Clean Eating Menu Plan - Week 4

**Breakfast - Select 1 per day**

- 1 whole grain english muffin drizzle with EVOO, top with tomato slice & toasted
- 2 hard boiled eggs
- 1 cup berries
- 1 piece whole grain toast
- 1 cup Greek yogurt
- 2 tbsp granola
- 1/2 cup berries
- Cook 1 cup oats, add in cocoa nibs, fresh berries and nuts

**Snacks - Select 2 per day**

- 1 cup Greek yogurt with granola
- 1/2 cup Greek yogurt
- 1/2 cup fresh berries
- 1 cup air-popped popcorn
- celery sticks with peanut butter
- 1 cup fresh berries
- 1 hard boiled egg

**Lunch - Select 1 per day**

- **Noodles & Broccoli:**
  - Combine whole wheat angel hair pasta with 1/2 tsp sesame oil, juice from 1/2 orange, a dash of vinegar, salt and pepper
  - Serve with steamed broccoli
- **Chicken Quinoa Soup:**
  - Boil 2 cups chicken broth
  - 1/3 cup quinoa, 1/2 cup cooked chicken for 20 minutes
- **Lettuce Wraps:**
  - Stuff romaine lettuce leaves with roasted turkey, cucumbers tomatoes and hummus

**Dinner - Select 1 per day**

- **Tuscan Veggies with Chickpeas**
- **Tomato & Basil Pizza**
- **Fresh Garden Salad**
- **Chile Relleno Casserole Garden Salad with a Spicy Vinaigrette**
- **Chicken in Garlic Sauce over Angel Hair Pasta**
- **Chicken Lasagna in a Slow Cooker**
- **Potato Soup in a slow cooker**
- **Whole Wheat Toast**
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<td><strong>Meal 1</strong>&lt;br&gt;Tuscan Veggies with Chickpeas</td>
<td>• 1/4 cup olive oil&lt;br&gt;• 2 cloves garlic, minced&lt;br&gt;• 1 large onion, diced&lt;br&gt;• 1 green bell pepper, diced&lt;br&gt;• 1 red bell pepper, diced&lt;br&gt;• 2 yellow squash, sliced into 1/2” pieces&lt;br&gt;• 1 zucchini, sliced into 1/2” pieces&lt;br&gt;• 2 cups cooked chickpeas&lt;br&gt;• 3 tomatoes, chopped&lt;br&gt;• 1/2 cup kalamata olives, pitted and diced&lt;br&gt;• 1/3 cup fresh basil, chopped&lt;br&gt;• A few sprigs fresh rosemary&lt;br&gt;• salt and pepper to taste</td>
<td>Warm olive oil in a pan over medium heat. Add in onions and bell peppers, squash and zucchini and cook for 6 - 8 minutes, until starting to soften. Add in garlic and sauté an additional minute. Add in remaining ingredients and cook until heated through 1 - 2 minutes. Serve warm.</td>
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<td><strong>Meal 2</strong>&lt;br&gt;Chile Relleno Casserole</td>
<td>• 4 eggs&lt;br&gt;• 2/3 cup heavy cream&lt;br&gt;• 2 tbsp flour&lt;br&gt;• 2 tbsp salt&lt;br&gt;• 6 – 12 whole green chiles (skins, seeds and stems removed)&lt;br&gt;• 4 cups of shredded monterey jack &amp; cheddar cheese (about a pound)</td>
<td>Chile Relleno Casserole:&lt;br&gt;Precrack oven to 350 degrees. Combine the eggs, heavy cream, flour and salt in a medium bowl, and whisk until the batter is smooth. Set aside.&lt;br&gt;&lt;br&gt;Grease a pie or a small casserole dish. Layer one row of green chiles, and top with 1/3 of the cheese. Repeat. Pour batter over the cheese and chiles, then top with remaining cheese.&lt;br&gt;&lt;br&gt;Bake in preheated oven for 40 – 60 minutes, until golden brown on top and cooked through.</td>
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<td>Fresh Garden Salad with a Spicy Vinaigrette</td>
<td>Salad with Spicy Vinaigrette&lt;br&gt;• Fresh garden salad&lt;br&gt;• 1/3 cup olive oil&lt;br&gt;• 3 tbsp balsamic vinegar&lt;br&gt;• 1 shallot, minced&lt;br&gt;• 1/5 tsp djon mustard&lt;br&gt;• 2 cloves garlic, pressed&lt;br&gt;• 1/4 tsp ground cumin&lt;br&gt;• 1/2 tsp crushed red pepper flakes</td>
<td>Fresh Garden Salad with Spicy Vinaigrette:&lt;br&gt;To make the dressing: Combine olive oil, balsamic vinegar, shallot, mustard, garlic, cumin and crushed red peppers. Whisk vigorously for 1 - 2 minutes. Serve over a bed of fresh lettuce.</td>
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<td><strong>Meal 3</strong>&lt;br&gt;Chicken Lasagna in a Slow Cooker</td>
<td>Chicken Lasagna in a Slow Cooker&lt;br&gt;• 1 pound boneless, skinless chicken breast&lt;br&gt;• 1 onion, diced&lt;br&gt;• 4 cloves garlic, minced&lt;br&gt;• 4 ripe tomatoes, diced&lt;br&gt;• 1/2 cup heavy cream&lt;br&gt;• 1 cup uncooked whole grain penne&lt;br&gt;• 1/2 cup ricotta cheese&lt;br&gt;• 1/2 cup mozzarella cheese, cut into small cubes&lt;br&gt;• 1/4 cup shredded Parmesan&lt;br&gt;• 8 basil leaves, cut into thin strips&lt;br&gt;• Salt and pepper to taste</td>
<td>Chicken Lasagna in a Slow Cooker:&lt;br&gt;Add chicken, onion, garlic and tomatoes to a slow cooker. Cook on low for 4 hours, or until chicken is cooked through. Add in heavy cream and penne, turn up to high and cook 30 minutes, or until pasta is al dente. Add remaining ingredients, stir well, and cook an additional 10 minutes, or until cheese is melted.</td>
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Serves 3 - 4
# Clean Eating Dinners

