

CLEAN GUT

21-day Sample Meal Plan

ENDLESS POSSIBILITIES

Tons of recipes from Clean and our favorite food blogs

What am I going to eat? This may have been your first thought when reading about the Gut Diet, but trust us, there are a lot of options. We put together this sample meal plan as a way of sharing with you just some of the many delicious and Clean possibilities for your Gut program. It includes some of our own recipes as well as several from our favorite food blogs. Here are some tips to get you started:

Support Yourself

We're all about making sure you get enough nutrients each day. The Gut Diet is low in sugar and carbohydrates for gut healing purposes. Some people find they are low energy with too low a carb intake. Feel free to add in extra complex carbohydrates as needed such as root vegetables, peas, quinoa and lentils. If you are a vegetarian we recommend adding a protein powder and extra fats to your shakes.

Eat What You Need

Our serving sizes are suggestions. Figuring out how much you need to eat for your own unique body each day will take time and experimentation. Eat slowly and mindfully until you are about 80% full: You want to feel satisfied, but not stuffed. If you do more exercise, eat more.

Personalize It

You can easily add a salad with lots of veggies, healthy fats and protein to any meal. We have also included tasty dressing options for salads.

GUT DIET

Foods to include and exclude during your program

The Gut Diet is the foundation of Clean Gut. It's a set dietary list designed to avoid the major foods that cause digestive problems and gut dysfunction. Some foods, like beans and certain fruits, have been excluded from the Gut Diet because they are difficult to digest or high in sugar, even though they are often a staple of a healthy diet.

EAT

- ✓ greens and fresh vegetables
- ✓ fresh and frozen berries
- ✓ wild fish
- ✓ grass-fed meats
- ✓ organic or pasture-raised eggs
- ✓ lentils, quinoa*
- ✓ fermented foods (kimchi, sauerkraut)
- ✓ nuts, seeds, and nut butters**
- ✓ coconut oil, olive oil
- ✓ avocado

DON'T EAT

- ✗ gluten
- ✗ dairy
- ✗ processed sugar
- ✗ alcohol
- ✗ caffeine (coffee, soda, black tea)
- ✗ beans, rice
- ✗ soy, corn
- ✗ potatoes
- ✗ almost all fruits

*Go easy on these, only a side serving a day. **Go easy on nuts, only a handful a day.

HOW TO USE THE MEAL PLAN



Breakfast

shake + supplements



Lunch

Gut-approved meal + supplements



Dinner

entree-sized salad + supplements

Breakfast

Gut Shake: 1 Gut shake packet or other protein powder with your choice of ingredients. Examples are almond or coconut milk, additional protein sources like nut butters (which also contain good fiber), a handful of greens like baby spinach and berries. **Supplements:** Either **Clean Gut Kit Supplements** or **Clean Gut Book Supplements**

Lunch

The Gut Diet: Prepare a hearty solid meal from the Gut Diet. Pack it full of nutrients, healthy fats and protein including dark leafy greens (cooked or raw), healthy fats like avocado and coconut oil, and quality protein like fish, chicken, or turkey. **Supplements:** Either **Clean Gut Kit Supplements** or **Clean Gut Book Supplements**

Dinner

The Gut Diet: Prepare an entree-sized salad with healthy fats and quality protein. This doesn't have to be a cold salad. Stir fries, soups, etc that are largely vegetable-focused can work too (still make sure to include healthy fats and proteins).

After dinner take a ten minute walk. A short walk helps aid digestion and bowel movements, reduces stress, and allows reflection on the day. **Supplements:** Either **Clean Gut Kit Supplements** or **Clean Gut Book Supplements**

Twelve-Hour Window: After your evening salad, leave a twelve-hour window before your morning shake. Do your best not to eat anything 2 hours before bed.

WHAT IF I DON'T EAT MEAT?

Tips for a successful Gut Program as a Vegetarian or Vegan

While the Clean Gut program diet is more limited for vegetarians, with diligent attention and planning, you can do the program. The main concern for vegetarians is getting enough calories each day, especially calories from healthy fat and protein.

Many vegetarian/vegan diets are rich in beans, grains, legumes, wheat, and soy. We eliminate all of these foods from the Gut Program since they tend to cause digestive upset. Beans, legumes, and grains are rich in toxins, such as lectins and alpha-amylase inhibitors and often may cause acid reflux, gas, and bloating. In many studies, these have been shown to contribute to or cause leaky gut as well.

We recommend vegetarians on Clean Gut include more good saturated fats, such as coconut oil, avocado, and olives. That's the best fuel for our bodies overall, even more than protein, and definitely more than sugar or refined carbohydrates. Starchy vegetables like carrots, acorn squash, butternut squash, pumpkin, and peas are great complex carbohydrate options. Protein can come from eggs, quinoa, lentils, spirulina, bee pollen, nuts/seeds and/or protein powders from rice, hemp or pea. Although lentils and peas are legumes they tend to be better tolerated than many other beans so they are allowed, but test for your own particular gut issues since everyone is different.

It's important to note that very active vegetarians definitely want to focus on healthy fats for fuel that also helps heal the gut. You may want to include a second shake or large snack/small meal in the afternoon for extra calories and more protein. Some vegetarians consume fish. If you eat fish, it's an easily digested source of both healthy fats and high quality protein.

Above all, always listen to your body and be open to trying new things and making adjustments. Often people are drawn to the Gut Program because something is not working in their bodies (or gut) and being open to trying new foods or eating schedules may be part of the solution and lead to optimal healing.

Foods to include

- ✓ **Healthy Fats:** Coconut oil, avocado, olives
- ✓ **Starches:** Carrots, acorn Squash, butternut Squash, all squashes, pumpkin, peas
White rice, potatoes and sweet potatoes are also fine to include in small amounts if well tolerated
- ✓ **Protein:** Quinoa, lentils, eggs, nuts, seeds, protein powder (rice, hemp, pea)
*Prepare quinoa and lentils by soaking them and cooking them thoroughly.

CLEAN GUT MEAL PLAN [WEEK 1]

Day	Breakfast: Shake	Lunch: Solid Meal	Dinner: Entree-Sized Salad
1	Becky's Morning Shake <small>p. 11</small>	Chicken Pot Pie <small>p.18</small>	Zucchini and Carrot Noodles with Avocado, Pea and Kale Pesto <small>p. 34</small>
2	Spice It Up Shake <small>p. 11</small>	Spinach and Chard Souffle <small>p.19</small>	Fiddlehead Salad <small>p.34</small>
3	Favorite Green Shake <small>p. 11</small>	Parchment Salmon and Asparagus <small>p. 20</small>	Marinated Broccoli Salad <small>p. 35</small>
4	Morning Mocha Shake <small>p.12</small>	Garam Masala Chicken <small>p. 20</small>	Three Tastes Noodles <small>p.35</small>
5	Euro Nut Shake <small>p. 12</small>	Braised Beef with Mushrooms over Mashed Cauliflower <small>p. 21</small>	Shaved Asparagus and Carrots with Mint and Toasted Pecans <small>p. 35</small>
6	Kaya's Favorite Shake <small>p. 12</small>	Roasted Winter Squash with Lentils <small>p. 22</small>	Thai Chicken Salad <small>p. 36</small>
7	Coconut Chai Shake <small>p.13</small>	Herby Chicken Verde <small>p.23</small>	Tomato and Summer Squash Bake <small>p.36</small>

CLEAN GUT MEAL PLAN [WEEK 2]

Day	Breakfast: Shake	Lunch: Solid Meal	Dinner: Entree-Sized Salad
8	Chocolate Covered Blueberries <small>p.13</small>	Zucchini Spaghetti with Beef Bolognese <small>p.23</small>	Unpeanut Noodle Stir Fry <small>p.37</small>
9	John H's Favorite Shake <small>p.13</small>	Local Vegetable Frittata <small>p.24</small>	Eggplant Curry <small>p.38</small>
10	Vanilla Almond Shake <small>p.14</small>	Lemon Parchment Halibut with Olives and Parsnips <small>p.24</small>	Collard Green Slaw <small>p.39</small>
11	Love Your Belly Shake <small>p.14</small>	Chicken and Waffles <small>p.25</small>	Egg and Cucumber Salad <small>p.39</small>
12	Green Superwoman Shake <small>p.14</small>	Garlic and Summer Vegetable Kelp Noodles <small>p.26</small>	Asian Kale Salad <small>p.39</small>
13	Grasshopper Shake <small>p.15</small>	Garlic Crusted Chicken Nuggets with Thai Dipping Sauce <small>p.27</small>	Pea, Fennel and Thyme Salad <small>p.40</small>
14	Robert's Favorite Shake <small>p.15</small>	Spaghetti Squash with Basil and Creamy Cauliflower Alfredo Sauce <small>p.28</small>	Coconut Chicken with Greens <small>p.41</small>

CLEAN GUT MEAL PLAN [WEEK 3]

Day	Breakfast: Shake	Lunch: Solid Meal	Dinner: Entree-Sized Salad
15	Purple Mason Jar Shake <small>p. 15</small>	Thai Coconut Chicken Soup <small>p. 28</small>	Quinoa and Veggie Power Salad <small>p. 41</small>
16	Green Coco Shake <small>p. 16</small>	Lamb Tacos <small>p. 29</small>	Grain-Free Zucchini Yakisoba with Black Radishes <small>p. 41</small>
17	Vanilla Nut Shake <small>p. 16</small>	Lemon Roasted Chicken with Wild Mushrooms <small>p. 29</small>	Wilted Kale Salad with Creamy Chipotle Dressing <small>p. 42</small>
18	John R's Favorite Shake <small>p. 16</small>	Gingered Salmon Stir Fry <small>p. 30</small>	Quinoa Lentil Salad with Lemon and Hemp Dressing <small>p. 42</small>
19	Chocolate Ginger Shake <small>p. 17</small>	Quinoa Pizza <small>p. 31</small>	Olive, Pine Nut and Zucchini Salad <small>p. 43</small>
20	Blueberry Avocado and Spinach Superfood Smoothie <small>p. 17</small>	Thai Beef Lettuce Cups <small>p. 31</small>	Clean Salmon Salad Niçoise <small>p. 44</small>
21	Fruit Free Green Smoothie <small>p. 17</small>	Coriander Crusted Halibut <small>p. 32</small>	Shiitake Onion Noodle Bowl <small>p. 44</small>

BONUS RECIPES

Snacks, dressings, sauces and drinks

Snacks

Guacamole with Veggies p. 46

Salmon and Dill on Cucumber

Kale Chips p. 46

Avocado and Miso

Veggies with Tangy Avocado and Red Pepper Dip p. 46

Zucchini Hummus p. 47

Olives

Spicy Pumpkin Seeds p. 47

Sunflower Seed Pate p. 48

Dressings

Clean Caesar p. 48

Ani's Best Balsamic Dressing p. 48

Tahini Ginger Dressing p. 49

Avocado Dressing p. 49

Sauces

Healthy Broccoli and Pumpkin Seed Pesto p. 49

Mayo p. 50

BBQ Sauce p. 50

Curry Almond Sauce p. 51

Drinks

Clean Hot Chocolate p. 51

Clean Lemonade p. 51

STILL HUNGRY?

