



DECEMBER

Clean Eating

MEAL PLAN - RECIPES - GROCERY LIST



Meal Planning Tips

01. Double check that shopping list. Be sure to scan the shopping list prior to hitting the grocery store. Cross those spices, condiments, etc off that you already have at home. The list looks long but you'll likely have many of the items and the spices are often used in multiple.

02. Add or remove ingredients based on your needs. For dinners, if you omit Fiber Filled Carbs, then remove FFCs for that meal, but remember that you CAN have FFCs for dinner when you are working out or need more to eat, just listen to your own body.

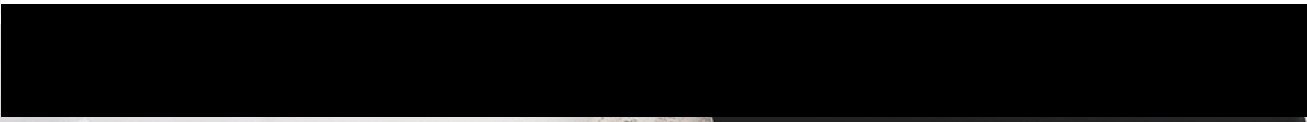
03. Add or remove ingredients and snacks to complete your needed portions for the day.

04. Decide what you're making. You'll notice that some of these recipes are built for 4 people while others are made for 1-2 people. If you are preparing just for yourself you may only make 2-3 recipes each week. You can also freeze leftovers for future weeks. If you're cooking for a family you may make them all of the recipes or need to adjust up or down based on the size of your family!

05. Pick your salads & Shake recipes for the week. Notice that both the build your own Salad and Shake recipes are included in your meal plan guide. The ingredients for these are not included on the grocery shopping list. Take a look at each recipe, decide what you want to make, and add these to your list.

06. Optional items. Some of the recipes may have "optional" items. These are not included on the grocery shopping list. IF you're into an optional item, be sure to add it onto that list!

07. Plan ahead. Look at your week/weekend. Some people like to make meals each night others like to make or prep them all on Sunday nights. Know what works best for you. Carve out a little time on Sunday or a weeknight. Schedule it just like your workouts. Remember IF you don't plan you plan to fail. Get to that grocery store over the weekend so you don't have to scramble during the week.





Meal Plan

BREAKFAST

SPINACH AND BROCCOLI STRATA
ZUCCHINI, HAM, & CHEESE QUINOA CUPS
GINGERBREAD PROTEIN PANCAKES

LUNCH

BUILD YOUR OWN SALAD
RAINBOW LENTIL BOWL
GREEK CHICKEN PITA

DINNER

ONE POT BEAN AND SAUSAGE STEW
SLOW COOKER HAWAIIAN PORK CHOPS
CHICKEN CORDON BLUE
CHICKEN MOLE

SNACKS

PEPPERMINT PROTEIN BALLS VEGAN
SPINACH & ARTICHOKE DIP

SHAKES

CREAMY COCONUT PUMPKIN SPICE
DRAGON'S BREATH
VEGAN GERMAN CHOCOLATE CAKE



Breakfast Recipes

SPINACH AND BROCCOLI STRATA

SERVINGS 8 SERVINGS TOTAL TIME 1 HR 2 MINS

INGREDIENTS

Hot water
4 cups broccoli florets
4 Tbsp. + 1 tsp. olive oil
1 medium onion, chopped
2 cloves garlic, finely chopped
8 large eggs, lightly beaten
2 cups reduced-fat (2%) milk
2 cups raw spinach, chopped
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
Nonstick cooking spray
8 slices low-sodium sprouted whole-grain bread, cut into 1-inch cubes
¼ cup crumbled feta cheese (approx. 1½ oz.)

DIRECTIONS

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place broccoli in steamer basket; cook for 3 to 4 minutes, or until tender-crisp and bright green.
2. Place in ice water bath to stop cooking process. Drain and coarsely chop. Set aside.
3. Preheat oven to 350° F.
4. Heat oil in a medium nonstick skillet over medium heat. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
5. Combine eggs, milk, spinach, salt, pepper, broccoli, and onion mixture in a large bowl; mix well.
6. Place bread and cheese in 3-quart baking dish that has been lightly coated with spray. Top with egg mixture.
7. Press down gently so that bread absorbs egg mixture. Cover with aluminum foil.
8. Bake for 20 minutes.
9. Remove foil; bake for an additional 15 to 25 minutes, or until strata has puffed up, is cooked through, and is lightly browned on top.

