



Clean Eating

MEAL PLAN

VOLUME 6 • ISSUE 5

MEAL PLAN: WEEK 1

EVOO = extra-virgin olive oil

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Fruity Smoothie: Blend 3 strawberries, ½ frozen banana, 1 cup milk, ½ cup peeled and chopped pineapple, ¼ cup protein powder and 2 tbsp flaxseeds with ice</p>	<p>1 cup cereal and ¾ cup each milk and blackberries</p> 	<p>Strawberry Breakfast Muffin: 1 English muffin, toasted, 2 tbsp almond butter and 4 strawberries, sliced</p> 	<p>1 banana, sliced, 1 cup cereal, ¾ cup milk and 1 tsp almonds</p> 	<p>Tropical Smoothie: Blend 1½ cups milk, ½ cup each peeled and chopped pineapple and cantaloupe, ¼ cup protein powder and 2 tbsp flaxseeds</p>	<p>1 serving Maple Grapefruit Brûlée (see recipe, p. 80; save leftovers)</p> 	<p>1 egg, scrambled 2 slices toast 1 cup peeled and chopped pineapple</p>
SNACK	1 bar	1 string cheese 1 carrot, cut into sticks	<p>Apple Parfait: 1 cup Greek yogurt, 1 apple, cored and sliced, and 1 tsp almonds</p> 	½ cup each cottage cheese and peeled and chopped pineapple	¼ cup pistachios	1 bar	1 serving Maple Grapefruit Brûlée (leftovers, p. 80)
LUNCH	<p>Tuna Salad Wrap: 3 oz tuna, 2 slices avocado, 2 tbsp each chopped carrot and bell pepper, 1 tsp chopped red onion, 2 tbsp Greek yogurt and 1 tbsp lemon juice in 1 wrap with 2 leaves romaine; 1 cup sliced cucumber with 2 tbsp hummus</p>	<p>1 serving Pistachio-Crusted Pork with Baby Potatoes (leftovers, p. 80) Spiced Black Beans (leftovers) ¾ cup blackberries</p>	<p>Turkey Sandwich: 3 oz deli turkey, 2 slices avocado, 1 slice each tomato and red onion, 2 leaves romaine and pinch black pepper on 2 slices bread ½ bell pepper, sliced, with 2 tbsp hummus</p>	<p>Chicken Salad: Oregano Chicken (leftovers), chopped, 2 slices avocado, ½ tomato, sliced, ½ bell pepper, sliced, ¼ cucumber, sliced, 3 cups romaine, 2 tbsp wine vinegar and 1 tsp EVOO 1 pear</p>	<p>Turkey Feta Wrap: 2 oz deli turkey, 5 slices bell pepper, 1 slice each red onion and tomato, 2 tbsp feta, pinch black pepper and 2 leaves romaine in 1 wrap; 1 cup green beans, steamed 1 apple 2 crackers</p>	<p>Cottage Cheese & Fruit: Mix 1 cup cottage cheese, ½ cup each peeled and chopped cantaloupe and pineapple and 2 tsp almonds 2 crackers with 2 slices tomato and ½ avocado, peeled, pitted and sliced</p>	<p>Turkey Burger: 1 Turkey Patty (leftover) on 2 slices bread with 1 leaf romaine, 1 slice each tomato and red onion and 2 tbsp feta 1 cup steamed broccoli and 2 tbsp feta 1 cup strawberries</p>
SNACK	½ cup Greek yogurt with 1 cup blackberries	2 crackers with 1½ tsp almond butter	2 crackers with 2 tsp feta Grilled Veggies (leftovers)	1 bar	½ cup each cottage cheese and peeled and chopped cantaloupe	3 stalks celery with 1 tsp almond butter	2 crackers with 2 tbsp hummus
DINNER	<p>1 serving Pistachio-Crusted Pork with Baby Potatoes (see recipe, p. 80; save leftovers) Spiced Black Beans: Heat 15 oz black beans, ½ cup diced red onion, ½ tsp each garlic powder and cumin and 2 tbsp water (eat ½; save leftovers)</p>	<p>Baked Cod: 5 oz cod, ½ tsp olive oil and pinch salt and black pepper, baked Grilled Veggies: 1 each zucchini and squash, sliced and grilled with 1 tsp olive oil (eat ½; save leftovers)</p>	<p>Oregano Chicken: 10 oz chicken, ½ tsp oregano and pinch salt and black pepper, baked (eat ½; save leftovers); 1 cup green beans, steamed, and 1 tsp almonds 1 cup cooked bulgur 1 cup peeled and cubed cantaloupe</p>	<p>Greek Burger A Pistachio Salad: 2 cups romaine, 1 tsp each diced red onion and feta, 1 tsp pistachios, 1 tsp wine vinegar and ½ tsp EVOO</p>	<p>5 oz cod, ½ tsp olive oil and pinch black pepper, baked; 1 cup each cooked bulgur and steamed broccoli Greek Salad: 4 cups romaine, ¼ cup each diced tomato, feta, cucumber and bell pepper, 2 tbsp diced red onion, 3 tsp wine vinegar and 1 tsp EVOO</p>	<p>1 Turkey Patty B in 1 wrap with 1 leaf romaine and 1 slice each tomato and red onion Chickpea Salad: 5 olives, chopped, 1 cup diced cucumber, ½ cup chickpeas, 1 tsp diced red onion, 2 tsp wine vinegar and 1 tsp EVOO</p>	<p>Grilled Pepper Steak: 4 oz steak and pinch each black pepper, salt and pepper flakes, grilled 1 sweet potato, baked, and 2 tbsp feta 1 cup green beans, steamed, and 1 tsp almonds</p>
TOTAL NUTRIENTS	<p>CALORIES: 1,582, FAT: 53 g, SAT. FAT: 10.5 g, CARBS: 174 g, FIBER: 37 g, SUGARS: 58 g, PROTEIN: 108 g, SODIUM: 878 mg, CHOLESTEROL: 182 mg</p>	<p>CALORIES: 1,379, FAT: 52 g, SAT. FAT: 12.5 g, CARBS: 141 g, FIBER: 32 g, SUGARS: 22 g, PROTEIN: 118 g, SODIUM: 815 mg, CHOLESTEROL: 39 mg</p>	<p>CALORIES: 1,547, FAT: 49 g, SAT. FAT: 13 g, CARBS: 194 g, FIBER: 37 g, SUGARS: 66 g, PROTEIN: 98 g, SODIUM: 2,188 mg, CHOLESTEROL: 171 mg</p>	<p>CALORIES: 1,435, FAT: 35 g, SAT. FAT: 9 g, CARBS: 190 g, FIBER: 32 g, SUGARS: 56 g, PROTEIN: 102 g, SODIUM: 2,220 mg, CHOLESTEROL: 145 mg</p>	<p>CALORIES: 1,600, FAT: 60 g, SAT. FAT: 11 g, CARBS: 197 g, FIBER: 32 g, SUGARS: 29 g, PROTEIN: 126 g, SODIUM: 2,212 mg, CHOLESTEROL: 104 mg</p>	<p>CALORIES: 1,613, FAT: 55 g, SAT. FAT: 11 g, CARBS: 145 g, FIBER: 42 g, SUGARS: 80 g, PROTEIN: 89 g, SODIUM: 1,846 mg, CHOLESTEROL: 94 mg</p>	<p>CALORIES: 1,562, FAT: 42 g, SAT. FAT: 12 g, CARBS: 200 g, FIBER: 38 g, SUGARS: 66 g, PROTEIN: 114 g, SODIUM: 1,508 mg, CHOLESTEROL: 407 mg</p>

