

This Clean Eating Challenge is a two-week detox plan that's all about eating real food in order to feel great and have more energy.

Everyone wants to look and feel their best in time for summer, but it's important that the food you eat leaves you feeling energized and not starving. BuzzFeed Food editors came up with a realistic, two-week detox plan.

During **BuzzFeed Food's Clean Eating Challenge**, you'll eat five times a day — breakfast, lunch, dinner, and two snacks — and there's plenty of variation to keep you from getting bored.

11 Things You Need To Know About BuzzFeed Food's Clean Eating Challenge Before You Start:

- 1) The plan is low carb, gluten free, and low dairy, with an emphasis on lean protein and fresh produce. There's no processed food allowed; every meal is homemade.
- 2) Every day, you'll eat three meals and two snacks (one snack after lunch, one after dinner) for a daily total of 1300-1600 calories. Aim to eat every 3-4 hours, and try not to eat anything 2 hours before bed.
- 3) It's important that you follow the meal plan in the order specified, since most of the recipes call for leftovers or leftover ingredients from previous days. Each recipe is calculated for one person, as is the grocery list.
- 4) 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. There's also a heads-up in the schedule for when to pack them (either the night before or morning of.)
- 5) 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.
- 6) Every serving of protein is 4 ounces for women and 6 ounces for men (this is based on the nutritionist's guidelines); otherwise, the recipes are the same.
- 7) Salt amounts are specified in the recipes. Be sure to follow them to get the full results of the detox.
- 8) During the challenge, you need to drink about 6 glasses of water per day. The specific amount

is 60 ounces (7 1/2 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.

9) No coffee and no booze. If you can't go two weeks without caffeine, you can drink up to 24 ounces (3 cups) of green tea per day. Be sure to only use one teabag per cup. *To be clear, alcohol is not allowed. But, if you decided to cheat, limit yourself to two glasses of wine, maximum, over the course of the two weeks.*

10) If you're packing lunches to-go and eating at work, you might want to keep salt, pepper, a paring knife and a cutting board at the office just in case, but our schedule has you prep everything at home beforehand.

11) Ideally, you'll be making all the food you eat for two weeks. But, life happens. If you find yourself having to eat out a couple of times, follow the guidelines below.

CHEATER'S DINING-OUT GUIDELINES:

First of all, don't cheat. But if you HAVE to, only cheat once.

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 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

Chef's knife

Paring knife

Cutting board

Large rimmed baking sheet

Large mixing bowl

Medium mixing bowl

Small mixing bowl
Medium (at least 8-inch diameter) non-stick skillet
Small (about 5-inch diameter) cast iron skillet (*optional*)
12-inch skillet
Medium (at least 2 quart) sauce pan with lid
Blender
Wooden spoon
Metal spatula (*optional*)
Whisk
Can opener
Small fine mesh strainer
Vegetable peeler
Kitchen spoon
Measuring cups
Measuring spoons
Box Grater (*for carrots*)

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.
- 2) One medium (at least 1 pint) lunchbox or airtight container.
- 3) One 4-ounce jar with a lid (for packing hummus, salmon, and tuna salad)
- 4) One 2-ounce jar with a lid (for packing vinaigrette)
- 5) One 12-ounce mason jar with a lid (for packing smoothies)
- 6) One 8-ounce jar with a lid (for packing puddings and yogurt with berries).

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

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

PREP

Go grocery shopping for Week 1. We've split the grocery list into two weeks to make it more manageable. You'll go shopping once the day before the challenge, and again on the last day of Week 1 (Saturday). Both printable grocery lists are separate PDF files in BuzzFeed Food's Clean Eating Challenge.

There are instructions below about freezing and defrosting perishables (proteins and produce for

smoothies), since you're buying them at the beginning of the week and not using them right away. If you want, you can buy them the day you're scheduled to use them and put them right in the fridge.

DAY 0 (SATURDAY)

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

PREP

Prepare smoothie packs and put them in the freezer. Use a pint-sized freezer bag for each, and label it with the meal, day, and week it'll be used for:

1. **"Sunday, Week 1, Breakfast"** = kale leaves from 1/2 bunch (about 3 cups), center ribs removed + 1 peeled banana
2. **"Wednesday, Week 1, Snack"** = 1/4 peeled mango + 1/2 peeled banana
3. **"Friday, Week 1, Breakfast"** = 1/2 mango, peeled and diced in 1/4-inch cubes
4. **"Sunday, Week 2, Breakfast"** = 1 cup blueberries
5. **"Wednesday, Week 2, Breakfast"** = 1/2 bunch kale (leaves only) + 1 peeled banana
6. **"Wednesday, Week 2, Snack"** = 1 peeled banana

Freeze and label your salmon and ground turkey. Instead of labeling it with when you'll be eating it, write when to defrost it:

Salmon: "Defrost Wednesday evening"

Ground turkey: "Defrost Friday evening"

DAY 1 (SUNDAY)

BREAKFAST

KALE AND BANANA SMOOTHIE

Makes 1 serving

If you made smoothie packs in advance, the kale and banana should be in a ziploc bag in the freezer, labeled **Sunday, Week 1, Breakfast**.

Ingredients

kale leaves from 1/2 bunch (about 3 cups), center ribs removed
1 large ripe banana, peeled then frozen
1 cup unsweetened almond milk
1 tablespoon almond butter
¼ teaspoon vanilla extract

Procedure

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

295 calories, 13.2 g fat (0.8 g saturated fat), 43 g carbohydrate (9.5 g dietary fiber, 17.9 g sugars), 10g protein, 226 mg sodium, 0 mg cholesterol

LUNCH

SHAVED ASPARAGUS SALAD WITH SHALLOTS AND FRIED EGGS

Makes 1 serving

Since this is a weekend lunch it involves some cooking. Weekday lunches during this challenge are simpler and utilize leftovers so as not to require cooking.

Ingredients

1 tablespoon olive oil, divided
1 medium shallot, thinly sliced crosswise
½ bunch green asparagus (about 8 medium stalks)
⅛ teaspoon kosher salt
freshly ground pepper
2 cups arugula
1 large beefsteak tomato, cut in ¼-inch cubes
½ ounce feta, crumbled
juice of 1 lemon
1 tablespoon parsley, coarsely chopped
2 large eggs for women; 3 large eggs for men

Procedure

Trim an inch off the root end of the asparagus to get rid of the woody part. Using a vegetable peeler and starting from the root end, shave the asparagus into thin ribbons (6-8 large stalks should yield about a cup).

In a medium nonstick skillet, heat 2 teaspoons olive oil over medium-high heat, then add the thinly sliced shallot. Cook for 1 minute, until shallot has softened slightly. Add asparagus ribbons, season with kosher salt and freshly ground pepper, and cook for 2 minutes, tossing occasionally, until asparagus is cooked al dente (should be crunchy, not soft). Transfer asparagus mixture to a medium mixing bowl, add arugula, chopped tomato, feta, lemon juice, and parsley, and toss.