Here are more recipe resources for you from the Clean Team

Clean Blog

Our Clean chefs are adding new recipes. We give our community many different options from shakes and soups to vegetarian and meat-based meals. Check it out here: blog.cleanprogram.com

Clean Eats Newsletter

We will send our latest and greatest recipes directly to your inbox! Weekly emails with our newest recipes. Sign up here: cleanprogram.com/clean-eats

My Clean Program Community

A free online community site where thousands of people are sharing their experience including tons of recipes. Shakes, soups, lunches and everything in between. my.cleanprogram.com

Pinterest

We are also pinning recipes from our favorite food blogs. Check out the Clean Gut recipe board: pinterest.com/cleanprogram/clean-gut-recipes

RECIPES

21 Days of Shakes

Becky's Morning Shake

From the Clean Team

- 8 ounces of water
- 3-4 ounces of nut or hemp seed (unsweetened)
- ½ of an avocado
- 2 teaspoons organic almond butter
- A pinch of sea salt
- 1 packet Clean Shakes Vanilla or Chocolate (or other protein powder)
- Optional: 1 tablespoon ground flax seed
- Optional: stevia to taste
- Optional: 1 tablespoon carob or raw cacao powder

Blend until smooth and creamy.

Spice It Up Shake

From the Clean Team

- 2 cups almond milk (fresh or store-bought)
- 1 cup frozen raspberries
- 1 tablespoon carob powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg (freshly grated is the best, but you can use the already ground powder too)
- ¼ teaspoon stevia
- Pinch of sea salt
- 1 packet Clean Shakes Vanilla or Chocolate (or other protein powder)

Blend and enjoy!

Favorite Green Shake

From the Clean Team

- 3 cups spinach
- 1 cup frozen blueberries (or other berry)
- 1 tablespoon flax oil
- 1 tablespoon maca powder
- 1 tablespoon spirulina or 1 scoop CleanGreens
- 1 cup almond milk

A few drops of stevia to taste

1 packet Clean Shakes Vanilla or Chocolate (or other protein powder)

Blend until creamy.

Morning Mocha Shake

From Clean community members James and Anneliese

1 cup strong teecino

2 tablespoons cacao powder

1 handful of raw almonds

Stevia to taste

1 tablespoon vanilla extract

1 packet Clean Shakes Chocolate (or other protein powder)

Optional: 1 tablespoon ground flax seed

Blend and enjoy!

Euro Nut Shake

From Clean community members James and Anneliese

1 tablespoon vanilla extract

Stevia to taste

2 tablespoons raw cacao

2-4 tablespoons hazelnut butter

Unsweetened coconut milk

Ice

1 packet Clean Shakes Chocolate (or other protein powder)

Optional: 1 tablespoon ground flax seed

Blend until creamy!

Kaya's Favorite Shake

From the Clean Team

1 cup almond milk

½ cup of frozen blueberries or raspberries

1 tablespoon of organic raw coconut butter

1 tablespoon of CleanGreens

½ cup matcha green tea (as the base)

1 packet Clean Shakes Vanilla or Chocolate (or other protein powder)

Optional: 1 tablespoon ground flax seed

Blend it up, baby!

Coconut Chai Shake

From the Clean Team

- 1 cup coconut milk (unsweetened)
- 1 tablespoon vanilla extract
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- A pinch of allspice
- 2 tablespoons almond or cashew butter
- ¼ cup shredded coconut
- 1 packet Clean Shakes Vanilla (or other protein powder)
- Optional: 1 tablespoon ground flax seed

Blend until smooth and creamy.

Chocolate Covered Blueberries

From the Clean Team

- 1 large handful of frozen blueberries
- 1 handful of spinach
- Dash of cinnamon
- 1 tablespoon of raw cacao
- 2 tablespoons almond butter
- ½ coconut milk and ½ coconut water (as much as you need for your blender) or you could replace the coconut water with green tea. Raspberry green tea (cold) was delicious!
- Dash of stevia as needed
- 1 packet Clean Shakes Chocolate (or other protein powder)
- Optional: 1 tablespoon ground flax seed

Blend and enjoy!

John H's Favorite Shake

From the Clean Team

- ½ cup frozen blueberries
- 2 dashes cinnamon
- 1 tablespoon almond butter
- 8 ounces of water
- 1 packet Clean Shakes Chocolate (or other protein powder)
- Optional: 1 tablespoon ground flax seed

Blend until creamy!

Vanilla Almond Shake

From the Clean Team

- 2 cups almond milk
- 1 tablespoon vanilla powder or extract
- 1 heaping tablespoon almond butter
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- A dash of sea salt
- Optional: a dash of stevia to taste
- 1 packet Clean Shakes Vanilla (or other protein powder)

Blend until smooth.

Love Your Belly Shake

From the Clean Team

- 1 large aloe vera leaf, scrape the flesh out as close to the skin as possible OR 2 ounces aloe juice or gel (you can buy it in any health food store in the supplement section)
- 1 cup coconut water OR 1 cup nut/hemp milk
- 1 cup organic berries of your choice, frozen (blueberries, raspberries, blackberries, strawberries)
- 1 lemon, juiced
- 2 handfuls of spinach, kale, chard, or any mix of organic greens
- Stevia to taste
- 1 packet Clean Shakes Vanilla or Chocolate (or other protein powder)

Blend all ingredients except the aloe until smooth. Add the aloe in at the end and pulse for two seconds.

Green Superwoman Shake

Adapted from [Healthful Pursuit](#)

- 1 cup unsweetened almond milk
- 1 cup spinach
- 1 tablespoon cacao powder
- 1 tablespoon almond butter
- 1 tablespoon coconut oil
- Stevia to taste
- 1 teaspoon spirulina
- 1 cup frozen mixed berries
- 3-6 ice cubes
- Clean additions:

1 packet Clean Shakes Chocolate (or other protein powder)

Optional: 1 tablespoon ground flax seed

Blend for 30 seconds or until creamy.

Grasshopper Shake

From the Clean Team

1½ cups warm peppermint tea

1 heaping tablespoon cacao powder (or carob or unsweetened Dutch chocolate powder instead)

1 tablespoon melted coconut oil

2 tablespoon whole cashews

2 teaspoons spirulina (you can use CleanGreens, chlorella or any green powder)

¼ teaspoon stevia

Pinch of sea salt

Optional:

1 packet Clean Shakes Chocolate (or other protein powder)

Optional: 1 tablespoon ground flax seed

Pour the warm tea into a blender. Add cacao powder, cashews, spirulina, salt and stevia and blend for 45 seconds or until cashews are broken down. While blending, drizzle in the melted coconut oil. Serve in a mug for a nourishing and warm drink.

Robert's Favorite Shake

From the Clean Team

1 tablespoon CleanGreens

Frozen blueberries

Lacinato kale (washed, stems removed)

Unsweetened almond milk or hemp milk (enough to make it "pour-able")

1 tablespoon almond butter (optional)

1 packet Clean Shakes Chocolate (or other protein powder)

Optional: 1 tablespoon ground flax seed

Blend until smooth.

Purple Mason Jar Shake

From the Clean Team

1 cup almond milk, unsweetened

½ cup fresh or frozen organic blueberries

1 tablespoon spirulina

2 tablespoons almond butter

- 1 tablespoon tahini
- 1 teaspoon vanilla
- A few drops of liquid stevia, to taste
- 1 packet Clean Shakes Chocolate (or other protein powder)

Blend all ingredients together and drink up!

Green Coco Shake

From the Clean Team

- 2 cups coconut water
- 1 ripe avocado, halved and pitted
- 1 giant handful baby spinach
- 3 tablespoons whole cashews
- Pinch of stevia
- 1 packet Clean Shakes Vanilla (or other protein powder)

Blend until smooth and creamy.

Vanilla Nut Shake

From the Clean Team

- 1 cup almond milk
- 2 heaping tablespoons nut butter (cashew, almond, pecan, walnut, sunflower seed, etc.)
- 1/2 cup water
- Pinch of sea salt
- 2 teaspoons vanilla (pure powder or extract)
- 1 tablespoon maca
- Stevia to taste
- 1 packet Clean Shakes Vanilla (or other protein powder)

Blend until smooth. Maca is a powerful adaptogen, hormone balancer and increases stamina and endurance.

John R's Favorite Shake

From the Clean Team

- Warm tea (i.e. pau d'arco, gynostemma) as base
- 2 tablespoons coconut oil
- ¼ avocado
- A couple dashes cinnamon
- Dash of stevia
- 1 packet Clean Shakes Vanilla or Chocolate (or other protein powder)
- Optional: 1 tablespoon ground flax seed

Blend until creamy.

Chocolate Ginger Shake

From the Clean Team

- 1 cup unsweetened chocolate almond milk
- 1 1" piece of ginger, peeled and minced finely (save any juice that comes from it) or 1 tablespoon ginger powder
- ½ teaspoon cardamom
- 1 heaping tablespoon cacao or cocoa powder
- 1 heaping tablespoon almond or cashew butter (sunflower seed butter works too)
- stevia to taste
- 1 packet Clean Shakes Chocolate (or other protein powder)

Blend until smooth and creamy.

Blueberry, Avocado and Spinach Superfood Shake

Adapted from [A Healthy Life For Me](#)

- 1 cup blueberries, frozen or fresh
- 1 cup fresh spinach leaves
- 1 cup almond-coconut milk (you can use just coconut or just almond)
- ½ ripe avocado, skinned and pitted
- 1 tablespoon chia seeds
- ¼ teaspoon cinnamon
- Stevia to taste
- 1 packet Clean Shake Vanilla or Chocolate (or other protein powder)
- ½ cup fresh ice

Place all ingredients in blender and puree.

