

## **The 2015 Clean Eating Challenge is a two-week meal plan that focuses on cooking and eating real food in order to feel great. It's a lot like last year's [Challenge](#), but with all new recipes!**

Everybody wants to look and feel their best for summertime, which is why so many people took BuzzFeed Food's [Clean Eating Challenge](#) last year. This year's Challenge follows the same nutrition guidelines — low-carb, gluten-free, no processed food, lots and lots of fresh produce — with all-new recipes and easy-to-follow instructions. Most important, it's all about eating super healthy food that leaves you feeling happy and energized.

**You'll eat three meals and two snacks every day.** The in-depth instructions will guide you through everything from grocery shopping to cooking to exactly when and how to store leftovers. And don't worry, there's plenty of variety, so you won't get bored.

### **13 Things You Need To Know About BuzzFeed Life's Clean Eating Challenge Before You Start:**

- 1) Every meal and snack is homemade; if you don't know how to cook this challenge will teach you how.** If you follow the scheduled prep, the making of meals is easy — and there are step-by-step photos for each day. The plan is low-carb and gluten-free with an emphasis on lean protein and fresh produce. There's no processed food allowed.
- 2) Each recipe is calculated for one person, as is the grocery list.** Every day, you'll eat three meals and two snacks (one snack after lunch, one after dinner) for a daily total of 1,300–1,600 calories.
- 3) It's important that you follow the meal plan in order** since most of the recipes call for leftover ingredients from previous days.
- 4) You can start the challenge on any Saturday:** Day One of the challenge is actually Sunday, but there is some prep (like grocery shopping) to do Saturday.
- 5) There's a really helpful calendar that you can print or bookmark online.** It will help by giving you an overview of all your meals, prep work for the next day, and what uses leftovers.

**6) All of the weekday lunches and snacks are portable** so you can take them to work, to class, or wherever you need to go. There are instructions with each of the lunches and snacks on how to pack them to go. If you're packing lunches to go and eating at work, you might want to keep salt, pepper, and a paring knife at the office just in case, but our schedule has you prep everything at home beforehand.

**7) You'll go grocery shopping twice:** once on Saturday, the day before you start Week one of the challenge, and again the following Saturday before week two begins. The second shopping trip will be lighter, since you'll already have all the pantry stuff you need and will pretty much just be buying produce and protein. Both grocery lists are separate PDF files that you can print.

**8) You'll freeze some of your meat and fish** since you're buying everything at the beginning of the week, which means we'll tell you exactly when to thaw the proteins, so make sure you stay on top of that! Nothing's worse than getting excited about salmon for dinner and coming home to a block of frozen fish. If you don't want to freeze your proteins, you can buy them the day you're scheduled to use them and put them right in the fridge if you have time for additional trips to the grocery store — that's up to you.

**9) Protein amounts are different for men and women:** Every serving of protein is 4 ounces for women and 8 ounces for men, and servings of nuts are also doubled for men. This is noted in every relevant recipe, so you'll get a heads-up every time. But all the calorie counts and nutrition breakdowns are calculated based on women's serving sizes.

**10) You need to drink about six glasses of water per day.** The specific amount is 60 ounces (7½ cups) of water per day, but there's no need to obsessively measure, just know that most water glasses hold about 10 ounces, so six of those will get you to your goal.

**11) Salt amounts matter** and they are specified in the recipes. Be sure to follow them to get the full results of the detox!

**12) Aim to eat every three to four hours,** and try not to eat within two hours of bedtime.

**13) No coffee and no booze.** Yes, you read that right. If you can't go two weeks without caffeine, you can drink up to 24 ounces (3 cups) of green tea per day. Alcohol is not allowed on the challenge. But, we understand that even if we say that, some of you will cheat. So, if you decide to break this rule, limit yourself to two glasses of wine, maximum, over the course of the two weeks.

## CHEATER'S DINING-OUT GUIDELINES:

**First of all, don't eat out. But if you HAVE to, only eat out once, and keep it clean.**

**Stick with lean proteins.** White fish such as branzino and sea bass is your best bet, and it's available at most sit-down restaurants. Chicken or lean ground turkey are also good choices. Also, choose grilled, roasted or steamed protein instead of sautéed or fried.

**Ask for double the vegetables instead of a starch.** Instead of the french fries, rice or potatoes that might come with your protein, ask for a double order of vegetables (again, choose grilled, roasted, or steamed over sautéed or fried veggies), or a salad with oil and vinegar.

If you're at an Asian restaurant, ask for wok-tossed or steamed vegetables and chicken satay, with no sauce. At a Mexican restaurant, chicken or fish fajitas with no tortillas, cheese, or sour cream are a good option. At a more casual restaurant, get a green salad — make sure there are no croutons or cheese, and that the only dressing you use is oil and vinegar — with grilled chicken or a turkey burger with no bun.

## COOKING EQUIPMENT LIST

Large cutting board

Whisk

Scissors

Vegetable peeler

Pastry brush (*optional, but helpful*)

Measuring cups

Measuring spoons

Citrus reamer (*optional, but helpful*)

Chef's knife

Paring knife

Fish spatula

Wooden spoon

Slotted spoon

Set of mixing bowls

Quart-sized ziploc bags

Dixie cups and popsicle sticks (*can substitute popsicle molds*)

Parchment paper

Plastic wrap

Large cast-iron skillet (*optional, but helpful*)

Large skillet

Medium mesh strainer

Nonstick skillet (*small, medium or large are fine*)

Two baking sheets  
Box cheese grater (*optional, but helpful*)  
12-cup muffin tin  
Blender (*can substitute food processor, if necessary*)  
Food processor (*can substitute blender, if necessary*)  
Medium pot with a lid  
Slow cooker (*optional, but helpful*)  
Paper towels

## FOOD STORAGE EQUIPMENT

**If you're planning on packing your lunch and snacks to-go during the week, you'll need the following containers:**

- 1) One large (at least 1 quart) lunchbox or airtight container (for packing salads and lunches).
- 2) One medium (at least 1 pint) lunchbox or airtight container (for packing snacks).
- 3) One 4-ounce airtight container (for packing hummus, and tuna salad)
- 4) One 2-ounce jar with a lid (for packing salad dressings)
- 5) One 12-ounce insulated drinking container with a lid (for packing smoothies)

**In addition, you'll need the following containers for storing leftovers in the fridge:**

- 1) Three large (at least 1 quart) airtight containers.
- 2) Three medium (at least 1 pint) airtight containers.
- 3) Two small (at least ½ cup) airtight container.
- 4) Quart-sized ziploc freezer bags and plastic wrap (*these are on your grocery list*)

## DAY 0 (THE DAY BEFORE THE CHALLENGE STARTS — SATURDAY)

Technically this is just a prep day — the eating part of the Challenge begins tomorrow.

### PREP

- 1) Go grocery shopping using the grocery list for week one.
- 2) When you're back from the store:
  - a) Store the following in separate ziploc bags in the freezer and label the bags, but instead of writing when you'll be eating it, write when to thaw it by moving it from the freezer to the fridge.
    - **4 ounces\* salmon** - You'll thaw this/put it in the fridge Monday evening.

- **4 ounces\* ground turkey** - You'll thaw this Thursday evening. *(Only freeze half of what you buy. Keep the rest in an airtight container in the fridge to use for Monday's dinner.)*
  - **4 ounces\* shrimp** - You'll thaw this Friday evening.
- \*Men will use 8 ounces of these proteins

b) Freeze all the bananas (plus a mango, for the sorbet). These are for smoothies (frozen bananas make for better smoothies), so you can use separate freezer bags and chop them as follows to make things really easy for yourself later. Use a pint-sized freezer bag for each, and label it with the meal, day, and week it'll be used for:

- **Sunday, Week 1, Breakfast** - ½ banana, peeled, cut in 1-inch pieces
- **Wednesday, Week 1, Breakfast** - 1 banana, peeled, cut in 1-inch pieces
- **Wednesday, Week 1, Night Snack** - 1 large mango, peeled, cut in 1/2-inch pieces and ½ banana, peeled, cut in 1-inch pieces
- **Friday, Week 1, Breakfast** - ½ banana, peeled, cut in 1-inch pieces
- *Note: you'll have an extra ½ banana. Just peel and freeze it separately, and you can use it to make a smoothie after the challenge is over!*

## DAY 1 (SUNDAY)

### DAY 1 BREAKFAST

#### Banana-Coconut Green Smoothie

Makes 1 serving

#### INGREDIENTS

½ large ripe banana, peeled then frozen (*leftover from last night*)  
 2.5 ounces (*half a 5-ounce bag; about 2 cups loosely packed*) baby spinach  
 1 cup coconut water  
 2 tablespoons natural, unsalted almond butter  
 ¼ teaspoon vanilla extract

## PREPARATION

Cut the banana into 1-inch chunks, then add all ingredients to a high speed blender and puree until smooth (about 1 minute).

*310 calories, 16.3 g fat (3.1 g saturated fat), 37.1 g carbohydrate (5 g dietary fiber, 21.9 g sugars), 9.6g protein, 114.1 mg sodium, 0 mg cholesterol*

## DAY 1 LUNCH

### Roasted Fennel, Asparagus, and Red Onions with Parmesan and Hard-Boiled Eggs

Makes 2 servings of roasted vegetables and extra eggs.

You'll eat half these veggies today and half for lunch on Tuesday.

## INGREDIENTS

2 large bulbs fennel, cored and cut in ½-inch wedges, lengthwise\*

2 medium red onions, peeled and cut in 8 wedges each

2 teaspoons canola oil, divided

¼ teaspoon kosher salt, divided

freshly ground pepper

1 bunch asparagus, woody ends trimmed

1 ounce grated Parmesan cheese

2 hard-boiled eggs\*\* (*recipe below*)

*\*If your fennel comes with the fringe-like green fronds still attached to its stalk, feel free to throw them in the finished dish like fresh herbs! Just don't roast them; they're super delicate and won't survive the oven.*

*\*\*Men, use 3 eggs.*

## PREPARATION

Preheat the oven to 425°F and line two large, rimmed baking sheets with parchment paper.

Add the fennel and onion wedges to one of the the baking sheets, drizzle with 1 teaspoon canola oil, and season with ⅛ teaspoon kosher salt and freshly ground pepper. Toss to evenly coat, and roast in the preheated oven until caramelized and soft,

about 35-40 minutes.

When the fennel and onion wedges have been roasting for about 20 minutes, put the asparagus on the second lined baking sheet, drizzle with the remaining teaspoon of canola oil, and season with the remaining  $\frac{1}{8}$  teaspoon kosher salt and freshly ground pepper. Toss to evenly coat, and roast on a second rack in the oven until cooked but still a little bit crispy, about 15-20 minutes.

While the vegetables roast, prepare your hard-boiled eggs.

Plate half of the roasted vegetables with the hard-boiled eggs and shaved Parmesan and eat. Let the leftover vegetables cool completely, then store them in an airtight container in the refrigerator.

*446 calories, 23.2g fat, (9 g saturated fat), 29.7 g carbohydrate (11 g dietary fiber, 0.4 g sugars), 33.5 g protein, 873.9 mg sodium, 394.4 mg cholesterol*

### **Hard-Boiled Eggs**

Women, cook 4 eggs; men, cook 6 eggs

You'll eat two of these eggs now, one tomorrow, and one as a snack on Friday. (Double those amounts for men.)

### **PREPARATION**

Fill a medium saucepan with a lid with 5 inches of water and bring to a boil. When water is boiling, add eggs one at a time, dropping them in carefully with a spoon so as not to crack the shells. Reduce the heat as low as it will go, cover, and cook for 10 minutes. Meanwhile, set up a medium mixing bowl with 1  $\frac{1}{2}$  cups cold water and 1  $\frac{1}{2}$  cups ice. When eggs are done, use a spoon to transfer them, one at a time, into the ice water bath. Cool 3 minutes, then peel the eggs. Slice 2 eggs (men use 3 eggs) and add to the veggies. Refrigerate leftover eggs (*2 for women; 3 for men*) in a paper towel-lined airtight container.

### **PREP FOR LATER**

After lunch, prepare this **Slow Cooker Salsa Verde Chicken** (*recipe below*) for dinner.

### **Slow Cooker Salsa Verde Chicken**

Makes 3 servings

You'll eat one third of this recipe tonight, one third for Tuesday's lunch, and the last third for Wednesday's dinner.

## INGREDIENTS

2 medium boneless, skinless, chicken breasts (12 ounces, total)\*  
8 ounces salsa verde\*\*

*\*Men, cook 3 large breasts (24-ounces, total)*

*\*\*Men, use 12 ounces salsa verde*

## PREPARATION

Put chicken breasts and salsa verde in a slow cooker. Cover and cook on low for 3 hours, until chicken is cooked through. Use two forks to shred the the chicken into pieces, then cook on low for another 30 minutes.

Eat  $\frac{1}{3}$  of the chicken for dinner tonight; cool the leftover  $\frac{2}{3}$  completely before storing in an airtight container in the fridge.

