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CLEAN EATING RECIPE PACK

WEEK 3



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RECIPE KEY

Look for these helpful icons throughout the pack.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- v Vegetarian
- Q Quick (under 30 mins)
- N Contains Nuts

MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Very Green Smoothie	Chai Seed Pudding	Very Green Smoothie	Mean Lean Smoothie	Strawberry & Ginger Smoothie	Mean Lean Smoothie	Kale & Peach Smoothie
LUNCH (Ideally 3-4 hours after breakfast)	Real Detox Salad	Strawberry & Ginger Smoothie	Garden Pea & Leek Soup	Leftover Garden Pea & Leek Soup	Real Detox Salad	Grilled Avo with Black Beans & Salsa	Leftover Grilled Avo with Black Beans & Salsa
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Turkey & Quinoa with Sweet Tomato Sauce	Leftover Turkey & Quinoa with Sweet Tomato Sauce	Chickpea, Sweet Potato & Spinach Curry with Rice	Leftover Chickpea, Sweet Potato & Spinach Curry with Rice	Vegetable Bean Soup with Shrimps	Meal Out - Enjoy!	Leftover Vegetable Bean Soup with Shrimps

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

Grains

CANS, CONDIMENTS & MISC

Fresh	
spinach	
1x cucumber	
3x celery sticks	
○ 3x apple	
1x orange	
0 2x lime	
○ 3x lemon	
1x pineapple	
strawberries	
○ 6x avocado	
ginger	
○ kale	
1x mango	
○ 1x peach	
7x tomatoes	
○ 1x garlic	
2x potato	
○ 3x leek	
2x onion	
1x red onion	
○ rocket	
grapes	
vegetable mix	
1x chili pepper	
1x sweet potato	
raspberries	

	Fish & Seafood	
	10 oz. (300g) shrimps	
	Meats	
	8x slices bacon	
	14 oz. (400g) turkey fillet	
	Non-Dairy	
	coconut milk	
	almond milk	
	2x eggs	
	coconut yogurt	
() -		

	quinoa	
	Nuts & Seeds	
	smoked almonds	
	sesame seeds	
	chia seeds	
	Fresh Herbs	
	parsley	
	mint	
	coriander	
	Spices	
	cinnamon	
	hot paprika	
	paprika	
	turmeric	
0		

Oils
occonut oil
O olive oil
Cans & Condiments
O black beans
O cannellini beans
O apple cider vinegar
O basil pesto
ocurry paste
O chickpeas
ococonut milk
Sweeteners
O maple syrup
Frozen
O garden peas
Other
chicken stock
vegetable stock
0
0
0
0
0
0
0



VERY GREEN SMOOTHIE





Nutrition per serving: 154 kcal 2g Fats 31g Carbs 5g Protein





WHAT YOU NEED

- 2 cups (60g) baby spinach
- ½ cucumber
- 2 celery sticks
- handful parsley
- handful mint
- 1 apple
- 1/2 orange, juiced
- ¼ lime, juiced
- 1/4 lemon, juiced
- 2 pineapple rings

WHAT YOU NEED TO DO

Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.

STRAWBERRY & GINGER SMOOTHIE









WHAT YOU NEED

- ½ cup (60ml) almond/ coconut milk
- 2-3 handfuls spinach leaves
- 10-12 strawberries
- 1/2 avocado
- 1 tsp. fresh ginger, grated

WHAT YOU NEED TO DO

Blend the spinach and milk until smooth, then add the remaining ingredients and lend again until smooth and creamy.



MEAN LEAN SMOOTHIE





serving: serving: 220 kcal 12g Fats 24g Carbs 5g Protein





WHAT YOU NEED

- 2 kale leaves
- ½ avocado
- ½ apple
- ½ cucumber
- 1 celery stalk
- ½ lemon, juiced
- mint spring

WHAT YOU NEED TO DO

Wash all ingredients and place in a high-speed blender.

Blend everything until smooth and serve with ice cubes.

