

5-DAY CLEAN EATING CHALLENGE

your 1-week "Health Break"

Ideas for low-calorie, clean meals and snacks

EASY PEASY DIRECTIONS: Choose your meals and snacks from these sheets during your 5-Day Challenge. You can pick up to two snacks if you feel really hungry. Get fresh air and about 30 minutes of exercise each day (you can choose walking, running, swimming, home workouts — anything you feel comfortable with — or ask me for help with a new home workout). Plus, you will need to drink about half your body weight in ounces of water daily to stay hydrated and flush out your system. (Yes, you read that right!) You will be expected to check in to our private Facebook group daily, where we'll report the exercise we did, what meals we enjoyed, and how much water we drank. We will take stats before and after our challenge to determine how eating clean and moving each day affected our bodies. There will be a prize at the end!

Keep these posted in your kitchen this week! These are simple recipes and there is a lot of variety. Make little tweaks to suit your tastes. (Based upon the 5-Day Inferno Plan from Beachbody's Turbo Fire nutrition guide, Fat-burning food guide from Brazil Butt Lift, and The Beachbody Ultimate Reset). I do not recommend foods labeled as "low-fat" generally speaking, including low-fat dairy. Your body needs fats to operate efficiently! Do avoid most vegetable oils and stick to oils like coconut and palm (for higher heat) and olive oil (for low to medium heat). I also cook with grass-fed butter and ghee and some animal fat from clean sources! *Results vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.*

BREAKFASTS

ALMOND OATMEAL

Cook 1/2 cup of dry oats in water, according to package directions. Top cooked oatmeal with 2 tsp. slivered almonds, then stir in 1 scoop of low-sugar protein powder. Top with fresh berries.

259 calories, 24 grams protein, 29 grams carb, 6 grams fat, 5 grams fiber

TURKEY BACON BREAKFAST SANDWICH

*Vegans substitute Egg Replacer or scrambled tofu, soy bacon or sautéed seitan.

1 slice turkey bacon

2 slices of whole wheat toast

1 egg scrambled

1/2 tomato sliced

Directions: Place turkey bacon in a skillet with a spritz of nonstick cooking spray. Cook to desired crispness. Scramble egg. Place bacon and egg and tomato slices between toasted bread.

PITA SCRAMBLE

In a non-stick skillet coated with cooking spray, scramble 2 whole eggs. Stuff eggs into 1/2 of a 6" whole wheat pita with 1/2 of an avocado and 2 slices of tomato.

259 calories, 15 grams protein, 21 grams carbs, 13.5 grams of fat, 3.5 grams fiber

MELON & SO DELICIOUS! COCONUT YOGURT

6 oz So Delicious! Coconut strawberry yogurt
3/4 cup cubed cantaloupe
1 tsp honey

*I recommend Fajé Greek Yogurt with Strawberries or with Honey.

*Best Vegan Yogurt: So Delicious! Coconut Yogurt.

PINEAPPLE & COTTAGE CHEESE OR HAWAIIAN BREAKFAST*

8 oz cottage cheese (I don't recommend reduced-fat dairy, but I leave it up to you)
2 pineapple rings, canned in juice, drained, or fresh
Non-Dairy Option: Fresh pineapple, chunked, with a side of Ezekiel toast and a pat of Earth Balance. Or you could have a few egg whites, topped with fresh pineapple salsa, and add some turkey bacon on the side for a light Hawaiian Breakfast.

*Vegans may use Egg Replacer or scrambled tofu.

STRAWBERRY WAFFLE & TURKEY SAUSAGE *Vegans substitute soy bacon or sautéed seitan.

1 whole wheat waffle (I make my own) (approx. 100 calories)
1 tsp strawberry preserves
2 turkey sausage links (approx. 60-70 calories each)
Cup of coffee, sweetened with Stevia. If you drink coffee! Tea or water with lemon is great too.
Directions: Toast waffle and top with strawberry preserves. Serve with cooked turkey sausage links.

GREEN AND WHITE EGGS

On a bed of steamed spinach (1/2 cup cooked), layer 1 slice of tomato and 1 sunny-side up or poached egg and 1 slice of Swiss cheese. Serve with 1 cup cubed watermelon.