Greek Burger:

Mix 1 slice each tomato and red onion, 1 leaf romaine, chopped, 4 slices cucumber, 5 olives, chopped, and 1 tsp wine vinegar; serve on 1 veggie burger, cooked, on 1 English muffin with 3 slices bell pepper and 3 tbsp feta

A

Turkey Patty:

Form 8 oz ground turkey, 2 tbsp flaxseeds, 1 tsp minced cilantro and ¼ tsp each black pepper, pepper flakes, garlic powder and oregano into 2 patties; grill (save leftovers)

B













Clean Eating

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MEAL PLAN

MEAL PLAN: WEEK 2

EVOO = extra-virgin olive oil

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Green Smoothie: Blend 5 strawberries, ½ frozen banana, 1½ cups milk, ½ cup spinach, ¼ cup each parsley and protein powder and 2 tsp flaxseeds with ice</p>	<p>15 grapes, 1 cup cereal and ¾ cup milk</p>	<p>Almond Butter & Banana Sandwich: 2 tsp almond butter and 1 banana, sliced, on 2 slices bread; toast</p>	<p>1 bar 1 string cheese</p>	<p>Berrylicious Cereal: 1 cup cereal, ¾ cup milk, ½ cup each strawberries and raspberries, 1 tsp almonds and ½ tsp cinnamon</p>	<p>1 pita with 2 tbsp Fava Bean Hummus (leftovers) 2 eggs, scrambled 1 pear</p>	<p>1 cup cereal, ¾ cup milk, ½ cup each raspberries and grapes and 1 tsp almonds</p> 
SNACK	<p>2 crackers 1 string cheese</p> 	<p>1 cup strawberries 1 string cheese</p>	<p>Raspberry Almond Parfait: In a glass, layer 3 tbsp Greek yogurt, 2 tsp cereal and ¼ cup raspberries; repeat layer twice more and top with 1 tsp almonds</p>	<p>1 apple</p> 	<p>½ cup cottage cheese 15 grapes</p>	<p>1 cup strawberries 20 pistachios</p>	<p>1 bar</p> 
LUNCH	<p>Turkey Salad: 3 oz deli turkey, 2 cups romaine, ½ cup chickpeas, 5 each tomatoes and olives, ¼ cup each diced cucumber and bell pepper, 1 tbsp each diced red onion and Parmesan, 2 tbsp wine vinegar and 1 tsp EVOO; 1 apple</p>	<p>1 serving Curry Chicken Satay (leftovers, p. 81) 1 pita with 2 tbsp Fava Bean Hummus (leftovers) Crunchy Cucumber Salad (leftovers)</p>	<p>Sausage Pita (leftover) 1 stalk celery with 2 tbsp Fava Bean Hummus (leftovers) 15 grapes</p> 	<p>Spinach Salad: 3 cups spinach, ½ avocado, peeled, pitted and sliced, ¼ cup grapes, sliced, 2 tsp each pistachios and wine vinegar and 1 tsp EVOO 2 crackers 1 cup grapes</p>	<p>Spinach Penne (leftovers) 1 pear</p> 	<p>Maple Dijon Chicken Salad: Toss Maple Dijon Chicken (leftovers), 3 cups romaine, 10 grapes, ¼ cup chopped cucumber, 2 tbsp chopped carrot, 1 tbsp diced red onion, 1 tsp pistachios, 1½ tsp wine vinegar and 2 tsp EVOO</p>	<p>1 serving Moroccan-Style Salmon with Herbed Bulgur Salad (leftovers, p. 81) Garden Salad (leftovers)</p>