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<td><strong>Meal 4</strong></td>
<td><strong>Tomato &amp; Basil Pizza</strong>&lt;br&gt;- 1 envelope fast-rising yeast&lt;br&gt;- 1/2 tsp sugar cane&lt;br&gt;- 1/4 tsp salt&lt;br&gt;- 3/4 cup warm water&lt;br&gt;- 2 cups unbleached flour&lt;br&gt;- 2 tbsp olive oil&lt;br&gt;- 2 tsp olive oil&lt;br&gt;- 1/4 cup thinly sliced fresh basil&lt;br&gt;- 2 tbsp fresh oregano, chopped&lt;br&gt;- 1 cup fresh tomatoes, thinly sliced&lt;br&gt;- 1 cup freshly shredded mozzarella cheese</td>
<td><strong>Tomato &amp; Basil Pizza:</strong>&lt;br&gt;Add yeast, sugar cane and salt to warm water, and allow to set for 10 minutes, until frothy. Stir in flour and 2 tbsp olive oil, and form into a dough. Knead on lightly floured surface for 5-10 minutes, then place into an oiled bowl, cover with a towel, and let sit for 30 minutes.&lt;br&gt;Preheat oven to 425 degrees.&lt;br&gt;Roll pizza dough out into a 12” circle. In a small bowl, combine 2 tsp olive oil, basil and oregano. Brush olive oil on dough surface. Layer on tomatoes, then top cheese. Bake in preheated oven for 10 - 12 minutes, until cheese is melted and crust is cooked through.</td>
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<td><strong>Fresh Garden Salad</strong>&lt;br&gt;- 4 cups fresh garden salad&lt;br&gt;- Clean eating dressing of choice</td>
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Serves 3 - 4

| Meal 5 | **Chicken in Garlic Sauce**<br>- 4 boneless, skinless chicken breasts<br>- 1/4 tsp salt<br>- 1/4 tsp freshly ground pepper<br>- 1 tbsp olive oil<br>- 10 cloves garlic, crushed<br>- 1/2 tsp red pepper flakes<br>- 1/4 cup chicken broth<br>- 1/8 cup white wine<br>- 1/4 tsp turmeric | **Chicken in Garlic Sauce:**<br>Warm olive oil in a pan over medium heat. Sprinkle chicken with salt and pepper. Brown chicken for 5 minutes, then flip. Add in garlic, pepper flakes, and mix around chicken. Stir in broth, wine and turmeric. Bring to a boil, then reduce heat to low and cover. Simmer, stirring occasionally, for 20 minutes or until chicken is cooked through.<br>**Angel Hair Pasta:**<br>Cook pasta according to package directions. Drain, and return to pot, over low. Add in butter, salt and pepper, and stirring occasionally, until butter is melted.<br>Serve chicken and garlic sauce over warm angel hair pasta. |
| **Angel Hair Pasta** | | |

Serves 3 - 4

| Meal 6 | **Potato Soup in a Slow Cooker**<br>- 6 strips bacon<br>- 1 onion<br>- 2.5 cups potatoes, peeled and diced<br>- 1/2 cup diced green chilies (optional)<br>- 6 cups chicken broth<br>- 1 tsp garlic powder<br>- 1.5 cups heavy cream<br>- 2 cups shredded cheddar cheese<br>- 1 cup organic corn kernels<br>- salt and pepper to taste | **Potato Soup in a Slow Cooker**<br>Cook bacon until crisp. Put the cooked bacon in the refrigerator for later. In the bacon grease, saute the onions until translucent. Transfer the onions and bacon grease into the crock-pot.<br>Add potatoes, green chilies, chicken broth, and garlic.<br>Cook on low for 4 – 6 hours.<br>1 hour before serving, add in heavy cream, shredded cheese, and corn. Cook an additional hour, season to taste with salt and pepper.<br>Serve with whole wheat toast. |
| **Whole Wheat Toast** | | |

Serves 3 - 4