Fruit Free Green Smoothie

Adapted from [In Sonnet's Kitchen](#)

- ½ organic cucumber, chopped
- ¼ cup parsley
- ½ lemon, peeled
- ½ avocado, pitted and peeled
- 2 cups organic, raw spinach
- 1 cup coconut water
- 6 ice cubes

Add all ingredients to a blender and blend until smooth. Enjoy immediately.

RECIPES

21 Days of Lunches

Chicken Pot Pie

From the Clean Team

Filling:

- 3 tablespoons coconut oil
- 3 to 4 shallots, minced
- 1 cup sliced carrots
- 2 celery stalks, chopped
- 6 garlic cloves, minced and divided into two equal portions
- 2 to 3 boneless chicken breasts (about 1½ pounds), diced
- 1 cup green peas, fresh or frozen
- 2 cups chicken broth (may need more but start with this amount)
- Sea salt and freshly ground black pepper to taste
- ½ red onion, minced
- 1½ cups raw cashews, soaked for 4 to 6 hours, then drained
- ½ teaspoon cayenne
- Optional: 1 teaspoon smoked paprika

Crust:

- 1½ cups blanched almond flour
- ½ cup raw sunflower seeds
- 1 tablespoon dried herbs, such as sage, rosemary, thyme, or chives (fresh herbs will work too; just use a bit more)
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon water

Directions for the filling: Heat 2 tablespoons of the coconut oil in a large skillet set over medium-high heat. Add the shallots and sauté them for 5 minutes, or until they are translucent. Then add the carrots, celery, and half the minced garlic, and continue to sauté until the carrots begin to soften, about 3 to 5 minutes.

Add the chicken and cook until most of the pink hue is gone from the flesh. Add the peas and ½ cup of the chicken broth. Continue simmering until the vegetables are tender and the chicken is fully cooked. Salt and pepper to taste, and set aside.

In a medium skillet, heat the remaining tablespoon of coconut oil over medium-high heat. Add the red onion and sauté 5 to 8 minutes. Add the other half of the garlic and sauté for an additional 3 minutes. Remove from the heat.

In a blender, purée the onion mixture, cashews, 1½ cups of the chicken broth, cayenne, and the optional paprika until smooth. Transfer the mixture back to the large skillet with the chicken and vegetables, and cook everything over

medium heat until the mixture thickens, about 5 minutes. Add more broth if needed and stir frequently. Further salt and pepper to taste, then transfer everything to a lightly oiled deep baking dish.

Directions for the crust: Preheat the oven to 350°F. In a food processor combine the flour, sunflower seeds, herbs, garlic powder, salt, olive oil, and water, and pulse everything until well combined.

Roll the dough out on a lightly floured (non-gluten flour) cutting board or on a sheet of parchment paper, which might be helpful in transferring the dough to the baking dish. Lay the dough over the top of the chicken mixture.

Bake for 20 minutes or until golden brown. Serve warm.

Spinach and Chard Souffle

Adapted from [Jan's Sushi Bar](#)

4 ounces fresh spinach, stems removed and finely chopped

4 ounces fresh Swiss chard, stems removed and finely chopped

1/4 cup coconut oil

1/4 cup tapioca flour

1/2 tsp kosher salt

1/8 tsp freshly-ground black pepper

2/3 cup coconut milk

1/3 cup water

1/4 cup finely chopped onion

1 clove garlic, minced

1/2 teaspoon kosher salt

1/8 teaspoon freshly grated nutmeg

3 large eggs, separated

Preheat oven to 350 F. Grease a 1-quart soufflé or casserole dish. Melt the coconut oil in a large skillet over medium low heat. Stir in the tapioca flour until smooth and bubbling. Add 1/2 teaspoon salt and 1/8 teaspoon pepper.

Gradually add the coconut milk and water, stirring constantly. When the mixture has thickened, remove from heat. Stir in the onion, garlic, 1/2 teaspoon salt, and nutmeg.

Whisk about 1/2 cup of the hot onion/coconut milk mixture into the egg yolks to temper them. Scrape the egg mixture back into the skillet; add the spinach and Swiss chard and stir well to combine.

In a large metal or glass mixing bowl, beat egg whites until stiff peaks have formed. Gently fold into the spinach/chard mixture in the skillet.

Pour into the prepared soufflé dish; set into a large pan then add hot water to a depth of about 1 inch. Bake for 60 minutes; the top will be golden brown. Serve immediately. Pair with salad or other vegetables.

Parchment Salmon and Asparagus

From the Clean Team

- ¾ to 1 lb wild salmon**
- 2 large handfuls of asparagus**
- Drizzle of walnut (or olive) oil**
- 1 tablespoon dill**
- 2 tablespoons balsamic vinegar**
- Sea salt and black pepper to taste**
- Parchment Paper**

Break the tough ends off the asparagus. Lay two fairly large rectangles of parchment out and divide the asparagus between the two. Drizzle with some walnut (or olive) oil and add a crack of fresh ground pepper. Cut the salmon fillet into two pieces and drizzle with the balsamic and then add the dill.

Place a salmon piece on each asparagus stack and add a tiny splash of oil. Roll the parchment up and fold into packages, placing on a baking sheet. Preheat the oven to 375° or if you're making these ahead of time, keep them in the fridge until ready to eat. Place the baking sheet in the oven and set a timer for 20 minutes. Do not open the packages while they're cooking.

When the timer goes off, check the parchment and if the edges are nice and brown, the fish is most likely done. If the edges aren't quite browned, leave it in for another 2-3 minutes.

Remove from the oven and serve warm. Open them right at the table and either eat out of the parchment or transfer to plates. The smell is amazing, just be careful of the hot steam!

Garam Masala Chicken

From the Clean Team

- 1 whole pastured chicken**
- 2 tablespoons olive oil**
- 2 teaspoons garam masala**
- 1 tablespoon sea salt**
- 2 tablespoons avocado oil**
- 1 medium sized onion, roughly chopped**
- 2 cups roughly chopped carrots**
- ½ cup frozen peas**
- 3 cups chicken stock**
- 2 tablespoons arrowroot powder, dissolved in 4 tablespoons of water**
- Sea salt, to taste**
- Fresh ground black pepper**
- Garnish:**
- 1 bunch of scallions, sliced thin**

1 squeeze of lemon

Preheat oven to 425F. Put the chicken into a baking dish, breast side facing up. Drizzle with olive oil, then sprinkle with the garam masala and sea salt. Rub the entire carcass, evenly distributing the seasonings. Place in the oven and roast for 20 minutes, before reducing the heat to 325 and continue roasting until cooked through, about 45 minutes.

While the chicken cooks, prepare your veggies. Heat a large skillet over medium high heat. Add the avocado oil, then saute the onions until translucent, about 3-4 minutes. Add the carrots, stir to combine then add the chicken stock. Allow the stock to simmer until the carrots are tender. Add the peas, season with sea salt and black pepper, then stir in the dissolved arrowroot. Allow the sauce to continue to cook down and thicken.

When the 45 minutes is up, remove the chicken from the oven, letting it rest for a few minutes before slicing (so it doesn't burn your fingers). Slice off legs, thighs and cut the breast into pieces, however large you'd like for serving. To serve, divide the broth and vegetable mixture into shallow bowls, then top with sliced chicken.

Sprinkle with scallions and a squeeze of lemon over each plate.

Braised Beef with Mushrooms over Mashed Cauliflower

From the Clean Team

1½ pounds grass fed stew beef or short ribs

2 tablespoons coconut oil, divided

2 tablespoons coconut flour

1 pound baby bella mushrooms, sliced

1 onion, diced

3 stalks celery, diced

3 cloves garlic, minced

1 tablespoon tomato paste

½ cup red wine

¼ cup balsamic vinegar

2 rosemary sprigs

3 thyme sprigs

1 cup organic broth (beef or vegetable)

Sea salt and pepper to taste

Preheat the oven to 300 F. Toss beef with coconut flour, salt and pepper. Heat coconut oil in Dutch oven over medium-high heat. Brown meat on all sides and remove from Dutch oven and set aside. Add another tablespoon coconut oil to the Dutch oven. Add onions, mushrooms and celery - sauté until translucent and starting to brown. Add tomato paste and sauté for 30 seconds. Add garlic, beef, wine, vinegar, rosemary, thyme and broth. Bring to a boil. Cover and place in oven. Cook for 3-4 hours or until beef is tender. Serve over mashed cauliflower (see recipe below).

Serve with Mashed Cauliflower

1 medium head of cauliflower

1-2 garlic cloves minced

2 tablespoons coconut oil, melted
¼ cup unsweetened, plain almond or coconut milk
salt and pepper to taste
optional: chives or other fresh herbs

Preheat oven to 400°F. Chop cauliflower into florets. Steam until tender. Put in blender or food processor with garlic, coconut oil. Puree until smooth. Slowly add milk until proper consistency which is smooth, but still thick. Add salt and pepper to taste. Set aside. Serve beef and mushrooms over the cauliflower.

Roasted Winter Squash with Lentils

From the Clean Team

1 ½ cups lentils (we used green, but any color works)
1 tablespoon apple cider vinegar
1 3-4 pound squash (Kabocha, Hubbard, Acorn, Butternut)
¼ cup olive oil
A sprinkle of sea salt
Cracked black pepper
1 large onion, chopped small
2 garlic cloves, minced
1 teaspoon dried thyme
1 bay leaf
3 cups chicken or vegetable stock
5 large kale leaves, de-stemmed

Soak the lentils overnight (8-10 hours) in 4 cups of water and 1 tablespoon of apple cider vinegar. Store in a warm place in your kitchen while soaking. In the morning drain and rinse the lentils well. Keep in a colander until ready to cook.

Preheat the oven to 375F. Cut the squash in half and remove the seeds. Cut each half again into long and wide wedges. Place the wedges on a roasting pan, drizzle with olive oil and sprinkle with sea salt and black pepper. Bake in the oven until fork tender and turning golden brown, about 30-40 minutes.

Chop onions and garlic. While the squash is cooking, prepare the rest. Heat a 2 quart sauce pan over medium heat. Add a few tablespoons of olive oil then lightly saute the onions until translucent, about 5-8 minutes. Stir in the garlic. Cook until fragrant, then add the lentils. Stir to combine and add the dried thyme, and bay leaf. Pour in the stock and allow the liquid to simmer until the lentils are cooked through. Once the lentils are tender, stir in the kale and allow the greens to wilt, about 5 minutes. Taste and season with sea salt and fresh ground pepper.

