

Splendid Clean Eating Meal Plan

DINNERS

Meatless Monday Veggie Ragu with Zoodles, garlic quinoa bread, and salad

1 C quinoa (soaked overnight/during the work day in the fridge, and drained)

1 C water

1 tsp each garlic powder and oregano

¼ tsp salt

Preheat the oven to 425. Place the ingredients in a blender or food processor and pulse to blend into a batter. Pour into a dish or baking sheet prepared with parchment paper. Use a rubber scraper to push the batter into an oval about ½” thick. Bake for 15 minutes. Remove and flip over. Bake an additional 10 minutes.

½ C chopped yellow onion

2 cloves garlic, peeled and minced/chopped fine

2 C raw spinach, washed

1 C mushrooms, sliced (optional)

2 Cups spaghetti/tomato no sugar added sauce

2 tsp each oregano, basil,

salt

2 small zucchini, spiralized

1 C (or more) salad greens, plus cut veggies of your choice

In a non-stick pan over medium heat, add a few tbsp. broth. Add the minced garlic and onions. Stir and cook until onions are translucent. Add the mushrooms, if using. Add the spinach and stir every few minutes to cook down. Add the tomato sauce and spices and stir to mix. Lower the heat to low and allow it to simmer for several minutes.

While the sauce heats, spiral your zucchini into ‘noodles.’ Sprinkle with salt. You may keep them raw or heat them in the microwave for 2 minutes.

Prepare your salad. The salad should include no less than 1 Cup of raw veggies. Dress with 3-2-1 dressing or tahini (T-crack) dressing. See below.

Portion out your zoodles and top with the veggie ragu. (See below for walnut ‘Parmesan’ to add to the top!

(Optional) Walnut ‘Parmesan’ Sprinkle this on the ragu. It’s also good sprinkled on salads! Place all items in a food processor/blender/chopper and process just long enough to achieve a crumbly Parmesan texture.

1 cup walnuts

¼ C nutritional yeast

¼ tsp garlic powder

¼ tsp onion powder

1/8 tsp sea salt

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

Tuesday Chicken, Black Bean, and Corn Taco Salad

2 tbsp broth, plus additional tbsp for chips

½ C chopped onion

1 C diced red bell pepper

6-8 oz shredded chicken* (equivalent of two breasts) Already cooked in the crock pot.

1 C chopped tomatoes, seeded
1 C corn
2/3 C black beans
1 C spinach
1 tsp cumin
½ tsp salt, plus more for chips
¼ tsp black pepper (about 10 turns of a pepper mill)
1 C chopped Romaine
2 whole wheat tortillas
Lime half
Cilantro, chopped, about 1 tbsp per person/plate

To a skillet on medium-low heat, add broth, onion, and bell pepper. Heat until onions are soft. Add shredded chicken, tomatoes, corn, black beans, spices, and stir. Decrease heat to low.

Shred/chop Romaine and mix with spinach. Place on serving plates.

Preheat oven or toaster oven to 350°. Cut whole wheat tortillas with knife to make 6-8 triangle wedges from each tortilla. Spread out on a baking sheet on top of foil, a silpat, or parchment paper. LIGHTLY brush with broth and sprinkle with lime juice. Sprinkle with salt. Bake in oven for 6-7 minutes- or until crispy but not burnt.

Assemble your salad, adding chicken and bean mixture atop the lettuce, some chopped cilantro on top, and chips to the side!

*If you did not cook the chicken during the day in a crock pot, bake the chicken in the oven prior to assembling this dish.

Wednesday Stuffed Peppers and salad

1 lb ground turkey
1 clove garlic, minced
¼ C onion, minced
1 tbsp chopped fresh cilantro or parsley
1 tsp garlic powder
1 tsp cumin powder
1 tsp sea salt
2 red bell peppers, washed, cut in half lengthwise, and seeded
½ C broth, plus 2 tbsp for sautéing
¼ C tomato sauce, plus 2 tbsp
1 1/2 cups cooked brown rice

Heat oven to 400°. Heat 2 tbsp broth in a large, non-stick skillet on medium heat. Add onion, garlic and cilantro and sauté about 2 minutes, then add ground turkey, salt, garlic powder, cumin and cook meat for 5-6 minutes, stirring often, until meat is completely cooked through. Add the tomato sauce and the broth. Stir, and allow to heat through.

Pour ½ C water into the bottom of a 9x12 (or similar) casserole dish. Fill each pepper half with the turkey mixture and place in the dish. Spread a tsp+ tomato sauce on top of each pepper half. (Top with Walnut Parm from Monday, if you made some!) Cover the dish with foil and bake for 45 minutes.

Prepare your salad. The salad should include at least 1 Cup total raw veggies, including lettuce. But more is better. ☺ Dress with 3-2-1 dressing or lemon tahini dressing already made.

Thursday Turkey Burgers, Roasted Potatoes and Cucumber Salad

1 cucumber, sliced thin
1 C thinly sliced red onion (julienned)
2 1/2 tbsp apple cider vinegar
1 tsp raw sugar

½ tsp lemon juice

¼ tsp sea salt

Combine all ingredients, mix well. Cover and refrigerate while you make burgers and potatoes.

