

Clean Eating

THIS WEEK'S MENU: TURN 5 RECIPES INTO 13

BREAKFAST

Cinnamon Zucchini Muffins

Cinnamon Zucchini Muffins
with almond butter

LUNCH

Avocado Hummus

on whole-wheat bread with sautéed
tempeh, tomato and sprouts

Avocado Hummus

with mixed green salad, quinoa,
carrots, olives and pumpkin seeds

Swiss Chard Lasagna

with marinara dipping sauce

Mexican Kale & Bean Salad

with Avocado Dressing

SNACKS

Cinnamon Zucchini Muffins
with almond butter

Avocado Hummus

with crudités
such as carrots and jicama

Swiss Chard Lasagna

with steamed asparagus,
olive oil and lemon

DINNER

Quinoa-Stuffed Cabbage Rolls

with roasted potatoes and rosemary

Quinoa-Stuffed Cabbage Rolls

over whole-grain fusilli with pesto
and steamed spinach

Swiss Chard Lasagna with steamed
asparagus, olive oil and lemon

Mexican Kale & Bean Salad

with Avocado Dressing

PREP SUNDAY

Mexican Kale & Bean Salad –
will keep up to 5 days
in a sealed container in
the refrigerator (store
dressing separately).

Swiss Chard Lasagna –
will keep up to 5 days
in the refrigerator.

Cinnamon Zucchini Muffins –
will keep up to 3 days at
room temperature or up to
1 month in the freezer.

Avocado Hummus –
will keep up to 5 days
in a sealed container
in the refrigerator.

**Quinoa-Stuffed
Cabbage Rolls** –
will keep up to 4 days
in a sealed container
in the refrigerator.