



## *What is clean eating?*

*And how to eat clean.*



*Use This 7-Day Guide As  
Your Introduction To  
Cutting Out Processed  
Foods And Beginning To  
Eat Clean!*

# 7 Day Clean Eating Menu

Please enjoy these guidelines and suggestions and adapt them for you and your family as needed. The meals for Breakfast, snacks, and lunch are one serving. Dinner is approx 4 servings.

## Day 1

Dinner Prep: Marinate 1 lb. chicken for tonight's dinner (put in a 1 gallon zip lock or glass baking dish)

- 1/2 C olive oil
- 1/4 C soy sauce (I use the Braggs Liquid Aminos)
- 3 Tbsp Honey
- 2 tbsp Braggs apple cider vinegar
- 1/2 tsp ground ginger
- 1/2 tsp garlic powder

### **Breakfast**

- 2 Eggs Scrambled with 1 cup sautéed Kale or Spinach
- 1/2 Orange or Grapefruit

### **Snack**

- 1 apple with 15 almonds

### **Lunch**

- Avocado Chicken Salad
  - 1/4-1/2 avocado/sliced
  - 4 ounces cooked chicken
  - 1 cup mixed greens or Romaine lettuce
  - 1 cup chopped veggies (peppers, carrots, cucumber, tomato)
  - 2 tbsp. olive oil & balsamic vinegar

### **Snack**

- Greek yogurt and berries
  - 3/4 cup plain Greek yogurt
  - 1/4 tsp. pure vanilla extract
  - 1 cup fresh berries

### **Dinner**

- Baked Chicken with sweet potatoes and steamed broccoli
  - Preheat oven to 375,
  - Prick sweet potatoes with a fork, loosely wrap in foil, bake for 30-65 minutes depending on size
  - Place chicken in a baking dish, bake for 20 minutes or until juices run clear
  - Steam broccoli for 3-5 minutes over boiling water, season with Himalayan Salt

## **Day 2**

Dinner Prep: Prepare tonight's dinner by marinating the steak.

Marinade: juice of 1 orange, juice of 2 limes, ¼ cup extra virgin olive oil, 2 garlic cloves minced, 1Tbsp. chili powder, 3 Tbsp. chopped cilantro, 1 tsp. ground cumin, 1 tsp. Himalayan salt.

-Combine all (use food processor if desired)

-Score 2 lbs. flank steak with a paring knife, place in 1-gallon zip lock or glass baking dish and pour marinade over steak, refrigerate

### **Breakfast**

-Oatmeal & 1 hard boiled egg

-bring 1 cup water and pinch of salt (optional) to a boil, add ½ cup rolled oats, reduce heat and cook for 8-10 minutes depending on desired consistency. (you can also microwave for 3-5 minutes)

-Toppings, optional: cinnamon, raisins, chopped apple (add while cooking to soften), berries or pure maple syrup

### **Snack**

-1 banana with 1 tbsp. of peanut butter (all natural) or Almond Butter

### **Lunch**

Tuna Garden Salad

-Combine ¾ cup canned light tuna in water drained, 1tsp olive oil, 1 tbsp fresh lemon juice.

-1 cup mixed greens or Romaine lettuce

-1 cup chopped veggies (cucumber, radish, cherry tomatoes, red onion)

\*Combine all and drizzle with red wine vinegar or homemade dressing

### **Snack**

-Hummus (1/4 cup) & whole grain crackers (Gluten free if needed) or substitute crackers with celery and/or carrot sticks.

### **Dinner**

Citrus Marinated Flank Steak with Brown Rice and Salad

-Preheat grill or broiler on High

-Grill or broil steak for 5-6 minutes on each side or until desired doneness (internal temperature of 140-150)

-Brown Rice (follow package directions)

-Salad- 1-cup leafy greens with desired chopped veggies add feta cheese for an additional kick. Oil & vinegar or homemade dressing

## **Day 3**

### **Breakfast**

- 2 hard-boiled eggs, 1 piece of whole grain toast (GF if needed) with butter or nut butter
- 1/2 grapefruit or orange

### **Snack**

- 1 apple with 15 almonds

### **Lunch**

- Turkey Roll-Ups with avocado and peppers
  - 6 Slices turkey breast (nitrate free recommended)
  - 1/4 Avocado cut into 6 thin slices
  - 1 medium red bell pepper cut into 6 slices
  - Top each turkey slice with a piece of avocado and pepper and roll it.