When the squash is done, cut the wedges into large triangular halves, or whatever size works for the portion you want. Spoon the warm lentil and kale mixture over the squash and serve warm.

Herby Chicken Verde

Adapted from *TastyTrix*

- 4 split (or 2 whole) boneless skinless chicken breasts
- 2 tablespoons chopped fresh tarragon, divided
- 3 tablespoons chopped fresh flat leaf parsley, divided
- 2 tablespoons coconut flour
- 2 tablespoons coconut oil
- 1 bunch chives, chopped
- Green parts of one bunch of scallions, chopped
- 10 leaves basil, cut into chiffonade
- Handful pea shoots
- 3/4 cup mayo, homemade or high-quality store bought
- 3 large cloves garlic
- Salt & pepper, to taste
- Romaine leaves (optional)

To prepare boneless skinless chicken breasts, pound the breasts to an even thickness, salt and pepper, and dredge in coconut flour, and, if you like herbs. For this version, I used 1 tablespoon each tarragon and parsley and 2 tablespoons flour. Cook over high heat in coconut oil for one minute on each side, then cover and turn the heat to low for 10 minutes. Do not take the lid off - that is key. Turn the heat off for another 10 minutes and you've got perfect moist breasts. Once cool, dice and combine with the leftover tarragon and parsley, chives, and scallion.

Next make your mayo: In a mortar and pestle or with the flat of your knife, smash the garlic cloves with 1/4 teaspoon salt. Once the garlic has been turned to paste, fold it into the mayo along with a squeeze of lemon juice. Add this to the chicken and herbs, and chill for a couple of hours. Before serving, fold in the fresh basil and pea shoots.

Serve on lettuce cups or on top of a salad.

Zucchini Spaghetti with Beef Bolognese

From *In Sonnet's Kitchen*

- 5 tablespoons olive oil, divided
- 1 lb organic, grass-fed ground beef
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 2 cans (28 oz) organic crushed tomatoes
- ¼ cup organic tomato paste
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and black pepper to taste

6 medium organic zucchini, spiralized into pasta

In a large saucepan, add about 2 tablespoons of olive oil and saute ground beef over medium-high heat until browned, breaking up the large chunks of meat as they cook. Once meat is cooked, add about 2 additional tablespoons of olive oil and the onions. Saute for about 5 minutes, until onions are translucent. Add the garlic, tomatoes, tomato paste, basil, thyme, and oregano. Bring to a boil. Reduce heat, and simmer, covered, for about 45 minutes, stirring occasionally. Season with salt and pepper if desired.

In a separate pan, add the remaining tablespoon of olive oil and saute the zucchini pasta for 5 – 10 minutes, until desired tenderness is achieved. Divide the pasta among four plates and top with bolognese. Serve hot.

NOTES: Sauce can be made ahead and refrigerated in a covered container for 2 to 3 days in refrigerator or frozen for up to 3 months.

Fresh zucchini will often lose moisture as the zucchini pasta cooks so be sure to drain any liquid that has built up in the pan. The recipe holds well as leftovers, but the zucchini does tend to release extra moisture as it sits so be sure to drain pasta before serving.

Local Vegetable Frittata

From the Clean Team

6 eggs, from pastured (happy) hens

½ cup coconut milk

1 medium sized onion, sliced thin

3-4 cups diced zucchini and/or summer squash

2 garlic cloves, sliced thin

Sea salt, to taste

¼ cup chopped fresh herbs (chives, basil or parsley, whatever you prefer)

Preheat the oven to 350F. Chop vegetables. Heat a 5-6 inch oven proof pan (preferably cast iron) over medium-high heat. Melt a few tablespoons of coconut oil, then add the onions and zucchini. Cook until soft. Add the garlic, continue to cook until aromatic and the garlic is golden. While the veggies are cooking, whisk the eggs, coconut milk, chopped herbs, and sea salt.

Pour the egg mixture into the vegetable pan then transfer into the oven. Bake for about 15-25 minutes (size of pan will determine how long it takes in the oven). Once the center of the frittata is “set” (you can use a toothpick or fork to check), remove from the oven and serve with or over mixed salad greens.

Lemon Parchment Halibut with Olives and Parsnips

From the Clean Team

2 parsnips

1 fennel bulb

1 large halibut piece (enough for two people), roughly 2” wide and 8” long

1 lemon

1/3 cup mixed olives (green, black, kalamata)

Cold pressed olive oil

Parchment paper

Peel and chop the parsnips while you bring a medium pot of water to a boil. I add a tiny pinch of sea salt to the pot, that's optional. Place the parsnips in the water when it's at boiling point and cook for 8 minutes, or until tender when pierced with a fork. Slice the fennel bulb, discarding the tough and brown outer layer, saving some of the green fronds.

Slice the lemon into thin rounds. In a large bowl combine the piece of halibut with the fennel pieces, lemon slices, olives (leave the pits in, just warn your dinner companion if you're not removing them) and fennel fronds. When the parsnips are done, drain them and add to the mixture. Drizzle a generous amount of olive oil (1-2 tablespoons) over everything and mix until well coated.

Place everything onto the center of a large piece of parchment paper. You should have some leftover juice from the bowl to drizzle over everything and if not, just add some more oil. I like to put the fish, skin side down on the bottom and layer some lemon over the top, then pile the rest of the mixture around and over it.

Fold up the edges of the bag, like a package, and roll the edges where it comes together to seal it. Place the package on a baking sheet. You can do this ahead of time and keep it in the fridge until you're ready to cook.

When you are ready to cook, preheat the oven to 400 and cook the package for 20 minutes if the fish is thin and 25 minutes if it's thicker. Try not to open the package to check, as that releases the steam and juices. When the edges of the parchment are turning golden brown, I find that's a pretty good gauge of when this is done. It's been about 25 minutes for my thick slabs of halibut lately, cooked to perfection.

Remove from oven, open the package (I like to do this at the table as it releases the most wonderful smelling steam) and enjoy.

Chicken and Waffles

Chicken:

2 free-range chicken breasts, each sliced in half

1 egg

3 tablespoons almond milk, unsweetened

3 tablespoons mustard (Dijon is preferred)

¼ cup almond flour

¼ cup coconut flour

1 cup shredded coconut

2 loosely packed cups baby greens

2 waffles, from recipe below or frozen

Waffles:

Makes 6 waffles

1 ½ cups almond flour

½ cup coconut flour

- 1 tablespoon baking powder**
- ½ teaspoon sea salt**
- 1 3/4 cup almond or coconut milk, unsweetened**
- 6 tablespoons oil (olive, melted coconut, walnut, almond, etc.)**
- 2 large eggs**

Directions for the chicken: Preheat oven to 450°F. Pound chicken pieces with a meat tenderizer (or hammer wrapped in a dishtowel) until even in thickness. Set aside. In small, shallow bowl whisk together the egg, almond milk and mustard and set aside. Place the almond and coconut flour into medium shallow bowl and set aside.

Add the shredded coconut to a second shallow dish and set aside. You should have three bowls, one of the egg mixture, one of the two flours and one of the coconut. Dip each piece of chicken in the flour mixture, then the egg mixture, and then coat in the coconut. Place them onto a lightly greased (with olive oil or coconut oil) baking sheet.

Bake for roughly 10 minutes or until chicken is cooked through. Remove from oven and let cool for a few minutes. While the chicken is cooking, make the waffles or if using frozen ones, reheat them in the oven with the chicken until warmed through. To serve, place waffles on plates with the baked chicken on top and a generous amount of baby greens to the side.

Directions for the waffles:

Mix all ingredients together until well combined and smooth. Let sit for a few minutes while the waffle iron preheats. Use according to instructions for your waffle iron, generally pouring ½ cup onto the surface when the light indicates it's ready. Remove when the light changes. Keep warm if serving immediately or once cooled, freeze for later use.

Garlic and Summer Vegetable Kelp Noodles

From the Clean Team

- 2 tablespoons olive oil**
- 1 large summer squash, cut into ¼ rounds**
- 2 handfuls mushrooms (any kind, white, crimini, shiitake, etc.)**
- 4 garlic cloves, peeled and thinly sliced**
- 2 tablespoons fresh chopped basil (or any herbs you have on hand)**
- 1 bulb of fennel, green ends discarded and the white bulb sliced**
- ¼ cup pine nuts**
- 1 package kelp noodles**

Remove the kelp noodles from the package and rinse well under cold water. Drain and set aside. Slice all vegetables. Heat a large saute pan over medium-high heat. Add the olive oil, and when it's warm, add the sliced garlic. Cook until the garlic becomes slightly browned and fragrant, then toss in the sliced squash, mushrooms and fennel. Continuously shake the pan, or keep stirring with a wooden spoon, to prevent the garlic from burning. Add the kelp noodles and stir for a few more minutes, using a pair of tongs to toss all the ingredients together. Add the basil, letting it wilt, which should be just about when the noodles are perfectly warm. Remove from heat and season to taste with sea salt. Garnish with any additional fresh herbs and pine nuts. Serve and enjoy!

Garlic Crusted Chicken Nuggets with Thai Dipping Sauce

From the Clean Team

Crusted Chicken Ingredients:

- 1 egg
- 2 tablespoons coconut or almond milk (unsweetened)
- 1 cup almond meal
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon paprika or chili powder
- ¼ cup olive oil + 3 tablespoons extra
- 5 cloves garlic, peeled and minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon freshly ground pepper
- 1 large or 2 small boneless chicken breasts
- A few sprigs of parsley for garnish (optional)

Thai Sauce Ingredients:

- 1 1/2 cups dry-roasted almond butter
- 1/4 cup wheat free tamari or 1 tablespoon miso paste
- 1 teaspoons red chili paste (unsweetened)
- 1 tablespoon minced fresh ginger root or 2 teaspoons ginger powder
- Optional: 1 or two drops stevia (to taste, you don't want it too sweet, you might not need any at all)
- Juice of 1 lime
- 1/4 cup coconut milk (as thick or thin as you want)
- 1/4 cup hot water (as needed)

Preheat oven to 425 and line a baking sheet with parchment paper or else be prepared to really scrub it afterwards. Prepare the chicken coating. In a small bowl, whisk together the egg and non-dairy milk. In a large plastic bag, combine almond meal, garlic powder and sea salt. Dip the chicken pieces in the egg mixture and then put them into the plastic bag and shake until well-coated. Place them on the baking sheet. Drizzle with 1/4 cup olive oil and bake for 8-10 minutes. Turn the chicken pieces and let bake for another 3-5 minutes until crispy and golden.