In the same nonstick skillet, heat the remaining olive oil over medium heat. Crack the egg into the pan, season with freshly ground pepper, and turn the heat to low. Cook the egg 2-3 minutes, until the white is completely opaque and set and the edges are starting to brown.

Transfer the asparagus salad to a bowl and top with the fried eggs.

395 calories, 26.6 g fat (7.2g saturated fat), 20.7g carbohydrate (4.3g fiber, 5.3g sugars), 20.2 g protein, 336 mg sodium, 385 mg cholesterol

SNACK

4 medium carrots, peeled and cut into large matchsticks, with $\frac{1}{4}$ cup hummus

186 calories, 6.3 g fat (0.9 g saturated fat), 27.9 g carbohydrate (9.3 g fiber, 9.2 g sugars), 6.9 g protein, 374.6 mg sodium, 0 mg cholesterol

DINNER

$\frac{1}{2}$ cup Big Batch Cooked Quinoa (*recipe below*) with 1 tablespoon Big Batch Orange Vinaigrette (*recipe below*)

$\frac{1}{2}$ bunch Big Batch Steamed Kale (*recipe below*)

4 ounces Big Batch Roast Chicken Breasts for women; 6 ounces for men (*recipe below*)

379 calories, 10.6 g fat (1.4 g saturated fat), 38.6 g carbohydrate (5 g fiber, 1.4 g sugars), 34.8 g protein, 677 mg sodium, 70 mg cholesterol

BIG BATCH ROAST CHICKEN BREASTS

Makes 4 servings

You'll eat $\frac{1}{4}$ of the chicken tonight and the rest for dinner on Monday, lunch on Tuesday, and dinner on Wednesday.

Ingredients

2 bone-in, skin-on chicken breasts (about 1 pound) for women; 3 bone-in, skin-on chicken breasts (about 1 $\frac{1}{2}$ pounds) for men

$\frac{1}{2}$ teaspoon kosher salt

freshly ground pepper

Procedure

Half an hour before cooking, remove chicken breasts from the refrigerator and season them with kosher salt and pepper. Leave the seasoned chicken on the counter and let them come to room temperature, about 30 minutes. Preheat oven to 450°F.

Place your chicken breasts on a large rimmed baking sheet fitted with a rack (*if you don't have a rack, you can just line the baking sheet with parchment paper*). Roast 15-18 minutes, until the chicken has reached an internal temperature of 165 °F — you can check this by inserting a meat thermometer into the center of one of the breasts (*if you don't have a meat thermometer, cut into*

the center of one chicken breast after 15 minutes. If there's no pink, the chicken is done).
When the chicken is done, let it rest on a cutting board for 15 minutes.

Remove the skin and bones from the breasts, and discard. Cut each breast in half, for four portions. Let the chicken cool completely before refrigerating any leftovers.

BIG BATCH STEAMED KALE

Makes 2 servings

You'll eat half of this kale tonight and the rest for lunch on Monday.

Ingredients

1 bunch kale
1/4 teaspoon kosher salt
Water

Procedure

To prep the kale, separate the leafy green part from the fibrous rib that runs down the center of the leaf (you can use a knife, but it's easier to just tear the leaves by hand). Then, cut or tear the leaves into large (about 3 x 3-inch) pieces.

In a large (at least 12-inch diameter) saute pan with a lid, boil ½ cup water and kosher salt. Lower heat to a simmer, add kale, cover, and steam until slightly wilted and dark green but still bright, about 3 minutes.

Cool completely before storing leftovers. Kale will keep for up to 3 days, refrigerated in an airtight container.

BIG BATCH COOKED QUINOA

Makes 1 1/2 cup (2 servings)

You'll eat a third of this quinoa tonight, a third for lunch on Monday, and a third for lunch on Thursday.

Ingredients

1 teaspoon olive oil
½ cup dry quinoa, rinsed and drained in a mesh sieve
1 ½ cup water
¼ teaspoon kosher salt

Procedure

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 water and salt, and bring the mixture to a boil over high heat. Lower heat to the lowest setting and simmer, covered, for 15 minutes. Turn off the heat and let the pot stand, covered, for 5 minutes. Remove the lid and fluff the quinoa with a fork.

Let quinoa cool completely before storing leftovers in an airtight container in the fridge for up to 5 days.

BIG BATCH ORANGE VINAIGRETTE

Makes about 1/4 cup

You'll use 1 tablespoon of this vinaigrette for dinner tonight. Save the rest for lunch on Monday.

Ingredients

juice of ½ large orange (about 2 tablespoons), strained

1/2 tablespoon apple cider vinegar

⅛ teaspoon kosher salt

1 tablespoon olive oil

1 garlic clove, crushed

Procedure

In a small mixing bowl, combine orange juice, apple cider vinegar, and kosher salt. Slowly drizzle in the olive oil while vigorously whisking the mixture with a small whisk. Whisk for an additional 30 seconds after all of the oil has been added. Add the clove of whole, crushed garlic.

Vinaigrette will keep for up to 3 days, refrigerated in an airtight container.

NIGHTTIME SNACK

1 pear, thinly sliced and drizzled with **2 teaspoons raw almond butter**

164 calories, 6.7 g fat (0.3 g saturated), 27 g carbohydrate (5 g fiber, 17.7 g sugars), 3.7 g protein, 0 mg sodium, 0 mg cholesterol

DAY 1 (SUNDAY) TOTAL NUTRITIONAL INFORMATION:

1,418 calories, 63.4 g fat (10.6 g saturated fat), 157.2 g carbohydrate (33.1 g fiber, 51.5 g sugars), 75.6 g protein, 1,614 mg sodium, 455 mg cholesterol

PREP

Before bed, prep overnight oats for tomorrow morning by mixing together all ingredients and storing in an airtight container in the fridge (*recipe below*).

DAY 2 (MONDAY)

BREAKFAST

OVERNIGHT OATS WITH BLUEBERRIES AND CHIA SEEDS

Makes 1 serving

You need to prep these oats the night before.

Ingredients

½ cup gluten-free rolled oats
½ cup unsweetened almond milk
½ cup nonfat Greek yogurt
1 tablespoon chia seeds
1 teaspoon honey
½ cup blueberries

Procedure

Mix all ingredients until thoroughly combined. Store in an airtight container and refrigerate for at least 6 hours and up to 24 hours.

350 calories, 9.3 g fat (1 g saturated fat), 53.4 g carbohydrate (11.5 g fiber, 18.3 g sugars), 20.5 g protein, 151.9 mg sodium, 5 mg cholesterol

PREP

If you need to pack lunch and your snack to go, assemble them after breakfast. Pack the vinaigrette (which you made last night) separately from the lunch salad. (More instructions below)

LUNCH

KALE, CHICKPEA, AND FENNEL SALAD WITH ORANGE VINAIGRETTE

Makes 1 serving

Pack this in the morning keeping the vinaigrette in a separate container. Refrigerate until you're ready to eat, then toss the salad with the vinaigrette.

