

Kickstart Clean Eating

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Welcome to A Healthy Eating Kickstart with A Sample Custom Meal Plan.

Count Plants, Not Calories!

This plan focuses on Whole Foods Nutrition with a high nutritional quality.

Boost your daily nutrition with

- Plenty of colourful fruits & vegetables
- Quality proteins (organic & grass-fed)
- Healthy Fats high in Omega 3 fats
- 100% Whole Grains
- & Unlimited Herbs & Spices

Enjoy these whole food recipes.

Feel free to reach out to me to see how I can help you with a customized meal plan of your own!

Kickstart Clean Eating

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Fresh Berries with Coconut Mango Cream	Chia Pomegranate Oatmeal	Kefir & Granola Bowl	Chocolate Lovers' Smoothie Bowl	Avocado Breakie	Fresh Spinach Quiche Cups	Protein Pancakes
Lunch	Eggs & Avocado Snack Box	Cauliflower Hummus Rollups	Creamy White Bean Soup	Chicken Pomegranate Quinoa Salad	Mushroom & Lentil Shepherd's Pie	Mixed Green Salad with Apple & Walnuts	Chicken Zoodle Soup
	Almonds		Creamy Chickpea & Avocado Sandwich			Brazil Nuts	Air Fryer Grilled Cheese
Dinner	Sauteed Cabbage & Kale with Salmon	Creamy White Bean Soup	Herby Lemon Chicken	Mushroom & Lentil Shepherd's Pie	Poached Fish with Fire-Roasted Tomato Sauce	Grilled Flank Steak	California Naan Pizza
		Roasted Tomato & Ricotta Toast	Brown Rice		Hot Veggie Sides	Fruity Spinach Salad	Spring Vegetable Salad
Snack 3	Blackberries and Clementine	Mixed Berry Bowl	Gingerbread Baked Apple	Chocolate Almond Butter Smoothie Bowl	Warm Pears with Nut Butter	Crunchy Chickpeas	Vanilla Balsamic Berry Salad

Kickstart Clean Eating

136 items

Fruits

- 142 grams Apple
- 2 Apple
- 2 1/4 Avocado
- 1 Banana
- 1 cup Blackberries
- 28 grams Blackberries
- 2 1/2 cups Blueberries
- 28 grams Blueberries
- 1 Clementines
- 1 tbsp Frozen Mixed Berries
- 1 1/2 Lemon
- 1 1/3 tbsps Lemon Juice
- 1 tsp Lime Juice
- 2 Pear
- 1 cup Pomegranate Seeds
- 1/2 cup Raspberries
- 28 grams Raspberries
- 2 1/4 cups Strawberries
- 28 grams Strawberries

Breakfast

- 3 tbsps Almond Butter
- 1 Egg
- 1/2 cup Granola
- 2 tsps Maple Syrup
- 2/3 cup Steel Cut Oats

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 2 3/4 tsps Black Pepper
- 4 Brazil Nuts
- 1/4 tsp Cardamom
- 2 tbsps Chia Seeds
- 1/8 tsp Chili Flakes
- 1 3/4 tbsps Cinnamon
- 2 tbsps Dried Onion Flakes
- 1 tbsp Fennel Seed

Vegetables

- 1 cup Arugula
- 10 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1 head Bok Choy
- 170 grams Broccoli
- 2 1/2 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 2 tbsps Chives
- 3/4 cup Cilantro
- 15 Cremini Mushrooms
- 1 1/3 Cucumber
- 18 Garlic
- 1/3 cup Green Onion
- 2 stalks Green Onion
- 1 cup Kale Leaves
- 1/4 cup Mint Leaves
- 4 cups Mixed Greens
- 1 1/8 cups Parsley
- 2 cups Purple Cabbage
- 113 grams Radishes
- 1/4 cup Red Bell Pepper
- 1/2 Red Bell Pepper
- 2/3 cup Red Onion
- 1 Red Onion
- 1/4 cup Yellow Onion
- 1/2 Yellow Onion
- 3 Yellow Potato
- 57 grams Zucchini
- 1/2 Zucchini
- 113 grams Zucchini Noodles

