

Healthier *at Home*

22

Cozy Recipes for
Staying In

Foods, immunity builders, recipes and
meal plans for staying in—with minimal
ingredients and maximum flavor.



Home is Where Your Health Is

Our current circumstances of social distancing have most of us suddenly hunkered down and working from home—the whole family under one roof, and someone always inevitably announcing, “I’m hungry”. And frankly, we all may be over-thinking our food supply just a little, but dreading the thought of spending hours in line at the grocery store at the same time. We get it!

Clean Eating to the rescue!

If there’s something Clean Eating does often and well, it’s creating recipes and meal plans that call on a limited amount of ingredients that turn out simple-yet-satisfying meals that utilize a bunch of pantry staples, many you likely already have on hand. Now is the time for these well-thought out, time- and money-saving meals that your family will adore. To get you started, we’ve got

5-Ingredient Masterpieces, a collection of 5 dinners, each made with just 5 ingredients each (plus some pantry staples) that are quick to shop for and even quicker to prepare—but taste like you took the whole family out to dinner. Because a quick in-and-out market run is all you have the patience for right now, we’ve got another quick-shop solution of 5 dinners in a single grocery bag of 20 ingredients that will have you feeling like a gourmet chef.

If you’re looking for morning-to-night recipes and snacks, we’ve got that too! With just 20-ingredients per week, we’ve got two complete 7-day meal plans that rely heavily on pantry goods you’ve got on hand for an entire week of eating.

All of these recipes are designed to bolster immunity inherently with their fresh, real ingredients brimming

with antioxidants but for a little added insurance, be sure to check out 7 Immune-Boosting Foods on page 6 and on page 8, Instant Calm, 6 supplements to soothe stress and easy anxiety.

There’s no doubt this is an intense time for all but from everyone on the Clean Eating team, we are here to support your best health in every way we can. We’re here for you during this time and will keep the clean meal solutions coming. The silver lining here is that you have more time to reconnect with your passion for cooking and get into the kitchen to create healthy meals your family will love.

Stay cozy, calm & keep on cooking clean!

The Clean Eating Family

Healthier *at Home*

CEAll-Access
HEALTHY MEAL PLANNING SOLVED

DEPARTMENTS

6 MIND & BODY BOOSTERS

Discover the 7 foods to add to your diet to beat colds and flus.

By Lisa Turner

8 COMPLEMENTS

Try these 6 supplements to help tame tension, soothe stress and ease anxiety.

By Lisa Turner

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10 FIVE-INGREDIENT MEALS

Using just five ingredients and a few pantry staples, these stunning suppers are sure to please everyone in your family.

By Abigail Wolfe

16 5 WEEKNIGHT DINNERS IN JUST 1 GROCERY BAG

These 5 unique recipes use just 1 shopping list of 20 ingredients plus a handful of pantry staples.

By Marianne Wren

MEAL PLANNING

23 YOUR 20-INGREDIENT MEAL PLAN

This 7-day, dairy-free meal plan uses just 20 ingredients for the whole week to keep costs and meal prep to a minimum.

By Jesse Lane Lee

29 A WEEK OF MEALS IN 20 INGREDIENTS

Eat well for 7 full days with an ultra-short, 20-item grocery list.

By Erin Macdonald
and Tiffani Bachus

Your *CE* Recipe Guide



- P** Paleo
recipes may include ghee
- F** Freezable
- IP** Instant Pot
- Q** Quick
under 45 minutes
- V** Vegetarian
may contain eggs and dairy
- GF** Gluten-free
- GFA** Gluten-free adaptable
recipe contains soy sauce, miso, Worcestershire sauce, fish sauce and/or tamari; all are available in gluten-free and regular varieties



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Pumpkin Gnocchi
with Creamy Pumpkin
Spinach Sauce
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Q V GF

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Q V GF

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Artichokes with
Lemon Yogurt Dip
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Infection Protection



Take a stand against influenza and other nasty pathogens by adding these 7 antiviral foods to your plate this cold and flu season to improve immune response and fight sickness.

BY LISA TURNER

Get the recipe
cleaneating.com/shiitakesoup



Black tea is rich in a group of pathogen-fighting compounds that can protect against a variety of viral infections. Tea leaves contain naturally occurring compounds, including polyphenols, catechins and alkaloids like caffeine, theobromine and theophylline that defend the plants against invading pathogens such as bacteria, fungi and viruses. Older studies show black tea can almost completely inhibit the infectivity of influenza virus. And in one study, black tea extract, rich in flavanol compounds called theaflavins, inhibited herpes simplex virus type 1 (HSV1) infection. **Try this:** Purée strong-brewed black tea with grated ginger, frozen mango and Greek yogurt for a flu-busting breakfast; steep black tea bags in hot water then use as a broth to cook brown rice, garlic and onions.



Shiitake mushrooms are loaded with beta-glucans, antiviral compounds that have been shown to inhibit viral replication and enhance immune function. In one study, people who ate shiitake mushrooms for four weeks showed improved markers of immunity, as well as reduced inflammation. Other studies show shiitake mushrooms also have significant antibacterial and antifungal properties, and they protected against 85% of the yeasts, molds and other organisms they were tested on. **Try this:** Thinly slice shiitake mushroom caps, toss with melted coconut oil and minced garlic and roast until crisp; stir-fry shiitakes, slivered carrots, broccoli, sliced red peppers and minced ginger in sesame oil and tamari then toss with cooked soba or rice noodles.



Yogurt contains an abundance and variety of probiotics that may aid in fighting viral infections. In one review, 28 trials found that probiotics had a positive effect on respiratory tract infections (RTIs). Other studies have found probiotics can enhance respiratory tract immunity, speed recovery and lessen the severity of respiratory infections caused by the influenza virus. They're thought to work by enhancing overall immune function, interacting directly with the virus and/or producing antiviral compounds. Probiotics may protect against other viral infections, including some types of coxsackievirus, HIV-1 and viruses that cause diarrhea. **Try this:** Line a mesh strainer with cheesecloth, pour in yogurt, place over a bowl and let stand overnight for easy yogurt cheese; whisk yogurt with apple cider vinegar, dried dill and minced garlic and chives for a healthy dressing.



Ginger has long been used in traditional medicine to treat colds and flu, and modern studies show it has measurable antiviral benefits. In one study, fresh ginger protected against HRSV (human respiratory syncytial virus, a major cause of lower respiratory tract infections) by blocking the virus' ability to attach to cells and stimulating the release of compounds that help counteract viral infections. **Try this:** Cut peeled ginger root into matchsticks, sauté in olive oil until crisp and use as a topping for soups or salads; simmer ginger slices in milk or coconut milk, strain then whisk in turmeric and honey for a creamy, soothing beverage.



Apple cider vinegar is another traditionally used antiviral and a number of modern studies have shown the antimicrobial activity of apple cider vinegar against a variety of pathogens. Researchers suggest apple cider vinegar may work by a variety of mechanisms, including the antiviral properties of apples and the presence of probiotics that occur during the fermentation process. **Try this:** Steep dried elderberries and sliced ginger in apple cider vinegar then strain and add honey for an easy oxymel (herbal tonic); whisk together apple cider vinegar, honey, mustard and olive oil for a sweet, creamy dressing.



Garlic contains powerful compounds, including allicin, diallyl trisulfide and ajoene, that fight viruses, including influenza, rhinovirus, cytomegalovirus (a type of herpes virus), herpes simplex, HIV, viral pneumonia and rotavirus. In one study, people who took allicin extract over a 12-week period had significantly fewer colds than the placebo group, and those who did get a cold recovered faster. **Try this:** Roast whole heads of garlic, skin-on, until cloves are soft then let cool and peel off skins; finely mince raw garlic and add to a dressing of olive oil, lemon juice and minced thyme.



Cinnamon has been used in herbal medicine for hundreds of years, and chemical profiling shows its active compounds have antiviral, antimicrobial, immunomodulatory and anti-inflammatory effects. In one study, cinnamaldehyde, the compound that gives cinnamon its characteristic flavor and smell, inhibited the growth of the influenza virus. Cinnamaldehyde also inhibits *Listeria* and *Escherichia coli* in foods and protects against a variety of yeasts and fungi, including *Candida albicans*. **Try this:** Add cinnamon, cardamom, vanilla extract and coconut milk to oatmeal for a chai-spiced breakfast; add cinnamon and cocoa powder to your morning coffee.




SKIP GETTING SICK

Antiviral Supplements

ELDERBERRY, an extract used in herbal medicine to treat infection, has potent antiviral activities against respiratory pathogens and influenza viruses. Research shows elderberry shortened the length of flus by an average of four days.

LICORICE ROOT, used for centuries in Chinese medicine, is rich in dozens of plant compounds with antiviral and antimicrobial activities. Two compounds, glycyrrhizin (GL) and glycyrrhizic acid (GA), protect against herpes, HIV, hepatitis, coxsackie, enterovirus and SARS coronavirus. Other studies show licorice root significantly inhibits human respiratory virus and the flu.

OREGANO OIL, is a superconcentrated form of carvacrol, a powerful antiviral compound. In one study, oregano oil was effective in inhibiting five of eight viruses examined, including human respiratory virus and herpes simplex. It also has powerful antibacterial activities, especially against *E. coli* and other food-borne pathogens. 



Instant Calm

These 6 supplements help to soothe stress and ease anxiety.