Ingredients

1 cup Big Batch Steamed Kale (*leftover from Sunday's dinner*)
¼ cup canned chickpeas, rinsed and drained

1 cup thinly shaved fennel (*about ½ large bulb, save the rest for Wednesday's dinner*)
½ cup Big Batch Cooked Quinoa (*leftover from Sunday's dinner*)
2 tablespoons Big Batch Orange Vinaigrette (*leftover from Sunday's dinner*)
1 oz shaved Parmesan
5-6 mint leaves, finely chopped
freshly ground pepper

Procedure

Combine kale, chickpeas fennel, and quinoa in a medium mixing bowl and toss with the orange vinaigrette; be sure to coat everything evenly. Add mint and parmesan, saving just a little bit of both for garnish, and toss gently, just to combine. Transfer to a plate or bowl, and garnish with the remaining parmesan and mint, plus freshly ground pepper, to taste.

If you're packing lunch to go: Combine all ingredients except the vinaigrette in a large airtight container; pack the vinaigrette in a small container separately. Refrigerate until you're ready to eat and pour the vinaigrette over the salad at lunch time.

398 calories, 15.1 g fat (6.2 g saturated fat), 45.7 g carbohydrate (10 g dietary fiber, 2.7 g sugars), 22.1 g protein, 1,246 mg sodium, 22.4 mg cholesterol

SNACK

SLICED TOMATO WITH BASIL, FETA, AND BALSAMIC

Makes 1 serving

Pack this in the morning (it's OK to drizzle the balsamic on ahead of time) and refrigerate until you're ready to eat.

Cut **1 large beefsteak tomato** into thick slices or wedges, and serve with **1 ounce thinly shaved feta**, and **4 thinly sliced basil leaves**. Drizzle with **1 teaspoon balsamic vinegar**.

If you're packing your snack to go: Toss everything together in the morning then pack it in a small container and refrigerate until you're ready to eat.

129 calories, 6.1 g fat (4.2 g saturated fat), 12 g carbohydrate (2.2 g fiber, 6 g sugars), 6.2 g protein, 358 mg sodium, 25.2 mg cholesterol

DINNER

NAPA CABBAGE WRAPS WITH CHICKEN, TOMATO, MANGO AND AVOCADO IN LIME-BASIL VINAIGRETTE

Makes 1 serving

For this recipe you will use leftover chicken that you made Sunday; you'll make a lime vinaigrette

to use now and later in the challenge. Be sure to store the leftover avocado.

Ingredients

4 ounces Big Batch Roast Chicken Breasts for women; 6 ounces for men (*leftover from Sunday's dinner*)

¼ small mango, cut into ¼-inch cubes

¼ avocado*, cut into ¼-inch cubes

1 large beefsteak tomato, cut into ¼-inch cubes

2 tablespoons Big Batch Lime Vinaigrette (**recipe below**)

6 large basil leaves, thinly sliced into ribbons

4 large Napa cabbage leaves (use the outermost leaves of 1 head)

**To store the remaining ¾ avocado, keep the pit intact inside the avocado and wrap tightly with plastic wrap, so that there are no air pockets.*

Procedure

While chicken is still refrigerator-cold, cut the meat into 1/2-inch cubes (4 ounces should be about 1/2 cup of cubes; 6 ounces should be about 3/4 cup. Transfer the cubed chicken to a medium mixing bowl and add the mango, avocado, tomato and vinaigrette. Season to taste with freshly ground pepper, and toss so that everything is evenly coated in dressing. Add basil ribbons and toss, gently, just to evenly incorporate the basil.

Divide the chicken mixture evenly among the cabbage leaves.

370 calories, 19.3 g fat (3 g saturated fat), 21.7 g carbohydrate (5.9 g fiber, 12 g sugars), 29.7 g protein, 98 mg sodium, 70.2 mg cholesterol

BIG BATCH LIME VINAIGRETTE

Makes 1/3 cup

You'll use 2 tablespoons of the vinaigrette for dinner tonight. Save the rest for lunch on Tuesday and lunch on Wednesday.

Ingredients

juice of 2 limes, strained a(bout 1/4 cup)

½ teaspoon kosher salt

1 teaspoon honey

¼ cup olive oil

Procedure

In a small mixing bowl, combine lime juice, salt, and honey. Slowly drizzle in the olive oil while vigorously whisking the mixture with a small whisk. Whisk for an additional 30 seconds after all of the oil has been added.

Vinaigrette will keep up to 5 days, refrigerated in an airtight container.

NIGHTTIME SNACK

2 clementines (if you can't find clementines, substitute 1 navel orange or 1 tangerine).

70 calories, 0 g fat (0 g saturated fat), 18 g carbohydrate (2 g fiber, 14 g sugars), 2 g protein, 2 mg sodium, 0 mg cholesterol

DAY 2 (MONDAY) TOTAL NUTRITIONAL INFORMATION:

1,317 calories, 49.8 g fat (14.4 g saturated fat), 150.8 g carbohydrate (31.6 g fiber, 53 g sugars), 80.5 g protein, 1,855.9 mg sodium, 123 mg cholesterol

PREP

If you need to pack tomorrow's lunch and snack to-go, you can do it now or in the morning: Assemble the Asian Chicken Salad (**recipe below**) in one container. Pack the vinaigrette and avocado in separate containers.

DAY 3 (TUESDAY)

BREAKFAST

BLACKBERRY YOGURT PARFAIT

Makes 1 serving

In a bowl or jar, layer **1 cup greek yogurt**, **½ cup blackberries**, roughly chopped, and **2 tablespoons raw almonds**, roughly chopped. Then, sprinkle with **2 tablespoons ground flaxseeds**.

314 calories, 13.2 g fat (0.6 g saturated), 25.8 g carbohydrate (9.6 g fiber, 14.6 sugars), 30.1 g protein, 115 mg sodium, 10 mg cholesterol

LUNCH

ASIAN CHICKEN SALAD WITH TOASTED ALMONDS AND TAMARI-LIME VINAIGRETTE

Makes 1 serving

Ingredients

2 tablespoons Big Batch Lime Vinaigrette (*leftover from Monday's dinner*)

1 teaspoon tamari

½ head napa cabbage (*leftover from Monday's dinner*), thinly sliced
1 medium carrot, peeled and grated
2 tablespoons raw almonds, chopped
4 ounces Big Batch Roast Chicken Breast for women; 6 ounces for men (*leftover from Sunday's dinner*)

Procedure

Combine vinaigrette and tamari in a medium mixing bowl, and whisk together combine. Add cabbage, carrot, and almonds to the mixing bowl, and toss until everything is evenly mixed and coated in dressing. Transfer to a plate or bowl for serving. While chicken is still refrigerator-cold, thinly slice the meat, and lay the slices atop the plated cabbage salad.

If you're packing lunch to go: Combine all ingredients except the vinaigrette in a large tupperware container, and pack the vinaigrette in a small container, separately. Refrigerate until you're ready to eat, and pour the vinaigrette over the salad at lunch time.