Boxed & Canned

- 1 cup Brown Rice
- 2/3 cup Canned Coconut Milk
- 2 1/2 cups Cannellini Beans
- 4 cups Chicken Broth

Bread, Fish, Meat & Cheese

- 84 grams Cheddar Cheese
- 283 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 1 cup Feta Cheese
- 907 grams Flank Steak
- 8 slices Gluten-Free Bread
- 680 grams Halibut Fillet
- 28 grams Mozzarella Cheese
- 1 piece Naan
- 1 1/2 cups Ricotta Cheese
- 340 grams Salmon Fillet
- 99 grams Sourdough Bread
- 1 slice Sourdough Bread
- 1 Whole Wheat Tortilla

Condiments & Oils

- 1/2 cup Balsamic Vinegar
- 1 1/2 tsps Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil
- 1 tbsp Flaxseed Oil
- 2 Hot Sauce
- 3 tbsps Sun Dried Tomatoes
- 3/4 cup Tamari
- 1 1/2 cups Tomato Sauce

Cold

- 2 3/4 tbsps Butter
- 1/2 cup Cottage Cheese
- 1/3 cup Cow's Milk, Whole
- 7 Egg
- 1/4 cup Hummus
- 1/4 cup Orange Juice
- 1/4 cup Pineapple Juice
- 1 cup Plain Coconut Milk
- 1/2 cup Plain Kefir
- 2 cups Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt

- 2 1/2 tsps** Garlic Powder
- 1/4 tsp** Greek Seasoning
- 1/2 tsp** Ground Ginger
- 2 tbsps** Ground Mustard
- 1 tbsp** Hemp Seeds
- 1 tbsp** Italian Seasoning
- 1 tsp** Paprika
- 1 1/2 tsps** Poppy Seeds
- 1 1/4 tbsps** Sea Salt
- 2** Sea Salt
- 0** Sea Salt & Black Pepper
- 1 tbsp** Sesame Seeds
- 1/4 cup** Slivered Almonds
- 2/3 cup** Walnuts

Frozen

- 1/3 cup** Cauliflower Rice
- 1** Frozen Banana
- 1/4 cup** Frozen Cauliflower
- 1 1/3 cups** Frozen Mango

- 1 3/4 cups** Chickpeas
- 1 can** Chickpeas
- 1 can** Fire Roasted Diced Tomatoes
- 2 cups** Lentils
- 3/4 cup** Quinoa
- 3 tbsps** Vegetable Broth
- 4 cups** Vegetable Broth, Low Sodium

Baking

- 1/2 tsp** Baking Powder
- 2 tbsps** Cacao Powder
- 1 tbsp** Cocoa Powder
- 1/4 tsp** Ground Cloves
- 1 tbsp** Raw Honey
- 1 tsp** Stevia
- 1 1/3 tbsps** Vanilla Extract

Other

- 1/4 cup** Chocolate Protein Powder
- 1/2 cup** Vanilla Protein Powder
- 5 1/3 cups** Water

Fresh Berries with Coconut Mango Cream

4 ingredients · 15 minutes · 4 servings



Directions

1. To blender, add the coconut milk and frozen mango. Blend on high until smooth.
2. Add vanilla and blend again a few seconds.
3. Evenly divide blueberries among 4 bowls.
4. Top bowls with coconut cream.

Ingredients

- 2/3 cup** Canned Coconut Milk
- 1 1/3 cups** Frozen Mango
- 1 tsp** Vanilla Extract
- 2 cups** Blueberries (fresh)

Chia Pomegranate Oatmeal

6 ingredients · 10 minutes · 2 servings



Directions

1. Put water in a small saucepan and bring to a boil. Add in the oats and pinch of salt. Reduce heat to simmer.
2. Cook for 5 minutes. Stir occasionally.
3. Serve with cinnamon, chia seeds and pomegranate seeds.

Notes

For protein boost

Add 1/2 cup of liquid egg whites during the last few minutes of cooking.

