

# Clean Eating Menu Plan - Week 4

## Breakfast - Select 1 per day

1 whole grain english muffin  
drizzle with EVOO, top  
with tomato slice & toasted

1 cup Greek yogurt  
2 tbsp granola  
1/2 cup berries

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

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

Meals	Ingredients	Instructions
<h2 data-bbox="175 226 415 310">Meal 1</h2> <p data-bbox="167 373 423 468">Tuscan Veggies with Chickpeas</p>  <p data-bbox="196 680 391 722">Serves 3 - 4</p>	<ul data-bbox="553 226 1003 596" style="list-style-type: none"> <li>• 1/4 cup olive oil</li> <li>• 2 cloves garlic, minced</li> <li>• 1 large onion, diced</li> <li>• 1 green bell pepper, diced</li> <li>• 1 red bell pepper, diced</li> <li>• 2 yellow squash, sliced into 1/2" pieces</li> <li>• 1 zucchini, sliced into 1/2" pieces</li> <li>• 2 cups cooked chickpeas</li> <li>• 3 tomatoes, chopped</li> <li>• 1/2 cup kalamata olives, pitted and diced</li> <li>• 1/3 cup fresh basil, chopped</li> <li>• A few sprigs fresh rosemary</li> <li>• salt and pepper to taste</li> </ul>	<p data-bbox="1029 226 1516 352">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 saute an additional minute. Add in remaining ingredients and cook until heated through 1 - 2 minutes. Serve warm.</p>
<h2 data-bbox="167 772 431 856">Meal 2</h2> <p data-bbox="167 890 431 1003">Chile Relleno Casserole</p>  <p data-bbox="142 1108 459 1262">Fresh Garden Salad with a Spicy Vinaigrette</p> <p data-bbox="196 1304 391 1346">Serves 3 - 4</p>	<p data-bbox="545 768 740 800">Relleno Casserole</p> <ul data-bbox="545 800 943 1041" style="list-style-type: none"> <li>• 4 eggs</li> <li>• 2/3 cup heavy cream</li> <li>• 2 tbsp flour</li> <li>• 2 tsp salt</li> <li>• 6 – 12 whole green chiles (skins, seeds and stems removed)</li> <li>• 4 cups of shredded monterey jack &amp; cheddar cheese (about a pound)</li> </ul> <p data-bbox="545 1073 849 1104">Salad with Spicy Vinaigrette</p> <ul data-bbox="545 1104 927 1339" style="list-style-type: none"> <li>• Fresh garden salad</li> <li>• 1/3 cup olive oil</li> <li>• 3 tbsp balsamic vinegar</li> <li>• 1 shallot, minced</li> <li>• 1/5 tsp dijon mustard</li> <li>• 2 cloves garlic, pressed</li> <li>• 1/4 tsp ground cumin</li> <li>• 1/2 tsp crushed red pepper flakes</li> </ul>	<p data-bbox="1029 772 1214 800">Chile Relleno Casserole:</p> <p data-bbox="1029 800 1511 873">Preheat 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.</p> <p data-bbox="1029 898 1536 972">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.</p> <p data-bbox="1029 997 1474 1045">Bake in preheated oven for 40 – 60 minutes, until golden brown on top and cooked through.</p> <p data-bbox="1029 1071 1354 1098">Fresh Garden Salad with Spicy Vinaigrette:</p> <p data-bbox="1029 1098 1516 1171">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.</p>
<h2 data-bbox="162 1381 427 1465">Meal 3</h2> <p data-bbox="159 1499 448 1612">Chicken Lasagna in a Slow Cooker</p>  <p data-bbox="204 1906 399 1948">Serves 3 - 4</p>	<p data-bbox="537 1381 914 1413">Chicken Lasagna in a Slow Cooker</p> <ul data-bbox="537 1413 1011 1745" style="list-style-type: none"> <li>• 1 pound boneless, skinless chicken breast</li> <li>• 1 onion, diced</li> <li>• 4 cloves garlic, minced</li> <li>• 4 ripe tomatoes, diced</li> <li>• 1/2 cup heavy cream</li> <li>• 1 cup uncooked whole grain penne</li> <li>• 1/2 cup ricotta cheese</li> <li>• 1/2 cup mozzarella cheese, cut into small cubes</li> <li>• 1/4 cup shredded Parmesan</li> <li>• 8 basil leaves, cut into thin strips</li> <li>• Salt and pepper to taste</li> </ul>	<p data-bbox="1029 1413 1304 1440">Chicken Lasagna in a Slow Cooker:</p> <p data-bbox="1029 1440 1531 1581">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.</p>