*Note: If you don't have a slow cooker, put the chicken and salsa verde in a small saucepan over very low heat on the stove and cook, covered, for 90 minutes. Shred with two forks, then continue to cook, covered, for 20 minutes more.*

## DAY 1 SNACK

### Broiled Grapefruit with Shredded Coconut

Makes 1 serving

This recipe only uses half a grapefruit; save the other half for lunch on Wednesday.

## INGREDIENTS

$\frac{1}{2}$  large grapefruit  
 $\frac{1}{2}$  teaspoon honey  
1 tablespoon shredded coconut

## PREPARATION

Preheat the broiler of your oven, and put an oven rack on the top rung of the oven. Use a knife to slice all the way around the grapefruit flesh where it meets the pith, to loosen it. Then, make little slices on both sides of each segment to loosen them. This will make

the grapefruit easier to eat. Place the grapefruit half on a baking sheet or in a skillet and spread the honey over the surface of the grapefruit. Broil for 3-5 minutes, or until the top of the grapefruit is beginning to brown and caramelize. Take the grapefruit out of the oven and immediately sprinkle it with the shredded coconut. Let the grapefruit cool for a minute, then eat.

Wrap the unused half grapefruit in plastic and store it in the fridge for lunch on Wednesday.

*120 calories, 3.5 g fat (2.1 g saturated fat) 24.9 g carbohydrate (3.7 g dietary fiber, 14 g sugars), 1.3 g protein, 3.7 mg sodium, 0 mg cholesterol*

## **DAY 1 DINNER**

### **Slow-Cooker Salsa Verde Chicken with Cauliflower “Rice” and Green Beans**

To make this dinner, you'll combine:

- 4 ounces\* ( $\frac{1}{3}$  recipe) Slow-Cooker Salsa Verde Chicken (**recipe above, prepared this afternoon**)
- $\frac{1}{2}$  recipe Cauliflower “Rice” (**recipe below**)
- $\frac{2}{3}$  recipe (*about 2 cups*) steamed green beans with almonds (**recipe below**)
- 2 tablespoons parsley leaves, for garnishing the rice and chicken
- 1 tablespoon chives, thinly sliced, for garnishing the rice and chicken

*\*Men, eat 8 ounces*

*358.7 calories, 8.2 g fat (1.5 g saturated fat), 33.2 g carbohydrate (9.1 g dietary fiber, 4 g sugars), 32.8 g protein, 860 mg sodium, 70 mg cholesterol*

### **Cauliflower “Rice”**

Makes 2 servings

You'll eat half of this rice today and the other half for dinner Tuesday.

### **INGREDIENTS**

1 large head cauliflower (*about 1  $\frac{1}{2}$  pounds*), cored and cut into florets  
2 teaspoons olive oil

1 shallot, minced  
2 cloves garlic, minced  
1 teaspoon tamari  
¼ cup low-sodium chicken stock

### **PREPARATION**

Pulse cauliflower florets in a food processor until they're the consistency of rice. *If you don't have a food processor, you can chop the florets with a knife until they're the consistency of rice. Note that this will take much longer and will be messy.*

Heat olive oil in a large skillet over medium heat. Add the minced shallot and cook, stirring constantly, until the shallot starts to soften, about 30 seconds. Add the minced garlic, stir quickly, then add the cauliflower, stir, and let it cook for about a minute. Add tamari and chicken stock and cook, stirring occasionally, until the cauliflower is tender but still crunchy, about 6 minutes.

Eat half of the cauliflower rice for dinner tonight, then cool the leftover half completely before storing in an airtight container in the fridge.

### **Blanched Green Beans**

Makes 2 servings

You'll eat a third of the green beans today and the rest for lunch tomorrow.

### **INGREDIENTS**

¼ teaspoon kosher salt  
3 cups raw green beans, ends trimmed  
5 raw, unsalted almonds (*10 for men*), roughly chopped

### **PREPARATION**

In a large pot, bring at least 5 inches of water to a boil with the kosher salt. In a large mixing bowl, set up an ice bath (half ice, half water) that's deep enough so that you can completely submerge a medium mesh strainer in it.

When the water is boiling, add the green beans. (You may need to cook them in two batches if your pot isn't very big, in which case fish the first batch out with a slotted spoon or tongs so the water stays boiling for the second batch.) Cook until the beans are still a little crunchy but not raw, 3-4 minutes.

As soon as the green beans are cooked, strain them into the fine mesh strainer. Take out about  $\frac{2}{3}$  of the green beans and set them aside on a plate and top with the almonds (you'll eat them for dinner—make sure they don't sit out for longer than 15 minutes before you eat them). Submerge the remaining  $\frac{1}{3}$ , still in the strainer, in the ice bath in the mixing bowl. Let the blanched beans sit in the ice bath for at least 2 minutes, then drain them on a paper towel-lined plate until they're completely dry, and store them in an airtight container in the fridge.

### **DAY 1 NIGHT SNACK**

2 squares (1 ounce) dark chocolate

*105 calories, 9 g fat (5.5 g saturated fat), 4 g carbohydrate (1.5 g fiber, 2.5 g sugars), 2 g protein, 10 mg sodium, 0 mg cholesterol*

### **DAY 1 (SUNDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,341 calories, 60.2 g fat (22.1 g saturated fat), 128.8 g carbohydrate, 30.7 g fiber, 41.9 g sugars), 79.2g protein, 1916 mg sodium, 464 mg cholesterol*

### **PREP**

Before bed make the Chia Pudding with Strawberries, Fig and Almonds (*recipe below*) for tomorrow's breakfast (it needs to soak overnight in the fridge) and make the Banana, Chocolate, and Coconut Popsicles (*recipe below*) to eat as night snacks throughout the challenge.

### **Banana, Chocolate, and Coconut Popsicles**

Makes 4 popsicles

You'll eat these for a post-dinner snack over the next two weeks.

### **INGREDIENTS**

2 large, very ripe bananas, peeled and cut in chunks

1 medjool date, pitted

$\frac{1}{2}$  cup unsweetened almond milk

$\frac{1}{2}$  teaspoon vanilla

2 tablespoons unsweetened shredded coconut

1 tablespoon cocoa powder

## **PREPARATION**

Combine bananas, date, almond milk and vanilla in a blender and puree until smooth. Take the blender container off of the electric base and set it on the counter, then add the coconut and cacao nibs and stir together with a spoon.

Divide the mixture between four popsicle molds. *You can also use small dixie cups; just put them in a shallow container before you fill them so it's easy to transfer them to the freezer and they won't move around.* Put a popsicle stick in the middle of each, then freeze until solid before eating. Keep the popsicles in the freezer until you're ready to eat them.

## **DAY 2 (MONDAY)**

### **DAY 2 BREAKFAST**

#### **Chia Pudding with Strawberries, Fig and Almonds**

Makes 1 serving

### **INGREDIENTS**

3 tablespoons chia seeds  
1 cup unsweetened almond milk  
1 teaspoon honey  
¼ teaspoon vanilla extract  
1 dried Turkish fig, thinly sliced into strips  
3 large strawberries  
10 raw, unsalted almonds (20 for men)

### **PROCEDURE**

In a small mixing bowl, combine chia seeds, almond milk, honey, vanilla extract, and the sliced fig. Stir everything together to combine, then transfer to a small airtight container and refrigerate overnight.

When you're ready to eat the pudding, slice the strawberries and roughly chop the almonds, then add them to the chia pudding and eat.

358 calories, 21.7 g fat (1.9 g saturated fat), 39g carbohydrate (19 g dietary fiber, 19 g sugars), 13 g protein, 151 mg sodium, 0 mg cholesterol

## DAY 2 LUNCH

### Nicoise Salad

Makes 1 serving

### INGREDIENTS

juice of 1 lemon

1 teaspoon dijon mustard

2 teaspoons olive oil

2 cups mixed greens

1 leftover hard-boiled egg, quartered

1 cup halved cherry tomatoes

5 kalamata olives, thinly sliced

1 cup leftover steamed green beans (*leftover from Sunday's dinner*)

1 5-ounce can tuna

### PREPARATION

In a large mixing bowl, combine lemon juice and mustard and whisk to combine. Add the olive oil very slowly, one drop at a time, continuing to whisk vigorously. Spoon about 2 teaspoons dressing into a small mixing bowl and set aside. Add the mixed greens to the large mixing bowl with the dressing and toss to dress the greens. Transfer to a serving bowl and top with the hard-boiled egg, tomato wedges, sliced olives, and green beans. Add tuna to the small mixing bowl with the 2 teaspoons of dressing and toss everything together. Spoon the tuna on top of the arugula salad, and season with freshly ground pepper.

***If you're packing lunch to go:*** Make the vinaigrette. Mix two teaspoons into the tuna and transfer to a small tupperware container (*if you don't have enough tupperware, you can use a ziploc bag*). Store the rest of the dressing in a separate small airtight container. Combine mixed greens, hard-boiled egg, tomato wedges, olives, and green beans in a large tupperware, then put the other two containers (lids on) on top of the salad in the container. Refrigerate until you're ready to eat then toss the salad with the vinaigrette and top with the tuna.

417 calories, 22.4 g fat (2.8 g saturated fat), 20.4 g carbohydrate (7 g fiber, 6.2 g sugars), 29.3 g protein, 964 mg sodium, 226 mg cholesterol

## **DAY 2 SNACK**

**2 medium carrots**, peeled and cut in matchsticks, with **¼ cup hummus**

*193 calories, 12.2 g fat (2 g saturated fat), 20 g carbohydrate (5.6 g fiber, 5.9 g sugars), 5.3 g protein, 328 mg sodium, 0 mg cholesterol*

## **DAY 2 DINNER**

**Spaghetti Squash with Ground Turkey, Cherry Tomatoes, and Swiss Chard**

Makes 1 serving plus leftover squash

You'll eat half the roasted squash that this recipe makes today and save the other half for Thursday's dinner.

### **INGREDIENTS**

1 medium spaghetti squash  
1 teaspoon olive oil  
2 cloves garlic, minced  
4 ounces lean 97% lean ground turkey\*  
⅛ teaspoon kosher salt  
freshly ground pepper  
¼ teaspoon paprika  
1 cup cherry tomatoes, halved  
2 tablespoons low-sodium chicken stock  
½ bunch swiss chard, stems removed, cut in 2-inch pieces  
½ ounce Parmesan, grated

*\*Men, use 8 ounces*

### **PREPARATION**

Preheat the oven to 400°F and line a large rimmed baking sheet with parchment paper.

Cut about half an inch off of the top and bottom of the spaghetti squash, and discard those pieces. Cut the squash crosswise into rings about 1-inch thick, and run your knife around the inside of the rings to cut the seeds out.

Spread the spaghetti squash rings out on the lined baking sheet and roast in the preheated oven until the squash is tender, about 30 minutes, flipping halfway through. When the squash is done, set it aside on the counter while you cook the turkey, tomatoes and swiss chard. It'll be easier to handle if you let it cool for 10 minutes before taking it apart.

Heat olive oil in a large skillet over medium heat, then add the minced garlic. Cook, stirring constantly, until the garlic is fragrant, about 30 seconds. Add the ground turkey and use a wooden spoon to break it up and stir it around the pan. Season with salt, pepper, and paprika and cook, stirring occasionally, until the turkey is cooked through, about 4 minutes. Add the cherry tomatoes and chicken stock and cook, stirring occasionally and crushing the tomatoes a little bit, until all the liquid has evaporated and the tomatoes are very soft, about 2 minutes. Add the swiss chard and cook, stirring often, just until the chard is wilted, about a minute. Turn the heat off, then add the grated Parmesan and stir everything together. Let the mixture sit in the skillet while you finish the spaghetti squash.

Peel the skin away from the squash, then use a fork or your hands to pull the strands apart. Plate half of the spaghetti squash, and top with the turkey and veggie mixture.

Let the leftover squash cool completely before storing it in an airtight container in the fridge.

*387 calories, 11.6 g fat (7.6 g saturated fat), 31.4 carbohydrate (9 g fiber, 12.9 g sugars), 36.8 g protein, 474 mg sodium, 75 mg cholesterol*

## **DAY 2 NIGHT SNACK**

**1 Banana, Chocolate, and Coconut Popsicle** (*¼ of the recipe, prepared last night*)

*106 calories, 1.5 g fat (1.7 g saturated fat), 21.7 g carbohydrate (3.1 g fiber, 12.5 g sugars), 1.3 g protein, 24 mg sodium, 0 mg cholesterol*

## **DAY 2 (MONDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,497 calories, 69.4 g fat (12.6 g saturated fat), 132.5 g carbohydrate (43.7 g dietary fiber, 56.5 g sugars), 85.7 g protein, 301 mg cholesterol, 1941 mg sodium*

## **THAW: SALMON**

Take the 4 ounces of salmon (8 for men) out of your freezer and put in the refrigerator for dinner on Tuesday.

## DAY 3 (TUESDAY)

### DAY 3 BREAKFAST

#### Broccoli and Scallion Frittata

Makes 2 servings

You'll eat half of this frittata today and save the other half for lunch Wednesday.

