

Clean Eating Menu Plan - Week 2

Breakfast - Select 1 per day

2 hard boiled eggs
1 cup berries
1 piece whole grain toast

Blend: 1 cup berries, 1 banana
1/2 cup oats, 1/2 cup peanut butter
1 cup almond milk and ice

2 pieces whole grain toast
spread with mashed avocados
fresh sliced peaches

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

Spread peanut butter onto
a whole grain tortilla
add a banana, and roll
Cut into sushi-size pieces

Snacks - Select 2 per day

1 cup sliced cucumbers

bell pepper, sliced
with salt
1 oz dark
chocolate

1 cup
frozen grapes
1 cup
Greek yogurt
with honey

1 hard boiled egg
1/2 cup cottage cheese
with a clementine orange

A banana
Sliced tomato
mozzarella &
balsamic vinegar

Lunch - Select 1 per day

Chicken Quinoa Soup:
Boil 2 cups chicken
broth, 1/3 cup quinoa, 1/2 cup
cooked chicken for 20 min.

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

Egg Salad Sandwich:
Combine 2 hard boiled eggs,
1/4 cup greek yogurt, squirt of
mustard, S&P. Add to whole
grain toast

Quesadillas:
Whole grain tortilla
melted cheese
your choice of veggies
Turkey Pitas:
Whole wheat pita stuffed
with 3 oz cooked turkey,
spinach leaves, cucumbers
and hummus

Dinner - Select 1 per day

Beer-Braised Pot Roast
Roasted Broccoli
Baked Sweet Potatoes

Roasted Chicken Thighs
Asparagus
Cheesy Quinoa




Chicken and
Veggie Soup
Salad

Pork Chops in Mustard Sauce
Roasted Potatoes
& Carrots




Omlettes
Whole Grain Toast

Leftover Pot Roast
Patty Melts
Sweet Potato Fries

Clean Eating Dinners

Meals	Ingredients	Instructions
<h2>Meal 1</h2> <p>Beer Braised Pot Roast</p>  <p>Roasted Broccoli</p>	<ul style="list-style-type: none"> • 2-3 lbs beef roast • 2 tbsp olive oil • 1 tbsp salt • 1 tsp ground pepper • 1 tsp ground thyme • 1 small yellow onion, finely diced • 2 cloves garlic minced • 1 lb carrots, peeled and chopped • 4 cups potatoes, peeled and chopped • 1 cup water • 12 oz stout beer • 3 tbsp arrowroot powder (or cornstarch) • 5 cups broccoli • 2 tbsp olive oil • Salt and Pepper to Taste 	<p>Pot Roast: Heat 2 tbsp olive oil in a large skillet over medium-high heat. Season beef roast with salt, ground pepper and thyme. Add to skillet and brown on all sides. Transfer to a crock-pot. Add onions, garlic, water and beer. Turn on low and cook for 8 hours. 2 hours before ready to serve, add carrots, potatoes and arrowroot powder.</p> <p>Broccoli: Preheat oven to 425 degrees. Cut broccoli into bite-size pieces. Toss with 2 tbsp olive oil, salt and pepper. Bake in preheated oven for 15-20 minutes, or until tender and starting to brown.</p>
<h2>Meal 2</h2> <p>Roasted Chicken Thighs</p>  <p>Roasted Asparagus Cheesy Quinoa</p>	<ul style="list-style-type: none"> • 6 bone-in chicken thighs • 2 tbsp olive oil • salt and pepper • 1 lb asparagus • 1 tbsp olive oil • salt and pepper to taste • 2 cups quinoa • 4 cups water • 3 cloves garlic, minced • 2/3 cup shredded cheddar cheese • 1 tbsp heavy cream • salt and pepper to taste 	<p>Chicken Thighs: Preheat oven to 375 degrees. Heat 2 tbsp olive oil over medium-high heat. Season chicken thighs with salt and pepper. Place skin side down and cook until golden brown, about 12 minutes. Transfer chicken thighs to a baking dish and bake 25 minutes, flip, and bake 20 minutes more, or until internal temperature has reached 165 degrees.</p> <p>Asparagus: Warm 1 tbsp olive oil in a pan, over medium heat. Take one asparagus spear and bend until it breaks. Cut remaining asparagus to the same length. Add to olive oil, season with salt and pepper, and cook until slightly tender.</p> <p>Cheesy Quinoa: Bring 4 cups of water to a boil. Add quinoa and cook for 15 minutes, or until quinoa is soft. Drain any remaining water. Reduce heat to medium, add garlic, cheddar cheese, heavy cream, salt and pepper. Stir until cheese is melted.</p>
<h2>Meal 3</h2> <p>Chicken and Veggie Soup</p>  <p>Fresh Garden Salad Whole Wheat Tortilla</p>	<ul style="list-style-type: none"> • 2 tbsp olive oil • 1 cup carrots, peeled and diced • 1 bell pepper, diced • 1 onion, diced • 2 cloves garlic, minced • 4 cups chicken broth • 4 cups water • 4 potatoes, peeled and cubed • 4 cups cooked chicken, cubed • Fresh garden salad • Whole wheat tortillas 	<p>Chicken & Veggie Soup: Heat olive oil in a large pot over medium heat. Add in carrots, bell peppers and onions. Saute until soft, about 10 minutes. Add in garlic, chicken broth, water and potatoes. Bring to a boil and simmer for 20 minutes, or until potatoes are soft. Add in cooked chicken, cook an additional 2 - 3 minutes, then serve.</p> <p>*If there is any leftover chicken from the roasted chicken thighs it can be used in this recipe!</p>

