

# Clean Eating

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>REAKFAST:</b> 1 serving <i>Cinnamon Pear Chia Pudding</i> (p. 73; save leftovers) topped with ½ pear, chopped</p> <p><b>SNACK:</b> 1 hard-boiled egg, halved, topped with 1 tbsp kimchi</p> <p><b>LUNCH: Burrito Bowl:</b> Cook ½ cup cauliflower rice in 1 tsp avocado oil with 1 tsp chopped garlic and pinch salt and chile powder until tender. Stir in 1 tbsp chopped cilantro. Add to a bowl; top with 4 oz chopped roasted chicken, ½ avocado, sliced, 2 tbsp salsa and 2 sliced radishes. Add hot sauce, if desired.</p> <p>½ grapefruit</p> <p><b>SNACK:</b> 1 Mini Golden Milk Cheesecake (p. 75; save leftovers)</p> <p><b>DINNER:</b> 4 Garlicky Crab-Stuffed Mushrooms (p. 73; save leftovers)</p> <p>1 small sweet potato, cut into cubes, tossed with 2 tsp avocado oil and pinch pepper</p> <p><i>Side Salad:</i> 1 cup chopped romaine lettuce, ¼ cup each chopped bell pepper, tomato and celery; drizzle with 1 tbsp Dijon Dressing (p. 72; save leftovers)</p>	<p><b>BREAKFAST: Onion Pepper Scramble</b> (p. 73)</p> <p>½ grapefruit</p> <p><b>SNACK:</b> 3 <i>Chocolate Energy Bites</i> (p. 75; save leftovers)</p> <p><b>LUNCH: Salmon Lettuce Cups</b> (p. 76); spoon half into 2 to 3 large romaine lettuce leaves; save leftovers</p> <p><b>SNACK:</b> 1 Paleo-friendly snack strip</p> <p><b>DINNER: Steak Salad:</b> Pan-sear 1 steak in 1 tsp avocado oil with pinch each salt and pepper; slice and serve over 2 cups torn romaine, tossed with 1 sliced carrot, ¼ cup chopped fennel, ¼ cup sliced English cucumber, 1 chopped stalk celery and 1 tbsp chopped pitted olives. Drizzle with 2 tbsp Dijon Dressing (leftovers, p. 72).</p> <p>1 Mini Golden Milk Cheesecake (leftovers, p. 75)</p>	<p><b>BREAKFAST:</b> 1 serving Cinnamon Pear Chia Pudding (leftovers, p. 73) topped with ½ pear, chopped</p> <p><b>SNACK:</b> 2 Garlicky Crab-Stuffed Mushrooms (leftovers, p. 73); 1 tbsp kimchi</p> <p><b>LUNCH: New-Fashioned Cobb Salad</b> (p. 72)</p> <p><b>SNACK:</b> 3 Chocolate Energy Bites (leftovers, p. 75)</p> <p>1 green apple</p> <p><b>DINNER: Roasted Vegetables with Chicken Sausage</b> (p. 76; eat ½, save leftovers)</p>	<p><b>BREAKFAST: Egg in Avocado:</b> Crack 1 egg into ½ avocado, pitted. Sprinkle with pinch each salt and pepper and 1 tsp chopped cilantro. Bake until egg white is firm and yolk is cooked to desired doneness.</p> <p>½ grapefruit</p> <p><b>SNACK:</b> 1 Mini Golden Milk Cheesecake (leftovers, p. 75)</p> <p><b>LUNCH: Mu Shu Pork Bowl:</b> Sauté 8 oz pork loin (cut into 1-inch strips) in 1 tsp avocado oil until golden; remove from skillet. Add 1 16-oz bag broccoli slaw and cook, stirring, until tender. Add 1 tbsp each minced garlic and ginger; sauté 1 minute. Return pork to skillet; sauté 1 minute. Add 2 to 3 tbsp coconut aminos, or to taste, and 2 tsp fish sauce. If desired, drizzle with 1 tsp toasted sesame oil (eat ½; save leftovers).</p> <p><b>SNACK:</b> 2 Garlicky Crab-Stuffed Mushrooms (leftovers, p. 73); 1 tbsp kimchi</p> <p><b>DINNER: Creamed Spinach-Stuffed Potato</b> (p. 75)</p> <p><i>Apple Sauté:</i> 1 sliced green apple sautéed in 1 tsp coconut oil with 2 tsp maple syrup, ¼ tsp cinnamon and pinch salt until tender; top with 1 tsp chopped toasted walnuts</p>