332 calories, 16.5 g fat (2 g saturated fat), 15.9 g carbohydrate (3.6 g fiber, 3.6 g sugars), 33 g protein, 462 mg sodium, 70 mg cholesterol

SNACK

LEMONY AVOCADO

Serves 1

Scoop ¾ **avocado** (*leftover from Monday's dinner*) out of the skin, then squeeze the **juice of ½ lemon** onto it, then sprinkle with a **pinch of kosher salt** and some **freshly ground pepper**.

If you're packing your snack to go: Pack the avocado (still wrapped tightly in plastic wrap) and lemon half in a small tupperware container, and refrigerate. When you're ready to eat, squeeze the lemon juice over the avocado. If you don't have salt and pepper handy, feel free to skip it (it'll still be delicious).

223 calories, 20 g fat (2.8 g saturated fat), 13.2 g carbohydrate (9 g fiber, 0.9 g sugars), 2.7 g protein, 230 mg sodium, 0 mg cholesterol

DINNER

CAULIFLOWER STEAKS WITH LENTILS

Makes 1 serving

This recipe makes roasted cauliflower florets that you'll need to save for breakfast on Thursday.

Ingredients

1 head cauliflower

1 tablespoon olive oil, divided
¼ teaspoon kosher salt, divided
freshly ground pepper
1 tablespoon chopped parsley, for garnish
1 cup Big Batch Cooked Lentils (*recipe below*)

Procedure

Preheat oven to 450°F and line a large rimmed baking sheet with parchment paper. Place the cauliflower head stem-side down on the cutting board and cut two 1-inch-thick slices of cauliflower from the center (the biggest part), starting at the top and cutting through stem end. Set the steaks aside and break the remainder of the cauliflower into bite-sized florets, then transfer the florets to a medium mixing bowl. Rub the two cauliflower steaks with ½ tablespoon of olive oil (total, so ¼ tablespoon on each), transfer to the parchment-lined baking sheet, and sprinkle with ½ teaspoon kosher salt and freshly ground pepper. Roast the cauliflower steaks for 15 minutes, then flip the steaks and roast for another 15 minutes. The steaks are done when they're browned on the outside and tender on the inside. Meanwhile, toss the florets in the mixing bowl with the remaining olive oil, kosher salt, and freshly ground pepper. As soon as the steaks are done, transfer them to a plate, then put the florets on the parchment-lined baking sheet. Roast for 30 minutes, turning halfway through, until florets are crispy and dark brown (almost burnt) at the edges.

Put the cauliflower steaks on a plate and top with 1 cup of the lentil mixture, then sprinkle with parsley.

Let the cauliflower florets cool completely, then store in an airtight container in the fridge.

350 calories, 7.2 g fat (1 g saturated fat), 50.4 g carbohydrate (21 g dietary fiber, 4 g sugars), 22 g protein, 819 mg sodium, 0 mg cholesterol

BIG BATCH COOKED LENTILS

Makes 2 cups

Eat ⅓ of the lentils tonight and save the rest for lunch on Wednesday and dinner on Thursday.

Ingredients

1 tablespoon olive oil
1 medium shallot, finely minced
2 garlic cloves, finely minced
1 teaspoon paprika
1 ½ cups water
¾ cup dry lentils, rinsed
2 tablespoons tamari, divided

1 teaspoon apple cider vinegar
1 teaspoon honey

Procedure

In a medium saucepan with a lid, heat oil over medium heat. Add minced shallot and garlic and cook, stirring frequently, until fragrant and starting to soften, about a minute. Add paprika, lentils, water, and 1 tablespoon tamari, and bring the mixture to a boil over high heat. Reduce the heat to low, cover the pot, and simmer the mixture, stirring occasionally, for 45-55 minutes, until the lentils are tender.

Remove pot from the heat and let the lentils sit, covered, for 10 minutes. Stir in the remaining 1 tablespoon tamari, apple cider vinegar, and honey.

Cool completely before storing leftovers. Lentils will keep for up to 5 days refrigerated in an airtight container.

NIGHTTIME SNACK

1 cup unsweetened milk heated with **1 square (½ ounce) chopped dark chocolate**.

115 calories, 9.3 g fat (1.5 g saturated fat), 8 g carbohydrate (2.2 g fiber, 3.7 g sugars), 2.5 g protein, 367 mg sodium, 0.8 mg cholesterol

DAY 3 (TUESDAY) TOTAL NUTRITIONAL INFORMATION:

1,334 calories, 66.2 g fat (7.9 g saturated fat), 113 g carbohydrate (45.4 g dietary fiber, 26.8 g sugars), 90.2 g protein, 1,993 mg sodium, 80 mg cholesterol

PREP

If you need to pack tomorrow's lunch to-go, you can do it now or in the morning: Assemble Greek Salad With Lentils (*recipe below*) in a container and pack the vinaigrette in a separate container. You can't prep tomorrow's snack, which is a smoothie, until tomorrow morning.

DAY 4 (WEDNESDAY)

BREAKFAST

SCALLION AND FETA OMELET

Makes 1 serving

Ingredients

2 teaspoons olive oil
4 scallions, whites and greens separated
1 ounce feta cheese, crumbled

2 large eggs for women; 3 large eggs for men
1/8 teaspoon kosher salt
freshly ground pepper

Procedure

Thinly slice scallion whites and cut greens into 1-inch pieces. Heat olive oil in a medium nonstick skillet over medium heat. Add scallion whites and a pinch of salt and cook until scallions are softened, about 2 minutes. Add scallion greens and cook until soft, about one minute. Meanwhile, crack the eggs into a small mixing bowl with kosher salt, freshly ground pepper and 1/2 teaspoon water, and beat with a fork until thoroughly combined. Pour the egg into the skillet sprinkle the cheese on top, then turn the heat to low and cook 1 minute, until the bottom of the omelet is set and the top is only slightly liquidy. Carefully flip the omelet and cook 1 minute. Transfer to a serving plate.

318 calories, 24.7 g fat (8.7 g saturated fat), 6.4 g carbohydrate (1.6 g fiber, 1.8 g sugars), 17.7 g protein, 747 mg sodium, 397 mg cholesterol

PREP

Before you leave home, prepare the Mango Banana Smoothie (*recipe below*) for today's snack. Pack it in an airtight jar or canister, and refrigerate until you're ready to drink it.

LUNCH

GREEK-STYLE SALAD WITH LENTILS AND LIME VINAIGRETTE

Makes 1 serving

Ingredients

1/2 cup Big Batch Cooked Lentils, cold (*leftover from Tuesday's dinner*)
1 medium red bell pepper, cut into rough 1/2-inch pieces
1/2 medium seedless cucumber, cut into rough 1/2-inch pieces
1 ounce feta, crumbled (about 2 tablespoons)
1 tablespoon Big Batch Lime Vinaigrette
1 tablespoon chopped parsley
2 cups raw spinach, washed and dried

Procedure

In a medium mixing bowl, combine all ingredients except the parsley, and toss to combine. Make sure everything is evenly coated with dressing and that the lentils are spread throughout the vegetable mixture. Transfer to a bowl and sprinkle with parsley, to serve.