BY LISA TURNER



Anxiety disorders are the most common mental illness in the United States, affecting 40 million adults (or 18% of the population), according to the Anxiety and Depression Association of America. And it can be dangerous: Stress is a major contributing factor to the six leading causes of death, including cancer and coronary heart disease. But you don't have to suffer. Tame your tension with these research-based natural solutions.

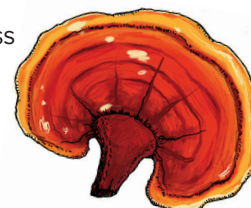
MAGICAL MINERAL

The mineral magnesium, critical in a number of bodily functions, also influences the production of and the body's reaction to cortisol, a primary stress hormone, and moderates the physiological stress response. Low blood levels of magnesium have been linked with feelings of anxiety, and research also shows stress can deplete magnesium from the body. Some studies link a higher dietary intake of magnesium with lower levels of anxiety, and in one study, taking magnesium for six weeks led to a clinically significant improvement in symptoms of anxiety. **TRY:** Natural Vitality Natural Calm Raspberry Lemon Flavor (8 oz). \$24, naturalvitality.com

Pick the Right Mushrooms

Medicinal mushrooms like reishi and lion's mane can help support adrenal health, ease anxiety and promote calm. They may be especially effective combined with other stress-busting herbs like ashwagandha. Studies have found that ashwagandha, an adaptogen traditionally used to support adrenal function, normalizes cortisol levels and improves resistance to stress. Intrigued? Read more about ashwagandha on page 29.

TRY: Host Defense MycoBotanicals Stress Decompress. \$30, hostdefense.com



LEAD PHOTO BY AFRICA STUDIO/SHUTTERSTOCK.COM, REISHI ILLUSTRATION BY JENSINE ECKWALL



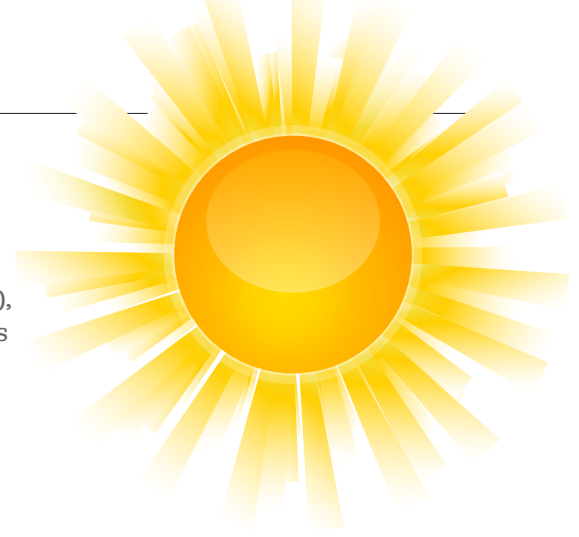
HERBAL BLENDS

Herbs like passionflower, skullcap, lavender, chamomile and others have been used for thousands of years to promote calm, and modern research supports their use for easing anxiety and reducing stress. Passionflower works in part by influencing brain levels of GABA, a compound that helps regulate mood, and some studies show it's as effective as prescription anti-anxiety medications. Skullcap also works with GABA to reduce anxiety. Lavender contains compounds that are thought to interact with neurotransmitters to ease stress, while chamomile and holy basil (Tulsi) have properties that have been shown to promote relaxation and calm. Vervain has proven anti-anxiety and sedative properties. **TRY:** Gaia Herbs Calm A.S.A.P. (30 count). \$16, gaiaherbs.com

Get Your Omega-3s

These fatty acids, especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), work in part by influencing stress hormones and neurotransmitter function, and also by decreasing brain inflammation. Some researchers suggest the lower intake of omega-3s in our modern diet is linked with anxiety, as well as depression and other mood disorders. Studies show people with symptoms of anxiety have significantly lower levels of omega-3 fats and, in some studies, a higher ratio of omega-6 to omega-3 fats in the blood and in the brain. Supplementing with omega-3 fats has been linked with a significant reduction in anxiety, as well as improvements in mood, concentration and fatigue, in both people with clinical anxiety and healthy young adults without an anxiety disorder diagnosis. In one study, stressed-out students who took an omega-3 supplement for 12 weeks had a 20% reduction in symptoms of anxiety, compared with those who received a placebo.

TRY: Nordic Naturals Ultimate Omega. \$28, nordicnaturals.com



THE SUNSHINE VITAMIN

In addition to its role in bone health and immunity, vitamin D also influences neurotransmitters that impact brain function and mood, and vitamin D receptors are widespread in brain tissue and the central nervous system. Several studies have linked low blood levels of vitamin D with increased anxiety, worry, poor sleep and depression. Other research shows vitamin D supplementation can improve mood and reduce anxiety.

TRY: Country Life Vitamin D₃ 5,000 IU (200 count). \$16, amazon.com

The Gut Connection

There's a definitive link between gut health and mental function, and research shows that gut microbiota communicate with the central nervous system through a variety of pathways. Studies suggest gut microbes are involved in the regulation of the stress response, and a healthy microbiome can protect against anxiety and other mood disorders. A review of 34 controlled clinical trials found probiotics had "small but significant effects" on anxiety. In one study, people with chronic fatigue syndrome who took probiotics experienced a reduction in anxiety, and another found probiotics improved anxiety and sleep quality in students during periods of stress. **TRY:** Renew Life Mood & Stress Probiotic. \$22, renewlife.com



5 Ingredient Masterpieces

Your family will be amazed at the gourmet creations you can whip up using just 5 ingredients, plus a few pantry staples.

RECIPES BY ABIGAIL WOLFE, PHOTOGRAPHY BY RONALD TSANG



Pumpkin Gnocchi

with Creamy Pumpkin
Spinach Sauce



SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 35 MINUTES.

A simple dough of pumpkin, eggs and white whole-wheat flour combine to make some of the lightest, tastiest gnocchi you've ever tried.

- 1 2½- to 3-lb** sugar pie pumpkin, halved and seeded, or 2 cups unsweetened pumpkin purée
- ½ cup** raw unsalted pumpkin seeds
- 2 large** egg yolks
- 2 oz** cream cheese, cubed, room temperature
- 4 cups** baby spinach

PANTRY STAPLES:

- 4 tsp** safflower oil, divided
- 1½ tsp** sea salt, divided
- 2 tsp** ground allspice, divided
- ¾ cup** plus 5 tbsp white whole-wheat flour, divided, plus additional for dusting

1. Preheat oven to 375°F. Rub inside of each pumpkin half with 1 tsp oil, ⅛ tsp salt and ½ tsp allspice (per half). Wrap each half in foil and place on a baking sheet. Roast until very tender, 45 to 60 minutes. (**NOTE:** If using pumpkin purée, add ¼ tsp salt and 1 tsp allspice to the purée then divide into a mixing bowl and saucepan as described in Step Three.) Set aside to cool, wrapped, for 20 minutes.

2. On a small baking sheet, toss seeds with 1 tsp oil, ⅛ tsp salt and ½ tsp allspice. Spread in a single layer and

bake for 10 to 15 minutes until lightly toasted, stirring every 5 minutes. Set aside to cool.

3. Scoop pumpkin flesh from skins. Transfer to a food processor and purée until smooth. Transfer 1 cup purée to a medium mixing bowl. Transfer remaining 1 cup to a medium saucepan and set aside.

4. Whisk egg yolks into purée in mixing bowl. Sift in ¾ cup flour and ¾ tsp salt. Fold together until a soft, sticky dough forms. Scoop dough in 5 portions, about ¼ cup each, onto a lightly floured surface. Sift 1 tbsp flour onto each portion and knead each just until mixture comes together.

5. Roll each portion of dough gently with floured hands into 12-inch-long ropes, approximately ¾ inch in diameter. Using a sharp floured knife, cut each rope into 12 pieces. With a floured fork, roll each piece toward you and then lightly back, creating an indented oval shape.

6. Bring a large pot of salted water to boil. Cook gnocchi until they float, 2 to 3 minutes. Using a slotted spoon, transfer gnocchi to a bowl and toss with 1 tsp oil and ¼ tsp salt; cover.

7. Bring reserved saucepan of pumpkin purée to a boil on low, whisking in 6 tbsp to ½ cup water, or to desired consistency. Whisk in cream cheese, little by little, waiting to add more until previous cubes have dissolved. Fold in spinach 1 cup at a time, until wilted. Season with ⅛ tsp salt and ½ tsp allspice, or to taste.

8. To serve, divide gnocchi among 4 bowls, approximately 15 pieces each. Spoon sauce over each and sprinkle with spiced pumpkin seeds.

PER SERVING (15 pieces gnocchi, ½ cup sauce, 2 tbsp seeds): Calories: 375, Total Fat: 21 g, Sat. Fat: 5 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 8 g, Carbs: 35 g, Fiber: 7 g, Sugars: 4 g, Protein: 14 g, Sodium: 841 mg, Cholesterol: 108 mg





Lemon Shallot Rubbed Scallops with Lentils & Currant Compote

GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Reusing ingredients in creative ways helps keep the number of items in a recipe down. Here, zesty lemon and pungent shallot infuse every element of this dish – the lentils, scallops and vibrant compote.

3 large shallots, divided (**NOTE:** Peel and quarter 1 shallot; mince remaining 2 shallots to yield about 1 cup.)

3 to 4 lemons (**NOTE:** Cut 1 lemon into slices; zest and juice remaining lemons to yield 3 tsp zest and 7 tbsp juice.)