### **Snack**

- Greek yogurt and berries
  - 3/4 cup plain Greek yogurt
  - 1/4 tsp. pure vanilla extract
  - 1 cup fresh berries

### **Dinner**

- Turkey Burgers with avocado, lettuce & tomato (make an extra serving for lunch tomorrow)
- Combine 1 ½ lb. ground turkey with approx. 1/4 Cup tomato salsa and form patties.
- Preheat oven to 375 or preheat grill or broiler on high, bake or grill for 6-7 minutes on each side, or until no longer pink in the middle.
- Serve with avocado and tomato on a bed of 1 cup of romaine lettuce.

## **Day 4**

### **Breakfast**

- 2 eggs scrambled sautéed Kale if desired
- 1 cup of berries
- 2 slices of nitrate free bacon, bake at 400 for 10-15 minutes

### **Snack**

- 1 banana with 1 tbsp. of peanut butter (all natural) or Almond Butter

### **Lunch**

- Left over turkey burger from last night's dinner.

### **Snack**

- Hummus or Homemade Guacamole (1/4 cup), 1 cup peppers, carrots & celery sticks
- 1/2 mashed avocado, lemon juice, garlic powder & Himalayan salt to taste.

### **Dinner**

White Bean Chicken Chili (serves 6-8, 1 cup serving size)

- 1 Tbsp. olive oil, 1 medium onion finely chopped, 4 ounce can of chopped green chilies drained, 2 tsp. cumin, 2 (16 ounce) cans great northern beans, 1 (14.5 ounce) can of chicken broth, 1 ½ cups finely chopped cooked chicken breast. Salsa optional
- In a large skillet cook onion for 4 minutes, add cumin, cook and stir for 4 minutes, add beans and chicken broth & bring to a boil, reduce heat and simmer for 10 minutes or until thickened. Add chicken, cook until hot.
- Garnish with salsa if desired.

## **Day 5**

Marinate Salmon for tonight's dinner

- 1/3 cup Braggs Liquid Aminos or soy sauce, 1/4 cup olive oil, 1/4 cup brown sugar, 2 teaspoons lemon pepper, 2 cloves garlic minced, 1 pound skin-on salmon fillet
- place in 1-gallon zip lock or glass baking dish, refrigerate

### **Breakfast**

Oatmeal & 1 hard boiled egg

- bring 1 cup water and pinch of salt (optional) to a boil, add ½ cup rolled oats, reduce heat and cook for 8-10 minutes depending on desired consistency. (you can also microwave for 3-5 minutes)
- Toppings, optional: cinnamon, raisins, chopped apple (add while cooking to soften), berries or pure maple syrup

### **Snack**

Greek yogurt and berries

- 3/4 cup plain Greek yogurt, 1/4 tsp. pure vanilla extract, 1 cup fresh berries

### **Lunch**

Leftover White Bean Chicken Chili with a side salad

### **Snack**

- 1 apple with 15 almonds

## **Dinner**

### Delicious Salmon with Greek Quinoa

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Remove salmon from the marinade and arrange on a baking sheet. Discard the marinade.
- Cook the salmon under the broiler until lightly browned and the flesh flakes easily with a fork, 7 to 10 minutes. Allow the salmon to rest 5 minutes before slicing and serving.

### Greek Quinoa:

- 2 cups cooked quinoa
- 1/2 cup packed fresh baby spinach, sliced
- 1/2 cup cucumber, diced
- 1/4 cup red onion, diced
- 1/4 cup olives, pitted and sliced
- 1/2 cup bell pepper, diced
- Juice of one lemon
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 1/4 teaspoon dried oregano
- salt and pepper to taste (about 1/4 teaspoon or so)

- In a large bowl, combine the quinoa, spinach, cucumber, red onion, olives, bell peppers. Toss well.
- In a small bowl or lidded jar, combine the lemon juice, olive oil, garlic, oregano and salt and pepper. Stir vigorously or shake well.
- Pour the dressing over the quinoa. Stir well to fully coat the quinoa and vegetables.

## **Day 6**

Prepare chili for tonight's dinner

- brown 1lb. ground beef with onion and minced garlic, drain grease, add 1 can chili beans, 1 can tomato sauce, 1 can drained great northern, 1 can diced tomatoes, 3 tsp. chili powder
- Cook in slow cooker/crock pot on high for 4 hours or all day on low.
- \*this is easily doubled and you can add other beans if desired.

## **Breakfast**

- 2 eggs scrambled sautéed Kale if desired
- 1 cup of berries
- 2 slices of nitrate free bacon, bake at 400 for 10-15 minutes

## **Snack**

-1 Tbsp. peanut butter or almond butter & banana

## **Lunch**

-1 cup Greek Quinoa (left over)

-Side salad if desired

## **Snack**

-1/4 cup Hummus with 1 cup fresh veggies

## **Dinner**

-Crock Pot Chili (1 cup = 1 serving)

-Roasted Brussels Sprouts

-20 brussels sprouts cut into wedges, 2 Tbsp. olive oil, salt & pepper.