If you're packing lunch to-go: Combine all ingredients except the vinaigrette in a large airtight container; pack the vinaigrette in a small container separately. Refrigerate until you're ready to eat, and pour the vinaigrette over the salad at lunch time.

271 calories, 11.3 g fat (5 g saturated fat), 34.9 g carbohydrate (12.8 g fiber, 7.5 g sugar), 16.1 g protein, 90 mg sodium, 25.2 mg cholesterol

SNACK

MANGO, BANANA, AND ALMOND MILK SMOOTHIE WITH CHIA SEEDS

Makes 1 serving

If you made smoothie packs in advance, the mango and banana will be in a ziploc bag in the freezer, labeled **Wednesday, Week 1, Snack**.

Ingredients

¼ mango, peeled, then frozen
½ banana, peeled, then frozen
1 cup unsweetened almond milk
2 teaspoons chia seeds
¼ teaspoon vanilla extract

Procedure

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

If you're packing this snack to-go: Blend everything together in the morning, then transfer to a thermos, mason jar, or any other portable, airtight container that you can drink out of. Refrigerate until you're ready to drink.

257 calories, 12.7 g fat (1.1 g saturated fat), 37.5 g carbohydrate (14.8 g fiber, 16.3 g sugars), 7.7 g protein, 183 mg sodium, 0 mg cholesterol

DINNER

ROASTED CHICKEN BREAST WITH ROASTED FENNEL AND SPINACH

Makes 1 serving

Ingredients

½ recipe Big Batch Roasted Fennel (***recipe below***)
⅛ teaspoon kosher salt
freshly ground pepper
4 ounces Big Batch Roast Chicken Breasts for women; 6 ounces for men (*leftover from Sunday's dinner*)
2 cups spinach, rinsed and dried

Procedure

Five minutes before the fennel is finished roasting (***recipe below***), add the chicken breast to the

baking sheet to reheat it.

Put spinach in a medium mixing bowl and add half of the fennel (you'll save the other half for lunch tomorrow) as soon as they come out of the oven, so that the heat from the vegetables wilts and partially cooks the spinach. Toss everything together to combine. Serve warm, with the reheated chicken breast.

381 calories, 15.4 g fat (2.4 g saturated fat), 32.9 g carbohydrate (13.8 g fiber, 1.6 g sugar), 32.5 g protein, 798 mg sodium, 70 mg cholesterol

BIG BATCH ROASTED FENNEL

Makes 2 Servings

For this recipe, you're roasting one whole head of fennel, plus another raw half head that's leftover from lunch on Monday. Eat half of the roasted fennel now and save half for lunch on Thursday.

Ingredients

1 ½ large heads fennel
1 tablespoon olive oil
1/8 teaspoon kosher salt
freshly ground pepper

Procedure

Preheat oven to 425°F. Cut fennel lengthwise into wedges roughly ¼-inch thick, keeping the root intact (this will help the fennel stay together). On a large rimmed baking sheet lined with parchment paper, toss together fennel, olive oil, kosher salt and some freshly ground pepper. Roast 35-40 minutes, until fennel is soft and slightly browned, turning halfway through cooking.

NIGHTTIME SNACK

2 pitted medjool dates, each stuffed with **one almond**.

152 calories, 2.8 g fat (0.2 g saturated fat), 31.2 g carbohydrate (3.6 g fiber, 25.2 g sugars), 2.2 g protein, 10 mg sodium, 0 mg cholesterol

DAY 4 (WEDNESDAY) TOTAL NUTRITIONAL INFORMATION:

1,378 calories, 66.9 g fat (17.4 g saturated fat), 142.9 g carbohydrate (46.6 g fiber, 52.4 g sugars), 76.2 g protein, 2,428 mg sodium, 493 mg cholesterol

PREP

Defrost salmon for tomorrow's dinner by taking it out of the freezer and putting it in the fridge.

If you need to pack tomorrow's lunch and snack to-go, you can do it now or in the morning: Assemble the Chickpea, Fennel, and Blueberry Salad for tomorrow's lunch (**recipe below**) and store it in an airtight container in the fridge. Peel and cut carrot's for tomorrow's snack, and store them in an airtight container or ziploc bag in the fridge with a side of hummus.

DAY 5 (THURSDAY)

BREAKFAST

CAULIFLOWER OMELET

Makes 1 serving

For this omelet, you're using the roasted cauliflower florets leftover from Tuesday's dinner.

Ingredients

½ head roasted cauliflower florets (*everything leftover from Tuesday's dinner*)

2 teaspoons olive oil

2 large eggs for women; 3 large eggs for men

⅛ teaspoon kosher salt

freshly ground pepper

5-6 basil leaves, torn

sprinkle of paprika

Procedure

In a medium nonstick skillet, heat roasted cauliflower florets over medium heat until heated through, stirring occasionally. When the florets are warm, transfer them to a small bowl and wipe out the skillet.

Crack the eggs into a small mixing bowl with kosher salt, freshly ground pepper and ½ teaspoon water, and beat with a fork until thoroughly combined. Heat the olive oil in the non-stick skillet over medium heat. Pour the egg into the skillet and cook for 1 minute. Spoon the cauliflower on top of the partially cooked eggs, then turn the heat to low and cook 1 minute more, until the bottom of the omelet is set and the top is only slightly liquidy. Carefully flip the omelet and cook 1 minute. Transfer to a serving plate, and sprinkle with paprika.

373 calories, 30.3 g fat (6 g saturated fat), 11.2 g carbohydrate (5 g fiber, 0.4 g sugars), 16.6 g protein, 783.3 mg sodium, 372 mg cholesterol

LUNCH

QUINOA, FENNEL AND BLUEBERRY SALAD WITH MINT AND LIME

Makes 1 serving

Ingredients

½ cup Big Batch Cooked Quinoa (*leftover from Sunday's dinner*)
½ recipe Big Batch Roasted Fennel (*leftover from Wednesday's dinner*)
¼ cup chickpeas
¼ cup blueberries
1 tablespoon chopped pistachios
5-6 mint leaves, thinly sliced into ribbons
juice of ½ lime
freshly ground pepper

Procedure

Add all ingredients to a medium mixing bowl. Toss together until the mixture is thoroughly combined and everything is evenly coated with dressing. Transfer to a bowl to serve.

If you're packing lunch to-go: Prep the salad in the morning or night before then store it in an airtight container in the fridge until you're ready to eat it. Because there are no leafy greens, it's fine to squeeze the lime juice on ahead of time.

491 calories, 23.5 g fat (2.8 g saturated fat), 63 g carbohydrate (12.1 g fiber, 5 g sugars), 10.9 g protein, 250 mg sodium, 0 mg cholesterol

SNACK

4 medium carrots, peeled and cut into matchsticks, served with ¼ cup hummus.

186 calories, 6.3 g fat (0.9 g saturated fat), 27.9 g carbohydrate (9.3 g fiber, 9.2 g sugars), 6.9 g protein, 374.6 mg sodium, 0 mg cholesterol

DINNER

ROASTED SALMON WITH GREEN BEANS AND LENTILS

Makes 1 Serving

Eat half of the salmon and half of the green beans this recipe makes tonight, then save the rest for lunch on Friday.