#### INGREDIENTS

2 cups broccoli florets (*from 1 large or 2 small heads*)

½ cup low-sodium chicken stock

4 large eggs\*

⅛ teaspoon kosher salt

freshly ground pepper

1 ounce Parmesan cheese, grated

½ tablespoon olive oil

4 scallions, whites only, thinly sliced (*thinly slice and reserve the greens for today's lunch*)

*\*Men, use 6 eggs*

#### PREPARATION

Preheat oven to 375°F.

In a small, oven-safe skillet, bring the chicken stock to a simmer. Add broccoli florets and cook, stirring occasionally, until the broccoli is cooked al dente, about 5 minutes. Drain any excess liquid, transfer the broccoli florets to a small bowl, and set aside.

In a medium mixing bowl, whisk the eggs with the kosher salt and pepper until they're thoroughly beaten and starting to bubble slightly. Add the Parmesan cheese and stir to combine.

Wipe the skillet with a paper towel or clean kitchen cloth. Heat the olive oil in the skillet over medium heat, then add the thinly sliced scallion whites and cook, stirring occasionally, just until the whites start to soften, about a minute. Add steamed broccoli

and spread it evenly over the bottom of the pan then pour in the egg mixture.

Put the skillet in the preheated oven and cook until the eggs are cooked through and don't jiggle when you shake the skillet, about 10 minutes.

Eat half of the frittata for breakfast. Let the second half cool before storing in an airtight container in the fridge. *(If it's easier, cut the leftover half into two wedges and store them, stacked, in an airtight container.)*

*294 calories, 20.6 g fat (6.6 g saturated fat), 8 g carbohydrate (3.4 g dietary fiber, 1.2 g sugars), 20.8 g protein, 537 mg sodium, 382 mg cholesterol*

### **DAY 3 LUNCH**

#### **Leftover Roasted Vegetables with Shredded Chicken, Parsley, and Lemon**

Makes 1 serving

#### **INGREDIENTS**

½ recipe Roasted Fennel, Asparagus, and Red Onion *(leftover from Sunday's lunch)*  
4 ounces\* (⅓ recipe) Slow Cooker Salsa Verde Chicken *(leftover from Sunday's dinner)*  
2 tablespoons parsley leaves  
4 scallions, greens only *(leftover from breakfast)*, thinly sliced  
juice of ½ lemon

#### **PREPARATION**

Combine roasted vegetables and chicken in a microwave-safe bowl and microwave on high for 1 ½ minutes, taking out to stir halfway through. If the mixture isn't hot after 1 ½ minutes, heat for an additional 30 seconds. Top with parsley and fresh lemon juice. *(This lunch also tastes good at room temperature, if you don't want to microwave it.)*

***If you're packing this lunch to-go:*** Combine vegetables, chicken, scallion greens and parsley in an airtight container, with a fresh lemon wedge. Refrigerate until you're ready to eat. If you want to eat it cold or room temperature, squeeze the wedge of lemon over the chicken and vegetables, then serve. If you want it warm, reheat in a microwave-safe bowl, as above, then squeeze the wedge of lemon over everything before eating.

*354 calories, 8.5 g fat (1.3 g saturated fat) 37 g carbohydrate (12 g dietary fiber, 4.9 g sugars), 34.4 g protein, 70 mg cholesterol, 618 mg sodium*

### DAY 3 SNACK

**1 apple with 10 raw, unsalted almonds** (20 for men)

175 calories, 7.3 g fat (0.6 g saturated fat), 28 g carbohydrates (5.9 g dietary fiber, 19 g sugars), 3.5 g protein, 0 mg cholesterol, 2 mg sodium

### DAY 3 DINNER

**Pan-Roasted Salmon with Garlicky Swiss Chard and Cauliflower “Rice”**

Makes 1 serving

#### INGREDIENTS

2 teaspoons canola oil, divided

1 4-ounce\* salmon fillet, skin removed

2 cloves garlic, thinly sliced

½ bunch swiss chard, stems removed, sliced in thin ribbons

½ recipe cauliflower “rice” (*leftover from Sunday’s dinner*)

*\*Men, use an 8-ounce fillets*

#### PREPARATION

Preheat oven to 425°F.

Season the salmon with ⅛ teaspoon of salt and freshly ground pepper. Heat 1 teaspoon canola oil in an ovenproof skillet over medium-high heat. When the oil is hot, add the salmon fillets. Cook, without touching, for about 2 minutes, until the underside starts to brown. Turn the heat off, then lay half the sliced garlic on top of the fillets (*save the other half for the swiss chard*) over the salmon, making sure the garlic is on top of the fish and not in the pan (*in the pan, it’ll burn*). Put the skillet in the oven until the salmon is cooked but still slightly pink in the middle, 6-8 minutes.

While the salmon cooks, heat the remaining 1 teaspoon of canola oil in a large skillet over medium heat. Add the remaining sliced garlic, kosher salt, and some freshly ground pepper and cook, stirring constantly, until the garlic is fragrant, about 30 seconds. Add the swiss chard and cook, stirring often, just until the swiss chard is bright green and soft, about 2 minutes. Add the cauliflower rice and cook just until the rice is warm, about a minute more.

Plate all of the swiss chard and cauliflower rice on a serving plate, then top with a salmon fillet.

Let the remaining salmon fillet cool completely before storing in an airtight container in the fridge.

*400 calories, 19.3 g fat (2.2 g saturated fat), 23 g carbohydrates (11.2 g dietary fiber, 1.9 g sugars), 38.5 g protein, 75.9 mg cholesterol, 668 mg sodium*

### **DAY 3 NIGHT SNACK**

**Hot Chocolate:** In a small saucepan or the microwave, heat 1 cup unsweetened almond milk with 1 square (½ ounce) dark chocolate (at least 70% cocoa).

*115 calories, 9.3 g fat (1.5 g saturated fat), 8 g carbohydrates (2.2 g dietary fiber, 3.7 g sugars), 2.5 g protein, 167 mg sodium, 1 mg cholesterol*

### **DAY 3 (TUESDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,338 calories, 65 g fat (12.2 g saturated fat), 104.4 g carbohydrate (34.7 g dietary fiber, 31.1 g sugars), 96.7 g protein, 1992 mg sodium, 529 mg cholesterol*

Prep note: Before bed tonight, be sure you have 1 frozen banana for tomorrow's breakfast, a smoothie, and ½ banana and 1 mango frozen so you can make tomorrow's night snack, a sorbet.

## **DAY 4 (WEDNESDAY)**

### **DAY 4 BREAKFAST**

**Chocolate, Banana, and Almond Milk Smoothie**

Makes 1 serving

#### **INGREDIENTS**

1 large, ripe banana, frozen (*from Saturday*)

2.5 ounces (*half a 5-ounce bag; about 2 cups, loosely packed*) spinach

½ tablespoon unsweetened cocoa powder

1 cup unsweetened almond milk

¼ teaspoon vanilla extract

1 tablespoon natural, unsalted almond butter

## PREPARATION

Combine all ingredients in a blender and puree until smooth, about 30 seconds.

*279 calories, 12.8 g fat (0.9 g saturated fat), 40 g carbohydrate (8.6 g dietary fiber, 21.7 g sugars), 8.6 g protein, 0 mg cholesterol, 237 mg sodium*

## DAY 4 LUNCH

### Leftover Broccoli and Scallion Frittata with Grapefruit Wedges

To make this lunch you'll combine:

½ recipe **Broccoli and Scallion Frittata** (*leftover from Tuesday's breakfast*)

½ grapefruit, rind on, cut in wedges (*leftover from Sunday's night snack*)

**At lunch time:** Reheat frittata in the microwave for 30 seconds on high and eat with the grapefruit on the side.

**If you're packing this lunch to-go:** Refrigerate the frittata and grapefruit slices in an airtight container until you're ready to eat. It's OK if they're touching. When you're ready to eat, put the frittata on a microwave-safe plate and reheat for 30 seconds on high. Serve with the grapefruit wedges.

*354 calories, 20.6 g fat (6.6 g saturated fat), 24.1 g carbohydrate (9.4 g dietary fiber, 10.2 g sugars), 21.8 g protein, 381 mg cholesterol, 537 mg sodium*

## DAY 4 SNACK

½ **English cucumber**, sliced, with ¼ cup **hummus**

*154 calories, 12.1 g fat (2 g saturated fat), 10.9 g carbohydrate (2.8 g dietary fiber, 0 g sugars), 4.7 g protein, 0 mg cholesterol, 242 mg sodium*

## DAY 4 DINNER

### Leftover Slow Cooker Chicken with Roasted Leeks, Radishes, and Carrots

To make this dinner you'll combine:

½ recipe Roasted Leeks, Radishes, and Carrots (**recipe below**)

⅓ recipe Slow Cooker Salsa Verde Chicken (*leftover from Sunday's dinner*)

Cook vegetables according to the recipe below. To reheat the chicken, either make room on the baking sheet and add the chicken to the baking sheet with the vegetables for the last 10 minutes of cooking or reheat the chicken in the microwave on high for 1 minute to heat it through.

*363 calories, 10.7 g fat (1.9 g saturated fat), 20.8 g carbohydrate (8.9 g fiber, 10.8 g sugars), 29.9 g protein, 63 mg cholesterol, 713 mg sodium*

### **Roasted Leeks, Radishes, and Carrots**

Makes 2 servings

You'll eat half of these veggies today and the other half for lunch Thursday.

#### **INGREDIENTS**

1 bunch leeks, white and pale green parts only, roots trimmed, outer layer removed, cut in 2-inch cylinders (no need to separate layers; see photo for more instruction)

2 bunches (about 1 1/2 pounds) baby radishes, washed, quartered

4 medium carrots, peeled, roots trimmed, cut crosswise into pieces 1-inch thick

1 tablespoon olive oil

¼ teaspoon kosher salt

freshly ground pepper

#### **PREPARATION**

Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper.

Put the leeks, radishes, and carrots on the lined baking sheet, then drizzle with olive oil and season with kosher salt and freshly ground pepper. Toss everything together and spread them out so they aren't crowded and barely touching and roast in the preheated oven for 40 minutes, taking the sheet tray out halfway through and tossing the vegetables.

Eat half for dinner tonight. Let the leftover vegetables cool completely before storing in an airtight container in the fridge.

### **PREP (for leftovers tomorrow)**

Roast chickpeas in the oven as soon as the vegetables are finished.

### **Paprika-Roasted Chickpeas**

Makes 2 servings

You'll eat half of these chickpeas for lunch Thursday and the other half for lunch Friday.

#### **INGREDIENTS**

½ tablespoon olive oil

¼ teaspoon kosher salt

freshly ground pepper

1 teaspoon paprika

1 15-ounce can chickpeas, rinsed and thoroughly dried

#### **PREPARATION**

Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper.

In a medium mixing bowl, whisk together the olive oil, salt, pepper, and paprika. Add the chickpeas and toss to coat. Spread the chickpeas out on the lined baking sheet, and roast until the chickpeas are browned and crispy, 25-30 minutes.

Let the chickpeas cool completely before storing in an airtight container in the fridge.

### **DAY 4 NIGHT SNACK**

#### **Mango Sorbet with Shredded Coconut**

Makes 2 servings

#### **INGREDIENTS**

1 large mango, peeled, cut in 1-inch cubes, and frozen (*from Saturday*)

½ large ripe banana, cut in chunks, frozen (*from Saturday*)

2-5 tablespoons cold water, as needed

1 tablespoon shredded coconut, for garnish

#### **PREPARATION**

Combine frozen mango and banana a food processor and process until the mixture is the consistency of sorbet. If the blades stop turning or the mixture is too thick to blend, add water 1 tablespoon at a time, as needed.

Divide the mixture in half. Store half in an airtight container in the freezer. Top the remaining half with the shredded coconut to serve.

*174 calories, 3.6 g fat (3.1 g saturated fat), 16.9 g carbohydrate (2.4 g dietary fiber, 21.7 g sugars), 2.1 g protein, 0 mg cholesterol, 7.6 mg sodium*

#### **DAY 4 (WEDNESDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,324 calories, 59.8 g fat (14.5 g saturated fat), 112.7 g carbohydrate (32.1 g dietary fiber, 64.4 g sugars), 67.1 g protein, 451.8 mg cholesterol, 1,729 mg sodium*

#### **PREP**

Before bed make the Chia Pudding with Blackberries, Coconut and Pistachios for tomorrow's breakfast; it needs to sit overnight in the fridge (*recipe below*).

## **DAY 5 (THURSDAY)**

#### **DAY 5 BREAKFAST**

##### **Chia Pudding with Blackberries, Coconut and Pistachios**

Makes 1 serving

#### **INGREDIENTS**

½ cup blackberries

3 tablespoons chia seeds

1 cup unsweetened almond milk

¼ teaspoon vanilla extract

1 tablespoon unsweetened shredded coconut

10 raw, unsalted pistachios (*20 for men*)

#### **PROCEDURE**

In a small mixing bowl, crush the blackberries with a fork so that they're the consistency of a thick jam. Add chia seeds, almond milk, vanilla extract, and shredded coconut. Stir everything together to combine, then transfer to a small airtight container and refrigerate

overnight.