-Brussels Sprouts sauce, if desired.

-Mix 6 Tbsp. mayonnaise, ¼ tsp. minced garlic, 1 tsp. lemon juice, 1 Tbsp. finely chopped flat leaf parsley or 1 tsp. dried

-Preheat oven to 400 degrees. Place brussels sprouts on a baking sheet and drizzle with oil. Crack some fresh salt & pepper to taste and mix around the brussels sprouts on the pan to ensure they all get nicely coated in the oil.

-Bake for 15 minutes or until golden brown on at least one side. While the brussels sprouts are roasting, mix together mayonnaise, garlic, parsley and lemon juice. Serve with the finished brussels sprouts.

## **Day 7**

Dinner Preparation: 1 lb. Chicken breasts, 2 red or green peppers sliced into strips, 1 medium onion, 1 can diced tomatoes

-Place peppers and onions in bottom of crock pot, top with chicken (chicken can be frozen), add tomatoes, add southwest seasoning (see below), cook on low for 6-8 hours.

-Smokey Southwest Seasoning

-2 tsp cumin

-1 tsp coriander

-1/2 tsp onion powder

-1/2 tsp garlic powder

-1/2 tsp dried oregano

-1/2 tsp smoked paprika

-1 tsp salt (I use a little less)

## **Breakfast**

Oatmeal & 1 hard boiled egg

-bring 1 cup water and pinch of salt (optional) to a boil, add ½ cup rolled oats, reduce heat and cook for 8-10 minutes depending on desired consistency. (you can also microwave for 3-5 minutes)

-Toppings, optional: cinnamon, raisins, chopped apple (add while cooking to soften), berries or pure maple syrup

**Snack**

-Piece of fruit with 15 almonds

**Lunch**

-Turkey Roll-Ups with avocado and peppers

-6 Slices turkey breast

-1/4 Avocado cut into 6 thin slices

-1 medium red bell pepper cut into 6 slices

-Top each turkey slice with a piece of avocado and pepper and roll it.

**Snack**

-3/4 cup Yogurt with 1 cup fresh berries.

**Dinner**

Crock pot Fajitas

-Remove chicken from crock pot and shred (should fall right apart)

-Serve over brown rice or you can eat with tortillas, add desired toppings (lettuce, cheese)

See Next Page For  
Shopping List

**Seasonings/oils:**

- Olive Oil
- Bragg's Liquid Aminos
- Bragg's Apple cider vinegar
- Honey
- Smoked Paprika
- Ground Ginger
- Garlic Powder
- Pure Vanilla Extract
- Himalayan Salt (pink)
- Chili powder
- Cumin
- Cinnamon
- Red Wine Vinegar
- Brown Sugar
- Lemon Pepper
- Oregano
- Coriander
- Onion Powder
- Mayo
- Parsley (fresh or dried)
- Cilantro
- Garlic cloves

**Dry:**

- Quinoa 2 Cups
- Brown Rice
- Natural Peanut Butter or
- Almond butter
- Whole grain crackers (GF if needed)
- Old Fashioned Oats
- Almonds (raw)
- Tortilla (Gluten Free if necessary)

**Canned Goods:**

- 15 oz. Great Northern Beans x3
- 14.5 oz. Canned Chicken Broth x1
- 4 oz. Chopped Green Chilies x1
- Black Olives x1
- Salsa x1
- 15 oz. Diced tomatoes x1
- 15 oz. tomato sauce x1
- 15 oz. Chili beans x1
- Light Tuna in water x1

**Fresh Fruits:**

- Orange-2
- Grapefruit-1
- Apple-4
- Avocado-2-3
- Berries- 4-5 Cups
- Lemon-2
- Lime-2
- Banana-2

**Fresh Veggies:**

- Kale-1 bunch
- Brussels sprouts-1 bag
- Onions x2
- Greens/Romaine- 2-3 heads
- Peppers Red-2-3, Green-1
- Carrots
- Cucumber
- Tomato
- Celery
- Red Onion
- Radish
- Sweet Potato
- Broccoli
- Spinach

**Meat:**

- 2 lbs. steak
- 1 ½ lb ground turkey
- 1 lb uncured bacon
- 1 lb salmon (skin on is fine)
- 1 lb. ground beef
- 2 lbs chicken

**Dairy/Deli:**

- Feta cheese-1 package
- Hummus
- Eggs 1-2 dozen
- Plain Greek Yogurt- 4 servings
- 12 Turkey slices

**Optional:**

- Pure Maple Syrup
- Raisins
- Butter (REAL)