**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 cup Greek yogurt with granola
- 1 oz dark chocolate
- 1 cup air-popped popcorn
- 1 hard boiled egg
- 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
## Clean Eating Dinners

### Meal 1

**Chicken and Broccoli Stir-fry**

- 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 tsp 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

**Steamed Brown Rice**

**Chicken and Broccoli Stir-fry**:

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 sauté pan, warm olive oil over medium heat. Add chicken, garlic, fish sauce, honey and rice wine vinegar, and sauté until cooked through. Add in green onions, and broccoli and salt and pepper to taste. Sauté an extra minute, then serve warm over cooked brown rice.

### Meal 2

**Avocado Pasta**

- 12 oz whole wheat spaghetti
- 2 avocados, ripe, halved, seeded and peeled
- 1/2 cup fresh basil leaves
- 3 cloves garlic, minced
- 1/2 cup olive oil
- juice from a lemon
- salt and pepper to taste
- 1 cup cherry tomatoes, halved

**Fresh Garden Salad with a Lemon Vinaigrette**

- fresh garden salad
- 1/2 cup olive oil
- 3 tbsp fresh lemon juice
- 1 shallot, minced
- 1 1/2 tsp dijon mustard
- drizzle of honey

**Avocado Pasta**:

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 well mixed. Add in cherry tomatoes and serve warm.

**Fresh Garden Salad with Lemon Vinaigrette**:

To make the dressing: Combine olive oil, lemon juice, shallot, mustard and honey, and blend until smooth. Toss with fresh garden salad.

### Meal 3

**Quinoa and Turkey Stuffed Peppers**

- 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

**Baked Tortilla Chips**

- A dozen GMO-free corn tortillas
- 1 - 2 tbsp olive oil
- Sea Salt

**Quinoa and Turkey Stuffed Peppers**:

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.

Meanwhile, brown ground turkey until cooked through.

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.

**Baked Tortilla Chips**:

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.
## Clean Eating Dinners

### Meal 4
**Turkey Burger Wraps**
* 1 lb ground turkey
* 1/2 onion, sliced
* 2 cloves garlic, minced
* 1 tsp cumin powder
* salt and pepper
* 1 tbsp olive oil
* Crisp romaine leaves
* Tomatoes, sliced
* Pepperjack cheese
* Salsa

**Mexican Popcorn**
* 1/4 cup coconut oil
* 3/4 cup corn kernels
* 3 tbsp butter, melted
* 1 tbsp chili powder
* 1 tbsp garlic powder
* Salt to taste

**Instructions for Turkey Burger Wraps**
- In a medium bowl, combine turkey, onion, garlic, cumin, salt and pepper. Form into 4 patties.
- 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.
- Add turkey burgers to two crisp romaine leaves, and top with salsa.

**Instructions for Mexican Popcorn**
- Add coconut oil to a large pot over medium heat. Add a couple corn kernels to the pot. Once those kernels pop, add in remaining kernels, cover with a lid, and remove from heat for 30 seconds. Return to heat, and you will hear the kernels 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.

### Meal 5
**Broccoli & Quinoa Cheese Casserole**
* 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**

**Instructions for Broccoli & Quinoa Casserole**
- 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 fluffy and has absorbed all of the chicken broth. Set aside.
- 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.
- 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.
- In the same pan, melt butter. Sprinkle in flour, and whisk until a paste forms. Slowly pour in milk, whisking constantly, until milk has added and no lumps have formed. Add in shredded cheese and sour cream, mix well and reduce from heat.
- 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.

### Meal 6
**Eggs in a Hole**
* 2 tbsp butter
* 8 slices whole wheat bread
* 8 eggs
* salt and pepper
* sliced avocados (optional)

**Strawberry and Basil Salad**
* 1 lb strawberries
* 6 fresh basil leaves
* 1 tbsp honey
* 1.5 tsp lemon juice

**Instructions for Eggs in a Hole**
- 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 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 avocado.

**Instructions for Strawberry and Basil Salad**
- Remove stems from strawberries, and cut into quarters.
- Chop basil leaves. Toss strawberries, basil, honey and lemon juice until well mixed.