Meanwhile, mix together the 3 tablespoons olive oil with the vinegar, minced garlic, and ground pepper. Set aside for the flavors to mix. This is the sauce you'll serve the chicken with.

To make the Thai sauce, place all sauce ingredients, except for the water, into a high speed blender. Puree on high, using the water to help thin the sauce until smooth and creamy.

To serve, remove from oven, and place in a deep dish. Drizzle the pepper-garlic sauce over the pieces, tossing to coat, sprinkling with parsley if you wish. Serve warm with the Thai sauce for dipping. Pair with vegetables and/or salad.

Spaghetti Squash with Basil and Creamy Cauliflower Alfredo Sauce

Adapted from [Healthy Family and Home](#)

- 1 large organic red bell pepper (diced)
- 1 cup organic mushrooms (diced)
- 1 small organic onion (diced)
- 1/4 cup organic fresh basil (diced)
- 1 - 2 tablespoons organic coconut oil

For the sauce

- 1 large organic cauliflower
- 2 cups homemade almond milk
- 5 cloves organic garlic (freshly crushed)
- 2 tablespoons nutritional yeast
- Pink Himalayan salt (or to taste)
- 1 pinch organic cayenne pepper (or to taste)

For the spaghetti squash

- 1 spaghetti squash
- 1 - 2 teaspoons organic extra virgin olive oil

Prepare the spaghetti squash pasta. Prepare spaghetti squash by cutting the spaghetti squash in half. Scrape out all the seeds from the inside. Rub olive oil on the inside of the spaghetti squash. Bake face down at 350 degrees for approximately 45 - 50 minutes. Use a fork to scrape the inside of the squash out to use as "pasta".

Prepare the sauce. Cut the cauliflower into florets and boil in a large pot for about 15 minutes or until tender, and then strain. Put the cauliflower, milk, nutritional yeast, pink Himalayan salt, cayenne pepper and garlic in a Vitamix and blend until smooth and creamy.

Prepare vegetables and assemble. Dice the red bell peppers, onions and mushrooms. In a saucepan, saute the red bell peppers, onions and mushrooms until they are tender. Combine the sautéed vegetables, spaghetti squash pasta and cauliflower alfredo sauce. Toss with fresh chopped basil right before serving. Enjoy!

Thai Coconut Chicken Soup

From the *Clean Team*

- A few spoonfuls of coconut oil
- 2 garlic cloves, minced
- ½ red onion, chopped
- 1 jalapeño, seeded and minced (use less if you are sensitive to spice)
- 2 cans coconut milk
- 4 cups vegetable or chicken broth
- 2 inch chunk of ginger, grated
- Zest and juice of 1 lime

2 stalks lemongrass, cut into chunks and bruised with the back of a knife to bring out flavors
3-4 tablespoons fish sauce (Red Boat brand is great), start with less and add to taste
1 pound chicken, sliced thinly
1 cup of mushrooms chopped
Dash of stevia
8 cherry tomatoes, halved
Fresh cilantro chopped for garnish
Wheat-free tamari to taste

Melt coconut oil in a soup pot. Add jalapeño, onions and garlic and saute until fragrant (a couple of minutes). Add in coconut milk, broth, ginger, lemongrass, lime zest, fish sauce and chicken to the soup pot. Simmer for 15 minutes. Add the mushrooms, lime juice, dash of stevia and tomatoes to the pot. Simmer for an additional 5 minutes. Garnish with cilantro. Splash of wheat-free tamari if additional salt is desired.

Lamb Tacos

From the Clean Team

4 ounces ground lamb (flatten into 1 patty, ½ inch thick)
2 tablespoons extra virgin coconut oil
1 medium summer (yellow) squash
¼ cup minced onions
1 clove garlic, minced
1 tablespoon taco/fajitas seasoning
Sea salt to taste
Romaine lettuce (to use as taco shells)
¼ cup minced red onions
Freshly chopped cilantro (a few tablespoons)
Freshly made guacamole
Handful of sprouts, for garnish

Heat a large sauté pan over high heat. Melt the coconut oil and continue to heat until the oil is lightly smoking. Add the lamb patty and allow one side to brown for 3 minutes and then flip. Once the lamb is flipped, add the squash, onion, garlic, and taco seasoning. Stir well to incorporate all the ingredients.

Continue to cook until the lamb is cooked through and the vegetables are soft. Taste and season with sea salt. Arrange a few romaine leaves on a plate. Cover with the lamb and vegetables. Top with red onions and fresh cilantro. Add guacamole and garnish with fresh sprouts (optional).

Lemon Roasted Chicken with Wild Mushrooms

Adapted from [Crepes of Wrath](#)

2 pints wild mushrooms (I used half black trumpets and half yellowfoot chanterelles)
2 tablespoons coconut oil, divided
1 large shallot, minced

3 cloves garlic, minced
2 sprigs thyme, leaves removed
2 tablespoons olive oil
2-3 large chicken legs
Zest of 1 Meyer lemon
2-3 sprigs fresh thyme, leaves removed
½ teaspoon sea salt
½ teaspoon ground black pepper
¼ teaspoon smoked Hungarian paprika
1/3 cup dry white wine (or chicken stock)

Preheat your oven to 375 degrees F. First, cook your mushrooms. Gently brush off any bits of dirt from your mushrooms (or wipe with a damp cloth, but don't rinse them under water, as that will take away from their earthy flavor), and cut any large pieces into thick slices; try to leave any bite-sized mushrooms as they are, for a nice variation of textures. Add the mushrooms in batches to a pan over medium heat (batches are key so that the mushrooms cook evenly; you should see the pan through the mushrooms) and cook until browned and their juices have started to release. Take 1 tablespoon of coconut oil and divide it evenly among the batches of mushrooms, and add it right at the end of your cooking time, which should be about 8 minutes per batch, then remove, set aside, and finish your remaining batches.

Add all of the mushrooms back to the pan, then add in your shallots and cook for another 4-5 minutes or so, until the shallots are translucent, then add in the garlic, thyme, and your remaining tablespoon of coconut oil. Season with a pinch or two of salt and pepper, and remove again onto a plate or bowl to use later.

Pat the chicken dry, then rub it with the combined lemon zest, thyme leaves, sea salt, black pepper, and paprika. Heat 2 tablespoons of olive oil in your same pan, then add the chicken to it over medium-high heat. Cook for about 6 minutes on each side, until the skin is golden and crisp. Add 1/3 cup of white wine to the pan, scraping up any browned bits. Cover the pan and bake in the oven for 15-20 minutes, until the chicken is cooked through. Remove from the oven, add in the mushrooms, and stir to warm over medium heat. Taste, adjust seasonings as necessary, and serve alongside vegetables such as roasted broccoli.

Gingered Salmon Stir Fry

From the Clean Team

2 tablespoons sesame oil
8 ounces of wild salmon (roughly 1 thick fillet), cut into large chunks
1 cup snow peas, sliced into thin pieces
1 carrot, cut into thin rounds (no need to peel if using organic!)
1 bunch scallions, diced
2 tablespoons peeled and grated ginger
1 garlic clove, peeled and minced
To taste: wheat-free tamari sauce

To taste: organic brown rice vinegar (or ume plum vinegar)

1/4 cup dry roasted cashews (either whole or in pieces)

Season the salmon pieces with sea salt and black pepper. Heat a large saute pan over high heat, adding the sesame oil. Once the oil is hot, add the salmon pieces and brown, cooking each side for about 2 minutes. After you flip them the first time, add the snow peas and carrots, and after the salmon's second sides are browned, begin to toss everything gently several times (and every so often) as you add the ginger and garlic. Cook until fragrant and all vegetables are tender, then add a few splashes of tamari and vinegar, and taste, adjusting if needed. Place a lid on the pan and allow to steam for just another 1-2 minutes. Remove the lid, stir in the cashews and scallions, tossing once or twice to combine before serving.

Quinoa Pizza

From *Deliciously Ella*

Makes one 8 inch pizza:

3/4 of a cup of quinoa (soaked for about eight hours)

1 teaspoon of apple cider vinegar

2 teaspoons of mixed herbs, I used herbs de Provence and oregano

A sprinkling of chili flakes

Salt

Possible toppings:

2 tablespoons of organic tomato puree

A dozen cherry tomatoes

A handful of artichokes

A handful of pitted black olives

A handful of rocket (arugula)

Soak the quinoa overnight or for about eight hours in water. The best way to do this is put the quinoa in a larger bowl and cover it in water, make sure that it's covered by a few inches. Then leave this to one side.

Once you're ready to make the pizza, pre-heat the oven to 375F. Then drain any water left in the quinoa bowl before putting the quinoa into a food processor with the apple cider vinegar, herbs, chili flakes and salt. Blend for a few minutes until a smooth dough forms, it should look a bit like pancake mix.

Line the bottom of a pizza dish or cake pan with olive oil and pour the mix in, then bake for about 15- 20 minutes, until the base is firm – it cooks really pretty quickly though.

Remove and add your toppings, either place it back in the oven for a few minutes to warm them or enjoy your toppings raw! I like my tomatoes and tomato puree heated and the rest of my ingredients raw. Delicious!

Thai Beef Lettuce Cups

Adapted from *Family Fresh Cooking*

1/2 butternut squash, sliced

1 bunch Rainbow Carrots, sliced
Ground Cinnamon
Garlic Salt
Black Pepper
1 1/2 pounds Lean Ground Beef
2 diced Garlic Cloves
Olive Oil
1 tablespoon Thai Red Curry Paste
1 tablespoon Tamari (gluten-free)
1 tablespoon Fish Sauce
1/4 cup Scallions (Green Onion) sliced small
6 ounces White Mushrooms, diced very small
Butter Lettuce, clean and dry leaves
Sliced Scallions

Preheat oven to 375 F with the rack in the middle. Prepare a cookie sheet with parchment. Slice squash and carrots into bite size pieces. Toss with some olive oil, cinnamon, garlic salt and black pepper. Spread in a single layer on the cookie sheet. Roast for about 35 to 40 minutes until soft and slightly browned. When cool enough to handle slice into very small pieces.