KALE & PEACH SMOOTHIE





Nutrition per serving: 127 kcal 3g Fats 23g Carbs 3g Protein





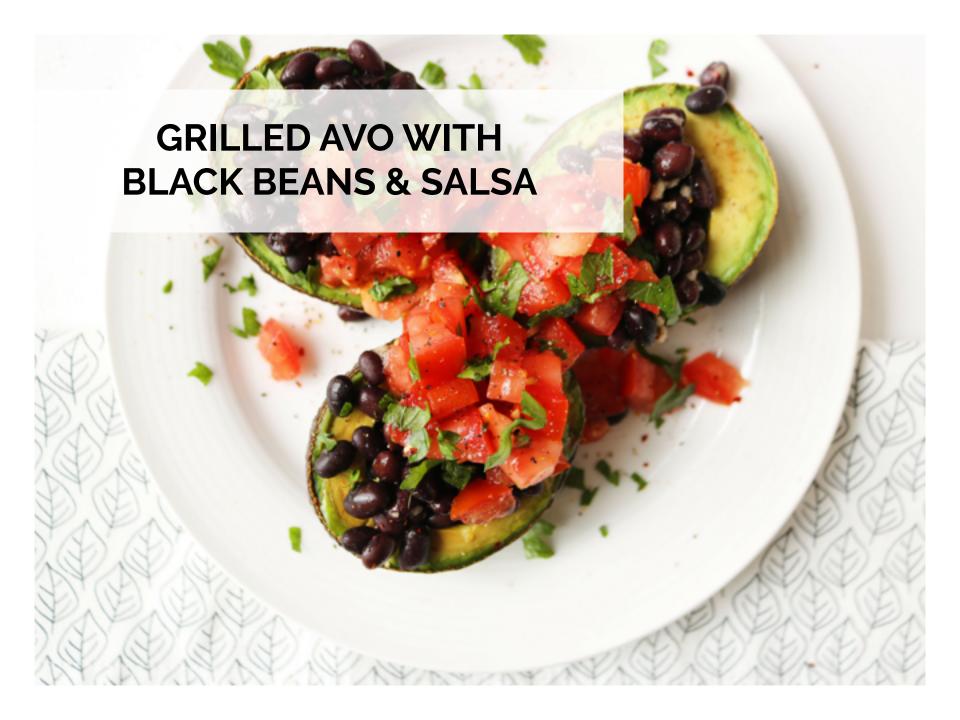
WHAT YOU NEED

- 1 cup frozen mango chunks
- ½ cup frozen peach chunks
- handful kale, stems removed
- 2 cups almond milk
- 1/2 inch ginger, peeled
- ½ tsp. cinnamon

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender.

Blend everything until smooth and serve immediately.



GRILLED AVO WITH BLACK BEANS & SALSA





Nutrition per serving: 300 kcal 14g Fats 32g Carbs 12g Protein





WHAT YOU NEED

- 2 avocados, halved, stone removed
- 1 medium tomato
- zest and juice of 1 lime
- 1 cup (184g) black beans, drained
- 1 clove garlic, crushed
- 2 tbsp. coriander, chopped
- 2 tbsp. smoked almonds, chopped

WHAT YOU NEED TO DO

Heat the grill to high or prepare the barbecue.

Finely chop the tomatoes and combine with zest of whole lime and juice of ½ lime. Mix in the chopped coriander and season with salt & pepper.

In a separate bowl, mix together the black beans and crushed garlic. Season with salt and pepper.

Place the avocados on the grill or bbq and cook for about 3 mins or until slightly browned.

To serve fill the avocado halves with black beans and top with the tomato salsa, almonds and more coriander.



GARDEN PEA & LEEK SOUP











WHAT YOU NEED

- 2 chicken stock cubes
- 4 cups (1l) boiling water
- 2 medium white potatoes, peeled and chopped
- 2 leeks, chopped
- 3 cups (450g) frozen garden peas
- 8 bacon strips, baked to crispy, chopped into strips

WHAT YOU NEED TO DO

Dissolve the chicken stock cubes in the boiling water. Add in the potato and cook for 5 minutes. Next add the sliced leek and let everything boil for 10 minutes.