230 calories, 17 grams protein, 16.5 grams carbs, 11.5 grams fat, 3 grams fiber

LUNCHES

TURKEY AVOCADO WRAP *Vegans substitute soy turkey

3 slices turkey breast (3-4 oz)
1 whole wheat tortilla
1/2 tomato diced
1/4 c avocado sliced
3 lettuce leaves or a handful of mixed greens
1 tbsp nonfat Italian dressing
Directions: Assemble all ingredients on top of the tortilla and fold into a cone.

TUNA SALAD

3 C mixed greens or choice of lettuce
4 oz. water packed tuna
5 Cherry tomatoes
1 Celery stalk chopped
3 Scallions diced
2 tbsp. fat free ranch dressing
1 cup of tea sweetened with Stevia.
Directions: Fill a large bowl w/ lettuce. Top it off with Cherry tomatoes and tuna mixed with chopped celery, scallions and fat free ranch. Serve with tea.

HEARTY SALAD

Prep about 3 cups of mixed greens and your choice of chopped fresh veggies like carrot, bell pepper and tomato in a large bowl. Top with sliced grilled chicken breast or fish and sprinkle with 2T toasted pepitas. Toss with 2T of the dressing of your choice from the last page in this pamphlet.

LOADED BAKED POTATO

1 medium baked potato
1 tbsp sour cream
1 scallion diced
1 slice of turkey or soy bacon cooked and crumbled
1 slice of cheese

Directions: Wash potato and poke holes in the skin with a fork. Bake in the microwave for 7 minutes or until fully cooked. Slice open in the center. Top potato with all the ingredients.

ROAST CHICKEN AND CHICKPEA SALAD

In a large bowl, combine 2 cups shredded mixed lettuce, 5 sliced cherry tomatoes, 1/2 cup sliced white mushrooms, 1/2 cup sliced cucumber, and 1/4 cup chickpeas, 1/4 cup roasted red pepper, and 1/4 cup broccoli florets. Top with 2 oz. roasted, skinless white chicken meat and drizzle with 1 tsp olive oil and a splash of vinegar. Serve with 1/2 of a 6-inch toasted whole wheat pita cut in triangles.

349 calories, 28 grams protein, 41 grams carbs, 10 grams fat, 11 grams fiber

EGG SALAD WRAP *Vegans substitute crumbled tofu

2 hard boiled eggs, yolk removed from one
1/4 cup of cottage cheese (optional! eliminate if macrobiotic or vegan)
Whole wheat tortilla
1 tbsp Dijon mustard
1/2 tsp of dried dill or tarragon
Salt and pepper to taste

Directions: Chop up hard boiled eggs and mix with cottage cheese, mustard salt, pepper and herbs. Place onto tortilla and wrap up. Serve with 2 cups mixed greens and 1 sliced Roma tomato, 1 tsp balsamic vinegar. Toss.

LENTIL SALAD

In a salad bowl, combine 2/3 cup cooked lentils, 1/4 cup chopped red onion, 1/4 cup mandarin orange slices, and 1/4 cup chopped celery over a bed of mixed greens. Toss with 2 Tbsp. dressing (see last page). Serve with a 6-inch toasted whole wheat pita.

347 calories, 18 grams protein, 68 grams carbs, 2.5 grams fat, 16 grams fiber

CHICKEN & HUMMUS PITA *Macrobiotic or Vegan Substitution: fish (any kind), tofu, or seitan

3 oz broiled or grilled chicken, sliced thinly
1 tbsp hummus
1/2 cup alfalfa sprouts
2 slices of tomato
3 slices of cucumber
1/2 6 inch whole wheat pita

Salad: mixed greens, 1 carrot, 1 celery, 1 tsp balsamic vinegar

Directions: Assemble all ingredients inside the pita. Serve with a small green salad of 2 cups lettuce topped with 1 shredded carrot and 1 diced celery stalk. For dressing, use 1 tsp balsamic vinegar or choose a recipe on the last page.

SNACKS

SNACK 1: 1/2 medium banana and 7 walnut halves

SNACK 2: 1 tbsp PB and spread across 2 celery sticks. Top w/ 10-15 raisins.