When you're ready to eat the pudding, roughly chop the pistachios and sprinkle them over the chia pudding to eat.

*330 calories, 23.9 g fat (4.5 g saturated fat), 29.5 g carbohydrate (20.5 g dietary fiber, 5.3 g sugars), 10.8 g protein, 0 mg cholesterol, 182 mg sodium*

## **DAY 5 LUNCH**

### **Roasted Spring Vegetable Salad with Chickpeas**

Makes 1 serving

#### **INGREDIENTS**

Juice of ½ lime

⅛ teaspoon kosher salt

1 teaspoon olive oil

2 cups mixed greens

½ recipe Roasted Leeks, Radishes, and Carrots (*leftover from Wednesday's dinner*), cold or room temperature

½ recipe Paprika-Roasted Chickpeas (*prepared on Wednesday night*)

1 ounce Parmesan cheese, thinly sliced

#### **PREPARATION**

In a large mixing bowl, whisk together lime juice and kosher salt. Pour in olive oil, continuing to whisk vigorously until the vinaigrette is thoroughly combined. Add the mixed greens and toss to coat. Add roasted vegetables and chickpeas and toss to combine. Transfer to a serving bowl and top with shaved Parmesan.

***If you're packing this lunch to go:*** Make the vinaigrette and store it in a small airtight container. Combine all other salad ingredients in a large, airtight container, and put the vinaigrette container inside the larger container. Keep everything in the refrigerator until you're ready to eat, then drizzle the vinaigrette over the salad, toss, and eat.

*484 calories, 18.5 g fat (6.1 g saturated fat), 56.1 g carbohydrate (14.3 g dietary fiber, 9.8 g sugars), 21.4 g protein, 19.3 mg cholesterol, 803 mg sodium*

## **DAY 5 SNACK**

**1 pear with 1 tablespoon natural, unsalted almond butter**

*195 calories, 9.5 g fat (.5 g saturated fat), 28 g carbohydrate (5.5 g dietary fiber, 18 g sugars), 5 g protein, 0 mg cholesterol, 0 mg sodium*

## **DAY 5 DINNER**

### **Spaghetti Squash with Spinach, Parmesan, and a Fried Egg**

Makes 1 serving

#### **INGREDIENTS**

2 teaspoons olive oil, divided  
1 medium shallot, halved and thinly sliced  
3 cloves garlic, thinly sliced  
1 5-ounce bag baby spinach  
1 ounce Parmesan, finely grated  
about 1 ½ cups roasted spaghetti squash (*leftover from Monday's dinner*)  
1 large egg\*  
⅛ teaspoon kosher salt  
freshly ground pepper  
1 tablespoon parsley leaves  
½ tablespoon sliced chives

*\*Men, use 2 eggs*

#### **PREPARATION**

Heat 1 teaspoon olive oil in a large skillet over medium heat. Add the sliced shallot and cook, stirring often, until the shallot is soft, about 2 minutes. Add the sliced garlic and cook, stirring constantly, until the garlic is fragrant, about 30 seconds. Add the baby spinach and cook, stirring often, until the spinach is soft and wilted, about 1 minute. Add the Parmesan and the roasted spaghetti squash and cook, stirring often, to melt most of the cheese and heat the squash all the way through. When the mixture is hot, turn the heat off and let the food sit in the skillet while you fry the egg.

Heat the remaining teaspoon of olive oil in a nonstick skillet over medium-low heat. Crack the egg(s) into the skillet, season with the kosher salt and freshly ground pepper and cook until the white is set but the yolk is still runny, 2-3 minutes.

Transfer the spaghetti squash to a plate or bowl, then top with the fried egg(s) and

herbs.

*403 calories, 22 g fat (7.7 g saturated fat), 31 g carbohydrate (8.1 g dietary fiber, 8.4 g sugars), 22.8 g protein, 205 mg cholesterol, 694 mg sodium*

### **DAY 5 NIGHT SNACK**

**1 Banana, Chocolate, and Coconut Popsicle** (*¼ of the recipe, prepared on Sunday*)

*106 calories, 1.5 g fat (1.7 g saturated fat), 21.7 g carbohydrate (3.1 g fiber, 12.5 g sugars), 1.3 g protein, 24 mg sodium, 0 mg cholesterol*

### **DAY 5 (THURSDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,514 calories, 75.4 g fat (20.5 g saturated fat), 166.7 g carbohydrate (51.5 g dietary fiber, 54 sugars), 73.5 g protein, 224 mg cholesterol, 1,703 mg sodium*

### **THAW: TURKEY**

Take the 4 ounces ground turkey (8 for men) out of your freezer and put in your refrigerator to thaw for dinner tomorrow.

Prep note: Make sure you have ½ banana frozen for tomorrow's breakfast, a smoothie.

## **DAY 6 (FRIDAY)**

### **DAY 6 BREAKFAST**

#### **Strawberry Banana Smoothie**

Makes 1 serving

#### **INGREDIENTS**

4 large strawberries, cored and roughly chopped

½ banana, frozen and cut in 1-inch pieces (*from Saturday*)

1 cup unsweetened almond milk

2 tablespoons natural, unsalted almond butter

½ teaspoon vanilla

## PREPARATION

Combine all ingredients in a blender and puree until smooth, about 30 seconds.

*312 calories, 21 g fat (1.1 g saturated fat), 28.6 g carbohydrate (7.4 g dietary fiber, 14.1 g sugars), 10.2 g protein, 0 mg cholesterol, 182 mg sodium*

## DAY 6 LUNCH

### Carrot Ribbon Salad with Chickpeas, Figs, and Pistachios in Cider Vinaigrette

Makes 1 serving

## INGREDIENTS

2 teaspoons apple cider vinegar

1/8 teaspoon kosher salt

freshly ground pepper

2 teaspoons olive oil

3 medium carrots, peeled

1/2 recipe Paprika-roasted chickpeas (*prepared last night*)

10 raw, unsalted pistachios, roughly chopped (*20 pistachios for men*)

1 dried Turkish fig, thinly sliced

2 tablespoons parsley leaves (*or more, if you want*)

## PREPARATION

In a large mixing bowl, whisk together the vinegar, kosher salt, and freshly ground pepper. Slowly add the olive oil, continuing to whisk vigorously until the mixture is thoroughly combined. Working over the bowl, use a vegetable peeler to shave the peeled carrots into long, thin ribbons. Once the carrots are shaved (*you'll end up with a thin core that's too hard to shave. You can either eat that or throw it away*), add the remaining ingredients and toss everything to combine.

***If you're packing this lunch to-go:*** Make the salad as directed (you can dress it ahead of time; carrots are hearty), but keep the chickpeas and pistachios separate, in a small airtight container. Put the salad in a large airtight container, with the small container of pistachios and chickpeas inside or on the side. Store in the refrigerator until you're ready to eat, then throw the pistachios and chickpeas into the salad.

*473 calories, 18 g fat (1.5 g saturated fat), 64.3 g carbohydrate (13.5 g dietary fiber, 15*

*g sugars), 15.9 g protein, 0 mg cholesterol, 610 mg sodium*

## **DAY 6 SNACK**

**½ English cucumber**, sliced in matchsticks, with **1 hard-boiled egg** (*men, eat 2 eggs*)

*95 calories, 5 g fat (1.7 g saturated fat), 4.7 g carbohydrate (1.2 g dietary fiber, 0.2 g sugars), 7.4 g protein, 186 mg cholesterol, 74 mg sodium*

## **DAY 6 DINNER**

### **Collard-Wrapped Turkey Burger**

Makes 1 serving

#### **INGREDIENTS**

1 scallion, greens thinly sliced, whites finely minced

4 ounces ground turkey\*

¼ teaspoon paprika

⅛ teaspoon kosher salt

freshly ground pepper

1 bunch collard greens, stems removed

1 teaspoon canola oil

½ ounce slice of cheddar cheese

¼ avocado, thinly sliced (get instructions for storing the rest of this avocado in “PREP” section below)

1/4 large beefsteak tomato, thinly sliced

½ teaspoon dijon mustard (*optional*)

*\*Men, use 8 ounces*

#### **PREPARATION**

In a small mixing bowl, combine scallion whites and greens, ground turkey, paprika, kosher salt, and pepper. Use your hands to mix everything together, then form it into a patty about ¾-inch thick. Put the patty in the fridge while you prepare the collard greens.

Simmer ¼ cup water in a large skillet over medium heat. Add one large collard green leaf to the boiling water and let it cook for about 20 seconds, then flip it and cook for another 20 seconds. This will soften the collard a little bit, so that it's easier to wrap

around the burger and doesn't taste weird. Put the cooked leaf on a paper towel-lined plate. *(If your leaves are small, you might want to repeat this with a second leaf, then wrap them both around your burger.)* Slice the remaining collard greens into thin ribbons *(about ¼-inch thick)*, then add the ribbons to the boiling water. Season with the remaining ½ teaspoon tamari and freshly ground pepper and cook, stirring occasionally, until the collards are soft and the stock has evaporated, about 10 minutes. If the liquid evaporates before the greens are soft, add water one tablespoon at a time. Once the greens are cooked, transfer them to a serving plate tented with foil, to keep them warm.

Wipe out the skillet so that it's clean and dry, then return it to the stove. Heat the canola oil in the skillet over medium-high heat, then lay the turkey patty in the skillet. Cook until the underside is deeply browned, about 5 minutes. Carefully flip the burger and cook until the meat is cooked through *(a thermometer inserted into the center should read 165°F, and there should be no pink in the middle when you cut into the patty)* and the underside is deeply browned, about 5 minutes more.

When the turkey burger is cooked, put the sliced cheddar on top and continue to cook the burger just until the cheese melts, about 1 minute. Lay the whole collard leaf on the plate with cooked collard greens, then lay the burger in the center of the leaf. Top with avocado and sliced tomato, wrap, and eat.

*359 calories, 22.1 g fat (4.9 g saturated fat), 10.9 g carbohydrate (3.5 g dietary fiber, 1.4 g sugars), 32.7 g protein, 84.1 g cholesterol, 713 g sodium*

## **PREP**

After dinner, peel the remaining ¾ avocado. Put ¼ in an airtight bag in the freezer labeled **Saturday, Week 1, Breakfast** and put ½ in a separate airtight bag in the freezer labeled **Thursday, Week 2, Snack**.

## **DAY 6 NIGHT SNACK**

### **Coconut and Pistachio-Stuffed Dates**

Coarsely chop **5 raw, unsalted pistachios**, then mix them with **1 teaspoon shredded coconut**. Cut **two medjool dates** open lengthwise on one side. If there are pits, take them out and throw them away, then stuff each date with the pistachio coconut mixture.

*172 calories, 6.6 g fat (3 g saturated fat), 30 g carbohydrate (3.1 g fiber, 24.3 g sugars), 0.3 g protein, 0 mg cholesterol, 1.7 mg sodium*

## **DAY 6 (FRIDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,407 calories, 72.7 g fat (12.2 g saturated fat), 138.8 g carbohydrate (28.7 g dietary fiber, 55 sugars), 66.5 g protein, 270 mg cholesterol, 1,580 mg sodium*

## **THAW: SHRIMP**

Take the 4 ounces of shrimp (8 ounces for men) out of your freezer and put it in your refrigerator to thaw for Saturday's dinner.

Prep note: Make sure you have  $\frac{1}{4}$  avocado frozen for tomorrow's breakfast, a smoothie.

## **DAY 7 (SATURDAY)**

### **PREP**

1. Today you need to go grocery shopping using the grocery list for week two.
2. When you get home, freeze the two 4-ounce salmon fillets (men will use two 8-ounce fillets) in a Ziploc bag labeled "Thaw Wednesday evening."

## **DAY 7 BREAKFAST**

### **Coconut, Pineapple, and Avocado Smoothie**

Makes 1 serving

### **INGREDIENTS**

1 cup pineapple chunks

$\frac{1}{4}$  avocado, peeled, cut in rough 1-inch cubes, frozen (*leftover from yesterday*)

$\frac{1}{2}$  bunch kale, ribs and stems removed, leaves roughly chopped into 2-inch pieces

1 cup coconut water

1 tablespoon natural, unsalted almond butter

$\frac{1}{4}$  teaspoon vanilla extract

1 tablespoon shredded coconut, for garnish

### **PREPARATION**

Combine pineapple chunks, avocado, kale, coconut water, almond butter, and vanilla extract in a blender and puree until smooth, about 30 seconds. Transfer to a glass and top with shredded coconut, to serve.

322 calories, 19.3 g fat (4.3 g saturated fat), 37 g carbohydrate (5.6 g dietary fiber, 26.7 g sugars), 6.4 g protein, 0 mg cholesterol, 27.7 mg sodium

## **DAY 7 LUNCH**

### **Eggs and Sweet Potato Soldiers, Roasted Tomatoes, and Kale Salad**

Makes 1 serving plus leftover sweet potatoes

You'll eat half of the sweet potatoes you roast for lunch today and save half for breakfast tomorrow.