Ingredients

- 1 1/3 cups Water
- 2/3 cup Steel Cut Oats
- 1 Sea Salt (pinch)
- 1/2 tsp Cinnamon
- 2 tsps Chia Seeds
- 1/2 cup Pomegranate Seeds

Kefir & Granola Bowl

3 ingredients · 5 minutes · 1 serving



Directions

1. Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

Notes

Ingredients

- 1/2 cup Plain Kefir
- 1/4 cup Granola
- 1/4 cup Blueberries

Chocolate Lovers' Smoothie Bowl

10 ingredients · 10 minutes · 2 servings



Directions

1. Add banana, avocado, cocoa powder, hemp seeds, chia seeds, plant based milk and salt into a blender. Blend until smooth. Add more plant-based milk to desired consistency.
2. Pour into a bowl. Top with coconut yogurt, organic granola and frozen berries.

Ingredients

- 1 Frozen Banana (medium, peeled and sliced)
- 1/4 Avocado
- 1 **tbsp** Cocoa Powder
- 1 **tbsp** Hemp Seeds
- 1 **cup** Unsweetened Almond Milk (any plant based milk)
- 1 Sea Salt (pinch)
- 1 **tsp** Chia Seeds
- 2 **tbsps** Unsweetened Coconut Yogurt (optional)
- 2 **tbsps** Granola (homemade or organic, optional)
- 1 **tbsp** Frozen Mixed Berries (for topping)

Avocado Breakie

6 ingredients · 15 minutes · 1 serving



Directions

1. Heat very small amount of butter or vegetable broth in a pan.
2. Add egg. Break yolk if desired. Sprinkle with paprika and turmeric. Cook until desired consistency.
3. Toast sourdough bread
4. Score avocado and divide into two. Remove pit. Remove pulp into small bowl.
5. Add minced garlic and lime juice to avocado. Smash with a fork until until spreadable consistency.
6. Add smashed avocado mix to sourdough bread, top with cooked egg.
7. Enjoy with a knife and fork or prepare as a breakfast sandwich.

Ingredients

- 1 Egg (organic)
- 1/2 Avocado
- 1 slice Sourdough Bread
- 1 Garlic (minced)
- 1 tsp Lime Juice
- 1 tsp Paprika

Fresh Spinach Quiche Cups

10 ingredients · 30 minutes · 3 servings



Directions

1. Line a muffin pan with baking cups or spray with cooking spray.
2. Whisk eggs and mix with cottage cheese, feta, spinach, peppers, chopped onion, hot pepper sauce, garlic powder, sea salt and pepper. Mix well.
3. Pour into the muffin cups. Bake at 350 degrees F for 20 minutes or until a knife inserted in the center comes out clean.

Notes

Freeze

Muffins may be frozen and reheated in the microwave. Use any combination of vegetables.

Ingredients

- 3 Egg (organic, free range)
- 1/2 cup Cottage Cheese
- 2 tbsps Feta Cheese
- 2 cups Baby Spinach
- 1/4 cup Red Bell Pepper (chopped)
- 1/4 cup Yellow Onion (chopped)
- 2 Hot Sauce (2 to 3 drops hot pepper sauce Sriacha)
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Protein Pancakes

6 ingredients · 15 minutes · 4 servings



Directions

1. Whisk the eggs and ricotta cheese together until smooth. Add the rest of the ingredients and mix well until smooth.
2. Heat a griddle or skillet and coat the surface with butter or coconut oil. Drop tablespoon sized amounts of batter onto the griddle to make small pancakes.
3. Flip the pancakes when bubbles begin to appear on the surface. Cook pancakes to cook on the other side.

Notes

To Serve

Serve with blueberries pureed with 1 tsp coconut sugar

Ingredients

- 2 Egg (organic)
- 1/2 cup Ricotta Cheese
- 1/2 cup Vanilla Protein Powder (1 scoop)
- 1/2 tsp Sea Salt
- 1 tsp Vanilla Extract
- 1/2 tsp Baking Powder

Eggs & Avocado Snack Box

4 ingredients · 15 minutes · 1 serving



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
3. Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 56 grams Cheddar Cheese (cubed)

Almonds

1 ingredient · 2 minutes · 1 serving



Directions

1. Enjoy raw

Ingredients

1/2 cup Almonds

Cauliflower Hummus Rollups

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread the hummus evenly over the tortilla. Sprinkle the cauliflower rice, carrots, and red onion on top. Roll tightly into a wrap and slice into quarters. Enjoy!