SNACK 3: Veggies 'n Ranch

1 zucchini, cut lengthwise

1 large carrot, cut into spears

2 tbsp low fat ranch dressing (or Annie's Green Goddess Dressing)

SNACK 4: Nutty Apple

1 medium apple with 1 tbsp almond butter

SNACK 5: 10 raw almonds, 1 medium orange

SNACK 6: Crudités & Cheese

1 cucumber and 1 red bell pepper cut into slices

1 oz cheddar (or feta!) cheese

100-CALORIE SNACKS

1 cup raw string beans, 1/2 cup baby carrots with 1/4 cup salsa

1 large hard boiled egg

1 oz. dark chocolate (I went there!)

1 small baked potato with salsa and 1 Tbsp nonfat sour cream

1/2 cup sorbet (should have about 80 calories per 1/2 cup) and 1/4 cup blueberries

200-CALORIE SNACKS (choose these if you are doing hard workouts!)

1 fresh fig drizzled with honey and 1 part-skim mozzarella cheese stick

1 oz. nuts such as 20 almonds, 17 cashews, 25 peanuts, 6 brazil nuts

1 cup cottage cheese with 1/2 cup sliced melon

2 oz. white turkey breast meat with 1/2 small sliced avocado

Celery sticks and cucumber slices with 2 Tbsp hummus

12 whole-grain crackers with 1 oz. full-fat cheese

1 med pear sliced with 1 oz. low-fat cheese

2 Tbsp bean dip with 20 baked tortilla chips and salsa

DINNERS

PORTOBELLO MUSHROOM BAKE

On preheated grill pan coated with cooking spray, grill 2 portobello mushroom caps, brushed with 1 tsp. olive oil and season with salt and pepper. Grill until soft to the touch, approx. 6 minutes per side. Top with 1/2 cup tomato sauce and 1/3 cup shredded mozzarella cheese and bake until bubbly. Place on a bed of cooked whole-wheat couscous (1/2 cup) mixed with 1/2 cup steamed spinach and 1 tsp pine nuts. Sprinkle with red pepper flakes if desired.

For dessert: 1/2 cup of fresh berries topped with 1 Tbsp real whipped cream

392 calories, 23 grams protein, 46 grams carbs, 15 grams fat, 8 grams fiber

HONEY DIJON CHICKEN WITH STEAMED GARLIC-PARMESAN BROCCOLI **Macrobiotic or Vegan Substitution: fish (any kind), tofu, or seitan*

Four 6 oz chicken breast halves
1/3 cup Dijon mustard
3 tbsp honey
1 tbsp parsley flakes
Salt, to taste
4 cups broccoli
4 tbsp parmesan cheese
Garlic salt to taste

Directions: Mix Dijon mustard w/ honey, add parsley flakes and salt. Coat a 6 oz chicken breast half in the mixture. Cook on a grill for about 7 minutes on each side. Steam 4 cups fresh or frozen broccoli and top with 1 tbsp olive oil, 2 tsp garlic salt and 4 tbsp parmesan cheese. *Makes 4 servings.*

TOMATO-MANGO ROASTED CHICKEN SALAD

On a bed of mixed greens, serve 3-1/2 oz. shredded white rotisserie chicken meat mixed with 1/3 cup cubed mango, 1/2 cup cubed tomato, 1/2 cup cooked couscous, 1/2 cup blanched string beans, and sliced red onion. Dress with 2 Tbsp low calorie dressing or make your own from the recipes on this page.

For dessert: 1/2 cup sliced strawberries with 1 Tbsp part-skim ricotta cheese, ground cinnamon, and a drizzle of honey or maple syrup *389 calories, 39 grams protein, 44 grams carbs, 8 grams fat, 7 grams fiber*

GRILLED TERIYAKI SALMON WITH GINGER RICE & BOK CHOY

2 4 oz pieces of salmon
3 tbsp teriyaki marinade or sauce
2 pineapple rings, canned in juice, drained (or fresh pineapple slices)
1 garlic clove
1 medium head of bok choy chopped
1/3 c brown rice
1 tsp powdered ginger