In a large saute pan brown beef and garlic over medium high heat. As meat cooks add Thai red curry paste, tamari and fish sauce. Add mushrooms and scallion for the last few minutes of cook time. Add 1 cup roasted butternut squash and carrots and carefully fold in to blend with the beef.

Plate Thai meat mixture on top of butter lettuce leaves. Top with diced scallions.

Coriander Crusted Halibut

From the Clean Team

1 lb of carrots
A generous amount of olive oil (several tablespoons at least)
A tablespoon of sea salt
Fresh ground pepper
2 halibut fillets (roughly 6-7 ounces each) or your fish of choice
2 tablespoons coarsely ground coriander seed
Sea salt
2 tablespoons coconut oil
Parsley Sauce Ingredients
½ bunch of parsley (leaves only)
1 garlic clove, peeled and minced
Juice and zest of 1 lemon
½ cup of olive oil

Pinch of sea salt

Preheat oven to 375. Prepare the vegetables first. Toss the carrots in the olive oil, sea salt, and a few cracks of fresh ground black pepper. Bake until lightly brown and fork tender. Remove from oven and set aside.

In the meantime, in a mortar and pestle or spice grinder, grind the coriander seeds until you have a coarse powder. Sprinkle each fish fillet with sea salt then coat that side with the coriander powder. Heat a heavy-bottomed pan on high heat, with the coconut oil. When it's melted, sear the fish, coriander/sea salt side down, for 2-3 minutes, or until the seeds have browned nicely. Carefully turn the fish over, and place in the oven to finish cooking. Depending on the thickness, this can take another 4-5 minutes.

To make the Parsley Sauce. In a blender or food processor, puree the sauce ingredients above until well pureed and a bright green color. To serve, split the roasted carrots between two plates. Place the fish fillets on top of the carrots, then drizzle the parsley sauce over everything. Serve warm.

RECIPES

21 Days of Entree-Sized Salads

Zucchini and Carrot Noodles with Avocado, Pea and Kale Pesto

From *Deliciously Ella*

- 1 zucchini/courgette
- 1 carrot
- 1 cup of peas
- 1 ripe avocado
- A large handful of kale
- A handful of fresh mint
- A handful of pumpkin seeds
- 1 teaspoon of olive oil
- 1 lime/lemon
- Salt

Start by bringing the peas to the boil using cold water to begin with. As the peas warm make the noodles using your spiralizer. Next, place the mint, kale, avocado, olive oil and salt in a food processor. Blend this mix into a creamy mixture, adding about three quarters of the drained peas once they are cooked.

Mix the pesto with the noodles topping the dish off with the pumpkin seeds. If you're less into raw food or after a warm dish then you can gently sauté the noodles with olive oil for a couple of minutes until they soften before stirring in the sauce for another minute.

Fiddlehead Salad

From the *Clean Team*

- Mixed greens, enough for one serving of salad, roughly 2 handfuls for one person
- 2 baby cucumbers (or 1 regular small one)
- 1-2 cups of fiddleheads (depending on your hunger levels) or whatever other vegetable you're substituting
- 1-2 tablespoons coconut oil
- 2 teaspoons wheat-free tamari
- Balsamic vinegar to taste (a few giant glugs as Jamie Oliver would say)
- **Add additional protein such as chicken, fish, lamb, beef, egg or lentils

Wash the fiddleheads before cooking and remove any brown stems. In a medium pot over high heat, melt one tablespoon of coconut oil, and add the fiddleheads, stirring until well coated, about 3 minutes. Add the 1/2 cup of vegetable or chicken stock (or just water is also fine) and keep the heat at high, stirring frequently while the fiddleheads cook, another 3-4 minutes. Add a splash of tamari and keep cooking for another 3-4 minutes, lowering heat to medium, letting them soak up the liquid and become nice and tender. Total cooking time should be around 10 minutes.

Slice the cucumbers and dress the salad greens with balsamic vinegar. Remove fiddleheads from heat and add to the greens and cucumbers, tossing to combine with an extra splash of balsamic to taste.

Marinated Broccoli Salad

From the Clean Team

1 large head of broccoli, cut into small florets

3 tablespoons sesame seed oil

A generous splash of brown rice vinegar

1 head bok choy, roughly chopped

1 cup thinly sliced purple cabbage

1 carrot, cut into thin matchsticks

2 tablespoons sesame seeds (white or black)

A generous splash of wheat free tamari, to taste

****Add additional protein such as chicken, fish, lamb, beef, egg or lentils**

Mix the broccoli, cabbage and bok choy together in a large bowl. Coat with vinegar, tamari, and oil. Using your hands, massage everything for several minutes to begin breaking down the vegetables for easy digestion. If you want, you can steam the veggies for a few minutes until tender instead, your choice. Stir in the sesame seeds and the carrots. Serve at room temperature. If you're not cooking them first, simply allow the veggies to marinate and soften in the bowl for 15 minutes. If you do cook them, just toss with ingredients and serve immediately.

Three Tastes Noodles

From the Clean Team

2 large summer squash (or you can use zucchini if you like), made into long thin strips with a vegetable peeler

2 tablespoons almond butter

2 tablespoons raw coconut amino acids (or wheat-free tamari sauce)

1 small package anchovy fillets (packed in olive oil only, make sure there are no additives), minced

1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)

Secret ingredient that makes it so incredible: 2 teaspoons curry powder

1 tablespoon minced rosemary (fresh) or 1 teaspoon dried

3/4 cup kalamata olives, pitted (added at the end)

Optional: A pinch of sea salt to taste

****Add additional protein such as chicken, fish, lamb, beef or lentils**

Combine all ingredients together in a large bowl and serve immediately or keep in airtight container in the fridge for several days, the flavors will keep mingling together!

Shaved Asparagus and Carrots with Mint and Toasted Pecans

Adapted from [Gourmette NYC](#)

1 medium carrot, peeled and ends removed

8 asparagus stalks, tough ends removed

2 tsp fresh mint, thinly sliced

1/4 cup pecans

2 tbsp extra virgin olive oil

1 tbsp White wine vinegar

Salt and pepper

****Add additional protein such as chicken, turkey, fish, lamb, beef, egg or lentils**

Heat the oven to 350°. In a small baking pan, toast the pecans for 5-7 minutes, until fragrant. Meanwhile, using a mandoline or vegetable peeler, thinly shave equal amounts of carrots and asparagus into ribbons. Toss with mint, olive oil, and vinegar. Add the warm pecans and mix. Salt and pepper to taste.

Thai Chicken Salad

From the Clean Team

1 pound ground chicken

2 tablespoons coconut oil

1 shallot, minced

3 garlic cloves, minced

3 cups Napa Cabbage, shredded

½ cup carrots, grated

Juice of 2 limes

2-3 tablespoons of fish sauce (Red Boat brand)

1" ginger piece, peeled and grated

Stevia to taste

Handful of basil, julienned

12 mint leaves, minced

½ cucumber, seeded and sliced into ½ moons

2 green onions, chopped

Small handful of cilantro, chopped

Optional: 1-2 tsp red pepper flakes

In a medium skillet add coconut oil over medium/high heat. Add shallot and garlic. Saute until they are starting to caramelize - about 5 minutes. Add chicken and saute until brown. Set aside. Whisk limes, red pepper flakes, fish sauce, ginger and stevia. Toss chicken, veggies and herbs.

Tomato and Summer Squash Bake

From the Clean Team

2-3 large summer squash sliced into ¼ inch rounds on an angle

1 quart tomato puree

3 medium sized shallots

3 garlic cloves, minced

- 3 anchovies, minced
- 2 tablespoons capers, minced
- ½ cup mixed olives, sliced
- ¼ cup flat leafed parsley, roughly chopped
- ¼ cup torn basil
- Sea salt, to taste
- 2-3 tablespoons coconut oil
- **Add additional protein such as chicken, turkey, fish, lamb, beef, egg or lentils**

Preheat the oven to 350F. Slice the shallots into thin circles and saute in a large pan over medium heat w/ a few tablespoons of coconut oil. Toss often and once they're translucent, add the garlic. Cook until aromatic, then toss in the capers, anchovies and green olives. Cook for a minute or two, then pour in the tomato puree. Allow the sauce to simmer for 15-20 minutes.

Slice summer squash and mince parsley. Use a medium sized casserole pan and spoon a small amount of sauce into the bottom. Spread then add a layer of sliced squash. Top with more sauce, fresh herbs, a sprinkle of sea salt, and black pepper. Repeat until you get to the top of the pan. Bake for 30 minutes then remove from the oven and serve.

Unpeanut Noodle Stir Fry

From the Clean Team

- 3 medium sized carrots, peeled or shredded
- 2 summer squash, peeled or shredded
- 1 broccoli crown, cut into florets
- About 1 cup (1/4 pound) snap peas, cut into thin, angled strips
- 2 teaspoons freshly grated ginger
- 2 green onions, sliced thin
- 1 tablespoon coconut oil for cooking

Sauce

- 1/2 cup almond butter
- 1 tablespoon minced ginger
- 1 tablespoon miso (South River Miso-Chickpea)
- 2 garlic cloves, peeled and minced
- 1 teaspoon chili powder (or to taste)
- 2 teaspoons ground coriander seed (powder)
- 1 1/4 cup coconut milk (unsweetened)

Fresh cilantro for garnish

****Add additional protein such as chicken, fish, lamb, beef or lentils**

For sauce: Blend all the ingredients in a high speed blender, until smooth and creamy. Taste and adjust seasonings as desired. Set aside.

Heat a large wok or sauté pan over medium-high heat. Melt the coconut oil then stir in your broccoli florets. Saute them for a few minutes then stir in the ginger and garlic. Cook until fragrant then add the carrots, summer squash noodles and snap peas, cook until warmed through. Pour in roughly half of the “peanut” sauce, gently tossing the mixture with a pair of tongs or two serving spoons.