Notes

Leftovers

For best results, assemble the wrap just before eating.

Gluten-Free

Use a gluten-free tortilla, bread, or lettuce wraps instead.

Additional Toppings

Add sliced green onions, bell peppers, olives, cucumber, or spinach.

Ingredients

- 1/4 cup Hummus
- 1 Whole Wheat Tortilla (large)
- 1/3 cup Cauliflower Rice
- 1/2 Carrot (small, grated)
- 2 tbsps Red Onion (diced)

Creamy Chickpea & Avocado Sandwich

9 ingredients · 10 minutes · 3 servings



Directions

1. In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
2. On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!

Notes

Leftovers

Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

More Flavor

Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.

Ingredients

- 1 **3/4 cups** Chickpeas (cooked, rinsed)
- 1 Avocado
- 1 **tsp** Lemon Juice
- 1/4 **cup** Parsley (finely chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 6 **slices** Gluten-Free Bread (toasted)
- 1 **cup** Arugula
- 1/2 Cucumber (large, sliced)

Chicken Pomegranate Quinoa Salad

15 ingredients · 30 minutes · 6 servings



Directions

1. Place water in medium saucepan. Bring to a boil. Add quinoa. Cook, stirring constantly with a wooden spatula until softened, about 6 to 8 minutes.
2. Strain quinoa and transfer to a medium bowl. Allow to cool to room temperature.
3. Add apple, pomegranate seeds, green onions, cilantro, parsley, spinach, toasted almonds and chicken. Mix together.
4. In a small bowl whisk orange juice, olive oil and salt and pepper. Pour over salad dressing. Toss to evenly coat.

Ingredients

- 3/4 cup** Quinoa
- 1 3/4 cups** Water
- 3/4 tsp** Sea Salt (divided)
- 1** Apple (cored and finely chopped)
- 1/2 cup** Pomegranate Seeds
- 1/3 cup** Cilantro (finely chopped)
- 1/4 cup** Mint Leaves (finely chopped)
- 1/4 cup** Parsley (finely chopped)
- 1/3 cup** Green Onion (finely chopped)
- 1/4 cup** Slivered Almonds (toasted)
- 227 grams** Chicken Breast, Cooked (cooked, chopped or shredded)
- 2 cups** Baby Spinach
- 1/4 cup** Orange Juice (or freshly squeezed orange juice)
- 2 tbsps** Extra Virgin Olive Oil
- 1/2 tsp** Black Pepper

Mixed Green Salad with Apple & Walnuts

10 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the oven to 325°F (165°C).
2. Place the walnuts on a baking sheet and transfer to the oven. Bake for seven to nine minutes, until toasted and fragrant. Set aside.
3. In a small jar or bowl, whisk together the oil, vinegar, mustard, honey, salt, and pepper. Set aside.
4. In a large salad bowl, combine the greens, red onion, and apple.
5. Drizzle the dressing over top and toss to combine. Garnish with the walnuts and feta cheese and toss gently to combine. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate the salad and dressing separately in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use dairy-free soft cheese or omit.

Additional Toppings

Add dried raisins or cranberries.

Ingredients

- 1/3 cup** Walnuts (roughly chopped)
- 1/4 cup** Extra Virgin Olive Oil
- 2 tbsps** Balsamic Vinegar
- 1 1/2 tsps** Dijon Mustard
- 1 tbsp** Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups** Mixed Greens
- 1/2 cup** Red Onion (thinly sliced)
- 1** Apple (thinly sliced)
- 1/2 cup** Feta Cheese (crumbled)

Brazil Nuts

1 ingredient · 5 minutes · 1 serving



Directions

1. Enjoy raw

Ingredients

4 Brazil Nuts

Chicken Zoodle Soup

7 ingredients · 15 minutes · 1 serving



Directions

1. Place the chicken broth and celery and onion in a medium saucepan over medium heat. Cook for 4 to 5 minutes, until the vegetables are tender.
2. Add the bok choy or spinach, zucchini noodles and cook 2 more minutes until tender.
3. Garnish with herbs and serve.

