

Clean Eating Menu Plan



Breakfast - Select 1 per day

1 cup gmo-free grits
with 1 tbsp maple syrup
and 1 cup fresh berries

1 whole wheat tortilla
topped with 1 scrambled egg
diced tomatoes, onions and
shredded cabbage (salsa optional)

1 whole wheat english muffin. split
each side topped with 1 piece bacon
1 tomato slice and
1 tbsp Parmesan cheese. Broil until melted

1 cup Greek yogurt
2 tbsp granola
1/4 cup blueberries

2 slices whole wheat toast
1 pan fried egg cooked in 1 tbsp butter
1 banana

Snacks - Select 2 per day

1 cup fresh grapes
1 apple with
2 tbsp peanut butter
1 cup celery with
2 tbsp hummus

2 cups air-
popped popcorn
2 cups carrot
sticks with guacamole

1/2 cup mixed nuts
1 cup green tea
with 1 tbsp honey

1 hard boiled egg
1/2 cup baked tortillas
with salsa
String Cheese

Lunch - Select 1 per day

Taco Salad:
2 cups lettuce, 3 oz
cooked ground beef, 1/4
cup corn kernels, and salsa

Chicken Salad:
2 cups lettuce, 3 oz
grilled chicken breasts,
2 tbsp clean eating dressing

Soup and Salad:
2 cups Amy's Organics
soup with a side salad

Lettuce Wraps:
Romaine Lettuce leaves,
topped with roasted turkey,
cucumbers, tomatoes and hummus

Chicken Avocado Pita:
Whole wheat pita stuffed
with 3 oz grilled chicken,
1/2 smashed avocados and
1/4 cup grapes




Dinner - Select 1 per day




Pineapple & BBQ Meatballs
Brown rice cooked in broth
Steamed broccoli
Balsamic Chicken
Roasted Brussel Sprouts
Baked Sweet Potatoes

Potato and Leek Soup
Fresh Garden Salad
Whole Wheat Rolls
Steak Tacos
Spanish Rice
Sauteed Zucchini

Chicken Salad Sandwiches
Baked Veggie Chips
Cheesy Veggie Quesadillas
Roasted Corn with
Bell Peppers

Clean Eating Dinners

Meals	Ingredients	Instructions
<h2>Meal 1</h2> <p>Pineapple & Barbecue Glazed Meatballs</p>  <p>Brown Rice cooked in chicken broth & Steamed Broccoli</p>	<ul style="list-style-type: none"> • 1 pound ground beef • 1 small yellow onion, finely diced • 2 cloves garlic minced • 1 egg, lightly beaten • 4 tbsp butter • 2 tbsp fresh parsley, diced • kosher salt, to taste • fresh ground pepper, to taste • 1 cup ketchup • 1/2 cup water • 2 tbsp apple cider vinegar • 2 tbsp unsalted butter • 1 tbsp Worcestershire sauce • 1 tbsp molasses • 1/4 cup pineapple tidbits • 1 cup brown rice • 1 cup chicken broth • 2.5 cups broccoli 	<p>Meatballs: In a medium bowl, combine ground beef, onion, garlic, egg, salt and pepper. Shape into 20 meatballs. Warm 4 tbsp butter in a large pan over medium heat, and add meatballs in batches, careful not to crowd. Cook 10-12 minutes until browned on all sides. While meatballs are cooking, combine ketchup, water, ACV, butter, Worcestershire sauce, molasses and pineapple tidbits in a small pan. Warm over medium heat, stirring frequently, for 5 minutes. Pour barbecue sauce over meatballs, and continue cooking for 8 more minutes. Serve.</p> <p>Brown Rice: Cook rice according to package directions, using chicken broth instead of water.</p> <p>Steamed Broccoli: Bring 1-2" of water to boil in a small saucepan. Add in broccoli, reduce heat to low, and cover. Allow to steam for 10-15 minutes, until fork tender.</p>
<h2>Meal 2</h2> <p>Balsamic Chicken</p>  <p>Roasted Brussel Sprouts Baked Sweet Potatoes</p>	<ul style="list-style-type: none"> • 2 or 3 chicken breasts, lightly pounded to tenderize • 2 tbsp balsamic vinegar • 7 tbsp olive oil, divided • 1 tsp garlic • Salt and pepper • 1 pound brussel sprouts • 1/2 tsp salt • 1/2 tsp ground pepper • 3 large sweet potatoes • Salt and pepper 	<p>Balsamic Chicken: Place chicken breasts in a glass bowl. Drizzle with balsamic vinegar and 2 tbsp olive oil. Sprinkle on garlic and a pinch of salt and pepper. Stir until evenly coated. Allow to marinate 1 hour.</p> <p>Warm 1 tbsp olive oil in a pan, over medium heat. Cook chicken until no longer pink and internal temperature has reached 165 degrees.</p> <p>Roasted Brussel Sprouts: Preheat oven to 400 degrees. Cut off ends and any yellow leaves from the brussel sprouts. Add to a bowl and drizzle with 2 tbsp olive oil, 1/2 tsp salt and 1/2 tsp ground pepper. Spread out onto a baking sheet, and bake in preheated oven for 35-40 minutes, until crisp on the outside.</p> <p>Baked Sweet Potatoes: Wash and peel the sweet potatoes. Chop into medium-sized pieces and toss with remaining 2 tbsp olive oil, a dash of salt and pepper. Pour onto another baking sheet and bake at 400 degrees for 50-60 minutes, or until tender.</p>
<h2>Meal 3</h2> <p>Potato and Leek Soup</p>  <p>Fresh Garden Salad Whole Wheat Rolls</p>	<ul style="list-style-type: none"> • 4 russet potatoes, peeled and cut into 1/2" chunks • 2 cups chopped leeks, white and light green parts • 1/8 cup olive oil • 1 tsp salt • 1 cup baby arugula • 1/4 cup white wine • 3.5 cups chicken stock • 1/2 cup heavy cream • 1/2 cup sour cream • 1/8 cup grated parmesan cheese • 4 cups fresh salad greens • 4 whole wheat rolls 	<p>Potato and Leek Soup: Preheat oven to 400 degrees. Toss potatoes and leeks with olive oil and salt. Roast in preheated oven for 40 minutes, turning occasionally, until tender. Add arugula and return to oven for 5 more minutes, until the arugula starts wilting.</p> <p>Pour roasted veggies into a food processor, add wine and 2 cups broth and blend until smooth. Do this in batches if necessary. Pour pureed veggies into a large pot, and add remaining broth, heavy cream and sour cream, and warm over medium heat until warmed through. Add in parmesan cheese and serve.</p>