ZUCCHINI, HAM, AND CHEESE QUINOA CUPS

SERVINGS 8 SERVINGS, 2 EACH TOTAL TIME 39 MINS

INGREDIENTS

Nonstick cooking spray
2 cups cooked quinoa
2 large eggs lightly beaten
2 large egg whites (1/4 cup)
1 cup shredded
zucchini about 1 medium
1 cup shredded sharp
cheddar cheese
2 Tbsp. grated Parmesan
cheese
½ cup diced lean ham
¼ cup finely chopped parsley
2 medium green
onions chopped
sea salt (or Himalayan salt)
and ground black pepper to
taste; optional

DIRECTIONS

- 1.Heat oven to 375° F.Lightly coat two regular twelve-cup muffin tine with spray. Set aside.
- 2.Combine quinoa, eggs, egg whites, zucchini, cheddar cheese, Parmesan cheese, ham, parsley, and green onions in a large bowl; mix well. Season with salt and pepper, if desired.
- 3.Evenly pour quinoa mixture into muffin cups.
- 4.Bake for 12 to 15 minutes, or until a toothpick inserted into the center of cups comes out clean.

GINGERBREAD PROTEIN PANCAKES

SERVINGS 3 SERVINGS, 2 PANCAKES EACH TOTAL TIME 30 MINS

INGREDIENTS

1 tsp. ground cinnamon
1 tsp. ground ginger
1 pinch ground cloves
1 pinch ground nutmeg
1 scoop vanilla whey protein powder
1/3 cup reduced fat (2%) plain Greek
yogurt
4 large egg whites (1/2 cup)
1/4 cup dry old-fashioned rolled oats
2 Tbsp. coconut flour
1/2 tsp. baking powder
2 tsp. molasses (Blackstrap if
possible)
Nonstick cooking spray
1/4 medium pear, cut into bite-sized
chunks (optional)

DIRECTIONS

1. To make spice mix, combine cinnamon, ginger, cloves, and nutmeg in a small bowl; mix well. Set aside.
2. Combine protein powder, yogurt, egg whites, oats, coconut flour, 1 tsp. spice mix, baking powder, and molasses in a medium bowl; mix well.
3. Heat large nonstick skillet lightly coated with spray over medium heat.Ladle about 1/4 cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip.
4. Cook for 1 to 2 minutes, or until golden brown and cooked through.
5. Repeat until all batter is used.Serve two pancakes topped with pear, if desired, serve immediately.



Lunch Recipes



BUILD YOUR OWN SALAD

QUICK & EASY! PREP AHEAD OR MAKE EACH DAY.

GREENS

Spinach
Arugula
Kale
Spring Mix

PROTEIN (3 OUNCES)

Grilled Chicken Breast
Hardboiled Eggs (2)
Steak
Ground Turkey
Cottage Cheese (¾ cups)
Salmon

HEALTHY FAT

Flax Seeds
Pumpkin Seeds
Avocado (¼)
Walnuts (2 tablespoons)
Slivered Almonds

DRESSING (2 TABLESPOONS)

Balsamic Vinaigrette: Balsamic vinegar, whole grain dijon mustard, olive oil, cinnamon.

Blackberry Vinaigrette: red wine vinegar, lemon juice, olive oil, blackberries or raspberries (blended)

Red Wine Vinaigrette
Salsa
Cottage Cheese
Lemon or Lime Juice
Spices

ADD A FLAVOR BOOSTER (UNLIMITED)

Roasted Beets
Cherry Tomatoes
Diced Onions
Sauteed Peppers
Sliced Cucumbers
Roasted Carrots

CARBOHYDRATES (1/2 CUP)

Sweet Potato, diced
Black Beans
Garbanzo Beans
Quinoa
Strawberries
Apple, diced
Grapes

RAINBOW LENTIL BOW

SERVINGS 4 SERVINGS TOTAL TIME 15 MINS

INGREDIENTS

4 cups mixed salad greens
1 cup pico de gallo (or
fresh tomato salsa)
½ cup shredded cheddar
cheese
1 cup chopped red cabbage
2 cups cooked brown
lentils (or green lentils)
1 cup chopped orange bell
pepper
1 cup chopped green bell
pepper
1 cup halved cherry
tomatoes (or grape
tomatoes)

DIRECTIONS

1. Evenly divide salad greens and red cabbage between four serving bowls.
2. Evenly layer half of pico de gallo, cheese, cabbage, lentils, orange bell pepper, green bell pepper, tomatoes, and remaining half of pico de gallo on top of salad greens in "stripes."