Notes

Notes

Not familiar with zucchini noodles or zoodles are they are sometimes called. They make the best soup and noodle dishes. You can purchase them fresh in the produce aisle or find them with the frozen vegetables. You can make your own with a Spiralizer.

Ingredients

- 4 cups** Chicken Broth
- 1 stalk** Celery (thinly sliced)
- 1** Red Onion (one half thinly sliced)
- 1 head** Bok Choy (or bunch of baby spinach)
- 113 grams** Zucchini Noodles (store bought (frozen))
- 142 grams** Chicken Breast (cooked, chopped)
- 2 tbsps** Parsley (chopped)

Air Fryer Grilled Cheese

3 ingredients · 10 minutes · 1 serving



Directions

1. Spread the butter onto one side of each slice of bread. With the buttered sides facing out, place the cheese between the bread. Cut the sandwich in half.
2. Set the temperature on the air fryer to 400°F (205°C).
3. Add the sandwich halves to the air fryer basket. Bake for five minutes, flipping the sandwich pieces halfway through.
4. Carefully transfer to a plate and enjoy!

Notes

Leftovers

Sandwich is best enjoyed immediately.

Dairy-Free

Use dairy-free butter and cheese alternatives.

Additional Toppings

Serve with favorite dipping sauce.

No Gluten-Free Bread

Use bread of choice instead.

No Cheddar Cheese

Use another cheese like mozzarella, provolone, or Havarti.

Ingredients

- 1 1/2 **tsps** Butter
- 2 **slices** Gluten-Free Bread
- 28 **grams** Cheddar Cheese (sliced or grated)

Sauteed Cabbage & Kale with Salmon

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and place the salmon on top. In a small bowl, mix together half of each the oil, lemon juice, garlic. Season the mixture with salt and pepper.
2. Brush the salmon fillets all over with the lemon mixture and place onto the baking sheet. Cook in the oven for 15 to 20 minutes or until cooked through.
3. Meanwhile, warm up the remaining oil in a pan over medium-high heat. Add the cabbage and remaining garlic. Sauté for about five minutes, add the kale, and sauté for another 10 minutes or until tender. Season with salt and pepper, turn off the heat, and top with the remaining lemon juice.
4. Divide the salmon and cabbage mixture between serving plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six ounces of salmon and one cup of kale and cabbage.

More Flavor

Add onion and bell pepper to the cabbage mixture.

Additional Toppings

Top with fresh herbs and sesame seeds.

Ingredients

- 340 grams** Salmon Fillet
- 2 tsps** Extra Virgin Olive Oil (divided)
- 1** Lemon (juiced, divided)
- 2** Garlic (clove, minced, divided)
- Sea Salt & Black Pepper (to taste)
- 2 cups** Purple Cabbage (chopped)
- 1 cup** Kale Leaves (chopped)

Creamy White Bean Soup

10 ingredients · 45 minutes · 4 servings



Directions

1. Heat the oil in a large pot over medium heat. Add the onion and sauté for three to four minutes. Add the celery, salt, and pepper, and sauté for another three to four minutes.
2. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the vegetables don't burn.
3. Add the beans, broth, coconut milk, and Italian seasoning. Stir to combine and bring to a boil.
4. Reduce the heat to low and simmer for about 15 minutes.
5. Remove from the heat and use an immersion blender or a high-powered blender to blend the soup until it is smooth.
6. Heat the soup again and bring it to a simmer. Add the spinach and cook until slightly wilted.
7. Divide evenly between bowls and season with additional salt and pepper if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately 1 1/2 cups.

No Coconut Milk

Any other alternative milk.

Additional Toppings

Fresh herbs, parmesan cheese.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 3 **stalks** Celery (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 **Garlic** (cloves, minced)
- 2 1/2 **cups** Cannellini Beans (drained, rinsed)
- 4 **cups** Vegetable Broth, Low Sodium
- 1 **cup** Plain Coconut Milk (from the carton)
- 1 **tbsp** Italian Seasoning
- 2 **cups** Baby Spinach (packed)

Roasted Tomato & Ricotta Toast

6 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. In a bowl, gently mix together the tomatoes, oil, and fennel seeds. Season with salt and pepper.
3. Place the tomatoes cut side down into a baking dish. Cook in the oven for 15 to 20 minutes or until wilted and starting to brown.
4. Spread the ricotta onto a slice of bread and season with salt and pepper. Top with the tomatoes. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate all ingredients separately in an airtight container for up to four days.