SNACK	<p>20 pistachios</p> 	<p>3 stalks celery with 1½ tsp almond butter</p> 	<p>Coconut Pear Smoothie: Blend 1 cup sliced pear, 1 cup coconut milk, ½ cup spinach and 2 tsp mint with ice 1 string cheese</p>	<p>½ cup each raspberries and Greek yogurt with 1 tsp almonds</p> 	<p>2 crackers with 4 tbsp Fava Bean Hummus (leftovers)</p>	<p>2 crackers with 1½ tsp almond butter and 1 tsp almonds</p> 	<p>Grape Smoothie: Blend 15 grapes, ½ frozen banana, 1½ cups milk, ½ cup bok choy leaves, ¼ cup protein powder and 2 tsp mint with ice</p>
DINNER	<p>1 serving Curry Chicken Satay (see recipe, p. 81; save leftovers) 1 pita with 2 tbsp Fava Bean Hummus A Crunchy Cucumber Salad: 1 cup each sliced radish and cucumber, ¼ cup each feta and mint and 2 tsp balsamic (eat ½; save leftovers)</p>	<p>Sausage Pita: 2 sausages, grilled, ½ bell pepper, sliced, and 3 tbsp feta in 2 pitas (eat ½; save leftover) Tomato Toss: 1 cup tomatoes, halved, 1 tsp each Parmesan and wine vinegar and 1 tsp EVOO</p>	<p>Lemon Cod: Top 4 oz cod with 1 tsp lemon juice, 2 tsp chopped parsley and ½ tsp olive oil; bake 3 cups spinach, steamed, and pinch garlic powder and pepper flakes 1 sweet potato, baked, and 1 tsp feta</p>	<p>Spinach Penne B Arugula Salad: 2 cups arugula, 5 tomatoes, 2 tsp each diced carrot and feta, 1 tsp diced red onion, 1 tsp pistachios, 2 tsp wine vinegar and ½ tsp EVOO</p>	<p>Maple Dijon Chicken: 9 oz chicken, 1 tsp Dijon, 1 tsp maple syrup and ¼ tsp black pepper, baked (eat ½; save leftovers) Garlic Spinach: Sauté 4 cups spinach and 1 clove garlic, minced, in 1 tsp olive oil; ¾ cup cooked mixed grains</p>	<p>1 serving Moroccan-Style Salmon with Herbed Bulgur Salad (see recipe, p. 81; save leftovers); Garden Salad: 2 cups arugula, ¼ cup each diced carrot and feta, 2 tsp diced red onion, 8 pistachios, 3 tsp wine vinegar and 1 tsp EVOO (eat ½; save leftovers)</p>	<p>Cilantro Shrimp: 3 oz shrimp and 1 clove garlic, minced, sautéed in 1 tsp olive oil; top with 1 tsp minced cilantro ½ bunch bok choy and 1 clove garlic, minced, steamed ¾ cup cooked mixed grains</p>
TOTAL NUTRIENTS	<p>CALORIES: 1,317, FAT: 48.5 g, SAT. FAT: 9 g, CARBS: 116.5 g, FIBER: 38 g, SUGARS: 51 g, PROTEIN: 118 g, SODIUM: 1,740 mg, CHOLESTEROL: 131 mg</p>	<p>CALORIES: 1,053, FAT: 40.5 g, SAT. FAT: 9 g, CARBS: 89.5 g, FIBER: 20 g, SUGARS: 18 g, PROTEIN: 63 g, SODIUM: 1,657 mg, CHOLESTEROL: 163 mg</p>	<p>CALORIES: 1,586, FAT: 53 g, SAT. FAT: 13 g, CARBS: 212 g, FIBER: 38 g, SUGARS: 63 g, PROTEIN: 88 g, SODIUM: 1,233 mg, CHOLESTEROL: 69 mg</p>	<p>CALORIES: 1,611, FAT: 63 g, SAT. FAT: 15 g, CARBS: 218 g, FIBER: 48 g, SUGARS: 105 g, PROTEIN: 62 g, SODIUM: 1,060 mg, CHOLESTEROL: 36 mg</p>	<p>CALORIES: 1,605, FAT: 35 g, SAT. FAT: 6 g, CARBS: 245 g, FIBER: 40 g, SUGARS: 60 g, PROTEIN: 96 g, SODIUM: 1,974 mg, CHOLESTEROL: 102 mg</p>	<p>CALORIES: 1,577, FAT: 62 g, SAT. FAT: 11 g, CARBS: 174 g, FIBER: 37.5 g, SUGARS: 67 g, PROTEIN: 94 g, SODIUM: 1,440 mg, CHOLESTEROL: 546 mg</p>	<p>CALORIES: 1,598, FAT: 34 g, SAT. FAT: 9 g, CARBS: 235 g, FIBER: 32.5 g, SUGARS: 64 g, PROTEIN: 103 g, SODIUM: 986 mg, CHOLESTEROL: 12 mg</p>