Ingredients

8-ounce filet wild caught salmon for women; 12-ounce filet for men, skin off (*half will be saved for lunch tomorrow*)
½ teaspoon kosher salt, divided
1 lemon
freshly ground pepper
2 cups raw green beans, ends trimmed (*half will be saved for lunch tomorrow*)

½ cup Big Batch Cooked Lentils (*leftover from Tuesday's dinner*)

Procedure

Preheat oven to 450°F, and line a rimmed baking sheet with parchment paper. Season the salmon with ¼ teaspoon kosher salt and pepper and place it on the baking sheet. Cut three thin slices of lemon and lay them over the fish, reserving the remainder of the lemon. Roast the salmon in the hot oven for 6-8 minutes, until it's warmed through but still medium rare on the inside (if you prefer more well-done fish, leave it in the oven an additional 5 minutes).

Meanwhile, boil ¼ cup water in a large skillet with the remaining ¼ teaspoon salt. Add green beans and reduce the heat to a simmer. Simmer the green beans until the water is evaporated and the beans are tender. When there is no water left in the pan, transfer half of the green beans to an airtight container and let them cool, uncovered, to room temperature. When cooled, cover and refrigerate for lunch tomorrow. Add lentils to the remaining green beans in the pan, turn the heat to medium low, and cook just until lentils are heated through.

Serve salmon atop the green bean and lentil mixture, and squeeze the juice from the remaining lemon on top.

334 calories, 5.1 g fat (0.8 g saturated fat), 31.9 g carbohydrate (11.9 g fiber, 3.1 g sugars), 40.1 g protein, 926 mg sodium, 76 mg cholesterol

NIGHTTIME SNACK

½ cup blueberries with 2 tablespoons raw, unsalted almonds.

153 calories, 9.8 g fat (0.7 g saturated fat), 14.5 g carbohydrate (4.1 g fiber, 8.2 g sugars), 4.7 g protein, 4 mg sodium, 0 mg cholesterol

DAY 5 (THURSDAY) TOTAL NUTRITIONAL INFORMATION:

1,536 calories, 75 g fat (11.2 g saturated fat), 148.5 g carbohydrate (42.4 g fiber, 25.9 g sugar), 82.7 g protein, 2,336 mg sodium, 448 mg cholesterol

PREP

Before bed, prep chia seed pudding for tomorrow by mixing together all ingredients except pistachios and storing in an airtight container in the fridge (**recipe below**).

If you need to pack tomorrow's lunch and snack to-go, you can do it now or in the morning: Make the Dijon vinaigrette for tomorrow's lunch and pack it in a small container. Assemble the Arugula Salad with Green Beans and Salmon and store it and it in a large airtight container in the fridge, keeping the salmon packed separately (**recipe below**). For your snack, cut ½ a cucumber and 1 medium carrot into matchsticks, and store in an airtight container or ziploc bag in the fridge, with a side of hummus.

DAY 6 (FRIDAY)

BREAKFAST

CHIA SEED PUDDING WITH MANGO AND PISTACHIOS

Makes 1 serving

If you made smoothie packs in advance, the mango will be in the freezer in a ziploc bag labeled **Friday, Week 1, Breakfast**

You need to prepare this pudding the night before.

Ingredients

½ mango (leftover), finely diced
2 tablespoons chia seeds
½ cup almond milk
1 teaspoon honey
⅛ teaspoon vanilla extract
pinch kosher salt
2 tablespoons pistachios, chopped

Procedure

In a small mason jar or plastic container, combine the first six ingredients, stir and refrigerate overnight. In the morning, sprinkle with the chopped pistachios.

297 calories, 17.3 g fat (1.8 g saturated fat), 35 g carbohydrate (16 g fiber, 17 g sugars), 9.5 g protein, 381 mg sodium, 0 mg cholesterol

LUNCH

ARUGULA SALAD WITH GREEN BEANS, SALMON, AND DIJON VINAIGRETTE

Makes 1 serving

Ingredients

1 teaspoon dijon mustard
juice of ½ lemon, strained
⅛ teaspoon kosher salt
freshly ground pepper
1 teaspoon chopped parsley
1 tablespoon olive oil
3 cups arugula, washed and dried
1 cup steamed green beans (*leftover from Thursday's dinner*)

4 ounces salmon for women; 6 ounces salmon for men, cold (*leftover from Thursday's dinner*)

Procedure

In a medium mixing bowl, whisk together mustard, lemon juice, chopped parsley, kosher salt and freshly ground pepper. Slowly drizzle in the olive oil while continuing to whisk, and keep whisking for 30 seconds after all of the olive oil has been added. Spoon about a teaspoon of the dressing into a small mixing bowl and set aside. Add the arugula to the large mixing bowl, and toss to dress the greens. Transfer to a bowl and top with the green beans. Add salmon to the small mixing bowl with the teaspoon of dressing, break salmon apart until it's roughly the consistency of canned tuna, then toss with the dressing. Spoon the salmon on top of the arugula salad, and season with freshly ground pepper.

If you're packing lunch to go: make the vinaigrette with mustard, lemon juice, parsley, salt, pepper and olive oil as directed, then store all but 1 teaspoon of it in a small container. Mix the remaining teaspoon with the salmon in a small mixing bowl, break the salmon apart with a fork until it's roughly the consistency of tuna salad, then transfer the salmon to a small airtight container. Combine arugula and green beans in a large tupperware. Refrigerate until you're ready to eat, then toss the arugula and beans with the vinaigrette and top with the salmon.

348 calories, 19.1 g fat (2.7 g saturated fat), 11.6 g carbohydrate (4.9 g fiber, 1.6 g sugars), 32.7 g protein, 823.8 mg sodium, 75.9 mg cholesterol

SNACK

½ seedless cucumber (*leftover from Wednesday's lunch*) and **1 medium carrot**, both cut in matchsticks, with **¼ cup hummus**

146 calories, 6.3 g fat (0.9 g saturated fat), 18.9 g carbohydrate (6.4 g fiber, 4.8 g sugars), 6.2 g protein, 283 mg sodium, 0 mg cholesterol

DINNER

BLACK BEAN CHILI WITH PAPRIKA YOGURT AND ZUCCHINI RIBBONS

Makes 2 servings

You'll eat half of the chili tonight, then freeze the rest for lunch on Thursday of Week 2. (Don't just put it in the fridge; it needs to go in the freezer.)