Meals	Ingredients	Instructions
<h2 data-bbox="162 231 430 310">Meal 4</h2> <p data-bbox="126 373 467 409">Tomato &amp; Basil Pizza</p>  <p data-bbox="133 562 461 609">Fresh Garden Salad</p> <p data-bbox="198 697 393 730">Serves 3 - 4</p>	<p data-bbox="548 216 771 237">Tomato &amp; Basil Pizza</p> <ul data-bbox="548 243 1003 552" style="list-style-type: none"> <li>• 1 envelope fast-rising yeast</li> <li>• 1/2 tsp sugar cane</li> <li>• 1/4 tsp salt</li> <li>• 3/4 cup warm water</li> <li>• 2 cups unbleached flour</li> <li>• 2 tbsp olive oil</li> <li>• 2 tsp olive oil</li> <li>• 1/4 cup thinly sliced fresh basil</li> <li>• 2 tbsp fresh oregano, chopped</li> <li>• 1 cup fresh tomatoes, thinly sliced</li> <li>• 1 cup freshly shredded mozzarella cheese</li> </ul> <p data-bbox="548 583 695 604">Garden Salad</p> <ul data-bbox="548 611 889 667" style="list-style-type: none"> <li>• 4 cups fresh garden salad</li> <li>• Clean eating dressing of choice</li> </ul>	<p data-bbox="1031 237 1198 258">Tomato &amp; Basil Pizza:</p> <p data-bbox="1031 264 1546 384">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.</p> <p data-bbox="1031 411 1258 432">Preheat oven to 425 degrees.</p> <p data-bbox="1031 459 1529 579">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.</p>
<h2 data-bbox="162 777 430 856">Meal 5</h2> <p data-bbox="181 898 414 1003">Chicken in Garlic Sauce</p>  <p data-bbox="165 1113 435 1159">Angel Hair Pasta</p> <p data-bbox="198 1314 393 1348">Serves 3 - 4</p>	<p data-bbox="548 793 808 814">Chicken in Garlic Sauce:</p> <ul data-bbox="548 821 945 1094" style="list-style-type: none"> <li>• 4 boneless, skinless chicken breasts</li> <li>• 1/4 tsp salt</li> <li>• 1/4 tsp freshly ground pepper</li> <li>• 1 tbsp olive oil</li> <li>• 10 cloves garlic, crushed</li> <li>• 1/2 tsp red pepper flakes</li> <li>• 1/4 cup chicken broth</li> <li>• 1/8 cup white wine</li> <li>• 1/4 tsp turmeric</li> </ul> <p data-bbox="548 1125 738 1146">Angel Hair Pasta:</p> <ul data-bbox="548 1152 998 1245" style="list-style-type: none"> <li>• 8 ounces whole wheat angel hair pasta</li> <li>• 2 tbsp butter</li> <li>• salt and pepper to taste</li> </ul>	<p data-bbox="1031 779 1214 800">Chicken in Garlic Sauce:</p> <p data-bbox="1031 806 1507 947">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.</p> <p data-bbox="1031 978 1166 999">Angel Hair Pasta:</p> <p data-bbox="1031 1005 1513 1073">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.</p> <p data-bbox="1031 1104 1481 1125">Serve chicken and garlic sauce over warm angel hair pasta.</p>
<h2 data-bbox="154 1381 430 1461">Meal 6</h2> <p data-bbox="159 1503 430 1612">Potato Soup in a Slow Cooker</p>  <p data-bbox="138 1759 462 1801">Whole Wheat Toast</p> <p data-bbox="198 1915 393 1948">Serves 3 - 4</p>	<p data-bbox="548 1392 880 1413">Potato Soup in a Slow Cooker</p> <ul data-bbox="548 1419 971 1724" style="list-style-type: none"> <li>• 6 strips bacon</li> <li>• 1 onion</li> <li>• 2.5 cups potatoes, peeled and diced</li> <li>• 1/2 cup diced green chilies (optional)</li> <li>• 6 cups chicken broth</li> <li>• 1 tsp garlic powder</li> <li>• 1.5 cups heavy cream</li> <li>• 2 cups shredded cheddar cheese</li> <li>• 1 cup organic corn kernels</li> <li>• salt and pepper to taste</li> </ul> <p data-bbox="548 1755 766 1776">Whole Wheat Toast</p>	<p data-bbox="1031 1413 1269 1434">Potato Soup in a Slow Cooker</p> <p data-bbox="1031 1440 1529 1539">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. Add potatoes, green chilies, chicken broth, and garlic.</p> <p data-bbox="1031 1570 1263 1591">Cook on low for 4 - 6 hours.</p> <p data-bbox="1031 1623 1497 1690">1 hour before serving, add in heavy cream, shredded cheese, and corn. Cook an additional hour, season to taste with salt and pepper.</p> <p data-bbox="1031 1717 1269 1738">Serve with whole wheat toast.</p>