Eggplant Curry

From the Clean Team

- 1 large firm, shiny eggplant (about 1 1/2 pounds)
- 2 tablespoons black or yellow mustard seeds
- 1 large onion, diced (to equal roughly 1 1/2 cups)
- 1/2 teaspoon sea salt
- 2 tablespoons chopped garlic (roughly 3 to 4 large cloves)
- 2 tablespoons freshly grated ginger
- 3 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground clove
- 1/2 teaspoon cayenne pepper
- 2 medium tomatoes peeled, seeded, and diced
- 1 cup water
- 4-5 large kale leaves, stems removed, sliced into thin strips
- Coconut oil, as needed (about ½ cup)

****Add additional protein such as chicken, fish, lamb, beef, quinoa or lentils**

Wash the eggplant, cut off and discard the green cap, and cut the purple part into thick rounds. Cut the rounds into 1/2 inch strips, and dice the strips into 1/2 inch chunks. Meanwhile, measure the mustard seeds into the dry 6-inch frying pan and sauté briefly over moderate heat, until they turn gray and start popping. The heat brings out their aroma so it will be nice and fragrant. Set aside. Add ¼ cup of the coconut oil into the 12-inch frying pan and place on the stove, over moderately high heat. When the oil is hot, add the eggplant and sauté for several minutes, tossing frequently, until the eggplant is golden brown.

Heat the remaining coconut oil in the 10-inch saucepan over moderately high heat. Stir in the onions and sauté, stirring frequently, until the onions are golden and soft. Add garlic and ginger, cook just a few seconds until their aromas are released, and then stir in all of the spices listed. Cook an additional minute, stirring constantly to blend spices and prevent them from burning. Stir in the cooked eggplant, tomatoes, and water. Once the liquid is reduced and started to thicken, add the kale and continue until wilted. To finish, season with sea salt and add in the toasted mustard seeds.

Collard Green Slaw

Adapted from *In Sonnet's Kitchen*

1 bunch collard greens, de-stemmed and shredded

¼ teaspoon salt

2 tablespoons raw apple cider vinegar

¼ cup olive oil or natural (sugar-free) mayonnaise

1 medium apple, shredded

2 medium carrots, shredded

2 medium parsnips, shredded

2 green onions, diced

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

Add shredded collard greens to a mixing bowl and sprinkle with the salt. Using your hands, “massage” collard greens for 1 – 2 minutes. This helps to soften the greens, make them taste sweeter, and the salt draws a bit of moisture out. Drain any juices that have collected in the bottom of the bowl. Add remaining ingredients to the bowl. Mix well. Refrigerate until serving.

Egg and Cucumber Salad

From the Clean Team

4 cage free eggs

1 small English cucumber (or two tiny pickling cukes)

1 tablespoon mayo (made with real eggs and olive oil, no soy)

2 teaspoons mustard

1 tablespoon dill

1 teaspoon paprika

Sea salt and black pepper to taste

Place the eggs in a saucepan and cover with water. Bring the water to a boil over high heat and as soon as it's a rolling boil, turn the heat off. Let the eggs sit for 8 minutes. Have another bowl of ice cold water ready to move the eggs into after the 8 minutes. Remove the eggs from the hot water with a slotted spoon and into the ice bath to stop the cooking. Let sit while you prep the other ingredients.

Chop the cucumbers. I slice them into rounds and then halves if they're tiny, or quarters if they're larger. Peel and cut the eggs, mashing them up in a bowl with the mayonnaise, mustard, paprika and dill. Sprinkle with a pinch of sea salt and black pepper, adjusting to your taste. Add the cucumbers and combine it all together. I love this served on top of lettuce leaves, either as a “wrap” or just salad topping.

Asian Kale Salad

Adapted from *Life in Iowa*

For the dressing:

1 inch piece ginger
1 clove garlic, peeled
2 tablespoons tahini
1 tablespoon rice vinegar
2 tablespoons tamari
1/2 tablespoon sesame oil
2 tablespoons water

For the salad:

2 cups shredded green cabbage
2 cups shredded red cabbage
1 cup thinly sliced green bell pepper
2 cups chopped kale
1 cup shredded carrots
1/4 cup thinly sliced yellow onion
3 tablespoons toasted sesame seeds

Cilantro

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

For the dressing - Combine all in a food processor until smooth. Set aside. For the salad - Combine everything, reserving one tablespoon of the sesame seeds, in a large bowl. Toss in dressing and set aside. Right before serving, top with reserved sesame seeds and a few sprigs of cilantro.

Pea, Fennel and Thyme Salad

Adapted from [Deliciously Ella](#)

2 fennel bulbs
1 cup of peas
A handful of fresh thyme
A handful of fresh coriander
1/2 a cup of olive oil
3 limes
Salt to taste

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

Cut the fennel in half and then thin slices. Marinate for a minimum of three hours (this softens them) with the olive oil and chopped herbs, leave it to soak in the fridge. The crunchier you like the fennel the shorter the time you should marinate it for. Cook the peas, this should take only a few minutes then allow them to cool. Mix the peas and fennel together, add the squeezed lime and salt to taste.

Coconut Chicken with Greens

From *Stone Soup*

- 2 cloves garlic, finely sliced
- 2 small chicken breasts
- 1 can coconut milk (400mL / 1.5 cups)
- 1 large bag spinach leaves

Heat a little oil in a small saucepan. Cook garlic on a medium heat for 30 seconds or until just starting to brown. Add chicken and coconut milk and bring to a simmer. Cook gently for 5 minutes. Cover. Remove from the heat and stand for 20 minutes. When the time is up, remove chicken from the pan and slice finely. Divide between two plates. Add spinach to the pot and simmer until the spinach has just wilted. Season generously and serve greens and sauce with the chicken.

Quinoa and Veggie Power Salad

From *Family Fresh Cooking*

- 1 cup dry Quinoa, rinsed, cook according to package directions
- 4 radishes cut into matchsticks
- 1 cup Zucchini, cut into matchsticks
- 1 cup Carrots, cut into matchsticks
- 1/2 cup Green Onions, sliced thinly
- 1/4 cup Toasted Sesame Seeds
- 1/4 cup Toasted Sesame Oil
- 1 tablespoon Garlic Olive Oil
- 3 tablespoons Rice Vinegar
- Black Pepper & Sea Salt to taste

Let quinoa cool & fluff with a fork. Stir in all the other ingredients ~ adjust oils, vinegar & seasonings to taste. Serve at room temperature or chilled.

Grain-Free Zucchini Yakisoba with Black Radishes

Adapted from *In Sonnet's Kitchen*

- 2 tablespoons sesame oil, divided
- ½ medium yellow onion, thinly sliced
- 2 green onions, sliced
- 1 tablespoon fresh ginger, minced
- 2 garlic cloves, minced
- 4 medium black radishes, grated
- 2 medium zucchini, spiralized
- 1.5 cups shredded cabbage

2 carrots, grated
2 tablespoons coconut aminos or gluten-free tamari
Sea salt and black pepper to taste, if desired
Sesame seeds for garnish (optional)

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

Add 1 tablespoon sesame oil to a pan over medium heat. Add the yellow onion, green onions, ginger, and garlic and saute for 1 – 2 minutes, until fragrant. Add the radishes, zucchini, shredded cabbage and carrots, and saute for about 6 – 8 minutes, until zucchini is just tender. Remove from heat. Mix the remaining tablespoon of sesame oil with the coconut aminos (or soy sauce) and toss with the yakisoba. Add salt and pepper to taste, and garnish with sesame seeds, if desired. Serve hot.

Wilted Kale Salad with Creamy Chipotle Dressing

Adapted from [Healthy Family and Home](#)

For the salad:

2 cups organic kale (de-stemmed)
1 cup organic tomatoes (diced)
1/2 cup organic hemp seeds
1/2 teaspoon pink Himalayan salt

For the dressing:

2 organic avocados
1/2 cup extra virgin olive oil
2 tablespoons organic lemon (freshly squeezed)
1/2 - 1 teaspoon organic chipotle powder

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

De-stem the kale and break into bite-sized pieces. Put the kale pieces into a medium sized bowl with the pink Himalayan salt and “massage” the kale for a few minutes until it becomes soft and wilted. Add the tomatoes and hemp seeds to the wilted kale. Put all the ingredients for the dressing into a Vitamix and blend until well combined and creamy. Add the dressing to the salad mixture and mix together until all pieces of the kale are covered with the dressing. Sprinkle with additional hemp seeds on top of the salad, if desired. Enjoy!

Quinoa Lentil Salad with Lemon and Hemp Dressing

Adapted from [Fresh Direction](#)

For the Salad:

2 cups cooked quinoa, cooled to room temperature
2 cups cooked brown or green lentils, cooled to room temperature
1 head broccoli, florets well diced and majority of stems discarded (or saved for other use)
1 large carrot, peeled and grated
1 medium golden beet, peeled and grated

1/2 cup chopped parsley, plus more for garnish

2 tbsp olive oil

2 tbsp lemon juice

Salt + pepper

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

For the Dressing:

1/3 cup hulled hemp seeds

3-4 tbsp olive oil

3 tbsp lemon juice (squeezed from about 1 lemon)

1 clove garlic, roughly chopped

1 tsp dried oregano

Salt + pepper

2-4 tbsp water, to thin out as needed

In a large bowl, toss together the cooked quinoa, cooked lentils, broccoli, carrot, beet and parsley. Add a good glug of olive oil (about 2 tbsp) and some fresh squeezed lemon juice (about 2 tbsp). Toss to coat, season well with salt and pepper and set aside.

For the Dressing: In a food processor or high speed blender, add all the ingredients for your dressing, except for the water. Process until smooth, adding water 1 tbsp at a time to thin out until a creamy, pourable dressing consistency is achieved. Pour dressing over prepared salad and toss to coat evenly. Garnish with a wedge of lemon and a sprig of fresh parsley. Serve at room temperature.

Notes: This salad will keep well in an airtight container in the fridge for up to one week. Before serving the leftovers, spritz with a bit more lemon juice and season with salt + pepper. 2. This salad only takes about 15 minutes to put together if you have the quinoa and lentils pre-cooked. Otherwise, lentils usually take about 45 minutes to cook and quinoa will take around 15 minutes. Ensure you allow both to cool completely before tossing with the other salad ingredients.

Olive, Pine Nut and Zucchini Salad

Adapted from [Deliciously Ella](#)

1 large handful of black olives

1 large handful of green olives

1 zucchini

A large handful of pine nuts

1 avocado

A dozen cherry tomatoes

Salad leaves of choice, such as rocket

Apple cider vinegar

Olive oil

Salt

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

Start by toasting the pine nuts in a frying pan, these should take just a few minutes to turn a little brown and crunchy – if you want a raw salad then just leave them untoasted. There's no need to add any extra olive oil as they release enough oil themselves.