1 lb sea scallops, muscle removed, patted dry (12 to 14) (**NOTE:** For the most sustainable option, opt for diver sea scallops.)

1 cup du Puy lentils, rinsed

1 cup dried Zante currants

PANTRY STAPLES:

2¼ tsp dried thyme, divided

¾ tsp sea salt, divided, plus additional, to taste

¼ cup olive oil

1. To a mini food processor, add 2 tbsp minced shallots, 1 tsp zest, ¾ tsp thyme, ¼ tsp salt and 2 tbsp oil; pulse until combined. In a medium bowl, toss scallops with shallot mixture; cover and refrigerate for 1 hour.

2. Meanwhile, prepare lentils: In a medium saucepan, bring 3 cups water, lentils, sliced lemon and quartered shallot to a boil. Reduce heat to low and simmer until lentils are cooked through, adding boiling water as needed to keep lentils covered, 50 to 60 minutes. Drain. Combine cooked lentils with ½ cup minced shallots, 1 tbsp olive oil, 1½ tbsp lemon juice, 1 tsp zest, 1 tsp thyme and ½ tsp salt, or to taste.

3. Meanwhile, prepare compote: In a medium heat-proof bowl, cover currants with boiling water and let sit for 10 minutes; drain. In a small saucepan on medium, heat 1½ tsp oil.

Add 6 tbsp minced shallots and cook, stirring often, 3 to 4 minutes, until golden. Add currants, ¼ cup lemon juice, ½ tsp thyme and salt, to taste, and cook for 5 minutes, until slightly thickened. Remove from heat and stir in 1 tsp lemon zest.

4. In a 9- to 10-inch sauté pan on medium-high, heat remaining 1½ tsp oil. Sear scallops on one side until caramelized, about 2 to 3 minutes. Turn scallops over using tongs, add 1½ tbsp lemon juice, and cook for 1 minute more. To serve, spoon lentils on each of 4 plates. Top with scallops and compote.

PER SERVING (3 scallops, 2/3 cup lentils, ¼ cup compote): Calories: 504, Total Fat: 15 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 70 g, Fiber: 11.5 g, Sugars: 31 g, Protein: 29 g, Sodium: 555 mg, Cholesterol: 27 mg

Chicken & Ricotta Stuffed Zucchini Parcels

with Chunky Tomato Sauce

GF

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 1 HOUR.

Pretty packages filled with seasoned chicken and ricotta are smothered in a vegetable-filled tomato sauce. It takes a little bit of work to cut the zucchini with a mandoline and wrap the parcels, but it's absolutely worth it. Garnish with shaved Parmesan if you have some on hand, or simply eat as is.

- 3 large** zucchini, divided
- 1½ cups** finely diced yellow onion
- 2 cups** finely diced white or cremini mushrooms
- 7 tbsp** whole-milk ricotta
- 1 lb** ground chicken

PANTRY STAPLES:

- ¼ cup** olive oil, divided
- 1¼ tsp** sea salt, divided
- 3¾ tsp** dried Italian herb blend, divided
- ¾ tsp** ground black pepper, divided
- 1½ cups** unsalted puréed strained tomatoes (**TRY:** Pomì Strained Tomatoes)

Italian herbs and ⅛ tsp pepper. To a medium mixing bowl, transfer 1 cup vegetable mixture and cool completely. To a small saucepan, transfer remaining 1 cup mixture and set aside.

3. In a small bowl, whisk together 3 tbsp oil, ¼ tsp salt, ¾ tsp Italian herbs and ¼ tsp pepper; set aside. In a small bowl, combine ricotta with ¼ tsp each salt and Italian herbs and ⅛ tsp pepper; set aside.

4. To cooled vegetables in mixing bowl, mix in ground chicken, ¼ tsp salt, 1 tsp Italian herb blend and ⅛ tsp pepper.

5. Preheat oven to 400°F. Line a baking sheet with parchment paper, mist with cooking spray. Lay

strips of zucchini onto a clean work surface. Brush top sides of zucchini with reserved herb oil. Place 1 strip vertically in front of you and spoon 1 tsp ricotta mixture onto center of strip. Gently press the center of a second strip horizontally over ricotta, creating a "plus" shape. Scoop mounded 2 tbsp chicken mixture onto center of the "plus." Forming a parcel, fold strips top to bottom, bottom to top, right to left, left to right. Invert parcel folded side down onto prepared baking tray. Repeat to make 20 parcels. Brush tops of parcels with remaining herb oil. Bake for 15 minutes, until chicken is cooked through.

6. Meanwhile, to saucepan with reserved vegetable mixture, add tomato purée. Bring to a simmer on low and season with ¼ tsp salt, ¾ tsp Italian herbs and ⅛ tsp pepper. When parcels are done, spoon ½ cup tomato sauce onto each of 4 plates. Top each with 5 parcels.

PER SERVING (5 parcels and ½ cup tomato sauce): Calories: 384, Total Fat: 19 g, Sat. Fat: 4 g, Monounsaturated fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 21 g, fiber: 5 g, Sugars: 12 g, Protein: 34 g, Sodium: 728 mg, Cholesterol: 79 mg

1. Finely dice 1 zucchini to yield 2 cups; set aside. Trim ends from remaining 2 zucchini (trimmed zucchini should be approximately 8 inches long). Thinly shave zucchini lengthwise with mandoline, creating 40 strips, ⅛ inch thick. Wrap strips in two stacks in damp towels and set aside.

2. In an 11- to 12-inch skillet on medium, heat 1 tbsp oil. Add onion and cook, stirring often, for 4 to 5 minutes. Add finely diced zucchini and cook, stirring often, for 3 to 4 minutes until slightly softened. Add mushrooms and cook, stirring occasionally, until all vegetables are tender and any liquid is absorbed, about 5 minutes. Remove from heat and season with ¼ tsp salt, 1 tsp



Sweet & Spicy Beef Stir-Fry

with Asian Pear Sauce



SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 50 MINUTES.

A sticky, garlicky Asian pear sauce is the star of this stir-fry and what makes it taste so much like the one from your local takeout joint. This is one of our team's absolute favorite dishes of the issue – we highly recommend it! If you have a little more time on your hands, try making the garlic chips as a crispy topper.

- 12 oz** lean beef sirloin, sliced thinly (1½ inches x ¼ inch)
- ¼ cup** minced garlic, divided (about 12 cloves)
- 1 large** Asian pear, peeled and cored
- 4 small** heads baby bok choy
- 4 cups** soybean sprouts, rinsed

PANTRY STAPLES:

- ¼ cup** safflower oil, divided
- 2½ tbsp** reduced-sodium soy sauce, divided
- 3 tbsp** plus 1 tsp brown rice vinegar, divided
- 2 tbsp** raw honey
- 4 tsp** sriracha

1. In a small bowl, toss beef with 1 tbsp garlic and 1½ tsp each oil and soy sauce. Let stand for 30 minutes.

2. Meanwhile, prepare sauce: Into a sieve set over a bowl, grate pear on the large holes of a box grater. Press to collect juice in bowl. In a small saucepan on medium, heat 1½ tsp

oil. Add grated pear and 2 tbsp garlic and cook, stirring often, about 7 to 8 minutes, until lightly browned. Add 2 tbsp vinegar, honey, sriracha, remaining 2 tbsp soy sauce and ¼ cup reserved pear juice. Reduce heat to low, and simmer for 8 to 10 minutes until thickened. Keep warm.

3. Trim root end of bok choy until flat but leave intact with leaves attached. Slice lengthwise and place in a large bowl. Cover bok choy halves with cold water and soak to remove any dirt. Drain and rinse carefully to keep from breaking apart. Pat dry.

4. In an 11- to 12-inch sauté pan on medium, heat 1 tbsp oil. In pan, place bok choy halves cut side down and sprinkle with 2 tsp vinegar. Cover pan and cook for 3 to 5 minutes until tender and cut sides are caramelized. Transfer to a plate and keep warm.

5. To pan, add 1 tbsp oil and increase heat to medium-high; add sprouts, remaining 1 tbsp garlic and remaining 2 tsp vinegar and cook, stirring often, about 2 to 3 minutes, until lightly caramelized and tender. Transfer to plate.

6. To pan on medium-high, add remaining 1 tbsp oil. Add beef and cook, stirring, about 1 to 2 minutes, until starting to brown. Add ¼ cup Asian Pear Sauce and cook for 1 minute, until beef is cooked and

sauce is heated through. To serve, mound ⅓ cup sprouts on each of 4 plates, top each with ½ cup beef, and cross 2 bok choy halves on top. Spoon each with 1 tbsp of remaining sauce.

PER SERVING (¼ of recipe): Calories: 381, Total Fat: 20 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 12 g, Carbs: 28 g, Fiber: 4 g, Sugars: 18 g, Protein: 27.5 g, Sodium: 578 mg, Cholesterol: 59 mg

Garlic Chips

- 3 tsp** brown rice vinegar, divided
- 1½ tsp** sea salt, divided
- 8 to 10 large** cloves garlic, shaved thinly with a mandoline
- 6 tbsp** safflower oil

1. In small sauté pan, bring 1 cup water, 1 tsp vinegar and ½ tsp salt to a boil. Add garlic, blanch for 1 minute; drain. Repeat two more times, using 1 cup water, 1 tsp vinegar and ½ tsp salt each time, draining and patting dry.