Fava Bean Hummus: Blend 15 oz chickpeas, 2 cloves garlic, 2 cups fava beans, thawed, ½ cup broth, ½ cup lemon juice, ¼ cup each tahini and parsley, 1 tsp cumin, ½ tsp paprika, ¼ tsp cayenne and 1 tbsp EVOO (save leftovers)

A

Spinach Penne: Mix 3 oz cooked penne, 1 squash, chopped and steamed, 6 cups spinach, steamed, 8 oz tofu, baked and cubed, 1½ cups tomato sauce and 4 tbsp Parmesan (eat ½; save leftovers)

B



SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 1 16-oz container 2% cottage cheese
- 12 oz reduced-fat feta cheese
- 1 pkg reduced-fat string cheese
- ½ dozen eggs
- 1 qt reduced-fat milk (1% or 2%), or unsweetened rice, almond or soy milk
- 1 17.6-oz container reduced-fat plain Greek yogurt (**TRY:** FAGE Total Classic)
- 4 oz beef eye of round steak
- 14 oz boneless cod, Arctic char or barramundi fillet (**freeze 4 oz for Week 2**)
- 39 oz boneless, skinless chicken breasts (**freeze 29 oz for Week 2**)
- 8 oz lean ground turkey
- 20 oz pork tenderloin
- 8 oz low-sodium, deli-fresh sliced turkey breast, no added nitrates or nitrites (**freeze 3 oz for Week 2**)
- 1 all-natural veggie burger (**TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 2 apples
- 3 small avocados
- 2 bananas (**freeze ½ banana**)
- 1 cantaloupe
- 1 pear
- 2 pints blackberries
- 1 pint strawberries
- 1 pink or ruby red grapefruit
- 1 lemon
- 1 small pineapple
- 1 bunch broccoli
- 6 oz carrots
- 1 large bunch celery
- 1 bunch fresh chives
- 2 cucumbers
- 1 bunch fresh cilantro
- 1 large head romaine lettuce
- 2 red onions
- 3 bell peppers
- 3 cups green beans
- 1 sweet potato
- 1 yellow summer squash
- 1 lb baby Yukon gold potatoes
- 3 vine tomatoes
- 1 zucchini