#### **INGREDIENTS**

1 medium sweet potato, washed and cut into wedges ½-inch thick  
2 teaspoons olive oil, divided  
⅛ teaspoon kosher salt  
freshly ground pepper  
¾ large beefsteak tomato, cut in slices ½-inch thick  
2 large eggs\*  
juice of ½ lemon  
½ bunch kale, stems and ribs removed, thinly sliced into ribbons  
½ ounce Parmesan cheese, grated

*\*Men, use 3 eggs*

#### **PREPARATION**

Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper. Add the sweet potato wedges to the lined baking sheet, drizzle with 1 teaspoon olive oil, season with salt and pepper, and toss to evenly coat and combine.

Roast in the preheated oven until the undersides of the sweet potato wedges are lightly browned, about 10 minutes. Take the sheet out of the oven, flip the sweet potatoes, and add the tomato slices. Bake until the sweet potato wedges are soft and cooked through and the tomato slices are soft and warm, 10-15 minutes more. Meanwhile, make the soft-boiled eggs.

*For the soft-boiled eggs:* Bring 5 inches of water to a boil in a small pot over high heat. When the water is boiling, carefully drop the eggs in one at a time, using a spoon. Turn the heat all the way down to low, cover the pot, and cook the eggs for 6 minutes. After 6 minutes, lift the eggs out of the boiling water and put them in a small bowl. Cover the

eggs with room temperature water and let them sit until you're ready to eat.

*For the kale salad:* squeeze lemon juice into a medium mixing bowl, then slowly add the remaining teaspoon of olive oil, whisking constantly until the vinaigrette is fully combined. Add the sliced kale ribbons and massage the dressing into the kale until the kale starts to soften, about 30 seconds. Add the grated Parmesan and toss to combine. Serve kale salad on the side of the sweet potatoes, tomatoes, and eggs.

Serve the eggs in egg cups or shot glasses, with the tops cut off, then dip the half of the sweet potato wedges into the runny yolks and scoop out of the rest of the egg white with a spoon.

Let the remaining half of the sweet potato wedges cool completely before storing in an airtight container in the fridge.

*415 calories, 22.9 g fat (6.9 g saturated fat), 31 g carbohydrate (6.3 g dietary fiber, 12 g sugars), 23 g protein, 312 mg cholesterol, 586 mg sodium*

## **DAY 7 SNACK**

**1 cup blackberries with 20 raw, unsalted pistachios (40 for men)**

*159 calories, 7.6 g fat, 22 g carbohydrate (7.6 g dietary fiber, 10 g sugars), 1 g protein, 0 mg cholesterol, 0 mg sodium*

## **DAY 7 DINNER**

**Shrimp and Snow Pea Stir-Fry with Cauliflower "Rice"**

To make this dinner, you'll combine:

½ recipe Cauliflower "Rice" (*recipe below*)  
Shrimp and Snow Pea Stir-Fry (*recipe below*)

First cook the cauliflower rice, then cook the stir-fry.

**Cauliflower "Rice"**

Makes 2 servings

You'll eat half of this "rice" tonight and save the other half for lunch Tuesday.

### **INGREDIENTS**

1 large head cauliflower (about 1 ½ pounds), cored and cut into florets  
2 teaspoons olive oil  
1 shallot, minced  
2 cloves garlic, minced  
1 teaspoon tamari  
¼ cup low-sodium chicken stock

### **PREPARATION**

Pulse cauliflower florets in a food processor until they're the consistency of rice. *If you don't have a food processor, you can chop the florets with a knife until they're the consistency of rice. Note that this will take much longer and will be messy.*

Heat olive oil in a large skillet over medium heat. Add the minced shallot and cook, stirring constantly, until the shallot starts to soften, about 30 seconds. Add the minced garlic, stir quickly, then add the cauliflower, stir, and let it cook for about a minute. Add tamari and chicken stock and cook, stirring occasionally, until the water has evaporated and the cauliflower is tender but still crunchy, about 6 minutes.

Eat half of the cauliflower rice for dinner tonight, then cool the leftover half completely before storing in an airtight container in the fridge.

### **Shrimp and Snow Pea Stir-Fry**

Makes 1 serving

### **INGREDIENTS**

2 teaspoons olive oil  
2 scallions, thinly sliced, greens and whites separated  
1 medium shallot, thinly sliced  
4 ounces shrimp\*, peeled and deveined  
½ teaspoon minced ginger  
2 cloves garlic, minced  
1 cups snow peas, stems trimmed, cut in 1-inch pieces  
1 teaspoon tamari  
2 tablespoons chicken stock

*\*Men, use 8 ounces*

## **PREPARATION**

Heat oil in a large skillet over medium heat, then add the sliced scallion whites (reserve the greens for garnish) and sliced shallot. Cook, stirring often, until the vegetables soften and start to turn translucent, about a minute. Add the shrimp and cook without stirring for one minute. Flip the shrimp, then cook for one minute more. Add the garlic and ginger and cook everything, stirring often, just until the garlic starts to soften, about 30 seconds. Add the snow peas, tamari, and chicken stock and cook, stirring occasionally, until the liquid has evaporated, the snow peas are still very crunchy but not raw, and the shrimp is cooked through, about 2 minutes.

Eat the stir fry with half of the cauliflower rice.

*338 calories, 16.2 g fat (2.3 g saturated fat), 21 g carbohydrate (7.9 g dietary fiber, 3.7 g sugars), 31 g protein, 172 mg cholesterol, 738 mg sodium*

## **DAY 7 NIGHT SNACK**

**1 apple with 1 tablespoon natural, unsalted almond butter**

*190 calories, 8.8 g fat (0.6 g saturated fat), 4.5 g protein, 28 g carbohydrate (5.9 g fiber, 19.9 g sugars), 0 mg cholesterol, 2 mg sodium*

## **DAY 7 (SATURDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,423 calories, 74.8 g fat (14.1 g saturated fat), 139 g carbohydrate (33.3 g dietary fiber, 72.3 g sugars), 65.3 g protein, 553.9 mg cholesterol, 1355 mg sodium*

## **DAY 8 (SUNDAY)**

### **DAY 8 BREAKFAST**

**Baked Eggs in Garlicky Collard Greens and Sweet Potatoes**

Makes 1 serving

### **INGREDIENTS**

1 teaspoon olive oil

3 cloves garlic, thinly sliced  
1 bunch collard greens, stems removed, leaves thinly sliced in ¼-inch ribbons  
sprinkle of paprika  
½ a roasted sweet potato (*leftover from Saturday's breakfast*), wedges cut into 1-inch pieces  
2 large eggs\*  
⅛ teaspoon kosher salt  
freshly ground pepper

*\*Men, use 3 eggs*

## **PREPARATION**

Preheat the oven to 400°F.

Heat olive oil in a medium skillet over medium heat, then add the sliced garlic, sliced collard greens, and paprika. Cook, stirring often, until the collard greens are bright green and slightly tender, about 2 minutes. Add the sweet potatoes and spread the vegetables to cover the bottom of the pan, creating small nests for the eggs, then crack the eggs on top of the vegetables. Season with salt and pepper.

Bake in the preheated oven until the whites are set but the yolks are still runny, 8-10 minutes. Eat immediately while it's warm.

*365 calories, 14.4 g fat (3.9 g saturated fat), 37.8 g carbohydrate (7.1 g fiber, 13.2 g sugars), 18.2 g protein, 368 mg sodium, 372 mg cholesterol*

## **DAY 8 LUNCH**

### **White Bean, Cucumber, and Tomato Salad with Herbs and Ginger-Lemon Vinaigrette**

Makes 1 serving plus leftover ginger-lemon juice

This recipe uses ½ of a can of white beans; save the other half in the fridge for lunch tomorrow. It also makes extra ginger-lemon juice that you'll use for tomorrow's snack and Friday's lunch.

## **INGREDIENTS**

### **For the ginger-lemon juice:**

1 2-inch piece of ginger

Zest of 2 lemons  
Juice of 3 lemons  
1 jalapeno pepper (*optional, if you want it a little spicy*)

**For the salad:**

1 tablespoon ginger-infused lemon juice  
1/8 teaspoon kosher salt  
1 tablespoon olive oil  
1/2 a 15-ounce can (about 2/3 cup) cup white beans, drained and rinsed  
1/2 medium English cucumber, thinly sliced  
1 cup halved cherry tomatoes  
2 tablespoons parsley leaves  
2 tablespoons mint leaves, roughly chopped  
1 scallion, thinly sliced  
freshly ground pepper

**PREPARATION**

**For the lemon juice:** Cut the ginger into a few pieces, no need to peel it. If you're using a jalapeno, cut the top off of the pepper, cut it in half lengthwise, then scrape out the seeds and throw them away. Combine the ginger, jalapeno (*if using*), and lemon zest and juice in an airtight container. Let it sit for at least 10 minutes before using. Juice will keep for up to 5 days in an airtight container in the fridge.

**For the salad:** In a medium mixing bowl, combine 1 tablespoon of the infused lemon juice and the kosher salt. Whisk together, then slowly add 1 tablespoon of olive oil, continuing to whisk. When the mixture is thoroughly combined, add the white beans, cucumber slices, cherry tomatoes, parsley, scallions and mint. Toss everything together and eat.

*327 calories, 14.1 g fat (2 g saturated fat), 38.5 g carbohydrate (9.4 g fiber, 3.7 g sugars), 11.7 g protein, 154.9 mg sodium, 0 mg cholesterol*

**DAY 8 SNACK**

**1 cup blueberries with 20 raw, unsalted pistachios (40 for men)**

*166 calories, 6.5 g fat (0.8 g saturated fat), 25 g carbohydrate (5.4 g dietary fiber, 16.0 g sugars), 4 g protein, 104 mg sodium, 0 mg cholesterol*

## **DAY 8 DINNER**

### **Roast Pork Loin and Butternut Squash with Grapefruit and Arugula Salad**

Makes 3 servings of pork and butternut squash, one serving of salad

You will save two thirds of the pork this recipe makes for Tuesday and Thursday's lunches. Leftover squash will be used for tomorrow's lunch and Tuesday's dinner.

#### **INGREDIENTS**

##### **For the pork loin and butternut squash:**

1 small butternut squash, cut in 1-inch cubes (*3 cups of cubes*)  
1 tablespoon canola oil, divided  
¼ teaspoon kosher salt  
freshly ground pepper  
12 ounces (*¾ pound*) boneless center-cut pork loin  
1 tablespoon dijon mustard  
1 tablespoon apple cider vinegar  
sprinkle paprika

*\*Men, cook 24 ounces (1 ½ pounds)*

##### **For the grapefruit and arugula salad**

½ large grapefruit  
⅛ teaspoon kosher salt  
1 teaspoon olive oil  
2 cups arugula

#### **PREPARATION**

##### **For the pork and butternut squash:**

Preheat the oven to 400°F, and line a large, rimmed baking sheet with parchment paper.

Put the cubed butternut squash on the baking sheet lined with parchment paper, drizzle with ½ tablespoon canola oil, and sprinkle with the kosher salt and some freshly ground pepper. Toss to evenly coat the squash, then bake in the preheated oven for 15 minutes.

Meanwhile, brown the pork: Heat the remaining ½ tablespoon canola oil in a medium

skillet (preferably cast-iron, but any heavy-bottomed skillet will work) over high heat. When the oil is hot, lay the pork loin in the skillet. Sear the pork on all four sides until they're golden brown, about 1 ½ minutes per side.

Once the pork is browned and the butternut squash has been in the oven for 15 minutes, take the squash out of the oven and clear space in the middle of the baking sheet for the pork. Lay the browned pork on the baking sheet. It should be surrounded by the butternut squash but not on top of it. Mix the dijon mustard, paprika, and vinegar together in a small mixing bowl, then brush or pour the mixture over the pork.

Put the baking sheet back in the oven and roast until the butternut squash is soft and starting to brown and a thermometer inserted into the center of the pork loin reads 145°F, about 25 minutes more.

Let the pork rest on a cutting board for 10 minutes before serving. Meanwhile, make the grapefruit and arugula salad (directions below).

Cut the pork loin into three even portions. Cut one portion into a 3-4 slices for tonight's dinner. Let the other two pieces of pork cool completely before refrigerating.

Divide the butternut squash into three even portions. Serve one portion with tonight's dinner. Let the rest of the butternut squash cool completely before refrigerating.

**For the grapefruit and arugula salad:**

Use a knife to cut the peel off of the grapefruit, so that there's no white pith left on the outside. Then, use a small, sharp knife to cut the segments away from white membrane that separates them. (See step-by-step photos for more instructions.) Work over a small mixing bowl, because juice will drip down and you want to use that to dress your salad. Once you've cut out all the grapefruit segments, squeeze the membrane that's left, to get out any extra juice.

Use a spoon to take the grapefruit segments out of the bowl and set them aside, leaving the juice in the mixing bowl. Add the salt, whisk together, then add the tablespoon of olive oil slowly, whisking constantly. Once everything is thoroughly combined, add the arugula and grapefruit segments to the mixing bowl, and toss everything together to coat and combine.