2. Wipe out sauté pan; heat oil on medium. Add garlic and cook, stirring carefully to separate, for 30 seconds to 1 minute, until golden and crisp. Watch constantly to avoid burning. Turn off heat, remove garlic with skimmer and place on a paper towel. Use oil in stir-fry recipe, if desired.



Smoky Braised Chicken & Artichokes

with Olives & Basil Purée

GF

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR.

Saucy chicken and vegetables are drizzled with a simple but flavorful olive and basil purée for a stunning dish that looks like it came out of a high-end restaurant – your family will never know that it's actually quite straightforward to make!

- 4** boneless, skinless chicken thighs (1 lb), trimmed
- 2 cups** frozen artichoke quarters
- 1½ cups** peewee or fingerling potatoes, halved lengthwise
- ½ cup** pitted Castelvetrano olives (or your favorite green olives), halved, divided
- 1 cup** fresh basil, plus ¼ cup sliced fresh basil, divided

PANTRY STAPLES:

- 2½ tsp** smoked paprika, divided
- 1 tsp** sea salt, divided
- 2 tbsp** olive oil, divided
- 1¼ cups** plus 2 tbsp low-sodium chicken broth, room temperature
- 1 tbsp** white wine vinegar
- 1 tbsp** potato starch
(**TRY:** Bob's Red Mill Potato Starch)

1. Preheat oven to 350°F. Sprinkle chicken with ½ tsp paprika and ¼ tsp salt. In a small bowl, toss artichokes with 1 tsp oil, ½ tsp paprika and ¼ tsp salt. In a separate small bowl, toss potatoes with 1 tsp oil, ½ tsp paprika and ¼ tsp salt.

2. In a 9- to 10-inch cast iron skillet on medium-high, heat 1 tsp oil. Sear chicken thighs for 2 to 3 minutes per side, until golden; transfer to a plate. To skillet, add ¼ cup water and artichokes and sauté for 5 minutes, stirring often, until lightly browned. Transfer artichokes to plate with chicken. Reduce heat to medium, add 1½ tsp oil to skillet and add potatoes, cut side down. Cook potatoes until golden brown, about 5 minutes. Transfer to plate with chicken and artichokes.

3. In a bowl, whisk together 1¼ cups broth, vinegar, starch, 1 tsp paprika and ¼ tsp salt. Pour mixture into skillet and whisk constantly until boiling.

4. Return potatoes to skillet and top with chicken and artichokes. Sprinkle ¼ cup olives over top. Cover skillet with foil. Place skillet in oven and bake for 20 to 30 minutes, until potatoes are tender and chicken is cooked through.

5. Meanwhile, prepare purée: In a blender, purée 1 cup basil, remaining ¼ cup olives, 2 tbsp broth and 1½ tsp oil until smooth.

6. Divide chicken among plates, sprinkle with remaining ¼ cup sliced basil and drizzle with purée.

PER SERVING (1 chicken thigh, ½ cup vegetables in sauce, 1½ tbsp purée): Calories: 326, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated fat: 2 g, Carbs: 22 g, Fiber: 6 g, Sugars: 1 g, Protein: 28 g, Sodium: 891 mg, Cholesterol: 107 mg



five WEEKNIGHT DINNERS

in One Grocery Bag



You don't need a lengthy shopping list to get all your weeknight meals on the table. These 5 recipes use just 1 grocery bag of 20 ingredients plus a handful of pantry staples. But don't worry, you won't be eating the same thing every night. Each recipe is so creative and unique, you won't even notice ingredients are making repeat appearances throughout the week!

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY SUECH AND BECK

YOUR 20-ITEM GROCERY BAG

- | | | | |
|--------------|---------------|---------------|--------------------|
| 1 Chicken | 6 Parmesan | 11 Spinach | 16 Peas |
| 2 Salmon | 7 35% cream | 12 Leeks | 17 Asparagus |
| 3 Scallops | 8 Spaghetti | 13 Carrots | 18 Lemons |
| 4 Ricotta | 9 Garlic | 14 Dill | 19 Potatoes |
| 5 Feta | 10 Eggs | 15 Tarragon | 20 Phyllo pastry |



Three-Cheese Spinach Turnovers



SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **50 MINUTES**.

Ricotta, Parmesan and feta cheese commingle for ultimate creaminess in these turnovers made of flaky phyllo dough.

- 2 tbsp** olive oil, divided
- 1 clove** garlic, minced
- 8 cups** baby spinach
- 1 large** egg
- ¾ cup** full-fat ricotta cheese
- ⅓ cup** grated Parmesan cheese
- ⅓ cup** crumbled full-fat feta cheese
- 2 tsp** fresh chopped dill
- zest of 1 lemon**
- ¼ tsp** each sea salt and ground black pepper
- 8 sheets** whole-wheat phyllo dough

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2.** In a large skillet on medium-high, heat one-quarter of oil. Add garlic and cook, stirring occasionally, until fragrant, 30 seconds. Add spinach and cook, stirring frequently, until wilted, 1 minute. Remove from heat and let cool slightly. When cool enough to handle, squeeze out excess water with a paper towel and roughly chop.
- 3.** In a large bowl, combine egg, ricotta, Parmesan, feta, dill, lemon zest, salt and pepper. Add cooled spinach and stir to combine.

- 4.** Lay 1 sheet of phyllo dough on a work surface and brush with some of the remaining oil. Repeat with 3 more sheets, brushing additional oil in between layers. Cut dough into 4 even strips lengthwise. Place ¼ cup filling at one end of each strip, then fold over to form a triangle. Continue to fold the triangle along the length of the strip. Place triangle on baking sheet and brush with additional oil. Repeat with remaining dough and filling to make 8 turnovers total. Bake until pastry is golden, 25 to 28 minutes.

PER SERVING (2 turnovers): Calories: 391, Total Fat: 20 g, Sat. Fat: 8 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 4 g, Sugars: 1 g, Protein: 16 g, Sodium: 670 mg, Cholesterol: 87 mg

Easiest-Ever Carbonara with Scallops & Peas

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.



We've elevated the classic carbonara with seared scallops for added protein. Use any type of spaghetti here, such as brown rice or even quinoa if you prefer.

- 8 oz** whole-grain spaghetti (**TRY:** Jovial 100% Organic Whole Wheat Einkorn Spaghetti)
- 2 large** eggs
- ½ cup** whipping cream (35%)
- ½ cup** freshly grated Parmesan cheese
- 1 tbsp** olive oil, divided
- 1** leek, white and light green parts only, halved lengthwise then thinly sliced
- ½ tsp** sea salt, divided
- 1 clove** garlic, minced
- 12 large** sea scallops (about 14 oz)

- ¼ tsp** ground black pepper
- 1 cup** frozen peas, thawed
- 1 tsp** grated lemon zest

1. In a large pot, cook pasta according to package directions.

2. Meanwhile, in a small bowl, lightly beat eggs with a fork. Add cream and cheese and stir to combine.

3. In a large skillet on medium-high, heat one-half of oil. Add leeks and one-half of salt; cook, stirring frequently, until very soft, 10 to 12 minutes. Add garlic and cook, stirring frequently, until fragrant, 1 minute. Transfer leek mixture to a plate and keep warm.

4. Sprinkle scallops with remaining one-half of salt and pepper. Return to stove on medium-high and heat remaining one-half of oil. Add scallops and cook, turning once, until browned, 2 minutes per side. Transfer to a plate and keep warm.

5. Drain pasta, reserving ½ cup pasta water, and return to pot. Toss leeks, peas and lemon zest with pasta. Slowly add cream mixture, tossing to combine. Add reserved water, 1 tbsp at a time, until sauce reaches desired consistency.

PER SERVING (¼ of recipe): Calories: 518, Total Fat: 22 g, Sat. Fat: 10 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 49 g, Fiber: 6 g, Sugars: 4 g, Protein: 30 g, Sodium: 655 mg, Cholesterol: 159 mg



Sheet-Pan Salmon

with Dill Aioli & Roasted Vegetables

GF

SERVES 4. HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 50 MINUTES.

This homemade aioli with zesty lemon and fresh dill brightens up this simple roasted salmon with potatoes and asparagus.

AIOLI

- 2 large** egg yolks (**NOTE:** Use in-shell pasteurized eggs if you prefer.)
- ¼ cup** olive oil
- 1 tbsp** lemon zest
+ 1½ tbsp fresh lemon juice
- 2 tbsp** chopped fresh dill
sea salt and ground black pepper, to taste

SALMON & VEGETABLES

- 12 oz** baby yellow potatoes, halved
- 4 6-oz** skinless wild salmon fillets
- 1 bunch** asparagus (about 12 oz), trimmed
- 1½ tbsp** olive oil, divided
sea salt and ground black pepper, to taste

1. Prepare aioli: Place yolks in the work bowl of an immersion blender or a small food processor. With the motor running, slowly stream in oil until mixture is very thick, 1 minute. Stir in lemon zest, lemon juice and dill and season with salt and pepper. Refrigerate until ready to serve.

2. Preheat oven to 375°F. Line 2 rimmed baking sheets with parchment paper.

3. Place potatoes on half of 1 sheet, salmon on the second sheet and asparagus in a large bowl. Drizzle oil over top of each and season with salt and pepper.

4. Bake potatoes until tender and browned, 25 to 30 minutes. Add salmon to oven after 10 minutes and bake until cooked through, 12 to 14 minutes.

5. In the last 5 minutes of potato cooking, add asparagus to empty half of sheet. Serve salmon and vegetables with aioli.