WHOLE GRAINS

- 1 loaf whole-grain or sprouted grain bread (**freeze 2 slices for Week 2**)
- 1 pkg whole-grain English muffins
- 1 pkg whole-grain wraps
- 1 box bulgur
- 1 box whole-grain cereal (**TIP:** Look for brands with 200 calories or less, such as Ezekiel 4:9 Cinnamon Raisin Whole Grain Cereal.)
- 1 box whole-grain crackers or crispbreads (**TRY:** Mary's Gone Crackers Original Seed Crackers with Herbs)

NUTS, SEEDS & OILS

- 2 oz raw unsalted sliced almonds
- 4 oz raw unsalted pistachios
- 1 jar natural unsalted almond or peanut butter (**TRY:** Once Again Organic Creamy Almond Butter)
- 1 bag ground flaxseeds (**TRY:** King Arthur Flour Whole Flax Meal)
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil

EXTRAS

- 1 box whole-grain or all-natural fruit bars (**TRY:** Lärabar)
- 1 bag dried black beans or 1 15-oz BPA-free can black beans
- 1 bag dried chickpeas or 3 15-oz BPA-free cans chickpeas
- 1 container hummus
- 1 bottle ground black pepper
- 1 bottle ground cayenne pepper
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle dried oregano
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 bottle dried thyme
- 1 bottle pure vanilla extract
- 1 jar pitted Kalamata olives
- 1 container whey protein powder
- 1 pkg maple sugar
- 1 small bottle pure maple syrup
- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 bottle red wine vinegar



SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 1 8-oz container 2% cottage cheese
- 1½ oz reduced-fat grated Parmesan cheese
- 1½ qt reduced-fat milk (1% or 2%), or unsweetened rice, almond or soy milk
- 1 17.6-oz container reduced-fat plain Greek yogurt
- 2 all-natural organic chicken and/or turkey sausages
- 16 oz boneless, skinless salmon fillet
- 3 oz frozen cooked shrimp
- 1 8-oz pkg organic firm tofu

VEGGIES & FRUITS

- 2 apples
- 1 small avocado
- 2 bananas (freeze 1)
- 3 pears
- 1 pint raspberries
- 1 pint strawberries
- 12 oz grapes
- 3 lemons
- 1 lime
- 1 8-oz pkg arugula
- 1 bunch bok choy
- 1 small bunch radishes
- 1 head romaine lettuce
- 1 16-oz bag baby spinach
- 1 bunch fresh cilantro
- 1 bunch fresh mint
- 1 bunch fresh flat-leaf or Italian parsley
- 2 cucumbers
- 1 head garlic

- 1 1½-inch piece fresh ginger
- 2 bell peppers
- 3 jalapeño chile peppers
- 1 small sweet onion (such as Vidalia)
- 1 red onion
- 1 sweet potato
- 2 pints grape tomatoes
- 1 yellow summer squash

WHOLE GRAINS

- 1 box whole-grain cereal
- 1 box whole-grain penne
- 1 pkg whole-grain pitas
- 1 pkg mixed whole grains (TRY: Village Harvest Farro & Red Rice Frozen Whole Grain Medley)

NUTS, SEEDS & OILS

- 1 jar tahini

EXTRAS

- 1 16-oz bag frozen fava beans
- 2 8-oz cartons reduced-fat coconut milk
- 1 8-oz carton reduced-sodium chicken broth
- 1 jar Dijon mustard
- 1 bottle ground cardamom
- 1 bottle ground coriander
- 1 bottle ground ginger
- 1 bottle curry powder
- 1 bottle ground paprika
- 1 bottle ground turmeric
- 1 small jar reduced-sodium tomato sauce
- 1 bottle balsamic vinegar
- 8 wooden bamboo skewers