

GROCERY STORE TOUR

A Sample Day of Lean & Clean Meals

BREAKFAST

Piña Colada Smoothie

Makes 1 Serving | Calories: 315 | Protein: 24 | Fat: 10 | Carbs: 22

INGREDIENTS

- 1 cup coconut milk
- ¾ cup pineapple chunks
- 1 Tbsp. unsweetened coconut flakes
- 1 scoop Vanilla whey

DIRECTIONS

1. Blend and enjoy!

MORNING SNACK

Roasted Sweet & Spicy Almonds

Makes 10 Servings | Calories: 175 | Protein: 6 | Fat: 15 | Carbs: 7

INGREDIENTS

- 2 cups raw whole almonds
- 2 tsp. coconut oil
- 1 tsp. paprika
- 2 oranges, zested
- 1 tsp. sea salt

DIRECTIONS

1. Preheat oven to 325° Line baking sheet with parchment paper and set aside.
2. In large bowl, combine almonds olive oil, paprika and salt and spread evenly on the baking sheet.
3. Roast for 12-15 minutes, stirring every 5 minutes or so—be sure they do not burn!
4. Cool and toss with orange zest.

LUNCH

Lasagna Stuffed Acorn Squash

Makes 4 Servings | Calories: 445 | Protein: 35 | Fat: 19 | Carbs: 38

INGREDIENTS

- 2 acorn squash, halved and seeded
- 2 cups spinach, chopped
- 2 Tbsp. coconut oil
- 1 zucchini, chopped
- ½ onion
- ½ cup ricotta cheese
- 1 lb. lean ground beef
- ½ cup mozzarella or parmesan cheese
- 1 (28 oz.) can crushed tomatoes
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400°. Grease a baking sheet with coconut oil and sprinkle with salt and pepper. Place squash face down and bake about 20-25 minutes, until easily pierced with a fork.
2. While the squash is in the oven, heat 1 Tbsp. coconut oil on a pan over medium heat and sauté onion, ground beef, zucchini, and spinach for 7-8 minutes.
3. Remove excess grease, then add the crushed tomatoes and simmer on low for 10 minutes.
4. When squash is done, flip it over and evenly distribute ricotta cheese in the bottom of each half. Then add the beef mixture over the top, and sprinkle with the mozzarella or parmesan.
5. Return the halves to the oven and bake for another 10 minutes, until cheese is melted and browned.

AFTERNOON SNACK

Roasted Vegetables with Bacon

Makes 4 Servings | Calories: 120 | Protein: 8 | Fat: 7 | Carbs: 10

INGREDIENTS

- 5 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, carrots, etc...
- Coarse kosher salt and freshly ground black pepper
- 8 slices thick bacon

DIRECTIONS

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges).
2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
3. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!

DINNER

Side Spinach Salad with Walnuts, Pears & Goat Cheese

Makes 5 Servings | Calories: 255 | Protein: 6 | Fat: 17 | Carbs: 23

INGREDIENTS

- Two 6 oz. bag of baby spinach
- 2 pears (Bosc or Anjou, preferred)
- ½ small red onion
- ¾ cup goat cheese
- ½ cup walnuts
- 1/8 cup olive oil
- 1/8 cup white wine vinegar
- 1 Tbsp. Dijon mustard

DIRECTIONS

1. Preheat oven to 350°. Spread walnuts in a single layer on a baking sheet and roast for 5-10 minutes, tossing occasionally. Nuts are done when slightly darker color and fragrant.
2. Chop ½ of one of the pears and place into a blender along with the vinegar, oil, mustard, and honey and puree.
3. Slice onion and pears into thin slices.
4. Combine spinach, goat cheese, onion and pears in a large bowl and toss with dressing to evenly coat.
5. Serve immediately.

Lemon Garlic Herb Chicken

Makes 8 Servings | Calories: 123 | Protein: 22 | Fat: 3 | Carbs: 2

INGREDIENTS

- 2 lbs. chicken breasts (or thighs)
- 1 lemon
- 3 garlic cloves
- 2 Tbsp. fresh thyme leaves
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°
2. Slice lemons in half and juice them—adding juice to a large bowl; toss in the lemon rinds when juiced.
3. Add garlic, thyme, salt & pepper to the bowl and stir.
4. Grease large baking dish, and place chicken in it and pour lemon mixture to coat.
5. Bake for 30-40 minutes, basting 2-3 times or as needed.