PER SERVING (¼ of recipe): Calories: 467, Total Fat: 27 g, Sat. Fat: 5 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 4 g, Carbs: 18 g, Fiber: 3 g, Sugars: 1 g, Protein: 38 g, Sodium: 242 mg, Cholesterol: 172 mg





Spring Vegetable Soup

with Shredded Chicken & Parmesan Crisps

(F) (Q) (GF)

SERVES **6**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **40 MINUTES**.

An array of nutritious vegetables are piled into this gorgeous soup topped with shredded chicken. Parmesan cheese is made into crispy crackers to use over top instead of croutons.

- 4 tsp** olive oil, divided
- 1 8-oz** boneless, skinless chicken breast
- ½ tsp** each sea salt and ground black pepper, divided
- ½ cup** water
 - 1** leek, white and light green parts only, halved lengthwise and thinly sliced
 - 1** carrot, finely chopped
- 6 oz** baby yellow potatoes, cut into ½-inch cubes
- 6 cups** low-sodium chicken broth
- ¾ cup** freshly grated Parmesan cheese, divided
- 2 cups** baby spinach
- 1 cup** frozen peas, thawed

- 1.** Preheat oven to 400°F. Line 2 baking sheets with parchment paper.
- 2.** In a large cast iron skillet on medium-high, heat one-half of oil. Sprinkle chicken with one-half of each salt and pepper. Add chicken to skillet and cook until lightly browned on bottom, 4 to 5 minutes. Flip and carefully add water and cover with a tight-fitting lid or foil. (**TIP:** If your skillet doesn't come with a lid, fit a piece of foil around it. It helps to do this before your skillet is hot.) Reduce heat to medium-low and cook until chicken reaches 165°F on an instant-read thermometer and is no longer pink inside, 15 to 18 minutes. Transfer chicken to a board and wipe out skillet. When chicken is cool enough to handle, shred with 2 forks. Cover to keep warm.

- 3.** Meanwhile, in a large saucepan on medium, heat remaining one-half of oil. Add leeks, carrots, remaining one-half of salt and pepper and cook, stirring occasionally, until softened, 4 to 5 minutes. Add potatoes and broth and bring to a simmer. Reduce heat and simmer until potatoes are tender, 15 to 18 minutes.

- 4.** Meanwhile, working with 1 tbsp at a time, place cheese in a mound on prepared baking sheet and pat down. Repeat with remaining cheese, forming 12 piles and spacing 2 inches apart using both sheets. Bake until golden and bubbly, 4 to 5 minutes. Let cool on sheets.

- 5.** To saucepan, add spinach and peas and stir to combine. Divide soup and shredded chicken among bowls. Using a thin spatula, divide Parmesan crisps among bowls.

PER SERVING (½ of soup with 2 crisps):
 Calories: 206, Total Fat: 8 g, Sat. Fat: 3 g,
 Monounsaturated Fat: 4 g, Polyunsaturated
 Fat: 1 g, Carbs: 16 g, Fiber: 3 g, Sugars: 2 g,
 Protein: 18 g, Sodium: 477 mg, Cholesterol: 31 mg

**Skillet Chicken
Pot Pie**
with Phyllo Crust
(SEE RECIPE, P. 22)





Skillet Chicken Pot Pie with Phyllo Crust

SERVES **6**.

HANDS-ON TIME: **30 MINUTES**.

TOTAL TIME: **1 HOUR, 5 MINUTES**.

This childhood favorite is so easy to make from scratch – no need to use a canned soup as a starter. We make ours with fresh chopped vegetables and a simple base of flour, broth and cream. And the dough? We skip it and use packaged phyllo dough instead; simply scrunch it and brush it with oil before baking.

- 2 tbsp** olive oil, divided
- 2** boneless, skinless chicken breasts (about 1 lb total)
- ½ tsp** each sea salt and ground black pepper, divided
- ½ cup** water
- 1 large** carrot, finely chopped
- 1 large** leek, white and light green parts only, cut lengthwise and thinly sliced
- 3 tbsp** white whole-wheat flour (**TRY:** King Arthur 100% Organic White Whole Wheat Flour)
- 2 cups** low-sodium chicken broth
- 2 cups** baby spinach
- 1 cup** frozen peas, thawed
- 2 tbsp** chopped fresh tarragon
- ½ cup** whipping cream (35%)
- 4 sheets** whole-wheat phyllo pastry, thawed and wrapped in a damp towel

1. Preheat oven to 375°F.

2. In a large cast iron skillet on medium-high, heat one-quarter of oil. Sprinkle chicken with one-half of each salt and pepper. Add chicken to skillet and cook until lightly browned on bottom, 4 to 5 minutes. Flip and carefully add water and cover with a tight-fitting lid or foil. (**TIP:** If your skillet doesn't come with a lid, fit a piece of foil around it. It helps to do this before your skillet is hot.) Reduce heat to medium-low and cook until chicken reaches 165°F on an instant-read thermometer and is no longer pink inside, 15 to 18 minutes. Transfer chicken to a board and wipe out skillet. When chicken is cool enough to handle, shred with 2 forks. Cover to keep warm.

3. Return skillet to heat on medium; add one-half oil. Add carrots and cook, stirring frequently, until softened, 5 to 7 minutes. Add leeks and remaining one-half of each salt and pepper and cook, stirring frequently, until leeks are softened and carrots are very soft, 5 to 7 minutes more. Sprinkle vegetables with flour and cook, stirring constantly, for 30 to 45 seconds. Add broth, whisking, and bring to a simmer, then reduce heat to medium-low for 3 to 4 minutes. Add spinach and peas and cook, stirring frequently, until spinach wilts slightly, 1 minute. Add tarragon, cream and reserved chicken, stirring to combine. Remove from heat.

4. Scrunch each sheet of phyllo and arrange over chicken mixture. Brush with remaining one-quarter of oil. Bake until pastry is golden brown, 15 to 20 minutes.


PER SERVING (% of recipe): Calories: 309, Total Fat: 15 g, Sat. Fat: 6 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 22 g, Fiber: 3 g, Sugars: 3 g, Protein: 23 g, Sodium: 332 mg, Cholesterol: 67 mg

SHOPPING LIST

INGREDIENTS

- 1** | 1.5 lb chicken breast
- 2** | 4 6-oz salmon fillets
- 3** | 12 large scallops
- 4** | 3 leeks
- 5** | 2 carrots
- 6** | 2 10-oz pkgs baby spinach
- 7** | 1 16-oz pkg frozen peas
- 8** | 1 head garlic
- 9** | 1 bunch fresh dill
- 10** | 1 12-oz pkg whole-grain spaghetti
- 11** | 1 dozen eggs
- 12** | 7 oz ricotta
- 13** | 2 oz feta
- 14** | 6 oz Parmesan
- 15** | 1 bunch fresh tarragon
- 16** | 1 pint 35% cream
- 17** | 1 pkg whole-wheat phyllo pastry
- 18** | 3 lemons
- 19** | 1.5 lb baby yellow potatoes
- 20** | 1 bunch asparagus

PANTRY ITEMS

- 1 bottle olive oil
- 1 bottle sea salt
- 1 bottle black pepper
- 1 pkg white whole-wheat flour
- 2 qts chicken broth 



EAT CLEAN FOR 7 DAYS WITH JUST 20 INGREDIENTS

This streamlined grocery list using just 20 ingredients plus pantry staples will help you prep fast for a week's worth of healthy and dairy-free eating.

BY JESSE LANE LEE,
PHOTOGRAPHY BY BEATA LUBAS

SHOPPING LIST

1. 1 dozen large eggs
2. 4 4-oz fillets wild salmon
3. 1 lb ground turkey
4. 8 oz ground beef
5. 2 8-oz containers hummus
6. 3 lb carrots
7. 1 bunch celery
8. 1 large tomato
9. 4 medium + 3 large baking potatoes, such as Russet
10. 1 head garlic
11. 2 yellow onions
12. 6½ oz cremini mushrooms
13. 5½ oz shiitake or enoki mushrooms
14. 1 bunch green onions
15. 3 heads butter lettuce
16. 7 bananas
17. 5 oranges
18. 1 bag rolled oats
19. 1 loaf sprouted whole-grain or gluten-free bread
20. 14 oz almonds

PANTRY STAPLES

- pure maple syrup
- ground cinnamon
- ground ginger
- ground cumin
- sea salt
- ground black pepper
- dried parsley
- dried thyme
- dried rosemary
- paprika
- baking powder
- baking soda
- pure vanilla extract
- Dijon mustard
- reduced-sodium tamari
- apple cider vinegar
- coconut oil
- extra-virgin olive oil
- sesame oil
- coconut sugar
- sesame seeds
- hot sauce, optional

Sesame Beef Lettuce Cups



SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

Don't be fooled – lettuce wraps can be hearty with the right filling! This mixture uses ground beef and a combination of mushrooms including cremini plus your choice of shiitake or enoki for a satisfying meal.

- 1 tbsp sesame oil
- ½ cup diced yellow onion
- 2 cloves garlic, minced
- 1 tsp ground ginger
- 8 oz ground beef
- 1 cup chopped cremini mushrooms
- 1 cup shiitake and/or enoki mushrooms, sliced if large
- 5 tsp reduced-sodium tamari
- 8 butter lettuce leaves
- 2 tbsp sesame seeds
- hot sauce, optional
- ¼ cup sliced green onions

1. In a medium skillet on medium, heat oil. Add yellow onion and sauté for 4 minutes, until translucent. Add garlic and ginger and cook until fragrant, 30 seconds. Add beef and cook, stirring occasionally, for 5 minutes, until browned.


