

Clean Eating

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: Green Smoothie: Blend 1 cup nondairy milk, 1 cup baby lettuce mix, ½ avocado, ½ banana, 2 scoops collagen powder and 1 tbsp each chia seeds and walnuts with ice</p> <p>LUNCH: 1 serving Avocado Egg Salad (p. 74; save leftovers) in 2 butter lettuce leaves</p> <p>SNACK (OPTIONAL*): 1 apple, sliced, with 2 tbsp walnuts</p> <p>DINNER: Sautéed Halibut: Season 2 halibut fillets with salt and pepper; cook in a skillet in 1 tbsp avocado oil (eat ½; save leftovers)</p> <p>Garlic Roasted Cauliflower: Sauté 2 cups chopped cauliflower in 1 tbsp avocado oil for 5 minutes; season with salt and pepper. Add 2 cloves garlic, minced, and 4 cups spinach. Season with salt and pepper and cook 4 minutes. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (p. 80; save leftovers)</p> <p>Matcha Latte: Place ½ tsp matcha in a mug. Add ½ cup hot water and whisk. Whisk in ½ cup nondairy milk.</p> <p>LUNCH: 1 serving Avocado Egg Salad (leftovers, p. 74) in 2 butter lettuce leaves</p> <p>SNACK (OPTIONAL): ½ banana, sliced, with 1 tbsp ground flaxseed and pinch cinnamon</p> <p>DINNER: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (p. 75; save leftovers)</p>	<p>BREAKFAST: Shakshuka: Sauté ¼ cup onion, chopped, ½ red bell pepper, chopped, 1 clove garlic, chopped, ½ tsp each cumin and smoked paprika, ¼ tsp pepper and ⅛ tsp each red pepper flakes and salt for 5 minutes. Add 1 15-oz can crushed tomatoes and cook 5 minutes. Crack 4 eggs into divots in sauce. Cover pan and cook 5 minutes. (Eat ½; save leftovers.)</p> <p>LUNCH: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (leftovers, p. 75, reheated)</p> <p>SNACK (OPTIONAL): 1 apple, sliced, with 2 tbsp walnuts</p> <p>DINNER: 1 serving Sautéed Halibut (leftovers, reheated)</p> <p>1 serving Garlic Roasted Cauliflower (leftovers, reheated)</p>
<p>NUTRIENTS: Calories: 1,300, Fat: 82 g, Sat. Fat: 13 g, Carbs: 82 g, Fiber: 32 g, Sugar: 30 g, Protein: 78 g, Sodium: 1,060 mg, Cholesterol: 666 mg</p>	<p>NUTRIENTS: Calories: 1,407, Fat: 79 g, Sat. Fat: 23 g, Carbs: 104 g, Fiber: 28 g, Sugar: 32 g, Protein: 81 g, Sodium: 1,496 mg, Cholesterol: 789 mg</p>	<p>NUTRIENTS: Calories: 1,160, Fat: 56 g, Sat. Fat: 10 g, Carbs: 21 g, Fiber: 21 g, Sugar: 42 g, Protein: 77 g, Sodium: 1,435 mg, Cholesterol: 466 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80)</p> <p>Golden Milk: Combine 2 cups nondairy milk, 1 tbsp each maple syrup and coconut oil, ½ tsp each turmeric and cinnamon, and ¼ tsp black pepper; whisk and bring to a boil, reduce heat and simmer 10 minutes (drink ½; save leftovers)</p> <p>LUNCH: Italian Chopped Salad: Season 2 chicken breasts with salt and pepper and cook in ½ tbsp avocado oil; cool and chop. Toss 4 cups baby lettuce mix, 2 tomatoes, chopped, 1 cup chopped cucumber, ½ cup chopped olives and ¼ cup chopped chives; add chicken. Whisk ¼ cup lemon juice, 2 tbsp avocado oil, 1 tbsp Dijon, ½ tsp maple syrup, 1 tsp chopped thyme and pinch each salt and pepper; serve with salad. (Eat ½; save leftovers.)