Meals	Ingredients	Instructions
<h2>Meal 4</h2> <h3>Steak Tacos</h3>  <h3>Spanish Rice</h3> <h3>Sauteed Zucchini</h3>	<ul style="list-style-type: none"> • 1 lb flank steak, thinly sliced • 2 cloves garlic, minced • 2/3 cup fresh cilantro leaves, roughly chopped • Juice from 2 limes • 1/2 cup olive oil, divided • 1/2 tsp salt • 1/4 tsp ground pepper • 1 jalapeno, seeded and chopped • 6 corn tortillas • Salsa, sour cream, avocados and cheese • 1 cup brown rice • 1 cup tomato sauce • 1 cup water • 2 zucchini, sliced • 1 tbsp olive oil • Salt and pepper 	<p>Steak Tacos: Place steak in a medium glass bowl. In a small bowl, mix together garlic, cilantro, lime juice, 1/4 cup olive oil, salt and pepper. Marinate 4-8 hours. When ready to cook, warm up grill pan or skillet over medium-high heat, and cook 8 minutes a side, or until desired doneness.</p> <p>In a separate pan, heat 1/4 cup olive oil over medium-high heat. Place corn tortillas, one at a time, in the olive oil for 30 seconds a side, to lightly fry/soften. Stuff with steak meat and top with salsa, sour cream, avocados and cheese.</p> <p>Spanish Rice: In a skillet, brown rice with a little bit of olive oil, over medium heat. Add in tomato sauce and water, and cover. Cook for 10 to 15 minutes, or until rice has absorbed all of the liquid. Season with salt and pepper.</p> <p>Sauteed Zucchini: Warm 1 tbsp olive oil over medium heat. Sauté zucchini until soft and browned, about 10 minutes. Sprinkle with salt.</p>
<h2>Meal 5</h2> <h3>Chicken Salad Sandwiches</h3>  <h3>Baked Veggie Chips</h3>	<ul style="list-style-type: none"> • 2 chicken breasts, cooked and shredded • 1/2 cup diced apple • 1/2 cup grapes, halved • 1/2 cup plain Greek yogurt • 1 tbsp fresh lemon juice • 1/2 tsp garlic powder • salt and pepper to taste • whole wheat bread or rolls, toasted • 1 head kale, washed and dried • 2 tbsp olive oil • salt to taste 	<p>Chicken Salad Sandwiches: Place cooked chicken, apples, grapes, yogurt, lemon juice, garlic powder, salt and pepper in a medium bowl. Combine until well mixed. Spread out onto toasted whole wheat bread slices or rolls.</p> <p>Baked Kale Chips: Preheat oven to 275 degrees. Remove the center ribs from the kale, and cut into 1" slices. In a small bowl, toss with olive oil and salt until well coated. Turn out onto a cookie sheet and bake until crisp, about 20 minutes, turning once.</p>
<h2>Meal 6</h2> <h3>Cheesy Veggie Quesadillas</h3>  <h3>Roasted Corn and Bell Peppers</h3>	<ul style="list-style-type: none"> • 4 tbsp butter • 8 large whole wheat tortillas • 4 cups shredded monterey jack cheese • 1/2 cup diced mushrooms • 1/2 cup diced onions • 2 jalapenos, chopped (optional) • 4 cups corn kernels • 1 red bell pepper, stemmed and chopped • Optional condiments: salsa, sour cream, fresh avocados or guacamole 	<p>Cheesy Veggie Quesadillas: Melt 2 tbsp butter over medium heat in a large pan. Place one tortilla down, and sprinkle on 1/2 cup of cheese, 1/8 cup each of mushrooms and onions, and a fourth of the jalapenos. Top with another 1/2 cup cheese, followed by a tortilla. Brown on one side, then flip and brown on the other side, until cheese is melted. Repeat until all quesadillas are cooked.</p> <p>Roasted Corn and Bell Peppers: Melt remaining 2 tbsp butter in a pan over medium heat. Add corn and bell peppers and sauté until slightly browned, about 5-10 minutes.</p>