While these cook simply chop the cherry tomatoes in quarters, the zucchini into thin slices and the avocado into little chunks. Toss all the ingredients together with the rocket and olives. Drizzle with apple cider vinegar, salt and a little olive oil. You can add a few chili flakes too if you're feeling spicy. Enjoy!

Clean Salmon Salad Niçoise

From the Clean Team

2 cups green beans, chopped into halves or thirds

1 salmon fillet

3 tablespoons capers

1/4 cup green olives

1 tablespoon Dijon mustard

1 lemon

1 garlic clove, finely chopped

2 handfuls of mixed greens

3 anchovies

Bring a pot of salted water to a boil, add the green beans and cook until bright green and tender - do not overcook. Plunge into a bowl of cold water and drain. Combine green beans in a bowl with capers, chopped garlic, mixed organic greens and pieces of salmon fillet. Lightly toss with the mustard and freshly squeezed lemon juice.

Shiitake Onion Noodle Bowl

From the Clean Team

1 small zucchini or yellow squash

3 small carrots or 2 medium ones

3/4-1 cup shiitake mushrooms (no exact amount)

1/2 large yellow onion

1 tablespoon coconut oil

1/4 teaspoon sea salt

****Add additional protein such as chicken, turkey, fish, lamb, beef, eggs, quinoa or lentils**

Remove ends from zucchini and carrots. With a vegetable slicer, slice each vegetable into fettucine-type strands, and set aside. Begin heating 1 tablespoon of coconut oil in a medium or large pan on the stove (over medium-high heat). Discard the ends of the shiitake mushrooms and cut each one in half. Set aside. Roughly slice the onion and add to the heated coconut oil. Reduce heat to medium-low and caramelize until golden brown and fragrant. I add the 1/4 teaspoon of sea salt to help them sweat and release flavor. Add the shiitake mushrooms when the onions are nearly

done and then add the vegetable noodles, letting them cook with the onions for just 2 more minutes until softened, not cooked all the way through. Divide into two bowls and serve warm.

RECIPES

Snacks, Dressings, Sauces and Drinks

Snacks

Guacamole with Veggies

From the Clean Team

2 avocados

1/4 of a red onion, peeled and finely diced

1 clove garlic, peeled and minced

Zest of a lemon or lime

Juice of 1 lime

Fresh cilantro, chopped

Sea salt

Veggies such as cucumber, celery, peppers, etc for serving

Mash all ingredients together in a bowl to desired consistency. Throw a couple of sprigs of cilantro on top for presentation. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use.

Kale Chips

From the Clean Team

1 bunch (about 6 ounces) kale (I used the curly leaf kind, but you could use the flat Lacinato or Dinosaur as well)

1 tablespoon olive oil

2 tablespoons nutritional yeast

Sea salt, to taste

Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I needed two because mine are tiny; I also lined mine with parchment for easy clean-up but there's no reason that you must). Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.

Veggies with Tangy Avocado and Red Pepper Dip

From Deliciously Ella

1 ripe avocado

1 red pepper

1 cup of spinach

6 cherry tomatoes

2 limes

Salt

Optional – 1/2 a small jalapeño pepper

Veggies such as cucumber, celery, peppers, etc for serving

Squeeze the limes, remove the seeds from the inside of the pepper, peel and pit the avocado and then simply place these with the rest of the ingredients into your food processor and blend for about two minutes until a creamy dip forms. Then scoop it into a bowl and enjoy!

Zucchini Hummus

From [Amazing Paleo](#)

4 cups zucchini (peeled and chopped)

¾ cup sesame tahini

¼ cup olive oil

Juice of 4 lemons

4 garlic cloves (peeled)

1 tablespoon cumin

2 teaspoons sea salt

¼ teaspoon paprika (for garnishing)

Plug in your food processor, place all ingredients in (except paprika) and process until all ingredients have combined, and its consistency is smooth (like a paste). Pour the mix into a bowl; garnish with paprika and a drizzle of olive oil. Serve immediately with veggies such as baby carrots, celery, cucumber, etc.

Spicy Pumpkin Seeds

From [In Sonnet's Kitchen](#)

1 teaspoon table salt

1 teaspoon coconut oil

½ teaspoon smoked paprika

¼ teaspoon sea salt

¼ teaspoon garlic powder

1/8 teaspoon chili powder

Thoroughly clean the seeds and remove any pulp. Preheat oven to 325 degrees F. Add cleaned seeds and 1 teaspoon of salt to a pot of boiling water and boil for 10 minutes. Drain seeds. Dry seeds with a paper towel. Lay seeds on a baking sheet and toss with the coconut oil. Mix the paprika, sea salt, garlic powder, and chili powder together. Sprinkle over the seeds. Roast for 10 minutes, then flip seeds. Roast for an additional 5 minutes, then test seeds. If they are not crispy enough, roast for another 3 – 5 minutes, making sure the outside is not overly browned (this means the inner seed is burning).

Sunflower Seed Pate

From the Clean Team

- 2 1/2 cups sunflower seeds, soaked for a minimum of 2 hours
- 2 celery sticks, roughly chopped
- 1/4 cup sauerkraut
- 1/4 cup shallot or yellow onion
- Juice of 1 lemon
- 1/4 cup olive oil
- 1/4 cup freshly chopped herbs (chives, oregano, thyme, rosemary)
- Sea salt to taste
- Veggies such as cucumber, celery, peppers, etc for serving

Chop the ingredients that need to be in slightly smaller pieces (celery and onion/shallot). Then blend all ingredients in a food processor or blender until you have your desired consistency. We like it pretty smooth with a bit of chunky texture. So we blend until mostly smooth and then pulse a few extra times, that's usually perfect! Use as a dip, spread, noodle or salad topping, on turkey or bean burgers, just about anything you can think of!

Dressings

Clean Caesar

From the Clean Team

- 1 cup raw cashews, soaked for 2-4 hours and drained
- 3 cloves garlic minced
- Juice of 1 lemon
- 3 tablespoons wheat-free tamari
- 1/4 cup nutritional yeast
- 1 tablespoon chickpea or brown rice miso (gluten-free)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon Dijon mustard
- Anchovy fillets to taste (start with 3 and add more if you like a stronger flavor)
- Sea salt and pepper to taste
- Water to thin if necessary

Blend everything except water until creamy. Thin with water if needed. Store in a jar in the refrigerator.

Ani's Best Balsamic Dressing

From Clean Community member, Anneliese

- 3 cloves garlic minced or pressed
- 1 tablespoon gluten-free miso (such as brown rice)
- 1 tablespoon mustard
- 2 tablespoons wheat-free tamari

¼ cup balsamic vinegar
½ cup olive oil
Salt and pepper to taste

Whisk until blended.

Tahini Ginger Dressing

From the Clean Team

½ cup olive oil
½ cup tahini
½ cup water
2 tablespoons red wine vinegar
¼ cup wheat-free tamari
2 tablespoons lemon juice (omit if you are sensitive to citrus)
2 teaspoons ground ginger
1 garlic clove
Black pepper

Blend and enjoy!

Avocado Dressing

From the Clean Team

2 ripe avocados, chopped
2 spring onions, finely chopped
1 clove garlic, minced
Lime juice, to taste (omit if you are sensitive to citrus)
Water, as needed
Sea salt, to taste
½ teaspoon cider vinegar, optional

Blend and enjoy!

Sauces

Healthy Broccoli and Pumpkin Seed Pesto

From Deliciously Ella

2 cups of broccoli (half a floret)
1 1/2 cups of fresh basil leaves
1/3 of a cup of pumpkin seeds, plus a few extra to sprinkle on top
1/3 of a cup of pine nuts

1/3 of a cup of water
1/2 a ripe avocado
1 lemon
2 tablespoons of apple cider vinegar
2 tablespoons of olive oil
Salt

Preheat the oven to 400F. Once hot bake the pumpkin seeds together with the pine nuts for 2-3 minutes, until they turn ever so slightly brown. While these cook, chop the broccoli into small florets and steam until green and tender, it doesn't need to be fully cooked though. This should take 3-5 minutes. Add the pumpkin seeds, pine nuts, broccoli to a food processor with all the remaining ingredients and blend for a few minutes until a smooth, creamy paste forms.

Mayo

From the Clean Team

1 large egg
1 tablespoon mustard (any kind will work but Dijon is typically what's used)
1½ cups olive oil (or I used walnut oil and it was incredible)
1 teaspoon vinegar
2 teaspoons lemon juice
½ teaspoon sea salt

Combine egg and mustard until well blended (either in a food processor, blender or by hand). Next, slowly drizzle in the olive oil and continue to either blend or whisk, so the mayo becomes thick and emulsified. Add the vinegar and lemon juice, adjusting to taste with sea salt.

BBQ Sauce

From the Clean Team

3 teaspoons olive oil
1 large onion, diced
2 garlic cloves, minced
24 ounces whole peeled tomatoes, pureed
2 teaspoons chipotle powder
1/4 cup apple cider vinegar
1/4 cup whole grain mustard
½ teaspoon stevia powder
1 teaspoon allspice
2 tablespoons freshly grated ginger
½ teaspoon sea salt (add more to taste)

Gather and prepare all ingredients. Add the olive oil to a medium to large sauce pot over medium heat. When it's warm, add the onions. Sauté until translucent, about 5 minutes, then add the garlic and sauté for another two

minutes, until fragrant.

Add in the remaining ingredients and stir until combined. Reduce the heat to a low simmer and let it slowly cook down and thicken up, around 30 minutes. Remember to stir often to keep the bottom from burning. Once it's nice and thick, taste and adjust seasonings. Pour into a glass jar to store. A funnel is very helpful for this step. Keeps in the fridge for a few days, or you can freeze in plastic containers or bags. Or feel free to can, using a traditional water bath process.

Curry Almond Sauce

From the Clean Team

¼ cup almond butter

2 teaspoons curry powder

1 tablespoon wheat free tamari

3 tablespoons water

Dash of sea salt (to taste)

Blend ingredients together in a bowl or in a blender until smooth and creamy. Add water slowly (may need more) until you have desired consistency, some like it thick and others prefer it much thinner.

Drinks

Clean Hot Chocolate

From the Clean Team

Almond or coconut milk

Raw cacao (to taste)

Stevia (to taste)

Optional: cinnamon or mint extract

Warm milk on stove top. Experiment with how chocolatey and sweet you like it.

Clean Lemonade

From the Clean Team

Juice of 2 lemons

Taste

8 oz filtered water or soda water

Stir and enjoy!