

# Fantastic Clean Eating

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## Dinner and Lunch Recipes

### DINNERS

\*These meals are designed to make two servings.

\*Batch and prep a bit on Sunday! Put on some good tunes and spend a bit of time prepping. You'll be happy you did!

Chop onions and store them in airtight containers in the fridge (red separate from white/yellow,) make brown rice, and quinoa (cook in broth or water,) cut bell peppers, celery, and raw veggies for snacks and salads. Chop and store in the fridge.

\*If you have a crock pot liner, you might want to use it, since I recommend you use the crock pot on Monday and then again on Tuesday. It will make for an easier clean up and turn around.

3-2-1 dressing (see note below, between Dinners and Lunches.)  
lemon tahini dressing (T Crack) (see below.)

#### **Meatless Monday lentil soup (crock pot – plan ahead)**

1 ½ C red or green lentils, or a mixture of both!  
3 large carrots, scrubbed and chopped  
1 red bell pepper, chopped  
2 stalks of celery, chopped  
4 leaves of kale, stems removed, and leaves chopped  
2 white potatoes, scrubbed and chopped into 1-2" pieces  
2 cloves garlic, minced  
1 small white onion, chopped

1 tsp salt  
¼ tsp black pepper (about 5 turns)  
1 tsp parsley  
½ tsp smoked paprika  
½ tsp oregano  
¼ tsp cayenne (optional)

6 C vegetable broth

Place all ingredients in your crock pot and cook on low for 6-8 hours.

If you use a stock pot on the stove top, heat the pot for two minutes. Add the onion, garlic, and celery and stir, cooking for 5 minutes. Add the remaining ingredients. Bring to a boil. Lower the heat and simmer for 35-40 minutes.

## Make your Crackers

½ C almond flour  
½ brown rice flour or whole wheat pastry flour (organic, if possible.)  
¼ C water  
1 tsp chia or flax seeds  
1 tsp salt  
¼ tsp turmeric  
¼ tsp black pepper  
¼ tsp garlic or onion powder, or both!  
¼ tsp paprika or smoked paprika  
2 heaping tbs nutritional yeast

Preheat oven to 350. Place all ingredients in a food processor or blender. Blend until a dough forms, scraping down the sides as needed. Empty the contents onto parchment paper or a silpat mat. Place another piece of parchment paper on top. Roll the dough to 1/8" thick. Remove the top layer of paper and carefully cut the crackers into 2" squares. Bake for 20 minutes.

## Tuesday chicken verde (**crook pot-** plan ahead)

Place all the boneless chicken in the crock pot with a small onion cut in eighths, and ½ tsp salt. Add 1 C water. Cook on low for 6-8 hours.

For dinner, remove half the chicken, shred it with a fork. And store it in an airtight container in the fridge for tomorrow's lunch.) Pour the salsa verde into the crock pot with tonight's chicken. Mix well. Replace the lid and allow to heat through while you prepare the salad.

### Tomato salad

2 roma tomatoes, cut into pieces  
1 avocado, cut into pieces  
1 cucumber, scrubbed, seeded, and diced  
¼ C red onion, chopped  
¼ C cilantro, chopped  
Juice of half a lemon  
Salt and pepper to taste

Mix all the ingredients in a non-metal bowl.

## Happy Valentine's Day!!

### Wednesday green apple salad, salmon, and herbed quinoa

1 C quinoa  
2 C water

Cook the quinoa according to package directions, and add ½ cup onion, chopped.

Prepare the salad.

1 Granny Smith apple, chopped into bite sized pieces  
Sections of one orange, each cut into three sections  
2 C arugula

2 tbsp apple cider vinegar  
1 tbsp lemon juice  
¼ tsp salt  
1/8 tsp black pepper  
1 tbsp chopped pecans or walnuts

Mix well. Set aside while you finish the rest of the meal.

For the Salmon, heat a skillet on medium. Mix

¼ C water  
1 tbsp tahini

Rinse and pat dry the salmon filets. Brush both sides lightly with the tahini mixture, and salt and pepper the fish. Increase heat to med-high. Place skin side up in the pan. Cook for 4 minutes. Gently flip the fish and continue cooking for another 3 minutes, or until the skin is crispy and the fish feels firm.

Remove 1 C of quinoa. Place it in a bowl with ¾ tsp oregano, ½ tsp thyme, 1 tbsp chopped parsley (or 1 tsp dried,) and the juice of the rest of the lemon used for the apple salad. Mix well.  
\*Place the rest of the quinoa in an airtight container in the fridge for tomorrow.

## **Thursday pancakes and quinoa fruit salad**

1 C quinoa, (already made)  
1 nectarine, cut into 1" pieces  
½ C blueberries, washed and drained  
Slivered almonds, kiwi, mango, or other fruits you have available (optional)

3 tbsp orange juice, fresh, no sugar added  
2 tbsp lemon juice  
2 tbsp tahini  
2 tbsp apple cider vinegar  
1 tbsp maple syrup, pure  
1 tbsp lemon or orange zest  
1/8 tsp cinnamon

Place all in a non-metal bowl and whisk until creamy, adding water to thin to desired consistency. Mix in with the quinoa.