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Meals	Ingredients	Instructions
<h2>Meal 4</h2> <p>Leftover Pot Roast Patty Melts</p>  <p>Sweet Potato Fries</p>	<ul style="list-style-type: none"> • 2 tbsp butter • 2 onions, thinly sliced • 2 - 3 cups leftover pot roast • 8 slices wheat bread • 4 slices provolone cheese • 2 - 3 sweet potatoes, cut into fries • 2 tbsp olive oil • salt and pepper to taste 	<p>Patty Melts: Melt butter in a skillet over medium heat. Add onions and saute until translucent. Add pot roast and stir until warmed through. Pile pot roast mixture onto bread, then top with provolone cheese.</p> <p>Sweet Potato Fries: Preheat oven to 450 degrees. Toss sweet potato fries with olive oil, salt and pepper. Lay out onto a baking sheet and bake in preheated oven for 25 - 30 minutes, turning halfway through.</p>
<h2>Meal 5</h2> <p>Omelettes</p>  <p>Whole Grain Toast</p>	<ul style="list-style-type: none"> • A dozen eggs • 1/8 cup heavy cream • salt and pepper • 4 tbsp butter • Veggies of choice • Cooked meats of choice • 1 cup shredded cheese • 8 pieces whole grain toast 	<p>Omelettes: Combine eggs, heavy cream, salt and pepper in a large bowl. Whisk until just combined.</p> <p>Melt 1 tbsp of butter in a saute pan over medium heat. Add 1/4 of the egg mixture to the pan, rotating the pan to make the egg spread out evenly on the bottom. Allow to cook until the egg starts to set. Use a spatula to lift the egg upwards, making sure it isn't sticking to the pan. Once the egg is almost set, but still a little moist, add any veggies and meat, and 1/4 cup of cheese. Fold half of the omelette on top of the other half. Cook for one minute, flip, and cook another minute. Transfer to a plate and serve with whole grain toast.</p> <p>Repeat for remaining 3 omelettes.</p>
<h2>Meal 6</h2> <p>Pork Chops in Mustard Sauce</p>  <p>Roasted Potatoes & Carrots</p>	<ul style="list-style-type: none"> • 4 boneless pork chops • salt and pepper • 2 tbsp olive oil • 1/2 cup chicken broth • 2 tbsp water • 2 tbsp dijon mustard • 1/4 cup heavy cream • 2 cups potatoes, peeled and cubed • 2 cups carrots, peeled and cubed • 1/8 cup olive oil • salt and pepper to taste 	<p>Pork Chops in Creamy Mustard Sauce: Season pork chops with salt and pepper. Warm olive oil in a large pan over medium heat. Add pork chops to pan and cook 5 - 6 minutes a side, until browned and internal temp has reached 145 degrees. Set on a plate and keep warm.</p> <p>In the same pan, bring chicken broth and water to a boil. Reduce heat to low, add in mustard, heavy cream, salt and pepper. Stir well and spoon a couple tablespoons over each pork chop.</p> <p>Roasted Potatoes & Carrots: Preheat oven to 400 degrees. Toss potatoes and carrots with olive oil, salt and pepper. Pour onto a baking sheet, spreading out evenly, and bake in preheated oven for 35 - 40 minutes or until veggies are tender.</p>