Serving Size

One serving is approximately 1/2 cup of roasted tomatoes, 1/2 cup of ricotta and one slice of bread.

Additional Toppings

Parsley and/or chives.

Gluten-Free

Use gluten-free bread.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 2 cups** Cherry Tomatoes (halved)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Fennel Seed (crushed)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Ricotta Cheese
- 99 grams** Sourdough Bread (sliced, toasted)

Herby Lemon Chicken

11 ingredients · 40 minutes · 1 serving



Directions

1. Preheat oven to 350 degrees F. Line a baking dish with parchment paper. Arrange the chicken breast along with the broccoli in the baking dish.
2. Place the garlic, salt, black pepper, chili flakes in a food processor. Process until the garlic is finely chopped. Add the cilantro, basil, parsley, water, lemon juice or vinegar and process until the herbs are finely chopped.
3. Using a spoon or spatula, spread the herb mixture over the chicken and vegetables. Bake 20 to 25 minutes until the chicken is no longer pink on the inside.

Ingredients

- 142 grams** Chicken Breast
- 113 grams** Broccoli
- 1/4 tsp** Sea Salt
- 1/8 tsp** Black Pepper
- 1/8 tsp** Chili Flakes (a pinch)
- 1/2 cup** Cilantro
- 1/2 cup** Basil Leaves
- 1/2 cup** Parsley
- 2 tbsps** Water
- 1 tbsp** Lemon Juice (or apple cider vinegar)
- 1** Garlic (clove)

Brown Rice

2 ingredients · 45 minutes · 4 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 1 cup** Brown Rice (uncooked)
- 2 cups** Water

Mushroom & Lentil Shepherd's Pie

10 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). In a large pot of boiling water, cook the potatoes until tender, about 15 minutes. Drain and bring back to the same pot.
2. Add the milk and half of the butter to the potatoes. Use a masher and mash or purée until the potatoes are smooth. Add more milk if needed to reach your desired consistency. Season with salt and pepper. Set aside.
3. Meanwhile, heat a large skillet over medium-high heat. Add the remaining butter and mushrooms. Sauté until browned. Add the carrot and garlic and sauté for another minute.
4. Add the lentils and tomato sauce and season with salt and pepper. Stir well, cover the pot with a lid, and simmer on low heat for about 10 minutes.
5. Pour the lentil mixture into a baking dish. Cover the top with mashed potato and bake in the oven for 30 minutes or until browned on top.
6. Let cool for about five minutes before serving. Top with green onion and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 9 x 9-inch (23 x 23 cm) square baking dish was used to make four servings. One serving is approximately 1 1/2 cups.

More Flavor

Add onion and bell pepper.

Make it Vegan

Use plant-based butter and milk.

Ingredients

- 3 Yellow Potato (medium, peeled and cubed)
- 1/3 cup Cow's Milk, Whole (plus more if needed)
- 2 tbsps Butter (divided)
- Sea Salt & Black Pepper (to taste)
- 15 Cremini Mushrooms (medium, sliced)
- 2 Carrot (medium, diced)
- 4 Garlic (clove, minced)
- 2 cups Lentils (cooked)
- 1 1/2 cups Tomato Sauce
- 1 stalk Green Onion (sliced)

Poached Fish with Fire-Roasted Tomato Sauce

5 ingredients · 40 minutes · 4 servings



Directions

1. Heat the olive oil in a large saucepan over medium heat.
2. Add the tomatoes (with their juices), sea salt, pepper. Simmer for 20 minutes, stirring occasionally.
3. Nestle the fish in the sauce, cover and cook until opaque (about 8 to 10 minutes). Be careful not to overcook.