Plate the salad with the pork and butternut squash.

445.7 calories, 23.1 g fat (4.9 g saturated fat), 32.2 g carbohydrate (8 g fiber, 9.4 g sugars), 27.5 g protein, 395 g sodium, 70 mg cholesterol

### **DAY 8 NIGHT SNACK**

2 squares (1 ounce) dark chocolate (*at least 70% cocoa*)

105 calories, 9 g fat (5.5 g saturated fat), 4 g carbohydrate (1.5 g fiber, 2.5 g sugars), 2 g protein, 10 mg sodium, 0 mg cholesterol

### **PREP**

Cook the Roasted Pepper, Goat Cheese, and Spinach Egg Muffins for tomorrow's breakfast (***recipe below***) and store in an airtight container in the fridge.

### **DAY 8 (SUNDAY) TOTAL NUTRITIONAL INFORMATION:**

1,410 calories, 67.1 g fat (17.1 g saturated fat), 137.5 g carbohydrate, 31.4 g fiber, 44.8 g sugars), 63.4 g protein, 1031 mg sodium, 442 mg cholesterol

## **DAY 9 (MONDAY)**

### **DAY 9 BREAKFAST**

2 Roasted Pepper, Cheddar Cheese, and Spinach Egg Muffins (men, 3 egg muffins) (***recipe below***)

4 large strawberries

To reheat the muffins, microwave them on high for 30 seconds.

### **Roasted Pepper, Cheddar Cheese, and Spinach Egg Muffins**

Makes 5 muffins

#### **INGREDIENTS**

1 teaspoon olive oil

5 large eggs\*

⅓ cup roasted red peppers, drained and roughly chopped

2.5 ounces (*half a 5-ounce bag; about 2 cups loosely packed*) baby spinach, roughly

chopped

2 ounces sharp yellow cheddar, grated

*\*Men use 8 large eggs make 8 muffins*

## **PREPARATION**

Preheat the oven to 375°F and use the olive oil to grease 5 muffin tins (*men, you'll fill 8 muffin cups, so use 1 ½ tablespoons of oil*). You can use a pastry brush or your fingers, just make sure the insides of the cups are covered with a thin layer of oil.

In a large mixing bowl, beat the eggs and egg whites until thoroughly mixed. Add the red peppers, spinach, and cheddar cheese, and stir everything together to combine.

Divide the mixture among the greased muffin cups (*5 cups for women; 8 cups for men*), filling each cup  $\frac{3}{4}$  of the way. Bake in the preheated oven until the egg is cooked through and the middle of each muffin doesn't jiggle when you shake the muffin tin, 18-20 minutes.

Let the muffins sit in the muffin tins for 5 minutes to cool, then flip them out of the muffin tin and let them cool completely at room temperature before storing them in an airtight container in the fridge.

## **DAY 9 LUNCH**

### **Kale Salad with Butternut Squash, White Beans, and Cider Vinaigrette**

Makes 1 serving

## **INGREDIENTS**

1 tablespoon apple cider vinegar

$\frac{1}{2}$  teaspoon honey

$\frac{1}{8}$  teaspoon kosher salt

freshly ground pepper

1 tablespoon olive oil

$\frac{1}{2}$  bunch kale, stems and ribs removed, leaves sliced in  $\frac{1}{4}$ -inch ribbons (*about 2 cups*)

$\frac{1}{2}$  a 15-ounce can (*about  $\frac{2}{3}$  cup*) white beans, rinsed and drained (*the rest of the can from lunch yesterday*)

$\frac{1}{3}$  recipe (*about 1 cup*) roasted butternut squash cubes (*leftover from Sunday's dinner*)

## **PREPARATION**

In a large mixing bowl, combine apple cider vinegar, honey, kosher salt and some freshly ground pepper. Whisk everything together until it's mixed (there should be no bits of honey floating around), then slowly pour in the olive oil, still whisking vigorously. Continue to whisk until the vinaigrette is thoroughly combined.

Add kale ribbons to the mixing bowl with the vinaigrette. Use your hands to massage the vinaigrette into the kale for about a minute, until kale starts to soften just slightly. Add white beans and butternut squash and toss just to combine.

***If you're packing lunch to-go:*** Prep the salad in the morning, then store it in a tupperware container in the fridge until you're ready to eat it. Kale is super resilient and it won't wilt, so it's fine to dress this ahead of time.

*438 calories, 15.6 g fat (2.3 g saturated fat), 65.3 g carbohydrate (17.2 g dietary fiber, 3.3 g sugars), 17.7 g protein, 0 mg cholesterol, 354 mg sodium*

## **DAY 9 SNACK**

**½ English cucumber**, cut in 1/2 -inch slices and drizzled with **1-2 teaspoons ginger-lemon juice** (*leftover from Sunday*) with **¼ cup hummus**

***If you're packing this snack to-go:*** Slice the cucumber and drizzle it with 1-2 teaspoons infused lemon juice. Pack the slices in a small tupperware container and ziploc bag, and pack the hummus in a separate tupperware container. Refrigerate until you're ready to eat

*154 calories, 12.1 g fat (2 g saturated fat), 10.9 g carbohydrate (2.8 g dietary fiber, 0 g sugars), 4.7 g protein, 0 mg cholesterol, 242 mg sodium*

## **DAY 9 DINNER**

### **Single-Skillet Chicken Thighs with Asparagus and Red Pepper**

Makes 1 serving plus leftover chicken and asparagus

You'll save half of the chicken for Wednesday's lunch and half of the asparagus for tomorrow's lunch.

## **INGREDIENTS**

2 medium chicken thighs\*, bone-in, skinless\*\* (*½ pound, total*)

¼ teaspoon kosher salt, divided  
freshly ground pepper  
2 teaspoons canola oil  
1 tablespoon apple cider vinegar  
½ teaspoon paprika  
1 teaspoon dijon mustard  
1 bunch asparagus, woody ends trimmed  
1 red bell pepper, cored and thinly sliced

*\*Men, cook 3 large chicken thighs, ¾ pound total.*

*\*\*You can buy bone-in, skin-on chicken thighs, then peel the skin off and throw it away. Or, you can buy boneless, skinless chicken thighs. Cooking them with the bone just makes them taste a little bit better.*

## **PREPARATION**

Preheat the oven to 425°F.

Use paper towels to thoroughly dry the chicken thighs, then season them all over with ⅛ teaspoon salt and pepper.

Heat canola oil in a large cast iron skillet over medium-high heat. When the skillet is hot, add the seasoned chicken thighs, and cook just until the underside is lightly browned, about 3 minutes.

While the chicken browns, combine the remaining ⅛ teaspoon kosher salt, vinegar, paprika, and mustard in a large mixing bowl and whisk to combine. Add the asparagus and sliced bell pepper to the mixing bowl, and toss to coat the vegetables in the vinegar mixture.

After the chicken has been cooking for about 3 minutes, add the vegetables to the skillet, scattered around the chicken thighs. You just want the chicken to stay in contact with the bottom of the pan so that it keeps browning.

Put the skillet in the oven and roast everything for 10 minutes. Take the skillet out, stir the vegetables, and flip the chicken thighs. Put the skillet back in the oven until the thighs are cooked through (a meat thermometer inserted into the thickest part of the thigh should read 165°F, and there should be no pink when you cut into the meat), about 10 more minutes.

When the chicken is cooked, take the skillet out of the oven and use a spoon or spatula to remove the chicken and vegetables from the skillet. Put one chicken thigh (1 ½ for men, but wait at least 5 minutes to cut the chicken) on a plate with half of the asparagus and all of the red pepper.

Let the leftover chicken thigh (1 ½ for men), and asparagus and cool completely. Cut the asparagus into 2-inch pieces. Remove the bone from the chicken thigh and cut it into ½ -inch cubes. Store leftovers in three separate airtight containers in the fridge.

*315 calories, 18.8 g fat (3.3 g saturated fat), 10.2 g carbohydrate (3.5 g dietary fiber, 6.3 g sugars), 27.3 g protein, 113 mg cholesterol, 316 mg sodium*

## **DAY 9 NIGHT SNACK**

### **Broiled Grapefruit with Shredded Coconut**

Makes 1 serving

#### **INGREDIENTS**

½ large grapefruit

½ teaspoon honey

1 tablespoon shredded coconut

#### **PREPARATION**

Preheat the broiler of your oven, and put an oven rack on the top rung of the oven. Use a knife to slice all the way around the grapefruit flesh where it meets the pith, to loosen it. Then, make little slices on both sides of each segment to loosen them. This will make the grapefruit easier to eat. Place the grapefruit half on a baking sheet or in a skillet and spread the honey over the surface of the grapefruit. Broil for 3-5 minutes, or until the top of the grapefruit is beginning to brown and caramelize. Take the grapefruit out of the oven and immediately sprinkle it with the shredded coconut. Let the grapefruit cool for a minute, then eat.

*122.7 calories, 3.5 g fat (3 g saturated fat), 24.9 g carbohydrate (3.7 g dietary fiber, 14 g sugars), 1.3 g protein, 0 mg cholesterol, 3.7 mg sodium*

## **DAY 9 (MONDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,310 calories, 69.6 g fat (18.8 g saturated fat), 117.4 g carbohydrate (29.3 g dietary fiber, 27.2 g sugars), 70.2 g protein, 509.3 mg cholesterol, 1361 mg sodium*

## DAY 10 (TUESDAY)

### DAY 10 BREAKFAST

#### AB&J Smoothie

Makes 1 serving

#### INGREDIENTS

4 large strawberries, roughly chopped  
1 medjool date, pitted  
1 ½ cup unsweetened almond milk  
2 tablespoons natural, unsalted almond butter  
¼ teaspoon vanilla extract

#### PREPARATION

Add all ingredients to a high speed blender and puree until smooth (about 30 seconds).

*340 calories, 22.7 g fat (1 g saturated fat), 32 g carbohydrate (8.5 g dietary fiber, 21.3 g sugars), 10.4 g protein, 0 mg cholesterol, 271 mg sodium*

### DAY 10 LUNCH

#### Pork Loin, Asparagus and Cauliflower “Rice” Bowl

Makes 1 serving

#### INGREDIENTS

4 ounces roasted pork loin (*leftover from Sunday’s dinner*), cut in 1-inch cubes  
½ bunch roasted asparagus (*leftover from Monday’s dinner*), cut in 2-inch pieces  
½ recipe cauliflower rice (*leftover from Saturday’s dinner*)  
3 scallions, thinly sliced  
5 raw, unsalted almonds, chopped (*10 almonds for men*)  
1 teaspoon tamari

#### PREPARATION

In large mixing bowl, combine all ingredients except tamari and toss together. Reheat in a bowl in the microwave, then drizzle with tamari.

***If you're packing lunch to go:*** combine all ingredients except the tamari in a large tupperware container, and pack the tamari in a small container, separately. Refrigerate until you're ready to eat, then microwave the rice bowl in a microwave-safe bowl and drizzle with tamari, to serve.

*374 calories, 18.5 g fat (3.6 g saturated fat), 25 g carbohydrate (11.6 g dietary fiber, 0.9 g sugars) 32.5 g protein, 55 mg cholesterol, 670 mg sodium*

## **DAY 10 SNACK**

**½ avocado** with a **squeeze of lime** and a sprinkle of salt. *Instructions for what to do with the leftover avocado are below.*

*146 calories, 13.3 g fat (1.8 g saturated fat), 7.9 g carbohydrate (5.9 g dietary fiber, 0.4 g sugars), 1.7 g protein, 0 mg cholesterol, 147 mg sodium*

## **PREP**

Cut the remaining ½ avocado in half. Peel ¼ and put it in a ziploc bag labeled **“Saturday, Week 2, Breakfast,”** then put it in the freezer. Squeeze lemon juice over remaining ¼ and store in plastic wrap in fridge for tomorrow's lunch.

## **DAY 10 DINNER**

### **Baked Eggs In Butternut Squash and Spinach**

Makes 1 serving

#### **INGREDIENTS**

2 teaspoons olive oil

1 clove garlic, minced

2.5 ounces (*½ a 5-ounce bag, about 2 cups loosely packed*) baby spinach

*⅓ recipe (about 1 cup) roasted butternut squash cubes (leftover from Sunday's dinner)*

sprinkle paprika

2 large eggs\*

*⅛* teaspoon kosher salt

freshly ground pepper

2 tablespoons chopped parsley leaves, for garnish

*\*Men, use 3 eggs*

## **PREPARATION**

Preheat the oven to 400°F.

Heat olive oil in a medium skillet over medium-low heat, then add the garlic and cook, stirring often, just until the garlic is fragrant, about 30 seconds. Add spinach and cook, stirring often, until the spinach is wilted, about a minute more. Add butternut squash, sprinkle with paprika, and toss everything together. Spread the vegetables out to cover the bottom of the pan, create nests in the veggies for the eggs, then crack the eggs on top of the vegetables. Season with salt and pepper.

Bake in the preheated oven until the whites are set but the yolks are still runny, 8-10 minutes. Garnish with chopped parsley.