GREEK CHICKEN PITA

SERVINGS 1 SERVING TOTAL TIME 10 MINS

INGREDIENTS

1 6½-inch whole wheat pita cut in half to make pockets
3 oz. cooked chicken breast, boneless, skinless cut into 1-inch cubes
1/4 medium tomato chopped
1/4 cup chopped cucumber
1 Tbsp. chopped red onion optional
1/4 tsp. dried oregano
1 Tbsp. fresh lemon juice
1/4 cup shredded romaine lettuce
2 Tbsp. crumbled feta cheese about 1/2 oz.

DIRECTIONS

1. Fill pita halves evenly with chicken, tomato, cucumber, onion (if desired), oregano, lemon juice, romaine, and cheese.



Dinner Recipes

ONE POT BEAN AND SAUSAGE STEW

SERVES: 4 (APPROX. $\frac{3}{4}$ CUP EACH) TOTAL TIME: 1 HR. 28 MIN

INGREDIENTS

4 cups low-sodium organic chicken broth
2 packets unflavored gelatin (preferably from grass-fed cows)
1 Tbsp. olive oil
8 oz. chicken sausage links, reduced-fat
 $\frac{1}{2}$ cup chopped carrots (approx.
1 medium carrot)
 $\frac{1}{4}$ cup water
1 cup chopped onion (approx.
1 $\frac{1}{2}$ medium onions)
 $\frac{1}{2}$ cup chopped celery (approx.
1 medium stalk celery)
5 cloves garlic, sliced
1 tsp. sea salt (or Himalayan salt)
 $\frac{1}{2}$ tsp. ground black pepper
3 bay leaves
4 fresh parsley sprigs
1 tsp. ground smoked paprika
1 (15-oz.) can cannellini beans, drained

DIRECTIONS

1. Preheat oven to broil
2. Sprinkle broth with gelatin to let bloom before use. Set aside.
3. Heat oil in large, oven-safe saucepot over medium heat for 1 minute, or until fragrant.
4. Add sausages; cook, turning occasionally, for 8 to 10 minutes, or until sausages are deep brown all over. (Sausages do not have to be cooked all the way through at this stage.) Place sausages on a paper towel.
5. Place carrots and water in same saucepot; cook, over medium-high heat, stirring frequently, for 5 minutes, or until soft.
6. Add onion, celery, and garlic; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent and beginning to brown.
7. Add broth, salt, pepper, bay leaves, parsley, and paprika. Bring to a boil. Reduce heat to medium-low. Gently boil for 28 to 32 minutes, or until reduced by half. Remove bay leaves and parsley.
8. Slice sausage into rounds. Add sausage and beans to saucepot. Bring to a boil. Remove from heat.
9. Place saucepot under broiler for 4 to 5 minutes, or until a deep brown crust forms on top.

SLOW COOKER HAWAIIAN PORK CHOPS

SERVINGS: 4 TOTAL TIME: 3 HRS 50 MINS

INGREDIENTS

½ cup cold water
3 Tbsp. corn
starch preferably GMO-free
¼ cup reduced-sodium soy
sauce
1 Tbsp. raw honey
2 Tbsp. all-natural ketchup,
no sugar added
2 8-oz. cans pineapple slices
in juice, reserve
liquid divided use
3 Tbsp. rice vinegar
2 cloves garlic finely
chopped
nonstick cooking spray
1 lb. raw lean, center-cut
pork chops
2 cups cooked brown rice
1 Tbsp + 1 tsp. finely
chopped fresh cilantro

DIRECTIONS

- 1.Combine water and cornstarch in a small bowl; whisk to blend. Set aside.
- 2.Combine soy sauce, honey, ketchup, pineapple juice, vinegar, and garlic in a medium bowl; whisk to blend.
- 3.Add cornstarch mixture to soy sauce mixture; whisk to blend. Set aside.
- 4.Lightly coat inside of a 3-quart slow cooker with spray.
- 5.Add half of soy sauce mixture, pork chops, pineapple, and remaining soy sauce mixture; cover. Cook on high for 3 to 3½ hours (or low for 5 to 6 hours), or until pork chops are tender and cooked through.
- 6.Serve each pork chop with ½ cup rice. Evenly divide sauce and pineapple between pork chops. Sprinkle each with 1 tsp. cilantro.