Directions: Marinate the salmon in teriyaki overnight or for an hour before grilling. Grill the salmon for 5 minutes on each side. Place pineapple slices on the grill for 2 minutes and sear. Add rice, 2/3 cup of water and 1 tsp powdered ginger into a rice cooker or sauce pan. Cook on low heat until rice is tender. Spritz nonstick cooking spray and 1/2 tsp sesame oil into a frying pan. Sauté 1 garlic clove and the bok choy until soft yet still crisp. *Makes 2 servings.*

TURKEY MEATBALLS AND BLACK BEAN CORN SALAD

2 small baked turkey meatballs (approx. 2 oz. each), served with 1/3 cup cooked or canned black beans, 1/3 cup cooked or canned corn kernels (I always look for non-GMO corn), 1/3 cup finely chopped red onion and tomato, all tossed with fresh, chopped cilantro and vinegar.

For dessert: 1/4 cup raspberries topped with 1/4 cup lemon sorbet.

395 calories, 27 grams protein, 50 grams carbs, 11 grams fat, 8 grams fiber

CHICKEN TACOS WITH BEANS AND QUINOA **Macrobiotic or Vegan Substitution: fish (any kind), tofu, or seitan*

Two 6 oz chicken breasts, grilled and then diced

5 tbsp Pico de Gallo

1 tbsp low fat sour cream

4 small whole wheat flour tortillas

1/2 avocado peeled and sliced

5 sprigs of cilantro

2 cups black beans cooked

2-1/2 cups of quinoa cooked

Directions: Assemble chicken taco ingredients on tortillas. Top with avocado slices. Serve with 1/2 cup black beans and 1/3 cup cooked quinoa, seasoned with cilantro, salt and pepper. *Makes 4 servings.*

ROSEMARY PORK CHOPS WITH PEAS & WILD RICE

Two 4 oz pieces of lean, boneless pork loin chop

2 tbsp rosemary

1/2 tsp olive oil

1 cup peas

1/3 cup wild rice (measured dry) cooked according to directions on box

Salt and pepper to taste

Directions: Marinate pork chops in rosemary, olive oil salt and pepper. Broil or grill the pork (about 4 to 5 minutes on each side). Serve with cooked wild rice and steamed peas. *Makes 2 servings.*

HEALTHY SALAD DRESSINGS

from the Beachbody Ultimate Reset

BASIC VINAIGRETTE (*makes 8 servings, about 2 Tbsp each*)

1/2 cup extra virgin olive oil
1/4 cup red wine vinegar
1 tsp Himalayan salt
1 tsp raw honey
2 T fresh lemon juice
2 t chopped fresh herbs (like basil, oregano, parsley, dill) to taste, optional
Place in small bowl and mix well. Keep in a jar in the fridge.

CREAMY GARLIC DRESSING (on of my personal faves!) (*makes 10 servings, about 2 T each*)

1/2 cup extra virgin olive oil
1/4 cup apple cider vinegar
3 cloves garlic, crushed
3 T fresh lemon juice
2 T chopped fresh parsley
1 t Himalayan salt
1/2 t Dijon mustard
1 t raw honey
Place everything in a blender or food processor and blend until smooth. Refrigerate if not using immediately, let sit at room temperature before using if mixture solidifies.

GINGER-SESAME MISO DRESSING (*makes 8, 2 T servings*)

2 Tbs miso paste (*you can find this in the Asian foods aisle at Whole Foods, it is not refrigerated in the store*)
1/4 cup rice vinegar
1 T Bragg's Liquid Aminos (*Whole Foods, Nob Hill, Vallergas*)
1/4 cup sesame oil
1 t chopped fresh ginger
1/4 cup water
Blend in a blender until smooth. Store airtight in fridge.

GREEK DRESSING (*makes 8 servings, about 2 Tbsp each*)

1/2 cup extra virgin olive oil
1/4 cup red wine vinegar (I made my own with leftover red wine!)
1 T balsamic vinegar
1/4 cup fresh lemon juice (not bottled)
2 tsp dried oregano
1 garlic clove, crushed
1 tsp Dijon mustard
1/2 tsp Himalayan salt
1 tsp herbal seasoning blend of your choice
2 T chopped fresh parsley
Blend in a food processor or blender until smooth. Refrigerate if not using right away, and set out at room temp for 30 minutes if it solidifies in the refrigerator, stir before serving.