Ingredients

1 tablespoon olive oil, divided
1 medium yellow onion, cut in ¼-inch cubes
¼ teaspoon kosher salt
freshly ground pepper
2 cloves garlic, minced
2 stalks celery, thinly sliced

1 medium red bell pepper, cut in ¼-inch cubes
small handful parsley stems
1 cup black beans, rinsed and drained
1 15-oz can diced tomatoes
½ cup nonfat greek yogurt
½ teaspoon paprika
2 scallions (both the white and green parts), thinly sliced
1 large zucchini

Procedure

Heat 2 teaspoons olive oil in a medium (at least 3 quart) pot over medium heat. Add onion, kosher salt, and freshly ground pepper and cook, stirring occasionally, until softened, about 5 minutes. Add garlic, celery, and bell pepper and cook until vegetables are soft, about 4 minutes. Tie the parsley stems in a knot (this way, they'll be easy to remove at the end). Add parsley stems, beans, and canned tomatoes. Bring the mixture to a boil, then turn the heat to low, cover, and simmer for 30 minutes. Uncover and simmer for an additional 15 minutes. Discard the parsley stems before serving.

While the chili is simmering, prepare the yogurt: In a small mixing bowl, stir together greek yogurt, paprika, and a pinch of kosher salt.

Once you've prepared the yogurt, use a vegetable peeler to peel the zucchini into thin ribbons. Heat the remaining olive oil in a large skillet over medium heat, then add the zucchini ribbons, a pinch of kosher salt, and some freshly ground pepper. Saute until the zucchini is tender but still al dente, about 2 minutes. Transfer to a small plate and serve alongside the chili.

To serve the chili, transfer half of the mixture to a bowl and garnish with half of the lemon paprika yogurt and half of the thinly sliced scallions. Cool completely before storing leftovers in the freezer (*you won't eat them again until next Thursday*).

358 calories, 7.7 g fat (1.1 g saturated fat), 58.8 g carbohydrate (18.5 g fiber, 21.1 g sugars), 20.2 g protein, 823.2 mg sodium, 2.5 mg cholesterol

NIGHTTIME SNACK

½ cup blackberries with 2 tablespoons raw, unsalted pistachios.

123 calories, 6.8 g fat (0.8 g saturated fat), 13.2 g carbohydrate (5.3 g fiber, 6 g sugar), 3.5 g protein, 7.5 mg sodium, 0 mg cholesterol

DAY 6 (FRIDAY) TOTAL NUTRITIONAL INFORMATION:

1,271 calories, 57.2 g fat (7.3 g saturated fat), 137.5 g carbohydrate (51 g fiber, 50.5 g sugar), 72.1 g protein, 2,317 mg sodium, 78 mg cholesterol

PREP

Defrost ground turkey for tomorrow by taking it out of the freezer and putting it in the fridge.

If you need to pack tomorrow's lunch and snack to-go, you can do it now or in the morning.

DAY 7 (SATURDAY)

BREAKFAST

ASPARAGUS WITH POACHED EGGS

Makes 1 serving

Once you've steamed the asparagus, set 1/3 of it aside for Sunday's lunch.

Ingredients

1 bunch steamed asparagus (*you'll save 1/3 steamed, for Sunday's lunch*)

2 large eggs for women; 3 large eggs for men

1 teaspoon apple cider vinegar

2 teaspoons olive oil

1 teaspoon chopped parsley

1/8 teaspoon kosher salt

freshly ground pepper

Procedure

In a large skillet with a lid, bring 1/2 cup water to a boil with 1/4 teaspoon kosher salt. Trim 1 inch off of the root of the asparagus to remove the woody end, then add the asparagus to the skillet, turn the heat to low and simmer 4-5 minutes, until asparagus is cooked through but still slightly crunchy. Transfer to a plate and set aside.

Meanwhile, poach eggs: Fill a medium (at least 3 quart) saucepan or pot with about 5 inches of water. Add vinegar (this helps keep the egg whites together), bring the water to a simmer, then turn the heat to low. If you have a thermometer, use it to check the water temperature. The ideal temperature for poaching eggs is between 180 - 190 degrees. If you don't have a thermometer, you know you're at the right temperature when there are tiny little bubbles all over the bottom and sides of the pot, but none bubbling up to the surface.

Crack each egg into a separate small bowl or mug, then stir the water in a circle gently with a wooden spoon to create a whirlpool. Drop 1 egg into the center of the whirlpool. The white will wrap around the yolk and start to set. Let the egg poach in the water for 3 minutes, keeping the temperature steady. Remove the egg with a slotted spoon and drain on a paper towel-lined plate. Repeat with the other egg, again creating a whirlpool before dropping in the egg.

To serve, place the poached eggs atop $\frac{2}{3}$ of the warm asparagus, then drizzle with olive oil, sprinkle with chopped parsley, and season with kosher salt and freshly ground pepper.

Cool the leftover asparagus completely before storing in an airtight container in the fridge.

252 calories, 18.9 g fat (4.5 g saturated fat), 6.5 g carbohydrate (2.6 g fiber, 0.4 g sugars), 15.4 g protein, 727 mg sodium, 372 mg cholesterol

LUNCH

KALE SALAD WITH TOMATO, BLACK BEANS, AND FETA

Makes 1 Serving

Ingredients

2 scallions, whites and greens separated

$\frac{1}{2}$ bunch kale, stems and ribs removed

juice of $\frac{1}{2}$ lime

$\frac{1}{2}$ tablespoon olive oil

$\frac{1}{2}$ cup black beans, rinsed and drained

2 ounces feta, crumbled

1 large beefsteak tomato, cut in $\frac{1}{4}$ -inch cubes

Procedure

Thinly slice scallion whites, and cut scallion greens into $\frac{1}{2}$ -inch pieces. Thinly slice kale leaves into $\frac{1}{4}$ -inch ribbons. Put lime juice in a medium mixing bowl, then slowly add the olive oil while whisking vigorously. Add scallions and kale to the mixing bowl, and use your hands to massage the dressing into the kale leaves for about a minute, until kale starts to soften just slightly. Add black beans, feta, and tomato, and toss just to combine.

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

422 calories, 22.1 g fat (9.8 g saturated fat), 39.5 g carbohydrate (11.3 g fiber, 4 g sugars), 20.3 g protein, 693.8 mg sodium, 50.5 mg cholesterol

SNACK

2 tablespoons raw, unsalted almonds with 1 clementine.

131 calories, 8.4 g fat (0.6 g saturated fat), 12.6 g carbohydrate (2.8 g fiber, 7.6 g sugars), 4.6 g protein, 1 mg sodium, 0 mg cholesterol

DINNER

TURKEY-BASIL MEATBALLS WITH TOMATO SAUCE WITH SAUTEED COLLARD GREENS

Makes 1 serving

Ingredients

½ recipe Big Batch Tomato Sauce (*recipe below*)
½ recipe Big Batch Turkey-Basil Meatballs (*recipe below*)
1 bunch raw collard greens, ribs removed
1 teaspoon olive oil
pinch salt

Procedure

Prepare Big Batch Tomato Sauce (*recipe below*) and Big Batch Turkey -Basil Meatballs (*recipe below*) as directed, then coat half of the meatballs with half of the tomato sauce.

Rinse and dry collard greens, then cut them into large (about 3 x 3-inch) pieces. In a large skillet, heat 1 teaspoon olive oil over medium heat. Add collard greens and a large pinch of salt, and cook, stirring constantly. The collard greens will start to wilt and release liquid. Cook them until almost all of the released liquid has evaporated and the greens are soft.