2. Add cremini and shiitake mushrooms and cook, stirring occasionally, for an additional 5 minutes. Stir in tamari and remove from heat.

3. To assemble, stack 2 lettuce leaves on top of each other and place one-quarter of beef mixture over top. Top with sesame seeds and hot sauce (if using). Sprinkle with green onions. Repeat with remaining ingredients.


NOTE: If following our meal plan, store beef mixture and lettuce separately. Heat beef mixture then assemble right before eating.

PER SERVING (2 lettuce cups):
Calories: 373, Fat: 23 g, Sat. Fat: 6 g,
Monounsaturated Fat: 9 g, Polyunsaturated
Fat: 5 g, Carbs: 13.5 g, Fiber: 3 g, Sugars: 3 g,
Protein: 29 g, Sodium: 666 mg,
Cholesterol: 73 mg






**Easiest-Ever
Shepherd's Pie**
(P. 26)



Salmon Salad
(P. 26)



**Maple Baked
Salmon**
(P. 26)



(F) (Q) (GF)

Maple Baked Salmon: In a shallow bowl, combine 2 tbsp each melted coconut oil, maple syrup, Dijon mustard and 2 cloves garlic, minced; add 4 salmon fillets. Marinate in the refrigerator 15 minutes to 1 hour. Place salmon on a baking sheet, discard marinade and bake at 425°F for 15 to 20 minutes.



(Q) (GF)

Salmon Salad: Toss 3 cups torn lettuce, ½ cup each grated carrots, chopped celery and sliced cremini mushrooms and ¼ cup chopped tomato. Whisk together 2 tbsp EVOO, 1 tbsp vinegar, 2 tsp maple syrup and pinch each salt and pepper; drizzle over salad. Top with 1 fillet Maple Baked Salmon (recipe above).



Easiest-Ever Shepherd's Pie

(F) (Q) (GF)

SERVES 4.

- 3 large** baking potatoes, cubed
- 1½ cups** Homemade Almond Milk (p. 80), divided
sea salt and ground black pepper, to taste
- 2 tbsp** + 1 tsp extra-virgin olive oil, divided
- 1 lb** ground turkey
- 1** yellow onion, finely chopped
- 1** carrot, finely chopped
- 1 clove** garlic, minced
- 2 tbsp** oat flour (**TIP:** Use a spice grinder to process rolled oats into flour.)
- ½ tsp** each dried thyme, rosemary and parsley
paprika, for sprinkling

- 1.** In a medium pot, boil potatoes in salted water until soft, 15 minutes. Drain and mash with ½ cup almond milk, salt and pepper.
- 2.** Meanwhile, in a large skillet on medium, heat 1 tsp oil. Add turkey and cook until no longer pink, 5 minutes. Add onion and carrot and sauté for an additional 4 minutes. Add garlic and cook 1 minute more.
- 3.** Meanwhile, in a small saucepan, whisk together remaining 2 tbsp oil and flour and cook until bubbling, 3 minutes. Whisk in remaining 1 cup almond milk, thyme, rosemary, parsley and additional salt and pepper and let thicken for 2 minutes. Add sauce to turkey mixture and cook until heated through.
- 4.** Preheat broiler to high and arrange an oven rack 8 inches from element. Place turkey mixture at the bottom of a casserole dish. Evenly spread potatoes over turkey mixture and top with a sprinkle of paprika. Broil until potatoes are golden brown. Cut into 4 squares.

Oatmeal Banana Carrot Muffins

Q V GF

MAKES 12 MUFFINS. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 40 MINUTES.

These muffins are a delicious combination of carrot cake, banana bread and oatmeal muffins, all in one bite. They are super moist, dairy-free and gluten-free. This recipe calls for our Homemade Almond Milk & Homemade Almond Butter (recipes below) to save on ingredients, but if you want to use a packaged variety, they will work just as well.

MUFFINS

- 2 cups** oat flour (**NOTE:** Place rolled oats in a high-powered blender or in batches in a spice grinder and grind until fine to yield 2 cups.)
- ½ cup** coconut sugar
- 2 tsp** baking powder
- 1 tsp** each baking soda and ground cinnamon
- ¼ tsp** ground ginger
- 2 large** eggs
- 1 cup** Homemade Almond Milk (recipe at right)
- 2** bananas, mashed
- 1 tsp** pure vanilla extract
- 2 cups** grated carrot

ICING

- 2 tbsp** coconut oil
- ¼ cup** Homemade Almond Butter (recipe at right)
- ¼ cup** pure maple syrup
- 1 tbsp** Homemade Almond Milk

1. Preheat oven to 350°F and line a standard muffin tray with 12 paper liners.

2. Prepare muffins: In a large bowl, mix together oat flour, coconut sugar, baking powder, baking soda, cinnamon and ginger. In a medium bowl, whisk together eggs, almond milk, bananas and vanilla. Add egg mixture to dry ingredients and stir until mixed. Fold in carrots.

3. Pour batter into prepared liners and bake for 30 minutes, or until a toothpick inserted in the center comes out clean. Transfer to a wire rack to cool.

4. Meanwhile, prepare icing: To a food processor, add coconut oil and almond butter and blend for 2 minutes. Slowly drizzle in maple syrup and almond milk until smooth. When muffins are cool, top with icing.

NOTE: If following our Meal Plan, store muffins in refrigerator.

PER SERVING (1 muffin): Calories: 196, Fat: 6.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 33 g, Fiber: 3 g, Sugars: 18 g, Protein: 4 g, Sodium: 229 mg, Cholesterol: 31 mg

Homemade Almond Milk: Soak 1½ cups almonds overnight in the fridge. Drain and rinse, place in a blender with 3½ cups water and blend for 2 minutes. Strain through a cheesecloth or nut milk bag. Store in the fridge.

Homemade Almond Butter: Blend or process ¼ cups almonds, 1 tsp melted coconut oil and pinch salt to desired texture; refrigerate. Store in the fridge.