*309 calories, 18.8 g fat (4.4 g saturated fat), 20.9 g carbohydrate (6.5 g dietary fiber, 0.5 g sugars) 16 g protein, 372 mg cholesterol, 348 mg sodium*

## **DAY 10 NIGHT SNACK**

**2 dried Turkish figs with 1 ounce sharp cheddar**

*230 calories, 9 g fat (6 g saturated fat), 28.8 g carbohydrate (6.1 g fiber, 21.7 g sugars), 8.1 g protein, 30 mg cholesterol, 179 mg sodium*

## **DAY 10 (TUESDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,399 calories, 82.3 g fat (16.8 g saturated fat), 114.6 g carbohydrate (38.6 g dietary fiber, 44.8 g sugars), 68.7 g protein, 457 mg cholesterol, 1615 mg sodium*

## **PREP**

Before bed, make the Chia Pudding with Pineapple, Mint, and Coconut (*recipe below*) for tomorrow's breakfast; it needs to soak overnight in the fridge.

## **DAY 11 (WEDNESDAY)**

### **DAY 11 BREAKFAST**

## Chia Pudding with Pineapple, Mint, and Coconut

Makes 1 serving

### INGREDIENTS

3 tablespoons chia seeds  
1 cup unsweetened almond milk  
1 teaspoon honey  
¼ teaspoon vanilla extract  
½ cup diced pineapple, in ¼-inch pieces  
2 tablespoons shredded coconut  
1 tablespoon mint leaves

### PREPARATION

In a small mixing bowl, combine chia seeds, almond milk, honey, vanilla extract, pineapple, and shredded coconut. Stir everything together to combine, then transfer to a small airtight container and refrigerate overnight.

When you're ready to eat the pudding, roughly chop the mint leaves, then add them to the chia pudding and eat.

*382 calories, 22 g fat (7.5 g saturated fat), 35 g carbohydrate (18.3 g dietary fiber, 14.4 g sugars), 11 g protein, 0 mg cholesterol, 184.4 mg sodium*

## DAY 11 LUNCH

### Chicken and Avocado Romaine Cups

Makes 1 serving

### INGREDIENTS

1 small chicken thigh\* (*leftover from Monday's dinner*), cut in ½-inch cubes  
¼ avocado, cut in rough, ¼-inch cubes  
¾ of one medium beefsteak tomato, cut in ¼-inch cubes (*save 2 ¼-inch slices for lunch tomorrow*)  
1 medium carrot, grated with a box grater (if you don't have a box grater you can thinly slice with a knife or peel into ribbons)  
⅛ teaspoon kosher salt  
freshly ground pepper  
4-6 large romaine leaves

squeeze of lime juice

*\*Men, use 1 ½ medium chicken thighs*

## **PREPARATION**

Combine the first six ingredients in a medium mixing bowl, stirring so that everything is evenly mixed. Spoon the chicken mixture into the romaine cups to serve, then squeeze lime juice on top.

***If you're packing lunch to go:*** Make the chicken mixture in the morning, then store in a small tupperware container. Pack romaine leaves and a lime wedge separately in a larger tupperware or ziploc bag. Refrigerate until lunch time, then spoon the chicken mixture into the romaine leaves, and squeeze on the lime juice when you're ready to eat.

*302 calories, 16 g fat (4.1 g saturated fat), 12 g carbohydrate (5.1 g dietary fiber, 4 g sugars), 27.6 g protein, 112 mg cholesterol, 235 mg sodium*

## **DAY 11 SNACK**

**1 Roasted Pepper, Cheddar, and Spinach Egg Muffin** (*leftover from Monday's breakfast*) for women; 2 egg muffins for men. To reheat the muffins, microwave for 30 seconds on high.

*131 calories, 9.7 g fat (4.1 g saturated fat), 0.9 g carbohydrate (0.3 g dietary fiber, 0.2 g sugars), 9.4 g protein, 198 mg cholesterol, 222 mg sodium*

## **DAY 11 DINNER**

### **Paprika-Roasted Chickpeas and Kale on Cheesy Portobello Mushroom Caps**

Makes 1 serving plus leftover chickpeas and mushroom caps

You will save 2 of the roasted mushroom caps for Thursday's lunch and half of the roasted chickpeas for Friday's snack.

## **INGREDIENTS**

1 15-ounce can chickpeas, rinsed and thoroughly dried

1 tablespoon olive oil, divided

¼ teaspoon kosher salt, divided

freshly ground pepper  
1 teaspoon paprika  
4 medium portobello mushroom caps  
1 bunch kale, stems removed, chopped into rough 2-inch pieces  
½ ounce Parmesan cheese, grated

## **PREPARATION**

Preheat the oven to 425°F and line two large, rimmed baking sheets with parchment paper.

In a medium mixing bowl, whisk together ½ tablespoon olive oil, salt, pepper, and paprika. Add the chickpeas and toss to coat. Spread the chickpeas out on the lined baking sheet, and roast until the chickpeas are browned and crispy, 30-35 minutes.

Lay the portobello mushroom caps on the second lined baking sheet, drizzle with the remaining ½ tablespoon olive oil, season with the remaining ⅛ teaspoon kosher salt and pepper, and roast until the mushroom caps are soft, 20-25 minutes. When they're cooked, take 2 mushroom caps off the sheet tray, let them cool, and refrigerate in an airtight container.

When the chickpeas are browned and crispy, toss the chopped kale with the chickpeas on the baking sheet, season with a little more pepper, then put everything back in the oven just until the kale starts to wilt, about 5 minutes. When the chickpeas are done and the kale is wilted, divide half of the kale and half of the chickpeas on top of the two mushroom cups on the sheet tray. Top with the Parmesan cheese and put everything back in the oven just to melt the cheese, about 4 minutes.

Let the remaining half of the kale and chickpeas cool completely, then store them separately in airtight containers and refrigerate.

*461 calories, 20.2 g fat (4.6 g saturated fat), 52 g carbohydrate (13.2 g dietary fiber, 1.7 g sugars), 22.6 g protein, 9.6 mg cholesterol, 887 mg sodium*

## **DAY 11 NIGHT SNACK**

**1 Banana, Chocolate, and Coconut Popsicle** (*¼ of the recipe, prepared last Sunday*)

*106 calories, 1.5 g fat (1.7 g saturated fat), 21.7 g carbohydrate (3.1 g fiber, 12.5 g sugars), 1.3 g protein, 24 mg sodium, 0 mg cholesterol*

## **DAY 11 (WEDNESDAY) TOTAL NUTRITIONAL INFORMATION:**

1,399 calories, 69.4 g fat (22 g saturated fat), 121.6 g carbohydrate (40 g dietary fiber, 32.8 g sugars), 71.9 g protein, 321 mg cholesterol, 1551 mg sodium

### **THAW: SALMON**

Take the 8 ounces of salmon out of your freezer and put it in your refrigerator to thaw for dinner Thursday.

## **DAY 12 (THURSDAY)**

### **DAY 12 BREAKFAST**

2 **Roasted Pepper, Cheddar and Spinach Egg Muffins** for women; 3 egg muffins for men (*leftover from Monday's breakfast*)

½ cup blueberries

Reheat the muffins in the microwave on high for 30 seconds, until they're hot all the way through.

312 calories, 19.8 g fat (7.9 g saturated fat), 15.9 g carbohydrate (2.6 g dietary fiber, 9.8 g sugars), 18.7 g protein, 393 mg cholesterol, 478 mg sodium

### **DAY 12 LUNCH**

**Shaved Pork and Cheddar Sandwich on a Portobello "Bun"**

Makes 1 serving

#### **INGREDIENTS**

2 roasted portobello mushroom caps (*leftover from Wednesday's dinner*)

4 ounces roasted pork loin (*leftover from Sunday's dinner*), very thinly sliced

½ tablespoon dijon mustard

1 ounce sharp cheddar cheese, thinly sliced

2 ¼-inch slices beefsteak tomato (*leftover from Wednesday's lunch*)

2 large romaine leaves, sliced or torn to fit on the mushroom buns

#### **PREPARATION**

Lay one portobello mushroom cap down, stack the sliced pork on top of it, spread the pork with the dijon mustard, then stack the sliced cheddar, sliced tomato, and sliced romaine on top. Top with the second portobello bun, underside-in, making a sandwich.

***If you're packing this lunch to-go:*** Make the sandwich as directed, then wrap in foil or parchment paper to hold everything together. Refrigerate until serving. You can eat it cold, or let it sit out for 15 minutes or so before eating, so that it's closer to room temperature.

*324 calories, 15.7 g fat (8 g saturated fat), 10.7 g carbohydrate (4.3 g dietary fiber, 4.9 g sugars), 36 g protein, 85 mg cholesterol, 500 mg sodium*

## **DAY 12 SNACK**

### **Chocolate Avocado Pudding**

Makes 1 serving

#### **INGREDIENTS**

1/2 avocado (*leftover from dinner on Friday, Week 1*), frozen

1/2 cup unsweetened almond milk

1 medjool date

1/4 teaspoon vanilla extract

2 teaspoons cocoa powder

#### **PREPARATION**

Add all ingredients to a blender and puree until smooth.

***If you're packing this snack to-go:*** Blend everything together in the morning, then transfer to another portable, airtight container that you can drink out of. Store in the fridge until snack time.

*239 calories, 15.6 g fat (2.1 g saturated fat), 29 g carbohydrate (9.2 g dietary fiber, 17.3 g sugars), 2.3 g protein, 0 mg cholesterol, 98 mg sodium*

## **DAY 12 DINNER**

### **Steamed Salmon with Snap Peas, Garlic and Quinoa**

To make this dinner you'll combine:

1/3 recipe cooked quinoa (recipe below)

One 4-ounce **Steamed Salmon Fillet with Snap Peas** (*men cook two 8-ounce fillets*)

Make the quinoa first.

### **Quinoa**

Makes 1 1/2 cups (3 servings)

You'll eat a third of the cooked quinoa today and save the rest for Friday's dinner and Saturday's lunch.

### **INGREDIENTS**

1 teaspoon olive oil

1/2 cup dry quinoa, rinsed and drained in a mesh sieve

1 1/2 cup low sodium chicken stock

1/4 teaspoon kosher salt

### **PREPARATION**

In a medium saucepan with a lid, heat 1 teaspoon olive oil over medium heat. Add quinoa and cook, stirring constantly with a wooden spoon, for about a minute, until quinoa is completely dry and slightly toasted.

Add chicken stock and salt, and bring the mixture to a boil over high heat. Lower heat to the lowest setting and cook, covered, for 15 minutes. Remove the pan from the heat and let it stand, covered, for 5 minutes. Remove the lid and fluff the quinoa with a fork.

Eat 1/2 cup quinoa with salmon for dinner tonight. Let the rest of the quinoa cool completely before storing in an airtight container in the fridge.

### **Steamed Salmon with Snap Peas**

Makes 1 serving plus leftover salmon

You'll save one steamed salmon fillet for Friday's lunch.

### **INGREDIENTS**

1/4 cup low-sodium chicken stock

1 tablespoon apple cider vinegar  
1 tablespoon tamari  
4 cloves garlic, thinly sliced  
2 cups snap peas, ends trimmed  
2 4-ounce fillets\* salmon, skin removed (*try and get two fillets that are the same thickness*)  
½ lemon, in 2 slices  
¼ teaspoon kosher salt  
freshly ground pepper  
½ cup cooked quinoa (recipe above)

*\*Men, cook two 8-ounce fillets*

## **PREPARATION**

First, make a lid for your skillet out of parchment paper (see [here](#) for a diagram): Cut a square of parchment paper that's about three inches wider than the circumference of a large skillet. Fold the square in half diagonally, so that it's a triangle. Fold the two furthest corners of the triangle together, so that you have a smaller triangle. Do the same thing again, so that you have an even smaller triangle with eight layers of parchment. Take the tip of the triangle (where all of the folds converge) and pinch it together between two fingertips. Put that tip in the very center of your skillet, and mark where the outer edge of the skillet hits the parchment paper. Cut the folded parchment triangle along the curve of the skillet, then cut about half an inch from the tip of the triangle. Unfold the triangle, and you'll have a round piece of parchment the size of your skillet, with a hole in the center. Set this aside while you prep your ingredients.

In a large skillet off the heat, combine the chicken stock, apple cider vinegar, tamari, sliced garlic, and snap peas, then stir together and spread everything out in an even layer over the bottom of the skillet.

Season the salmon fillets with kosher salt and pepper on both sides, then place the salmon fillets atop the snap peas in the skillet and lay two lemon slices over each fillet. Cover everything with the parchment lid, then heat the skillet over medium-high heat until the liquid starts to simmer, about a minute. Turn the heat down to medium-low and cook until the bottom half of the salmon is opaque, about 3 minutes. Carefully lift the parchment lid just enough to flip both salmon fillets over, then cook until the salmon is opaque on the outside and cooked through but still slightly pink on the inside, about 3 minutes more.

Transfer the snap peas to a serving plate with the warm cooked quinoa, then serve one salmon fillet atop the vegetables. Discard the lemon slices.

