909 1606" style="list-style-type: none"> • 1 cup uncooked quinoa • 2 cups chicken broth • 1/2 lb ground turkey • 1/2 cup salsa • 4 bell peppers • 1 cup shredded cheddar cheese <p data-bbox="552 1638 771 1659">Baked Tortilla Chips:</p> <ul data-bbox="552 1669 917 1753" style="list-style-type: none"> • A dozen GMO-free corn tortillas • 1 - 2 tbsp olive oil • Sea Salt 	<p data-bbox="1031 1417 1307 1438">Quinoa and Turkey Stuffed Peppers:</p> <p data-bbox="1031 1449 1518 1543">Preheat oven to 450 degrees. In a medium pot, bring chicken broth to a boil, and add in quinoa. Bring back to a boil, then reduce heat to low and cover, stirring occasionally, until quinoa is puffy and has absorbed all of the chicken broth.</p> <p data-bbox="1031 1564 1469 1585">Meanwhile, brown ground turkey until cooked through.</p> <p data-bbox="1031 1617 1518 1732">In a large bowl, combine quinoa, turkey and salsa. Cut the tops off of the bell peppers, and scoop out the seeds and membranes. Fill with quinoa & turkey mixture, and top with shredded cheese. Bake in preheated oven for 10 minutes, or until cheese has melted.</p> <p data-bbox="1031 1764 1193 1785">Baked Tortilla Chips:</p> <p data-bbox="1031 1795 1518 1879">Cut corn tortillas into quarters, and add to a large bowl. Toss with olive oil and layer onto a baking sheet. Sprinkle with sea salt. Bake in the oven at 450 until crisp, about 5 minutes.</p>

Meals	Ingredients	Instructions
<h2 data-bbox="162 231 430 304">Meal 4</h2> <p data-bbox="126 367 470 409">Turkey Burger Wraps</p>  <p data-bbox="146 556 446 609">Mexican Popcorn</p>	<p data-bbox="548 212 771 237">Turkey Burger Wraps</p> <ul data-bbox="548 241 812 525" style="list-style-type: none"> • 1 lb ground turkey • 1/2 onion, diced • 2 cloves garlic, minced • 1 tsp cumin powder • salt and pepper • 1 tbsp olive oil • Crisp romaine leaves • Tomatoes, sliced • Pepperjack cheese • Salsa <p data-bbox="548 556 738 581">Mexican Popcorn</p> <ul data-bbox="548 585 795 745" style="list-style-type: none"> • 1/4 cup coconut oil • 3/4 cup corn kernals • 3 tbsp butter, melted • 1 tbsp chili powder • 1 tbsp garlic powder • Salt to taste 	<p data-bbox="1031 233 1193 258">Turkey Burger Wraps:</p> <p data-bbox="1031 262 1469 304">In a medium bowl, combine turkey, onion, garlic, cumin, salt and pepper. Form into 4 patties.</p> <p data-bbox="1031 331 1469 430">Warm olive oil in a pan over medium heat. Add turkey burgers and cook until internal temp is 165 degrees. Top with pepperjack cheese, and continue cooking another minute, until cheese has melted.</p> <p data-bbox="1031 457 1469 504">Add turkey burgers to two crisp romaine leaves, and top with salsa.</p> <p data-bbox="1031 531 1177 556">Mexican Popcorn:</p> <p data-bbox="1031 560 1526 745">Add coconut oil to a large pot over medium heat. Add a couple corn kernals to the pot. Once those kernals pop, add in remaining kernals, cover with a lid, and remove from heat for 30 seconds. Return to heat, and you will hear the kernals start popping. Once there is a few seconds between each pop, remove from heat and transfer to a large bowl. Drizzle butter over popcorn, and toss well. Sprinkle on chili, garlic and salt and toss again.</p>
<h2 data-bbox="162 777 430 850">Meal 5</h2> <p data-bbox="113 892 479 997">Broccoli & Quinoa Cheese Casserole</p>  <p data-bbox="146 1102 454 1155">Fresh Garden Salad</p>	<p data-bbox="548 793 860 819">Broccoli & Quinoa Casserole</p> <ul data-bbox="548 823 966 1186" style="list-style-type: none"> • 1 cup uncooked quinoa • 2 cups chicken broth • 3 cups of broccoli, cut into florets • 1 tbsp olive oil • 1 lb chicken breast, cut into 1" pieces • 2 tbsp butter • 2 tbsp flour • 2 cups whole milk • 1.5 cups shredded cheddar cheese • 1/3 cup sour cream • 1/3 cup panko breadcrumbs • Fresh garden salad 	<p data-bbox="1031 777 1510 871">Preheat oven to 350 degrees. Add chicken broth to a medium pot and bring to a boil. Add quinoa, stir well. Bring back to a boil, then cover and reduce heat to low. Cook until quinoa is puffy and has absorbed all of the chicken broth. Set aside.</p> <p data-bbox="1031 898 1510 966">In the same pot, bring 1" of water to a boil, add broccoli, and cover. Reduce heat to low and steam until broccoli is al dente, about 6 minutes.</p> <p data-bbox="1031 997 1485 1071">In a skillet, warm olive oil over medium heat. Add chicken breasts, sprinkle with salt and pepper, and saute until cooked through. Remove from pan, and set aside.</p> <p data-bbox="1031 1098 1502 1218">In the same pan, melt butter. Sprinkle in flour, and whisk until a paste forms. Slowly pour in milk, whisking constantly, until milk is added and no clumps have formed. Add in shredded cheese and sour cream, mix well and remove from heat.</p> <p data-bbox="1031 1245 1518 1318">In a bowl, combine quinoa, broccoli, chicken and cheese sauce. Transfer to a greased casserole dish, and top with panko. Cook in preheated oven for 5 minutes, or until cheese is bubbly.</p>
<h2 data-bbox="154 1375 430 1459">Meal 6</h2> <p data-bbox="186 1501 414 1554">Eggs in a Hole</p>  <p data-bbox="129 1764 470 1848">Strawberry and Basil Salad</p>	<p data-bbox="548 1392 706 1417">Eggs in a Hole</p> <ul data-bbox="548 1421 868 1575" style="list-style-type: none"> • 2 tbsp butter • 8 slices whole wheat bread • 8 eggs • salt and pepper • sliced avocados (optional) <p data-bbox="548 1602 844 1627">Strawberry and Basil Salad:</p> <ul data-bbox="548 1631 771 1753" style="list-style-type: none"> • 1 lb strawberries • 6 fresh basil leaves • 1 tbsp honey • 1.5 tsp lemon juice 	<p data-bbox="1031 1413 1144 1438">Eggs in a Hole:</p> <p data-bbox="1031 1442 1526 1606">Melt butter in a pan over medium heat. Meanwhile, grab a glass and press it into the center of the bread pieces to make a hole in the center. Add bread slice to the pan, and crack an egg in the center of the hole. Place the cut-out circle in the pan, as well. Sprinkle with salt and pepper. Flip after one minute, and cook an additional minute (longer, if you don't like runny yolks) then remove from heat. Pair with sliced avocados.</p> <p data-bbox="1031 1633 1242 1659">Strawberry and Basil Salad:</p> <p data-bbox="1031 1663 1502 1732">Remove stems from strawberries, and cut into quarters. Chop basil leaves. Toss strawberries, basil, honey and lemon juice until well mixed.</p>