</p> <p>SNACK (OPTIONAL): 1 egg, hard-boiled; 1 pear</p> <p>DINNER: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (leftovers, p. 75, reheated)</p>	<p>BREAKFAST: 1 serving Shakshuka (leftovers, reheated)</p> <p>LUNCH: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (leftovers, p. 75, reheated)</p> <p>SNACK (OPTIONAL): 1 apple, sliced, with 2 tbsp walnuts</p> <p>DINNER: Rosemary Lamb Chops: Season 4 lamb chops with salt and pepper and 1 tsp rosemary; broil (eat ½; save leftovers)</p> <p>Roasted Veggies: Toss 2 zucchini, chopped, 1 cup cubed butternut squash, 1 cup quartered Brussels sprouts and ¼ cup chopped onion with 1 tbsp avocado oil, 2 cloves garlic, minced, and ¼ tsp each salt and pepper; roast (eat ½; save leftovers)</p>	<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80)</p> <p>Matcha Latte: Place ½ tsp matcha in a mug. Add ½ cup hot water and whisk. Whisk in ½ cup nondairy milk.</p> <p>LUNCH: 1 serving Italian Chopped Salad (leftovers)</p> <p>SNACK (OPTIONAL): 1 carrot, sliced, and 1 cucumber, sliced, with ¼ cup baba ghanoush</p> <p>DINNER: Season 2 chicken breasts with 1 tsp each cumin and garlic powder and ¼ tsp each salt and pepper; cook in ½ tbsp avocado oil (eat ½; save leftovers)</p> <p>Roasted Veggies (leftovers, reheated)</p> <p>1 apple, thinly sliced, cooked in ½ tbsp coconut oil until golden and seasoned with cinnamon, to taste</p>	<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 80)</p> <p>1 serving Golden Milk (leftovers, reheated)</p> <p>LUNCH: 1 serving Rosemary Lamb Chops (leftovers, reheated)</p> <p>1 serving Roasted Veggies (leftovers, reheated)</p> <p>SNACK (OPTIONAL): 1 carrot, sliced, and 1 cucumber, sliced, with ¼ cup baba ghanoush</p> <p>DINNER: Chicken Baja Bowl: Sauté ½ red bell pepper, chopped, and ¼ cup each chopped onion, quartered Brussels sprouts and chopped butternut squash in 1 tbsp avocado oil; season with ½ tsp each cumin and chile powder. Toss with juice of 1 lime and cook 1 minute more. Add 1 cooked chicken breast, chopped (leftovers). Top with 2 tbsp pico de gallo and ½ avocado, sliced.</p>
<p>NUTRIENTS: Calories: 1,364, Fat: 70 g, Sat. Fat: 27 g, Carbs: 123 g, Fiber: 20 g, Sugar: 53 g, Protein: 74 g, Sodium: 1,644 mg, Cholesterol: 450 mg</p>	<p>NUTRIENTS: Calories: 1,162, Fat: 52 g, Sat. Fat: 11 g, Carbs: 102 g, Fiber: 20 g, Sugar: 44 g, Protein: 79 g, Sodium: 1,568 mg, Cholesterol: 516 mg</p>	<p>NUTRIENTS: Calories: 1,310, Fat: 58 g, Sat. Fat: 18 g, Carbs: 119 g, Fiber: 23 g, Sugar: 55 g, Protein: 88 g, Sodium: 1,840 mg, Cholesterol: 239 mg</p>	<p>NUTRIENTS: Calories: 1,394, Fat: 78 g, Sat. Fat: 24 g, Carbs: 113 g, Fiber: 25 g, Sugar: 44 g, Protein: 74 g, Sodium: 1,321 mg, Cholesterol: 245 mg</p>

*The afternoon snack suggestions are optional. Eat them if you are truly hungry; if not, skip them. By inserting stretches of time between meals – rather than eating every two hours – you’re giving your digestive system a rest.