Lastly add in the peas and cook for a further 5 min. Puree everything with a hand blender.

Top the soup with the bacon strips and season with salt and pepper.



REAL DETOX SALAD

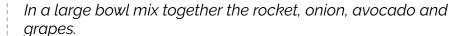




Nutrition per serving: 259 kcal 23g Fats 11g Carbs 3g Protein

WHAT YOU NEED

- 5 oz. (140g) rocket
- 1 red onion, chopped
- 2 avocados, chopped
- 1 cup (150g) grapes, halved
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- salt and pepper



WHAT YOU NEED TO DO

In a separate bowl mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.

Pour the dressing over the salad and sprinkle with sesame seeds before serving.







VEGETABLE BEAN SOUP WITH SHRIMPS





Nutrition per serving: 327 kcal 11g Fats 32g Carbs 27g Protein











WHAT YOU NEED

- 5 cups vegetable stock
- 2 cups (400g) can cannellini beans, drained
- 10 oz. (300g) shrimps
- 5 1/3 cups (800g) vegetable mix of choice
- ½ cup (85g) quinoa
- ¼ cup (60g) basil pesto

WHAT YOU NEED TO DO

Put the stock, beans, shrimps, vegetable mix and quinoa in a pot and bring to high heat while stirring.

Leave to cook for 15 minutes on medium heat with the lid on the pan. Stir frequently. Stir in the pesto, spread over 4 bowls and serve.



TURKEY & QUINOA WITH SWEET TOMATO SAUCE



Nutrition per serving: 510 kcal 16g Fats 58g Carbs 36g Protein





WHAT YOU NEED

- 6 tomatoes
- 1 sweet apple
- 1 onion
- 1 clove garlic
- 1 chicken bullion cube
- 1 tsp. curry paste or powder
- 2 eggs, boiled
- 14 oz. (400g) turkey breast
- 1 tbsp. coconut oil
- 4 cups (740g) quinoa, cooked
- 1 avocado

WHAT YOU NEED TO DO

Bring a large pan of water to boil. Cut the tomatoes crosswise and prick them on a fork one by one, then dip in the boiling water for 20 sec. Remove the skin, chop and place in a pot.

Peel, core and chop the apple, chop the onion and slice the garlic. Add the apple, onion, garlic, bouillon cube and curry powder in with the tomatoes and bring to a boil. Simmer for 15 minutes. Season with salt and pepper.

Meanwhile, cook the quinoa according to instructions on the packaging.

Heat the oil in a pan and cook the turkey until browned. In the meantime cook the quinoa.

Remove the avocado flesh and cut into cubes, peel the eggs and chop then in quarters. Puree the apple-tomato sauce with a hand blender until smooth.

Divide the quinoa and turkey on the plates. Spoon over the sauce and serve avocado and boiled eggs.



CHICKPEA, SWEET POTATO & SPINACH CURRY





Nutrition per serving: 328 kcal 16g Fats 38g Carbs 11g Protein





WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- · 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- ½ tsp sweet pepper
- ½ tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

WHAT YOU NEED TO DO

Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often stirring for about 3 minutes.

Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.

Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.

Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.

Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.



CHIA SEED PUDDING









WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. maple syrup
- 2 tbsp. coconut yogurt
- raspberries, to serve

WHAT YOU NEED TO DO

Place the chia seeds, maple syrup and the coconut yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.

Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.

SALT & VINEGAR KALE CRISPS







- 1 cup (225g) kale, washed and dried, though stalks removed
- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- salt





WHAT YOU NEED TO DO

Preheat oven to 300F (150C). In a small bowl, whisk together the olive oil and vinegar.

Place kale in a large bowl and pour over the mixture massaging it into the leaves with your hands, until well coated.

Spread out a single layer of kale onto a baking tray, sprinkle with salt and bake for 10-15 minutes. Turn leaves once during cooking and check often to prevent burning.

Remove from the oven and cool before serving.