HEALTHIER CHICKEN CORDON BLEU

SERVINGS: 4 TOTAL TIME: 59 MINUTES

INGREDIENTS

Nonstick cooking spray
½ cup Neufchatel cheese
1¼ tsp. garlic powder,
divided use
4 thin slices low-sodium,
nitrite-free, extra-lean ham
(about 2 oz.)
4 thin slices Swiss cheese
(about 2 oz.)
1 cup whole-grain Panko
bread crumbs
¼ tsp. sea salt (or Himalayan
salt)
¼ tsp. ground black pepper
¼ tsp. onion powder
4 (4-oz.) each raw chicken
breasts, boneless, skinless
Toothpicks
2 large eggs, lightly beaten

DIRECTIONS

- 1.Preheat oven to 375° F.
- 2.Lightly coat 9 x 9-inch baking pan (or casserole dish) with spray. Set aside.
- 3.Combine Neufchatel cheese and 1 tsp. garlic powder in a small bowl; mix well.
- 4.Place slices of ham individually on your work surface. Top each with a slice of Swiss cheese. Spread Neufchatel cheese mixture evenly on each slice of Swiss cheese. Roll lengthwise. Place in freezer until ready to use.
- 5.Combine bread crumbs, salt, remaining ¼ tsp. garlic powder, pepper, and onion powder in a small bowl; mix well. Transfer to a plate. Set aside.
- 6.To stuff chicken, slice chicken breasts along the long side, about ¾ way through; do not cut all the way through. Chicken will open like a book. Place one ham roll inside each chicken breast. Secure with a toothpick. Repeat with remaining chicken breasts. Set aside.
- 7.Place eggs in a shallow dish. Dip each chicken breast in eggs, completely coating, then bread crumbs; coating each evenly on all sides. Place chicken in prepared pan. Remove toothpicks.
- 8.Bake for 25 to 30 minutes, or until chicken is no longer pink in the middle and juices run clear.

CHICKEN MOLE

SERVINGS: 8 TOTAL TIME: 1 HOUR

INGREDIENTS

3 large dried ancho (or pasilla) chiles stems, seeds, and ribs removed and discarded
1½ cups hot water
2 Tbsp. olive oil divided use
1½ medium onions chopped
2 cloves garlic chopped
2 (6-inch) corn tortillas toasted, torn into pieces
2 Tbsp. all-natural smooth peanut butter
1 tsp. dried oregano leaves
1¾ cups low-sodium organic vegetable (or chicken) broth
1 (3.1-oz.) square Mexican chocolate (like Ibarra or Abuelita), chopped
1 tsp. sea salt (or Himalayan salt)
1 tsp. ground black pepper
8 (4-oz.) raw chicken breasts boneless, skinless

DIRECTIONS

1. Soak chiles in water for 15 minutes. Drain; set aside.
2. Heat 2 Tbsp. oil in large saucepan over medium-high heat.
3. Add onions; cook, stirring frequently, for 4 to 6 minutes, or until onions are translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Place onion mixture, chiles, tortillas, peanut butter, oregano, and broth in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until very smooth.
6. Return mixture to saucepan; cook on medium-low heat, stirring frequently, for 15 to 20 minutes.
7. Add chocolate. Season with salt and pepper; cook, stirring frequently, for 3 to 4 minutes, or until chocolate is melted and mixture is thick enough to coat a wooden spoon. Set aside.
8. Heat remaining 1 tsp. oil in large nonstick skillet over medium-high heat.
9. Add chicken breasts; cook, turning once, for 7 to 9 minutes, or until chicken breasts are no longer pink in the middle.
10. Top each chicken breast with ⅓ cup mole sauce.