Q

Spiced Egg Salad Sandwich: Hard-boil 2 eggs. Peel and place in a bowl with ¼ cup finely chopped celery, 1 tbsp olive oil and pinch each cumin, salt and pepper. Mash together and serve between 2 slices bread with 2 lettuce leaves and 2 slices tomato.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand 2 minutes. Drizzle with ½ tbsp maple syrup.</p> <p>SNACK: 1 Oatmeal Banana Carrot Muffin (p. 27; save leftovers)</p> <p>LUNCH: <i>Spiced Egg Salad Sandwich</i> (p. 27)</p> <p>1 orange</p> <p>SNACK: ¼ cup hummus with 2 stalks celery, sliced</p> <p>DINNER: 1 fillet <i>Maple Baked Salmon</i> (p. 26; save leftovers)</p> <p><i>Mashed Potatoes:</i> Cook 1 lb (3 medium) potatoes, peeled and quartered, in boiling water until soft, 15 minutes. Mash with ½ cup <i>Homemade Almond Milk</i> (p. 27; save leftovers) and 1 tbsp EVOO. (Eat ½; save leftovers.)</p> <p><i>Sautéed Carrots:</i> Place 1 lb carrots, sliced, in a deep skillet with 2 tbsp water, 1 tsp dried parsley, ¼ tsp each salt and pepper; bring to a boil. Cover and cook on medium-low for 7 to 8 minutes, until just cooked through. Add 1 tbsp EVOO and cook 1 minute more. (Eat ½; save leftovers.)</p> <p>NUTRIENTS: Calories: 1,532, Fat: 61 g, Sat. Fat: 14 g, Carbs: 186 g, Fiber: 31 g, Sugars: 58 g, Protein: 69 g, Sodium: 1,723 mg, Cholesterol: 457 mg</p>	<p>BREAKFAST: 2 slices toast topped with 2 tbsp <i>Homemade Almond Butter</i> (p. 27; save leftovers) and 1 banana, sliced</p> <p>SNACK: ⅓ cup hummus with 2 carrots, sliced</p> <p>LUNCH: <i>Salmon Salad</i> (p. 26)</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 27)</p> <p>DINNER: 1 serving <i>Easiest-Ever Shepherd's Pie</i> (p. 26; save leftovers)</p> <p>NUTRIENTS: Calories: 1,923, Fat: 84 g, Sat. Fat: 18 g, Carbs: 223 g, Fiber: 34 g, Sugars: 80 g, Protein: 84 g, Sodium: 1,967 mg, Cholesterol: 199 mg</p>	<p>BREAKFAST: <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand 2 minutes. Drizzle with ½ tbsp maple syrup.</p> <p>SNACK: 1 Oatmeal Banana Carrot Muffin (leftovers, p. 27)</p> <p>LUNCH: 1 serving Easiest-Ever Shepherd's Pie (leftovers, p. 26)</p> <p>1 orange</p> <p>SNACK: ⅓ cup hummus with 2 stalks celery, sliced</p> <p>DINNER: 1 fillet Maple Baked Salmon (leftovers, p. 26)</p> <p>Remaining ⅔ Sautéed Carrots (leftovers)</p> <p>Remaining ½ Mashed Potatoes (leftovers)</p> <p>NUTRIENTS: Calories: 1,677, Fat: 60 g, Sat. Fat: 13 g, Carbs: 224 g, Fiber: 36 g, Sugars: 65 g, Protein: 74 g, Sodium: 1,832 mg, Cholesterol: 168 mg</p>	<p>BREAKFAST: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 27)</p> <p>SNACK: 1 hard-boiled egg with pinch each salt and pepper and 2 tbsp hummus</p> <p>LUNCH: <i>Salmon Salad</i> (p. 26)</p> <p>SNACK: 1 banana</p> <p>¼ cup almonds</p> <p>DINNER: Sesame Beef Lettuce Cups (p. 24; save leftovers)</p> <p>1 orange</p> <p>NUTRIENTS: Calories: 1,782, Fat: 97 g, Sat. Fat: 21 g, Carbs: 159 g, Fiber: 27 g, Sugars: 84 g, Protein: 83 g, Sodium: 1,702 mg, Cholesterol: 375 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: 2 slices toast topped with 2 tbsp Homemade Almond Butter (leftovers, p. 27) and 1 banana, sliced</p> <p>SNACK: ⅓ cup hummus with 2 carrots, sliced</p> <p>1 orange</p> <p>LUNCH: <i>Spiced Egg Salad Sandwich</i> (p. 27)</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 27)</p> <p>DINNER: 1 serving Easiest-Ever Shepherd's Pie (leftovers, p. 26)</p> <p>NUTRIENTS: Calories: 1,906, Fat: 74.5 g, Sat. Fat: 17 g, Carbs: 243 g, Fiber: 38 g, Sugars: 80.5 g, Protein: 82 g, Sodium: 2,303 mg, Cholesterol: 519 mg</p>	<p>BREAKFAST: <i>Eggs & Spuds:</i> Preheat oven to 350°F and line a baking sheet with parchment paper. Toss 1½ cups diced potatoes in 2 tbsp EVOO and sprinkle with ⅛ tsp each salt and pepper. Spread evenly on sheet. Bake for 30 minutes, stirring occasionally. Top with 2 sunny-side-up eggs cooked in 1 tsp EVOO.</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 27)</p> <p>LUNCH: 1 serving Easiest-Ever Shepherd's Pie (leftovers, p. 26)</p> <p>1 banana</p> <p>SNACK: ¼ cup hummus with 2 carrots, sliced</p> <p>DINNER: Sesame Beef Lettuce Cups (leftovers, p. 24)</p> <p>NUTRIENTS: Calories: 2,091, Fat: 104 g, Sat. Fat: 24 g, Carbs: 215.5 g, Fiber: 31 g, Sugars: 67 g, Protein: 87 g, Sodium: 2,321 mg, Cholesterol: 592 mg</p>	<p>BREAKFAST: <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup rolled oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand 2 minutes. Drizzle with ½ tbsp maple syrup.</p> <p>SNACK: ⅓ cup hummus with 2 carrots, sliced</p> <p>LUNCH: <i>Banana Almond Butter Sandwich:</i> Spread 2 tbsp Homemade Almond Butter (leftovers, p. 27) on 2 slices toast. Slice 1 banana, layer over almond butter on 1 slice and sandwich with other slice.</p> <p>SNACK: 2 Oatmeal Banana Carrot Muffins (leftovers, p. 27)</p> <p>DINNER: <i>Salad with Hard-Boiled Eggs:</i> Toss 3 cups lettuce, ½ cup each grated carrots, chopped celery and sliced mushrooms and ¼ cup chopped tomato with 2 tbsp EVOO, 1 tbsp vinegar, 2 tsp maple syrup and pinch each salt and pepper. Top with 2 hard-boiled eggs, sliced.</p> <p>1 orange</p> <p>NUTRIENTS: Calories: 1,697, Fat: 73 g, Sat. Fat: 15 g, Carbs: 223 g, Fiber: 38 g, Sugars: 96 g, Protein: 54 g, Sodium: 1,700 mg, Cholesterol: 435 mg</p>	

GET AHEAD: Make the Homemade Almond Butter, Homemade Almond Milk and Oatmeal Banana Carrot Muffins (p. 80) on the weekend for a smoother week.

EVOO = EXTRA-VIRGIN OLIVE OIL

SHOPPING LIST

1. 1½ lb chicken breast tenders
2. 2 dozen large eggs
3. 8 oz halloumi cheese
4. 10 oz ahi tuna
5. 1 lb organic sprouted extra-firm tofu
6. 2 32-oz containers full-fat yogurt (**TRY:** Stonyfield Organic Probiotic Plain Whole Milk Yogurt)
7. 1 lime
8. 1 5-oz pkg arugula
9. 2 artichokes
10. 1 bunch asparagus
11. 5 avocados
12. 4 carrots
13. 1 bunch fresh cilantro
14. 8 lemons
15. 1 head butter lettuce
16. 2 yellow onions
17. 5 oranges
18. 2 radishes
19. 5 pints strawberries
20. 2 10-oz pkgs baby spinach

PANTRY STAPLES

- 2 15-oz cans BPA-free canned chickpeas
- 1 pkg quinoa
- 1 jar almond butter (**TRY:** Once Again Creamy Organic Almond Butter)
- 1 bottle avocado oil
- 1 bottle coconut aminos
- 1 bottle dried thyme
- 1 bottle ground ginger
- 1 bottle garlic powder
- 2 pints chicken bone broth
- 1 bottle ground turmeric (**TRY:** Simply Organic Turmeric)
- 1 bottle sea salt
- 1 bottle ground black pepper

A Week of Meals in 20 Ingredients

Usher in spring with this streamlined 7-day plan that uses only minimal ingredients and key pantry staples to yield a week's worth of healthy eating.

BY ERIN MACDONALD, RDN AND TIFFANI BACHUS, RDN,
PHOTOGRAPHY BY OLIMPIA DAVIES

Crispy Tofu over Quinoa

with Almond Lime Sauce

Q V GF

SERVES 2.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

- 1 tbsp avocado oil
- 8 oz organic sprouted extra-firm tofu, cubed
- sea salt and ground black pepper, to taste
- 1 cup cooked quinoa
- 1 radish, sliced thinly
- 1 carrot, shredded (**TIP:** If your carrots come with the green tops, try chopping them up as a garnish.)
- 1 avocado, sliced
- 2 tbsp chopped fresh cilantro

SAUCE

- 1 lime, zested and juiced
- 3 tbsp almond butter
- 3 tbsp water
- 1 tbsp coconut aminos
- 1 tsp ground ginger

1. In a large nonstick skillet on medium-high, heat oil. Add tofu and season with salt and pepper. Cook 12 to 14 minutes, flipping once, until golden and lightly crispy. Divide tofu, quinoa, radish, carrot, avocado and cilantro between 2 plates.

2. In a small bowl, whisk together all sauce ingredients; pour over bowls.

NOTE: If following our Meal Plan, refrigerate components separately and combine when called for.

PER SERVING (½ of recipe): Calories: 641, Total Fat: 44 g, Sat. Fat: 5 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 10 g, Carbs: 43 g, Fiber: 14 g, Sugars: 7 g, Protein: 27 g, Sodium: 325 mg, Cholesterol: 0 mg



Q V GF

Garlic-Roasted Chickpeas

- 2 15-oz BPA-free cans chickpeas, rinsed and drained
- 2 tbsp avocado oil
- 1½ tsp garlic powder
- ½ tsp each sea salt and ground black pepper

Preheat oven to 400°F. Blot chickpeas with a paper towel to dry. In a bowl, toss chickpeas with oil, garlic powder, salt and pepper. Spread on a baking sheet and bake for 10 minutes. Toss and bake for another 10 minutes, until browned and crunchy. (Makes 5 servings.)



Halloumi Lettuce Tacos *with Avocado Cilantro Mash*

Q V GF

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

- 1 tbsp avocado oil
- 8 oz halloumi cheese, sliced into 8 planks
- 1 radish, julienned
- ½ lemon, juiced
- 8 butter lettuce leaves
- 1 carrot, shredded

AVOCADO MASH

- 1 avocado, peeled, pitted
- ½ lemon, juiced
- 2 tbsp chopped fresh cilantro
- sea salt and ground black pepper, to taste

1. In a large nonstick skillet on medium-high, heat oil. Add halloumi slices and cook 4 to 5 minutes, until bottom of halloumi is golden. Flip and cook 3 to 4 minutes more. Transfer to a plate.

2. Meanwhile, in a bowl, place radish and cover with juice of ½ lemon to quickly pickle.

3. Make mash: Mash avocado in a bowl and stir in lemon juice, cilantro, salt and pepper.

4. Spoon mash into each lettuce leaf. Top with halloumi, radishes and carrots.

PER SERVING (½ of recipe): Calories: 622, Total Fat: 53 g, Sat. Fat: 24 g, Monounsaturated Fat: 22 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 8 g, Sugars: 3 g, Protein: 27 g, Sodium: 1,353 mg, Cholesterol: 86 mg

P F Q GF

Veggie-Packed Bone Broth**4 cups** chicken bone broth**8 oz** chicken breast tenders, chopped**1** carrot, chopped**½ tsp** each ground turmeric, ground ginger and garlic powder**¼ tsp** each sea salt and ground black pepper**4 cups** baby spinach
fresh cilantro sprigs, for garnish

To a stockpot, add broth, chicken, carrot, turmeric, ginger, garlic, salt and pepper and bring to a simmer on medium. Simmer 15 minutes. Add spinach and simmer until wilted. Garnish with cilantro. (Makes 2 servings.)