<p><b>NUTRIENTS:</b> Calories: 1,987, Fat: 141 g, Sat. Fat: 25 g, Carbs: 122 g, Fiber: 31 g, Sugars: 50.5 g, Protein: 73 g, Sodium: 2,284 mg, Cholesterol: 362 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,502, Fat: 97 g, Sat. Fat: 24.5 g, Carbs: 86 g, Fiber: 20 g, Sugars: 42 g, Protein: 80 g, Sodium: 2,047 mg, Cholesterol: 527 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,615, Fat: 106 g, Sat. Fat: 17 g, Carbs: 123 g, Fiber: 40 g, Sugars: 53.5 g, Protein: 54 g, Sodium: 2,385 mg, Cholesterol: 493 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,926, Fat: 137 g, Sat. Fat: 49 g, Carbs: 131 g, Fiber: 30 g, Sugars: 60 g, Protein: 62 g, Sodium: 2,263 mg, Cholesterol: 298 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> 1 serving Cinnamon Pear Chia Pudding (leftovers, p. 73) topped with ½ pear, chopped</p> <p><b>SNACK:</b> 2 hard-boiled eggs, halved, topped with 2 tbsp kimchi</p> <p><b>LUNCH: Salmon Lettuce Cups</b> (leftovers, p. 76); serve in 2 to 3 large romaine lettuce leaves; 1 green apple</p> <p><b>SNACK:</b> 1 Paleo-friendly snack strip; 1 carrot and 1 stalk celery, sliced</p> <p><b>DINNER: Roasted Vegetables with Chicken Sausage</b> (leftovers)</p> <p>1 Mini Golden Milk Cheesecake (leftovers, p. 75)</p>	<p><b>BREAKFAST: Cinnamon Pear Chia Pudding</b> (leftovers, p. 73) topped with ½ pear, chopped</p> <p><b>SNACK:</b> 1 Paleo-friendly snack strip; ½ grapefruit</p> <p><b>LUNCH: Mu Shu Pork Bowl</b> (leftovers); ½ avocado, sliced, with squeeze lime juice and pinch each salt and chile powder</p> <p><b>SNACK:</b> 1 Mini Golden Milk Cheesecake (leftovers, p. 75)</p> <p><b>DINNER: Steak Salad:</b> Pan-sear 1 steak in 1 tsp avocado oil with pinch each salt and pepper; slice and serve over 2 cups torn romaine tossed with 1 sliced carrot, ¼ cup chopped fennel, ¼ cup sliced English cucumber, 1 chopped stalk celery and 1 tbsp chopped pitted olives. Drizzle with 1 tbsp Dijon Dressing (leftovers, p. 72).</p>	<p><b>BREAKFAST: Onion Pepper Scramble</b> (p. 73)</p> <p>¼ avocado, sliced</p> <p><b>SNACK:</b> 1 Mini Golden Milk Cheesecake (leftovers, p. 75)</p> <p><b>LUNCH: Chile Chicken Wraps:</b> Cook 4 oz chicken, cubed, in 2 tsp avocado oil with pinch each salt, pepper and chile powder. Serve in 2 lettuce leaves with ¼ avocado, sliced, 2 sliced radishes, 1 tbsp chopped cilantro and hot sauce, to taste.</p> <p><b>SNACK:</b> 1 pear; 3 Chocolate Energy Bites (leftovers, p. 75)</p> <p><b>DINNER: Honey Lime Shrimp Bowl:</b> In a small sauté pan, cook ½ cup cauliflower rice in 2 tsp avocado oil until warmed through and tender; season with pinch each salt and pepper. Heat 1 tsp avocado oil in a skillet on medium-high. Add 1 cup chopped broccoli; sauté until beginning to get tender and lightly browned. Add 2 tsp minced garlic and 5 oz peeled, deveined shrimp; sauté until beginning to turn pink. Add 1 tsp lime juice, ¼ tsp honey and 1 tbsp chopped cilantro; sauté until shrimp is cooked through. Serve over cauliflower rice.</p>
<p><b>NUTRIENTS:</b> Calories: 1,345, Fat: 70 g, Sat. Fat: 17 g, Carbs: 131 g, Fiber: 37 g, Sugars: 66 g, Protein: 58.5 g, Sodium: 1,815 mg, Cholesterol: 298 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,553, Fat: 94 g, Sat. Fat: 25 g, Carbs: 111 g, Fiber: 35 g, Sugars: 49 g, Protein: 78.5 g, Sodium: 1,783 mg, Cholesterol: 178 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,441, Fat: 90 g, Sat. Fat: 19 g, Carbs: 92 g, Fiber: 23 g, Sugars: 53 g, Protein: 80 g, Sodium: 1,256 mg, Cholesterol: 663 mg</p>