3 C red/new potatoes

1 tbsp parsley flakes

1 tsp Salt

(optional- add garlic powder, rosemary, etc. to taste)

Set a pot of water to boil, about 4 C of water. Heat the oven to 400°. Wash and cut the potatoes into bite sized pieces. When water boils, drop the potato pieces into the boiling water. Allow to cook for 5 minutes. Remove the potatoes and place in a bowl. Sprinkle with parsley and salt and stir to coat. Place potatoes on a baking sheet prepared with parchment paper or a silpat mat. Bake at 400 for 30 min. *If the potatoes are sharing the oven with the burgers/nuggets, bake the potatoes at 400. When you add the burgers, lower the heat to 375. (See below)

¼ C sun-dried tomatoes

1 lb. ground turkey

½ C oats

1 tbsp balsamic vinegar

1 clove garlic, minced

1 ½ tsp Dijon mustard

½ tsp salt

½ tsp black pepper, (about 20 turns of a peppermill)

Boil water. Place sun-dried tomatoes in a small dish and cover with boiling water. Allow to sit for at least 10 minutes. In a large bowl, mix all the remaining ingredients. When tomatoes are softened, chop and add to the burger mixture. Split the mix into two portions. With one half, create two ¼ lb burger patties. (With the other half, form into either burgers or nuggets. This will be your lunch tomorrow!!) Pan sear the burgers on the stovetop, or bake the burgers and the nuggets on parchment covered pans at 375 for 8-10 minutes.

Friday One Sheet Dinner- fish & broccoli or chicken and Brussels sprouts

½ red onion, cut in rough chopped pieces, about 1" square

1 tbsp minced garlic

1 tsp cumin

2 tbsp Dijon mustard

2 tbsp water

2 tbsp lemon juice (or honey or agave, if you have it)

½ tsp sea salt

½ tsp black pepper

1 C cherry tomatoes, cut in half

Mix all above ingredients. For the CHICKEN dish, add

2-3 C Brussels sprouts, cut in or quarters

For the FISH dish, add

1 crown broccoli, cut into bite sized pieces

On a baking sheet prepared with parchment paper: place the protein in the center of the sheet.

Surround with vegetables. Pour remaining marinade/dressing over the chicken or fish.

Chicken, bake at 400 for 25-30 minutes

Fish, drizzle lemon juice over broccoli and fish, bake at 425 for 10-15 min. Check at 10 .

Prepare a raw salad while the dinner cooks, if you want one.

LUNCHES

Monday Hummus Veggie Wrap & Fruit

Hummus Recipe

Two 15-ounce cans chickpeas, drain and rinse one can

2 cloves garlic, minced

1 1/2 teaspoons kosher salt

1/3 cup tahini, stirred well

1/2 tsp cumin

5 tablespoons freshly squeezed lemon juice (one large lemon)

veggie broth

(paprika for garnish)

Place all ingredients in a blender or food processor, scraping sides as needed. Add broth until desired consistency. Hummus will thicken in the fridge.

Whole wheat/sprouted flatbread or tortillas (2)

Sliced bell peppers, cucumbers, carrot shreds, red onion slices, rasish, chopped lettuce, etc

Chicken (optional)

Spread a layer of hummus on one side of the flatbread. Layer vegetables on the flatbread. Roll up, and pair with the fruit of your choice! Shredded chicken can be added to the wrap as well.

Tuesday Edamame Salad

¼ C yellow onion, chopped

1 C frozen organic edamame

½ C organic corn

1 C lima beans

¼ C chopped bell pepper

1 carrot shredded

1 tbsp dried cranberries

¼ tsp pink salt

Shredded fresh cilantro (optional)

Throw in a bowl and mix together. If you put it together in the morning, it'll be thawed by lunch. If you make it at lunch, defrost the frozen veggies before assembling. Pair with fruit.

Wednesday Southwest Stuffed Sweet Potato

2 sweet potatoes- microwave to cook, or oven bake (ahead of time)

remaining corn and black beans

½ C chopped tomatoes

¼ C onion

¼ tsp cumin

1/8 tsp sea salt

Chopped cilantro (optional)

2 tsp tahini

Mix all ingredients together and set aside.

Cut sweet potatoes in half. Split the southwest filling into two portions. Fill potatoes.

Thursday Chicken and Grape Spinach Salad

1 C grapes, washed and halved

1-1 ½ C (remaining) shredded chicken (cooked on Tuesday)

2 stalks celery, washed, halved, and chopped

¼ C chopped onion

1 tbsp dried cranberries

Salt and pepper to taste

½ C sliced almonds or chopped walnuts

2 C spinach, washed and dried

Mix all ingredients except spinach. Toss with 3-2-1- dressing lightly. Portion out and place on top of spinach.

Friday Veggie Burger/Nuggets, hummus, and crudité

1-2 C raw veggies, cut into bite sized pieces

Hummus (made already)

Veggie burger or nuggets (made already)

No assembly required! Enjoy. Pair with whole fruit of choice.