Snack Recipes

PEPPERMINT SHAKE BALLS

SERVINGS: 12 **TOTAL TIME:** 1 HOUR 10 MINUTES

INGREDIENTS

2 scoops Peppermint Shake
1/3 cup almond flour
1/3 cup almond butter
1/4 cup coconut flour
1/4 cup honey
1/2 tsp sea salt (or Himalayan salt)
1/4 cup dark chocolate mini-baking chips
1/4 cup unsweetened shredded coconut

DIRECTIONS

1. Place Shake, almond flour, almond butter, coconut flour, honey, and salt in a food processor; cover. Pulse to combine.
2. Add chocolate chips. Pulse until chips are blended through evenly.
3. Roll into twelve balls, about 1-inch in diameter each, coating in shredded coconut to finish.
4. Place in an airtight container; refrigerate for at least 1 hour before serving. Store refrigerated for up to 5 days.

VEGAN SPINACH & ARTICHOKE DIP

SERVINGS: 12 **TOTAL TIME:** 1 HOUR 15 MINUTES

INGREDIENTS

Hot water
1 (15-oz.) can artichoke hearts, packed in water, drained
3 packed cups raw spinach
1 medium ripe avocado
2 Tbsp. fresh lemon juice
1/3 cup nutritional yeast
1 clove garlic
1/2 tsp. sea salt (or Himalayan salt)
1/4 tsp. ground black pepper
1/2 tsp. onion powder

DIRECTIONS

1. Bring medium saucepan of water to a boil over high heat.
2. Add artichoke hearts and spinach; cook for 1 minute. Remove from heat and drain well.
3. Place artichoke mixture in food processor. Add avocado, lemon juice, yeast, garlic, salt, pepper, and onion powder; process until smooth.



Shake Recipes

PUMPKIN SPICE

INGREDIENTS

1 cup unsweetened coconut milk
beverage
1 cup ice
1 scoop Pumpkin Spice Shake
½ large banana

DRAGONS BREATH

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened coconut milk
beverage
1 cup ice
1 scoop Strawberry Shake
1 cup dragon fruit, chopped
½ cup mango, chopped
1 2-inch slice fresh ginger, peeled

GERMAN CHOCOLATE CAKE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened coconut milk
beverage
1 cup ice
1 scoop Chocolate Life Shake
½ cup frozen unsweetened cherries
5 pecan halves
½ tsp. pure vanilla extract
1 Tbsp. unsweetened shredded coconut



Grocery List

PRODUCE

- Ancho Chiles
- Avocado
- Bay Leaves
- Broccoli, 2-3 heads
- Carrot
- Celery
- Cherry Tomatoes
- Cilantro
- Cucumber
- Garlic, 2-3 heads
- Green Onions, 2
- Green Bell Pepper
- Mixed Greens
- Lettuce, shredded
- Onion, 3
- Orange Bell Pepper
- Parsley
- Pear
- Pico de Gallo
- Red Cabbage
- Red Onion
- Spinach
- Tomato
- Zucchini, 1 medium

SALAD

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SHAKE MIXIN'S

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DRY GOODS

- Cinnamon
- Garlic Powder
- Ginger
- Ground Cloves
- Ground Nutmeg
- Onion Powder
- Oregano
- Paprika

THE BASICS

- Nonstick Cooking Spray
- Ground Black Pepper
- Lemon Juice
- Olive Oil
- Sea Salt

PROTEIN

- Chicken breast, 2.5lbs
- Chicken sausage links
- Ham, diced
- Ham, sliced
- Pork Chops, 1lb

DAIRY

- Cream Cheese
- Eggs, 1 dozen
- Egg Whites
- Feta Cheese
- Greek Yogurt
- Milk
- Sharp Cheddar Cheese
- Swiss Cheese
- Parmesan Cheese

- All Natural Ketchup
- Almond Butter
- Almond Flour
- Artichoke Hearts
- Baking Powder
- Brown Lentils
- Brown Rice
- Cannellini Beans
- Chicken Broth
- Coconut Flour
- Corn Starch
- Corn Tortillas
- Coconut Flour
- Dark Chocolate Chips
- Gelatin, unflavored
- Honey
- Mexican Chocolate
- Molasses
- Nutritional Yeast
- Old-Fashioned Oats
- Panko Bread Crumbs
- Peanut Butter
- Pineapple Slices
- Quinoa
- Rice Vinegar
- Shredded Coconut, unsweetened
- Vanilla Protein Powder
- Vegetable Broth
- Whole Grain Bread
- Whole Wheat Pita
-