Let the second salmon fillet cool to room temperature before storing in an airtight container in the fridge.

*368 calories, 7.4 g fat (0.8 g saturated fat), 38 g carbohydrate (7.6 g dietary fiber, 8.2 g sugars), 38 g protein, 76 mg cholesterol, 743 mg sodium*

### **DAY 12 NIGHT SNACK**

**Mango Sorbet** (*leftover from Wednesday, Week 1*) sprinkled with **10 raw, unsalted pistachios** (20 for men), roughly chopped.

*187 calories, 3.5 g fat (0.1 g saturated fat), 19.9 g carbohydrate (2 g dietary fiber, 17.3 g sugars), 2.8 g protein, 0 mg cholesterol, 6 mg sodium*

### **DAY 12 (SATURDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,430 calories, 62 g fat (18.9 g saturated fat), 112.5 g carbohydrate (25.7 g dietary fiber, 57.5 g sugars), 97.8 g protein, 554 mg cholesterol, 1825 mg sodium*

## **DAY 13 (FRIDAY)**

### **DAY 13 BREAKFAST**

**Soft-Scrambled Eggs with Kale and Parmesan Cheese**

Makes 1 serving

#### **INGREDIENTS**

½ batch roasted kale (*leftover from Wednesday's dinner*)

2 large eggs\*

freshly ground pepper

1 teaspoon water

2 teaspoons olive oil

½ ounce Parmesan cheese, grated

*\*Men, use 3 eggs*

## **PREPARATION**

Heat a large, nonstick skillet over medium heat. When the skillet is hot, add the roasted kale and cook, stirring often, to heat the kale through and cook it a little bit more, about 2 minutes. When the kale is hot and soft, transfer it to a serving plate while you cook the eggs.

Crack the eggs into a medium bowl, then add freshly ground pepper and a teaspoon of water, at room temperature or colder. Whisk everything together with a fork or small whisk until thoroughly beaten and slightly bubbly.

Wipe out the nonstick skillet with a paper towel or clean cloth. Heat the olive oil in the non-stick skillet over medium-low heat. Pour in the egg mixture, then use a rubber spatula to move the eggs constantly around the pan, scraping the bottom to mix the bits of cooked egg with the still-runny egg. Continue to do this until the eggs are cooked through and have a soft curd texture (like cottage cheese). If you like your eggs more well-done, you can keep cooking them.

As soon as the eggs are done, turn off the heat, add the Parmesan, stir everything once with the spatula, then plate the cheesy scrambled eggs on top of the kale.

*351 calories, 23.3 g fat (6.9 g saturated fat), 15.9 g carbohydrate (5.2 g dietary fiber, 3.8 g sugars), 22.6 g protein, 382 mg cholesterol, 428 mg sodium*

## **DAY 13 LUNCH**

### **Salmon Salad with Grapefruit, Pistachios, and Ginger-Lemon Vinaigrette**

Makes 1 serving

## **INGREDIENTS**

1 tablespoon infused lemon juice (*leftover from Sunday's lunch*) (or plain lemon juice, if you prefer)

sprinkle of paprika

1/8 teaspoon kosher salt

1 teaspoon olive oil

2 cups arugula

1 4-ounce fillet\* steamed salmon (*leftover from Thursday's dinner*), cut in 1-inch pieces

½ grapefruit, peeled and segmented  
10 raw, unsalted pistachios, chopped (*20 pistachios for men*)

*\*Men, use a 8-ounce fillet*

## PREPARATION

Combine lemon juice, paprika, and kosher salt in a medium mixing bowl, and whisk to combine. Add the olive oil slowly, continuing to whisk vigorously. When the vinaigrette is thoroughly combined, add arugula. Toss to coat the greens with the vinaigrette, then add the salmon pieces, grapefruit segments, and pistachios, and toss to combine.

***If you're packing this lunch to-go:*** Make the vinaigrette and store it in a small airtight container. Combine the arugula, salmon, grapefruit and pistachios in a large airtight container. Keep everything in the fridge until you're ready to eat, then toss the salad with the vinaigrette and eat.

*352 calories, 16.1 g fat (1.4 g saturated fat), 18.9 g carbohydrate (3 g dietary fiber, 2 g sugars), 31.6 g protein, 76 mg cholesterol, 264 mg sodium*

## DAY 13 SNACK

### Cherry Tomato, Chickpea and Parsley Salad

Makes 1 serving

## INGREDIENTS

½ cup cherry tomatoes, halved  
½ recipe paprika-roasted chickpeas (*leftover from dinner on Wednesday*)  
2 tablespoons parsley leaves, roughly chopped  
squeeze of lime juice

## PREPARATION

Combine cherry tomatoes, roasted chickpeas, and parsley in a small mixing bowl. Drizzle with the olive oil and toss to coat. To serve, squeeze a lime wedge over the salad.

***If you're packing this snack to-go:*** Make the salad as directed, and pack it in a small tupperware container with the unsqueezed lime wedge. Store in the fridge until you're ready to eat, then serve cold or at room temperature with a squeeze of lime.

234 calories, 6.4 g fat, (0.8 g saturated fat), 39.6 g carbohydrate (6.1 g dietary fiber, 3.6 g sugars), 6.8 g protein, 0 mg cholesterol, 401 mg sodium

## **DAY 13 DINNER**

### **Quinoa and Zucchini Salad with Scallions, Mint and Crushed Almonds**

Makes 1 serving

#### **INGREDIENTS**

½ tablespoon olive oil

1 large zucchini, cut into coins ½-inch thick

⅛ teaspoon kosher salt

freshly ground pepper

2 scallions, whites and greens separated, thinly sliced

1 clove garlic, minced

½ cup cooked quinoa (*leftover from Thursday's dinner*) at room temperature

2 tablespoons mint leaves, roughly chopped

juice of ½ lime

10 raw, unsalted almonds, chopped (*20 almonds for men*)

#### **PROCEDURE**

Heat olive oil in a large skillet over medium-high heat. When oil is hot, add the zucchini coins and season with kosher salt and freshly ground pepper. Turn the heat down to medium and let the zucchini cook without touching it until the underside of the coins are golden brown, about 2 minutes. Flip the zucchini coins and let them cook without moving them until both sides are golden brown and the zucchini is al dente, 2-3 minutes more. Add the sliced scallion whites and minced garlic and cook everything, stirring often, just until the garlic is fragrant and the scallion whites are starting to soften, about 30 seconds more.

Transfer the zucchini to a medium, heatproof mixing bowl. Add the remaining ingredients and toss everything together.

357 calories, 19.7 g fat (1.8 g saturated fat), 40 g carbohydrate (9.8 g dietary fiber, 7.2 g sugars) 10.6 g protein, 0 mg cholesterol, 153 mg sodium

## **DAY 13 NIGHT SNACK**

**2 squares (1 ounce) dark chocolate** (at least 70% cocoa)

105 calories, 9 g fat (5.5 g saturated fat), 4 g carbohydrate (1.5 g dietary fiber, 2.5 g sugars), 2 g protein, 10 mg sodium, 0 mg cholesterol

### **DAY 13 (FRIDAY) TOTAL NUTRITIONAL INFORMATION:**

1,399 calories, 74.2 g fat (16.4 g saturated fat), 118.4 g carbohydrate (25.6 g dietary fiber, 19.1 g sugars), 73.6 g protein, 458 mg cholesterol, 1,258 mg sodium

Prep note: Make sure there's ¼ of an avocado in your freezer for tomorrow's breakfast smoothie.

## **DAY 14 (SATURDAY)**

### **DAY 14 BREAKFAST**

#### **Strawberry, Kale, and Avocado Smoothie**

Makes 1 serving

#### **INGREDIENTS**

6 large strawberries, cored and roughly chopped  
½ bunch kale, stems removed, leaves roughly chopped (*about 1 cup*)  
¼ avocado, peeled, cut in ½-inch pieces, and frozen  
1 cup coconut water  
¼ teaspoon vanilla extract  
1 tablespoon natural, unsalted almond butter

#### **PREPARATION**

Add all ingredients to a high speed blender and puree until smooth (about 30 seconds).

294 calories, 16.7 g fat (1.7 g saturated fat), 34.6 g carbohydrate (10.6 g dietary fiber, 19.9 g sugars), 6.6 g protein, 0 mg cholesterol, 61 mg sodium

### **DAY 14 LUNCH**

#### **“Fried” Quinoa with Green Beans and Red Pepper**

Makes 1 serving

#### **INGREDIENTS**

1 tablespoon extra virgin olive oil  
1 cup green beans, ends trimmed, cut in 1-inch pieces  
1 red bell pepper, cored and thinly sliced  
2 scallions, whites thinly sliced and greens cut into ½-inch pieces, divided  
freshly ground pepper  
1 clove garlic, minced  
1 shallot, minced  
½ teaspoon minced ginger  
1 large egg\*  
1 teaspoon apple cider vinegar  
½ cup cooked quinoa (*leftover from Thursday's dinner*)  
1 teaspoon tamari  
10 raw, unsalted almonds (*20 for men*), finely chopped

*\*Men, use 2 large eggs*

## **PREPARATION**

In a large skillet, heat olive oil over medium heat, then add green beans and red peppers. Cook, shaking the pan occasionally, until the vegetables have started to soften but are still a little crunchy, about 3 minutes. Add the scallions whites, garlic, shallot, and ginger and cook until starting to soften, about 30 seconds. Turn the heat down to low while you cook the egg separately. Stir occasionally so that the vegetables don't burn.

Meanwhile, crack the egg into a small mixing bowl, with freshly ground pepper, and ¼ teaspoon water and a pinch of salt, and whisk vigorously until the white and the yolk are thoroughly combined. In a medium nonstick skillet, heat 1 teaspoon olive oil over medium heat. Add egg and scramble it by moving the raw egg around the pan with a rubber spatula for about a minute, scraping the bottom of the pan as the egg cooks. When the egg is cooked, remove the pan from the heat.

Turn the heat back up to medium on the skillet with the green beans and red peppers. Add vinegar and scrape any browned bits off the bottom of the pan. Add quinoa, tamari, and scrambled egg, and toss together until the egg is broken up and the mixture is heated through.

*469 calories, 28 g fat (4.1 g saturated fat), 41 g carbohydrate (11.9 g dietary fiber, 10.5 g sugars), 17.4 g protein, 186 mg cholesterol, 434 mg sodium*

## **DAY 14 SNACK**

½ grapefruit with 10 raw, unsalted almonds (20 for men)

*167 calories, 9.9 g fat (.7 g saturated fat), 18.5 g carbohydrate (4.5 g dietary fiber, 0.7 g sugars), 4.9 g protein, 0 mg cholesterol, 1.4 mg sodium*

## **DAY 14 DINNER**

### **Tuna Melt-Stuffed Tomatoes**

Makes 1 serving

#### **INGREDIENTS**

2 medium beefsteak tomatoes  
1 5-ounce can tuna  
2 scallions, thinly sliced  
2 teaspoons olive oil  
1 teaspoon dijon mustard  
sprinkle of paprika  
1 ounce cheddar cheese, grated

#### **PREPARATION**

Preheat the broiler of your oven, and put an oven rack on the top rung of the oven.

To make the tomato cups, cut a ¼-inch slice off of the top of each tomato, so that the seeds are fully exposed. Use a spoon to scoop out and discard the seeds, being careful not to rip the sides of the tomato (*if you do, it's not the end of the world*). Place the tomato cups on a baking sheet or in an oven-safe skillet

Combine the canned tuna, sliced scallion, olive oil, dijon mustard and paprika in a small mixing bowl, and mix everything together with a fork. Spoon half of the tuna salad into each tomato cup.

Broil the tuna-stuffed tomato cups until the tuna is warm and the tops of the tomatoes are starting to shrivel and brown, 5-7 minutes. Sprinkle the cheese on top of the cups and broil until the cheese is melted and slightly browned, 30 seconds to a minute more.

Eat immediately while it's warm.

*348 calories, 19.5 g fat (7.2 g saturated fat), 10.6 g carbohydrate (2.8 g fiber, 4.8 g sugars), 31.6 g protein, 70 mg cholesterol, 601 mg sodium*

### **DAY 14 NIGHT SNACK**

**1 Banana, Chocolate, and Coconut Popsicle** (*¼ of the recipe, prepared last Sunday*)

*106 calories, 1.5 g fat (1.7 g saturated fat), 21.7 g carbohydrate (3.1 g fiber, 12.5 g sugars), 1.3 g protein, 24 mg sodium, 0 mg cholesterol*

### **DAY 14 (SATURDAY) TOTAL NUTRITIONAL INFORMATION:**

*1,384 calories, 75.7 g fat (15.4 g saturated fat), 126.8 g carbohydrate (32.9 g dietary fiber, 48.4 g sugars), 61.8 g protein, 256 mg cholesterol, 1,121 mg sodium*

## **OMG, YOU DID IT!!!**

Congratulations on finishing BuzzFeed Life's Clean Eating Challenge! We bet you're feeling awesome and learned how to cook a lot of delicious, healthy food. Now, go splash around on the beach to celebrate.