## Pancakes

2 C flour, I usually use a mix of whole wheat and oat. (You can make oat flour easily!)  
2 tbsp coconut or date sugar  
4 tbsp baking powder  
¼ tsp salt  
½ C unsweetened applesauce (or pure pumpkin, or sweet potato)  
1 ½ C plant milk, (I use vanilla organic soy or almond usually)

Heat a non-stick pan to medium heat. Mix the pancake batter. Let it sit for a couple minutes. You may lightly spray the pan, if necessary. Pour batter onto prepared pan and cook them up!

## Friday Fish Sticks, sweet potato fries, and steamed broccoli

Preheat the oven to 400. Make the fries.

Wash and scrub sweet potatoes. Leave the skin- or don't. Your choice! Cut the potatoes in wedges that are 1/8" thick. Place in a bowl or gallon size zip lock. Add 2 tbsp broth, ½ tsp salt, and optionally, ½ tsp chili powder, ¼ tsp cumin, ½ garlic powder. Shake/mix to coat. Spread on a prepared baking sheet. Place in the oven. Set the timer for 20 minutes. Make the fish sticks.

½ lb. fish fillets (wild caught, NOT farmed, not tilapia) cut into wedges/sticks  
½ C whole wheat pastry flour  
1 C whole wheat panko bread crumbs\*  
1 tsp garlic powder  
1 tsp Italian seasoning, optional

12 oz container, plain, non-dairy yogurt

Prepare a baking sheet with parchment paper or silpat mat. Place the flour on a paper plate, and the dried ingredients on a different paper plate and mix well. Take each fish stick and dredge in flour, then spread it lightly with yogurt. (Thin with a bit of water if necessary.) Roll it in the bread crumbs and place on the baking sheet. Continue until all fish sticks are coated. Set aside and prepare the fries.

When the timer dings, leave the potatoes in. Add the fish stick baking pan. Cook for 12 minutes.

\*Make your own bread crumbs by placing 2 slices of sprouted whole wheat bread in a food processor and process until crumbly.

Steam the broccoli. Cut the broccoli heads into bite size florets. Steam in the microwave (if you have a steamer cover,) use a veggie steamer, or place in a steamer basket in a pot of boiling water. Cover. Steam for 6-8 minutes or until bright green.

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## Dressings:

**Lemon Tahini** (T-crack) **dressing** (\*I use 4 dates instead of 6.)

<https://cleanfooddirtygirl.com/lifes-guarantees-plant-based-lemon-tahini-dressing/>

**3-2-1 dressing-** mix and enjoy! I keep mine in an old maple syrup container!!  
3 tbsp balsamic vinegar    2 tbsp Dijon mustard    1 tbsp pure maple syrup

## LUNCHEs

### Monday chickpea smash & greens

1 can chickpeas, drained and rinsed well  
1 tbsp + 1 tsp pickle relish  
1 tbsp tahini  
1 tbsp maple syrup  
1 ½ tsp Dijon mustard  
¼ C chopped red onion  
½ C chopped celery  
Salt and pepper to taste

Smash the chickpeas with the back of a spoon (or a pastry blender!) Add the remaining ingredients and stir. Sit the chickpeas atop 2 heading handfuls of washed, varied greens.

### Tuesday shrimp buddha bowl

Defrost the frozen, cooked shrimp in a bowl of tap water, changing the water if necessary until shrimp are thawed.

Assemble your buddha bowl. Begin with ½ C brown rice (already prepped, hopefully,) add shrimp and the following.\*  
(1/2 C or so) shredded carrots  
sliced tomatoes  
shredded cabbage, spinach, kale, or other greens,  
½ avocado  
Green onions  
Squeeze fresh lime

\*There is a lot of wiggle room here, so add whatever veggies you like! If you made the T crack dressing, this is a perfect salad for a drizzle of that!

## **Wednesday chicken ‘pop of red’ balsamic salad**

Shredded chicken (already made, and set aside)  
2-3 celery stalks, chopped  
½ red onion, chopped  
½ C pomegranate seeds (or dried cranberries, or chopped strawberries)  
1 tomato, chopped  
1 clove garlic, minced  
½ avocado, sliced or cubed  
2 C chopped romaine  
1 C kale, arugula, or other green

1/3 C balsamic vinegar  
2 tbsp water  
1 tsp honey, agave, or maple syrup  
½ tsp salt  
(Or- you can use the 3-2-1 dressing, if you have it!)

Toss salad ingredients together and plate.  
Place all dressing ingredients in bowl. (Use the salad bowl!) Drizzle over the salad.

## **Thursday red pepper & hummus sandwich**

4 slices sprouted whole wheat bread, or gf alternative

1 red bell pepper, sliced thin  
¼ red onion, sliced thin  
½ cucumber, sliced thin  
spinach

hummus

Assorted fruit

Spread the hummus liberally on the bread. Layer the veggies on top, and top with the other slice or bread. Enjoy with a heaping helping of delicious fruit of your choice.

## **Friday edamame corn salad**

1 C organic edamame, shelled  
½ C sweet corn  
½ C red bell pepper, chopped  
¼ C onion, chopped  
2 green onions, bulb removed, and remaining green and white sliced  
¼ C dried cranberries  
¼ C (fresh) parsley or cilantro, chopped, or 2 tsp dried  
2 tsp basil

3 tbsp lemon juice  
1 tbsp Dijon mustard  
1 tbsp apple sauce  
¼ tsp salt  
black pepper to taste

mixed greens

Mix salad ingredients. Mix the dressing and combine the two. Eat with greens!

**That's a wrap!!**