



SAMPLE PLAN

CLEAN EATING FAMILY PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 Ginger Soy Chicken <i>Jasmine Rice</i> <i>Steamed Bok Choy</i>	(2 t sesame oil) (1 T shredded ginger) (¼ c soy sauce) (1 T brown sugar) (½ c Chinese cooking wine) (2 star anise, 1 cinnamon stick) 6 chicken breasts fillets <hr/> 1½ c <i>Jasmine rice</i> 6 stalks of <i>baby Bok Choy</i>	Place the sesame oil, ginger, soy sauce, sugar, Chinese cooking wine, star anise and cinnamon stick in a frying pan over med-low heat. Bring to a simmer. Add the chicken and cook for 6 - 7 minutes each side, or until juices run clear. Serve over rice with juices from the pan. <i>Cook rice according to package directions</i> <i>Rinse Bok Choy and remove tough outer leaves. Slice in half lengthwise. Sauté Bok Choy in pan for several min after chicken and sauce have both been removed.</i>
Meal 2 Parmesan Crusted Chicken with Olives, Tomatoes and Basil <i>Arugula and Avocado Salad</i>	4 chicken breast fillets (1 c breadcrumbs) ¼ c shredded Parmesan cheese (1 egg lightly beaten) (2 T olive oil, divided) (1 T butter) 2 c cherry tomatoes, halved 12 Kalamata olives, pitted ½ c chopped fresh basil leaves <hr/> Zest of 1 lemon, juice of 1 lemon (1 t stone ground mustard) (½ cup olive oil) (Salt and pepper) 2 c fresh arugula 1 ripe, firm avocado diced	Slice each chicken breast in half lengthwise. Combine breadcrumbs and Parmesan cheese. Dip each piece of chicken into egg and then into breadcrumb mixture. Heat 1 T olive oil and butter in skillet; cook chicken for 4 - 6 minutes on each side or until golden brown and cooked through. While chicken is cooking, heat 1 T olive oil in another pan. Add cherry tomatoes and olives. Sauté just until the tomatoes begin to soften. Serve over warm chicken and top with basil leaves. <i>Combine zest and juice of lemon with mustard. Whisk until combined. Slowly add olive oil. Season with salt and pepper to taste. Toss with arugula and avocados.</i>
Meal 3 Lentil, Lemon and Yogurt Soup <i>Sweet White Corn on the Cob</i>	(1 T olive oil) 2 c finely chopped yellow onions (1 t cumin, 1 t ground coriander) 1½ c red lentils 3 c vegetable stock (4 c water) 1 T finely grated lemon zest 2 c chopped fresh spinach (Salt and pepper) 1 c Greek yogurt <hr/> 6 ears <i>sweet white corn</i> , shucked & cleaned (1 T butter, ½ t cumin, ½ t salt)	Heat a large saucepan over medium heat. Add olive oil, onion, cumin and coriander. Cook for 6 minutes or until the onion is well browned. Add lentils, stock, water and lemon zest; bring to a boil. Cover and allow to simmer for 15 minutes or until the lentils are soft. Just before serving, stir in the spinach. Season with salt and pepper to taste. Top each serving with a dollop of yogurt. <i>Drop corn into boiling water for 7 minutes. Rub with butter while still warm. Sprinkle with cumin and salt.</i>
Meal 4 Pesto Seared Salmon <i>Lemon Couscous</i> <i>Herb Roasted Tomatoes</i>	<div></div>	

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Meal 5 Greek Chicken Wraps <i>Spinach-Cantaloupe Salad</i>		
Meal 6 Spaghetti Bolognese <i>Roasted Zucchini and Onions</i>		
Meal 7 Five Spice Pork with Fresh Snow Peas <i>Steamed Jasmine Rice</i>		

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CLEAN EATING GROCERY LIST

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		
1		6 stalks baby Bok Choy, 1 lb		
2		1 bag fresh arugula		
2,5		2 small avocados		
2,3,4		3 lemons		
2		1 lb cherry tomatoes		
3,5		5 oz bag fresh spinach		
3		6 ears sweet white corn		
2		1 bunch fresh basil		
3,6		3 large yellow onions		
4		1 bunch fresh thyme		
4,5		7 plum tomatoes		
5		1 cucumber		
5		1 red onion		
5		1 red pepper		
5		1 med cantaloupe		
5		1 bunch fresh mint		
6		4 zucchini, 1 lb		
7		1 bag fresh snow peas		
	X	DAIRY / REFRIGERATED		
2		8 oz package of shredded Parmesan		
3,5		32 oz Greek yogurt		
	X	MEATS		
1,2		2 lbs boneless chicken breasts		
4		1.5 lbs salmon filets		
5		Whole roasted chicken		
6		2 lbs ground beef		
7		2 lbs pork tenderloin		
	X	FROZEN FOODS		
	X	PACKAGED / BOXED / CANNED / BOTTLED		
1,7		16 oz bag Jasmine rice		
2		6 oz jar Kalamata olives		
3		16 oz package lentils		
3		2 -14 oz cans vegetable stock		
4		5.8 oz box whole wheat couscous		
4		6 oz jar pesto		
5		1 package of pita rounds		
6		2 - 14 oz cans tomato puree		
6		14 oz can beef stock		
6		8 oz package whole wheat spaghetti		
7		7 oz jar hoisin sauce		

Staples Needed For Each Meal #:

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Meal 1

Sesame oil
Ginger
¼ c soy sauce
Brown sugar
½ c Chinese
cooking wine
Star anise
Cinnamon stick

Meal 2

1 c breadcrumbs
1 egg
½ c+ olive oil
Butter
Stone ground mustard

Meal 3

Olive oil
Cumin
Ground coriander
Butter

Meal 4

Olive Oil
Balsamic vinegar
2 garlic cloves
Sugar

Meal 5

Dill weed
2 garlic cloves
White vinegar
Lemon juice
¼ c apple cider vinegar
Dijon mustard
½ c+ olive oil

Meal 6

Olive oil
2 garlic cloves

Meal 7

Sesame oil
Five-spice powder
Ginger
Rice wine vinegar
Soy sauce
Peanut oil