Q V GF

Turmeric Deviled Eggs**4 large** eggs, hard-boiled and peeled**¼ cup** full-fat yogurt**½** lemon, zested and juiced**1 tbsp** chopped fresh cilantro**½ tsp** ground turmeric
sea salt and ground black pepper, to taste
additional lemon zest or fresh cilantro, for garnish

Slice eggs in half lengthwise and remove yolks. Place yolks in bowl and mash with a fork. Add yogurt, lemon zest and juice, cilantro and turmeric; mix. Season with salt and pepper. Spoon into egg whites. Garnish with additional lemon zest or cilantro. (Makes 2 servings.)

V GF

Artichokes with Lemon Yogurt Dip**2** artichokes**½ cup** full-fat yogurt**½** lemon, zested and juiced**½ tsp** garlic powder

Use a sharp knife to trim artichoke stems. Cut off 1 inch from top of artichokes. Use kitchen shears to trim sharp points from each leaf. Remove bottom few leaves from base of artichoke. Place artichokes in a medium saucepan and add about 1 inch of water. Bring to a boil then reduce to a simmer. Cover and cook 40 minutes or until a leaf can easily be pulled off.

Meanwhile, in a small bowl, combine yogurt, lemon juice, zest and garlic powder. Halve artichokes and serve with dip. (Makes 2 servings.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: Spinach Scramble: Sauté ¼ cup chopped onion in 1 tbsp oil; add 2 cups baby spinach and sauté until wilted. Season with salt and pepper. Add 2 eggs and scramble with vegetables. Serve with ½ avocado, sliced.</p> <p>1 orange, peeled and chopped, over 1 cup yogurt</p> <p>SNACK: 1 cup strawberries with 2 tbsp almond butter</p> <p>LUNCH: Crispy Tofu over Quinoa with Almond Lime Sauce (p. 30; eat ½, save leftovers)</p> <p>SNACK: Garlic-Roasted Chickpeas (p. 30; save leftovers)</p> <p>DINNER: Ginger Turmeric Chicken: Sauté 8 oz chopped chicken in 1 tsp oil; season with ¼ tsp each turmeric and ginger, and salt and pepper to taste. (Eat ½; save leftovers.)</p> <p>Artichokes with Lemon Yogurt Dip (p. 32; save leftovers)</p>	<p>BREAKFAST: Quinoa Breakfast Bowl: Cook 1½ cups quinoa according to package directions. In a nonstick skillet, heat 1 tbsp oil. Sauté ¼ cup chopped onions. Add 2 cups baby spinach; season with pinch each salt and pepper and sauté until wilted. Set aside. Heat 1 tbsp oil and cook 2 eggs sunny side up. Serve ½ cup cooked quinoa (save leftovers to use throughout the week) topped with cooked veggies and eggs. Add salt and pepper, to taste.</p> <p>SNACK: 1 cup strawberries, chopped, over 1 cup yogurt</p> <p>LUNCH: Ginger Turmeric Chicken (leftovers)</p> <p>Spinach Strawberry Salad: Toss 2 cups baby spinach with ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 30)</p> <p>DINNER: Halloumi Lettuce Tacos with Avocado Cilantro Mash (p. 31; save leftovers)</p>	<p>BREAKFAST: Stir 1 cup chopped strawberries and 1 tbsp each orange zest and almond butter into 1 cup yogurt.</p> <p>SNACK: 2 hard-boiled eggs; 1 orange</p> <p>LUNCH: Halloumi Lettuce Tacos with Avocado Cilantro Mash (p. 31; leftovers)</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 30)</p> <p>DINNER: Crispy Tofu over Quinoa with Almond Lime Sauce (leftovers, p. 30)</p>	<p>BREAKFAST: Berry Quinoa Bowl: Stir together ½ cup cooked quinoa (leftovers), warmed, 2 tbsp almond butter and 1 cup chopped strawberries.</p> <p>SNACK: 2 hard-boiled eggs; 1 orange</p> <p>LUNCH: Turmeric Deviled Eggs (p. 32; eat ½, save leftovers) over bed of chopped butter lettuce</p> <p>Artichokes with Lemon Yogurt Dip (leftovers, p. 32)</p> <p>SNACK: Stir 1 tbsp lemon juice and 1 tsp lemon zest into 1 cup yogurt.</p> <p>DINNER: Chicken with Lemon Thyme Yogurt: Cook 8 oz chicken in 1 tbsp oil; season with salt and pepper. Transfer to a plate. Heat ½ tsp oil and add 2 cups chopped asparagus and ½ cup chopped onion; cook for 5 minutes. Whisk ½ cup yogurt with zest and juice of 1 lemon and 1 tsp dried thyme; serve over chicken. (Eat ½, save leftovers.)</p>
<p>NUTRIENTS: Calories: 1,828, Fat: 116 g, Sat. Fat: 21 g, Carbs: 128 g, Fiber: 41 g, Sugars: 47 g, Protein: 93 g, Sodium: 1,131 mg, Cholesterol: 540 mg</p>	<p>NUTRIENTS: Calories: 1,886, Fat: 134 g, Sat. Fat: 35 g, Carbs: 102 g, Fiber: 31 g, Sugars: 24 g, Protein: 89 g, Sodium: 2,393 mg, Cholesterol: 586 mg</p>	<p>NUTRIENTS: Calories: 1,942, Fat: 130 g, Sat. Fat: 39 g, Carbs: 127 g, Fiber: 38 g, Sugars: 47 g, Protein: 88 g, Sodium: 2,351 mg, Cholesterol: 538 mg</p>	<p>NUTRIENTS: Calories: 1,393, Fat: 67 g, Sat. Fat: 18 g, Carbs: 125 g, Fiber: 26 g, Sugars: 49 g, Protein: 88 g, Sodium: 906 mg, Cholesterol: 925 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: Quinoa Breakfast Bowl: In a nonstick skillet, sauté ¼ cup chopped onion in 1 tbsp oil on medium-high; add 2 cups baby spinach, juice of ½ lemon, salt and pepper. Sauté 2 minutes; set aside. Add 1 tbsp oil to pan and cook 2 eggs sunny side up. Serve with ½ cup cooked quinoa (leftovers) and top with cooked veggies and eggs. Add salt and pepper, to taste. Serve with ½ avocado, sliced.</p> <p>SNACK: 1 cup strawberries with 2 tbsp almond butter</p> <p>LUNCH: Chicken with Lemon Thyme Yogurt (leftovers)</p> <p>SNACK: Stir 1 tbsp lemon juice and 1 tsp lemon zest into 1 cup yogurt</p> <p>DINNER: Tuna Arugula Salad: Sear 10 oz ahi tuna in 1 tbsp oil on medium-high for 1 to 2 minutes per side, or to desired doneness. Whisk 2 tbsp each oil and lemon juice, 1 tsp dried thyme and salt and pepper to taste. Top 3 cups arugula with 1 orange, peeled and sliced, and sliced tuna. Drizzle with dressing before serving. (Eat ½; save leftovers, keeping components separate.)</p>	<p>BREAKFAST: Avocado Tofu "Toast": Slice 4 oz tofu into 4 planks lengthwise. Blot with paper towels to remove as much water as possible. In a skillet on medium-high, heat 1 tbsp oil; add tofu and season with salt and pepper. Cook 12 minutes, turning halfway, until golden and crispy on both sides. Transfer to a plate. Sauté 2 cups baby spinach; set aside. Cook 2 eggs any style. Mash 1 avocado and spread on top of tofu "toast." Top with spinach and eggs.</p> <p>SNACK: 1 cup strawberries with 2 tbsp almond butter</p> <p>LUNCH: Tuna Arugula Salad (leftovers)</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 30)</p> <p>DINNER: Veggie-Packed Bone Broth (p. 32; eat ½, save leftovers)</p> <p>Spinach Strawberry Salad: Toss 2 cups baby spinach and ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.</p>	<p>BREAKFAST: Stir 1 cup chopped strawberries and 1 tbsp each orange zest and almond butter into 1 cup yogurt.</p> <p>SNACK: Turmeric Deviled Eggs (leftovers, p. 32)</p> <p>LUNCH: Veggie-Packed Bone Broth (leftovers, p. 32)</p> <p>Spinach Strawberry Salad: Toss 2 cups baby spinach with ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 30)</p> <p>DINNER: Tofu Arugula Salad: In 1 tsp oil, cook 4 oz tofu, chopped, until golden. Place in bowl; add 1 cup arugula, 1 carrot, shredded, and ½ avocado, chopped. Whisk together 1 tbsp oil and 1 tbsp lemon juice. Pour over arugula mixture and toss.</p>	
<p>NUTRIENTS: Calories: 1,652, Fat: 106 g, Sat. Fat: 20 g, Carbs: 94 g, Fiber: 22 g, Sugars: 40 g, Protein: 102 g, Sodium: 1,275 mg, Cholesterol: 602 mg</p>	<p>NUTRIENTS: Calories: 1,761, Fat: 108 g, Sat. Fat: 14 g, Carbs: 93 g, Fiber: 37 g, Sugars: 28 g, Protein: 121 g, Sodium: 2,484 mg, Cholesterol: 564 mg</p>	<p>NUTRIENTS: Calories: 1,500, Fat: 90 g, Sat. Fat: 17 g, Carbs: 96 g, Fiber: 28 g, Sugars: 39 g, Protein: 91 g, Sodium: 2,029 mg, Cholesterol: 491 mg</p>	