



Clean Eating 15 DAY CHALLENGE MEAL IDEAS

Eat **REAL** food, as close to its original form as possible. Use olive, avocado, and coconut oils sparingly. Oil is lacking in nutrients and calorie dense. Replace with broth, applesauce, or omit altogether. **NO** High Fructose Corn Syrup!

READ labels. Sugar is hidden in bread, catsup, spaghetti sauce, and **all** kinds of foods.

****GOAL: 2-2-2: 2 cups raw veg, 2 cups cooked veg, 2 tbsp nuts & seeds a day.**

Eat two snacks a day. Eat good fat with your meals. And drink LOTS of water!

Breakfast	One egg, toasted 'sprouted' whole grain bread < 1 tsp real butter, preferably grass fed, and a plum	Oatmeal (whole/rolled or steel cut), banana, dates, walnuts	Turkey or veggie sausage patties (2), sweet potato hash browns, berries	Two slices nitrite free bacon, roasted tomato slices
	One egg & one egg white western omelet (peppers, onion, mushrooms, or other veggies) fruit of your choice	Cold cereal (Grape Nuts are pretty clean, organic meusli) with plant milk, turkey sausage or uncured turkey bacon, strawberries	Banana pancakes (smashed banana, 1-2 eggs, pink salt, vanilla, cinnamon, walnuts if you want) with 1 tbsp almond or peanut butter, pear slices	Yogurt (<i>coconut milk, almond milk, organic soy, if you can find it,</i>) 1 cup berries, 1-2 tbsp granola or sliced almonds
	Steel cut oatmeal with ½ C fresh berries or canned peaches, turkey or veggie sausage or bacon. <i>*Cook steel cut oatmeal in a crock pot overnight! 1:4 ratio of oats to water.</i>	Breakfast smoothie: strawberry & flax, raspberry "pb & j", etc. Look here... http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/healthy-breakfast-smoothies/raspberry-nut-smoothie	Breakfast cookies! http://spoonuniversity.com/cook/dessert-breakfast-banana-coffee-chip-cookies/?utm_source=yahoo-food&utm_medium=referral&utm_campaign=content-partnerships	Chickpea pancakes with sautéed veggies and garlic dressing http://forksoverknives.com/recipes/chickpea-omelet/#gf.if_eK_s

****Feel free to swap out parts of one meal for another. Try to avoid fruit juices that lack fiber. Remember dried fruits are more calorie-dense.**

Lunch	Cold	Tri-bean salad (black, red & white kidney, w/onion, celery, cucumber, tomato, and a vinaigrette), baked extra-firm tofu cubes, apple	Sushi (California, avocado, or similar rolls), 1 Cup boiled shrimp (omit if sushi has crab, shrimp, tuna etc.), pear	Asian mixed green salad with shredded chicken, mandarin oranges, sliced almonds, green onions, and lite sesame dressing	Tuna salad (with avocado mayo or pref. balsamic vinaigrette), tomato slices, & lettuce in an oat bran or whole wheat pita, kiwi
		Shrimp and avocado salad: check this out... http://addapinch.com/cooking/shrimp-avocado-salad-recipe/	Pasta-less pasta salad: Use zucchini 'noodles', spiral sliced zucchini, cherry tomatoes, onion, peppers, oregano, and add grilled shrimp	Veggie packed turkey whole wheat sandwich. Use baked turkey breast and layer your favorite veggies like onion, tomato, cucumber, carrots, bean sprouts, & hummus	Salmon salad with dill dressing http://www.health.com/health/gallery/0,,20307177_2,00.html
	Hot	Turkey burger or veggie burger (Morningstar Farms are not clean) on clean bread, tortilla, or in Romaine leaf, ½ avocado, mixed green salad with oil & vinegar dressing	Grilled chicken tenderloins with brown rice or quinoa, asparagus, tomato, and fruit of your choice	Baked chicken with baked sweet potato fries, and fruit of choice	Bowl (1-1.5 cup) of homemade chili (with or without beef or turkey meat), one cornbread muffin
		Grilled veggie whole wheat sandwich or wrap: Grill some bell peppers, mushrooms, squash, carrots, etc. Add mashed black beans as a binder.	Barley bowl One cup barley (or quinoa, couscous) plus black beans, halved grape tomatoes, red pepper flakes, bell pepper, and a squeeze of lime	'Whatever' salad: Use shredded chicken or kidney or cannellini beans for protein, and throw in whatever veggies you have on hand. Drizzle with vinaigrette.	<i>If a product has GUMS in it, and it isn't chewing gum- it's processed food!</i> <i>Guar gum, xanthum gum, bean gum: all are made to adjust the texture of food, increase shelf life, and they are cheap, 'fake' food.</i> Avoid.

** (Animal) protein should be 3-4 ounces per meal. (About the size of a deck of cards.) Colorful veggies, beans, lentils and whole grains have protein too! Limit grass fed beef and pork to once or twice a week if you substitute. Avoid processed lunchmeats and deli meats of any kind. Swap one veggie for another. Avoid chips and pretzels. ☺ All other veggies-eat as much as you want, prepared responsibly, of course!! (Raw, roasted, steamed, boiled, sautéed)

Dinner	Cold turkey chopped salad (1-1.5 cups cubed, cooked turkey, celery, onion, dried cranberries, minimal mayo) served on a bed or romaine lettuce, fresh cranberry relish	Creamy veggie whole wheat pasta (1 C cooked wheat pasta, cooked tomato, zucchini, squash, carrots tossed with tofu ricotta, walnut parmesan cheese, and Italian seasoning) fruit of choice	Rosemary baked chicken, baked sweet potato, mixed green salad, green peas or green beans	Steak and broccoli stir fry (2.5 oz lean beef, ½ C each green peppers and broccoli, onion, garlic, olive oil, 1 tbsp teriyaki sauce) with 1 C brown rice and mixed fruit cup
	Baked fish (wild salmon, flounder, etc.) mixed green salad with oil & vinegar dressing, warm Brussel sprout slaw	Zucchini-tomato frittata (zucchini, 1 plum tomato, onion, 2 eggs or 3 egg whites), curry new or red bliss potatoes, (heat 3-4 oz boiled, chopped potato chunks in olive oil, with onion and ¼ tsp curry powder) fruit of choice	Cauliflower 'fried rice' (Chop cauliflower and make 'rice.' Cook half a small onion & one clove garlic, add ½ C each cubed zucchini, broccoli florets, mushrooms, and cook down, then add 2 oz each corn, shredded carrot, peas, cooked egg, and 1 C quinoa. Heat through and add ginger and soy sauce.)	Two or three fish tacos with avocado. (Grill or broil 4 oz fish of choice, toss with cumin and garlic powder. Place fish, veggies of choice and half a sliced avocado in whole wheat tortillas.) Mixed bean salad, and fruit of choice.
	Pan seared New York strip steak (cooked in coconut oil), 'redneck caviar' (minus the corn), homemade coleslaw http://www.food.com/recipe/southern-redneck-caviar-371374	Stuffed bell peppers: Use ground turkey and brown rice or quinoa. Or go vegetarian and Mediterranean and use chickpeas, and olives, with the brown rice.	Make a hearty soup with lots of veggies! Try this one: Black bean and kale tortilla soup http://www.food.com/recipe/southern-redneck-caviar-371374	Farro salad with kale, beets, and feta. http://www.shape.com/recipe/layered-farro-salad-with-kale-feta-and-grapes Brussel sprouts can be substituted for kale, quinoa for farro.

**Or choose any lunches from the lunch chart!

The fruits and veggies should be 2/3 to three-quarters of your plate.