Notes

Serve

Over a bed of slightly steamed greens like spinach or kale. Easily substitute chicken breast for fish.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1 can** Fire Roasted Diced Tomatoes (15 ounces)
- 1/2 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 680 grams** Halibut Fillet (halibut, cod or haddock, white fish)

Hot Veggie Sides

5 ingredients · 10 minutes · 1 serving



Directions

1. Place the broth in a small saucepan over medium heat and cover.
2. Bring to a simmer.
3. Add the vegetables and seasoning, reduce the heat to low. Simmer 2 to 3 minutes until tender.

Notes

Tips

Getting more vegetables is key when it comes to the health of your body since vegetables contain so many nutrients that heal and support detoxification.

Ingredients

- 3 tbsps** Vegetable Broth (or chicken broth)
- 57 grams** Broccoli
- 57 grams** Zucchini (or asparagus)
- 1** Garlic (minced, or thinly sliced green onion)
- 1/4 tsp** Greek Seasoning (seasoning of your choice)

Grilled Flank Steak

9 ingredients · 1 hour · 8 servings



Directions

1. In a medium mixing bowl, whisk together tamari (soy sauce), olive oil, pineapple juice and balsamic vinegar, dry mustard, minced garlic and pepper to prepare a marinade.
2. Place flank steak in a large glass dish. Pour marinade over steak and cover. Marinate for 8 hours or 24 hours overnight.
3. Grill or broil in the oven on high heat until cooked to your desired doneness.
4. Slice across the grain into thin slices. Serve warm or cold.

Notes

Tips

The longer flank steak marinates, the softer it will be.

Ingredients

- 3/4 cup** Tamari
- 1/4 cup** Balsamic Vinegar
- 1/4 cup** Pineapple Juice
- 1/4 cup** Extra Virgin Olive Oil
- 2 tbsps** Ground Mustard
- 4** Garlic (cloves, minced)
- 907 grams** Flank Steak
- 1/2 tsp** Sea Salt
- 1 tsp** Black Pepper

Fruity Spinach Salad

9 ingredients · 10 minutes · 4 servings



Directions

1. Cut berries in half. Arrange over spinach in a serving bowl.
2. Combine the sesame seeds, poppy seeds, onion, flaxseed oil, olive oil and balsamic vinegar in a blender or food processor and process until smooth.
3. Pour over salad and toss. Top with walnuts.

Ingredients

- 2 cups** Strawberries (organic, sliced)
- 2 cups** Baby Spinach
- 1 tbsp** Sesame Seeds
- 1 1/2 tsps** Poppy Seeds
- 1 stalk** Green Onion (chopped)
- 1 tbsp** Flaxseed Oil
- 1 tbsp** Extra Virgin Olive Oil
- 2 tsps** Balsamic Vinegar
- 1/4 cup** Walnuts (chopped)

California Naan Pizza

7 ingredients · 15 minutes · 1 serving



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
2. Meanwhile, heat the water in a pan over medium-high heat. Cook the spinach until wilted, about one to two minutes. Pat dry and set aside.
3. Spread the tomato sauce evenly over the naan. Top with mozzarella, sautéed spinach, sun dried tomatoes, and feta cheese. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
4. Cut into slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free

Use vegan cheese.

More Flavor

Add red pepper flakes or top with chili oil.

Naan

One piece of naan is 3.2 oz or 90 grams.

Ingredients

- 1 piece Naan
- 2 tbsps Water
- 2 cups Baby Spinach
- 1 tbsp Tomato Sauce
- 28 grams Mozzarella Cheese (shredded)
- 3 tbsps Sun Dried Tomatoes (sliced)
- 1/4 cup Feta Cheese (crumbled)

Spring Vegetable Salad

8 ingredients · 15 minutes · 1 serving



Directions

1. In a medium bowl combine lemon juice or vinegar, onion, herbs, salt and pepper. Stir well.
2. Add radishes, cucumber and pepper. Toss well and serve.

Notes

Did you know...

Spring vegetables, like radishes, have special detox properties like sulfur compounds that help your liver cleanse and give you more energy after a more sedentary winter lifestyle.

Ingredients

- 1/2 Lemon (squeezed or 2 teaspoon apple cider vinegar)
- 2 tbsps Dried Onion Flakes (or minced red onion)
- 2 tbsps Chives (or dill or parsley)
- 113 grams Radishes (sliced)
- 1/2 Cucumber (thinly sliced or diced)
- 1/2 Red Bell Pepper (chopped or minced)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

Blackberries and Clementine

2 ingredients · 2 minutes · 1 serving



Directions

1. Combine & Serve.

Notes

Notes

Enjoy this sweet and tangy combination.

Ingredients

- 1 cup Blackberries
- 1 Clementines

Mixed Berry Bowl

6 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 375 degrees F.
2. Combine all ingredients. Gently toss together.
3. Bake 15 minutes, until tender. Delicious!

Ingredients

- 28 grams** Strawberries (sliced)
- 28 grams** Blueberries
- 28 grams** Raspberries
- 28 grams** Blackberries
- 1 tsp** Cinnamon (ceylon cinnamon)
- 1 tsp** Vanilla Extract

Gingerbread Baked Apple

8 ingredients · 1 hour · 1 serving



Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, add the cinnamon, water, stevia, extract, ginger, clove and cardamom if using.
3. Line an oven safe baking dish with parchment paper. Core the apple and place it in the baking dish.
4. Spoon the spice mixture into the apple. Bake 45 to 50 minutes, until the apple is tender.
5. Tip: double the recipe to have a baked apple the following day.

Ingredients

- 1 tbsp** Cinnamon (Ceylon cinnamon recommended)
- 1 tbsp** Water
- 1 tsp** Stevia (or 4 liquid drops)
- 1/2 tsp** Vanilla Extract (or almond or rum extract)
- 1/2 tsp** Ground Ginger
- 1/4 tsp** Ground Cloves
- 1/4 tsp** Cardamom (ground, optional)
- 142 grams** Apple (any variety)

Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor

Add cinnamon to your smoothie base.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Smoothie Bowl

Drink as a regular smoothie instead.

Smoothie Consistency

For a creamier texture, use a frozen banana.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

Warm Pears with Nut Butter

7 ingredients · 10 minutes · 2 servings



Directions

1. Melt the butter over medium-low heat in a pan. Add the pears, maple syrup, cinnamon, and salt and mix to combine.
2. Sauté the pears for three to four minutes or until soft. Evenly divide the warm pears between bowls and top with almond butter and walnuts. Enjoy!

Notes

Leftovers

Best enjoyed warm.

Serving Size

One serving is one pear.

Make it Vegan

Use coconut oil instead of butter.

Sugar-Free

Omit the maple syrup.

No Almond Butter

Use other nut or seed butter like cashew or pumpkin.

No Walnuts

Use other nuts or seeds like almonds, cashews or pumpkin seeds.

Ingredients

- 1 tsp Butter
- 2 Pear (sliced)
- 2 tps Maple Syrup
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Almond Butter
- 2 tbsps Walnuts (chopped)

Crunchy Chickpeas

4 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400 degree F.
2. Rinse the chickpeas in a strainer.
3. Pat the chickpeas dry.
4. Toss the chickpeas with olive oil and salt and spread out in an even layer on a baking sheet.
5. Roast for 20 to 30 minutes until golden and crisp. Check every 10 minutes and give the pan a shake.
6. Toss the chickpeas with spices and serve when cool.

Notes

Spices

Try a variety of spices like turmeric, ginger, garlic, cinnamon in combination or individually.

Ingredients

- 1 can** Chickpeas (14 oz)
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 tsp** Sea Salt
- 2 tsp**s Garlic Powder

Vanilla Balsamic Berry Salad

5 ingredients · 5 minutes · 1 serving



Directions

1. Place the vinegar & vanilla extract in a medium bowl and whisk until well combined. Add a pinch or organic coconut sugar if more sweet desired.
2. Add the berries and toss well. Serve immediately.

Notes

Notes

This is an excellent way to turn plain fruit into something "wow".

Ingredients

1/4 cup Blueberries

1/4 cup Raspberries

1/4 cup Strawberries (sliced. Or any assortment of berries)

2 tsps Balsamic Vinegar

1/2 tsp Vanilla Extract