Serve collard greens in a bowl, topped with meatballs and sauce.

478 calories, 23.1 g fat (4.8 g saturated fat), 37.1 g carbohydrate (9.9 g fiber, 12.7 g sugars), 31.2 g protein, 726 mg sodium, 172 mg cholesterol

BIG BATCH TOMATO SAUCE

Makes 2 servings

Serve half of the sauce with tonight's dinner and save half for Sunday's lunch (make sure to store the meatballs and tomato sauce separately).

Ingredients

1 tablespoon extra virgin olive oil
1 medium yellow onion, roughly chopped
¼ teaspoon kosher salt
freshly ground pepper
1 medium carrot, peeled and roughly chopped
3 cloves garlic, chopped
2 tablespoon balsamic vinegar
1 15-oz can low-sodium diced tomatoes
6 basil leaves, rough chopped

kosher salt and freshly ground pepper

Procedure

Heat olive oil in a medium (at least 3 quart) pot over medium heat. Add onion, kosher salt, and freshly ground pepper and cook, stirring occasionally, until softened, about 5 minutes. Add carrot and garlic and cook until carrot is soft, about 10 minutes. Increase the heat to high, then add the balsamic vinegar. Stir the vegetables around the pan and cook until most of the liquid has evaporated, about a minute. Add the diced tomatoes and basil and bring the mixture to a boil, then reduce to a simmer. Season with freshly ground pepper, cover, and simmer 45 minutes. Uncover the pot and continue to simmer, uncovered, for 10 minutes. Remove the sauce from the heat and let it cool for 10 minutes.

When the mixture has cooled slightly, transfer to a blender and puree for about 30 seconds, until there are no large chunks but the mixture isn't totally smooth. *Alternatively, for chunkier sauce, blend with an immersion blender.*

Tomato sauce will keep for up to 5 days, refrigerated in an airtight container.

BIG BATCH TURKEY-BASIL MEATBALLS

Makes 2 servings

Serve half of the meatballs with tonight's dinner, and save half for Monday's lunch (make sure to store the meatballs and tomato sauce separately).

Ingredients

1/3 cup rolled oats

1 egg yolk for women; 1 whole egg for men

8 ounces (1/2 pound) lean ground turkey for women; 12 ounces (3/4 pound) for men

4 basil leaves, chopped

1/4 teaspoon kosher salt

freshly ground pepper

Procedure

Preheat oven to 400°F and line a rimmed baking sheet with parchment paper (a small baking sheet will be big enough, but if you only have a large one you can use that, instead). While the tomato sauce is simmering, pulse oats in a food processor until they are the consistency of breadcrumbs. Combine oats, egg yolk (*men, use one whole egg*), ground turkey, basil leaves, and salt, and mix everything with a rubber spatula until the mixture is combined and uniform throughout. Roll the mixture into 6 balls and space them out on the baking sheet. Bake for 15 minutes, or until the meatballs are cooked through (there should be no pink inside, and a thermometer inserted into the center of a meatball should read 165 degrees).

Meatballs will keep for up to three days, refrigerated in an airtight container.

NIGHTTIME 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 7 (SATURDAY) TOTAL NUTRITIONAL INFORMATION:

1,388 calories, 81.5 g fat (25.2 g saturated fat), 99.7 g carbohydrate, 28.1 g fiber, 27.2 g sugars), 73.5 g protein, 2,158 mg sodium

PREP

Go grocery shopping for Week 2. We've split the grocery list into two weeks to make it more manageable. The printable grocery list for Week 2 is available as a PDF file in BuzzFeed Food's Clean Eating Challenge.

There are instructions below about freezing and defrosting perishables (proteins and produce for smoothies), since you're buying them at the beginning of the week and not using them right away. If you want, you can buy them the day you're scheduled to use them and put them right in the fridge.

Freeze and label your shrimp, cod, and chicken. Instead of labeling it with when you'll be eating it, write when to defrost it:

1/4 pound Shrimp: "Defrost Monday night"

Cod: "Defrost Wednesday night"

1/4 pound Shrimp: "Defrost Thursday night"

Chicken breast: "Defrost Friday night"

DAY 8 (SUNDAY)

BREAKFAST

BLUEBERRY AND YOGURT SMOOTHIE

Makes 1 serving

If you made smoothie packs in advance, the blueberries will be in a ziploc bag in the freezer, labeled **Sunday, Week 2, Breakfast**.

Ingredients

1 cup blueberries, frozen
1 cup Greek yogurt
1 cup almond milk
¼ teaspoon vanilla
1 teaspoon honey

Procedure

Add all ingredients to a high speed blender and puree until smooth (about 1 minute).

262 calories, 3.5 g fat (0 g saturated fat), 37.2 g carbohydrate (4.9 g fiber, 29.7 g sugars), 25 g protein, 304 mg sodium, 10 mg cholesterol

LUNCH

SHAKSHUKA

Makes 1 serving

Ingredients

1 cup tomato sauce (*leftover from Saturday's dinner*)
1/3 bunch steamed asparagus (*leftover from Saturday's breakfast*)
2 large eggs for women; 3 large eggs for men
4 basil leaves, sliced in thin ribbons

Procedure

Cut leftover asparagus into 2-inch pieces. Heat tomato sauce in a small skillet or saucepan with a lid. When sauce is steaming hot all the way through, add asparagus and stir the mixture together. With the back of a spoon, make two little craters in the tomato sauce, and crack one egg into each. Turn the heat to low, and cover the pot. Cook 5-7 minutes, until the egg whites are cooked through but the yolks are still runny. Carefully transfer the mixture into a bowl to serve; garnish with the chopped basil.

308 calories, 14.2 g fat (3.8 g saturated fat), 25.9 g carbohydrate (5.6 g fiber, 15.4 g sugars), 17.2 g protein, 669 mg sodium, 372 mg cholesterol

SNACK

6 large strawberries with 1 tablespoon almond butter.

141 calories, 9.1 g fat (0.5 g saturated fat), 13.7 g carbohydrate (5 g fiber, 9 g sugar), 4.9 g protein, 1.5 mg sodium, 0 mg cholesterol

DINNER

EGGPLANT WITH CHICKPEAS, CAULIFLOWER, AND LEMON-PARSLEY YOGURT

Makes 1 serving

This dinner makes a lot of leftovers. Save half of the roasted eggplant, half of the Big Batch Roasted Chickpeas for lunch on Tuesday, and half of the Roasted Cauliflower for breakfast on Tuesday.

Ingredients

1 medium Italian eggplant (*you'll save half of the roasted eggplant for Tuesday's dinner*)
1 tablespoon olive oil
¼ teaspoon kosher salt, divided
freshly ground pepper
½ cup Big Batch Roasted Chickpeas, at room temperature (***recipe below***)
½ head Big Batch Roasted Cauliflower, at room temperature (***recipe below***)
1 tablespoon hummus
¼ cup Greek yogurt
juice of ½ lemon
1 tablespoon chopped parsley

Procedure

Preheat oven to 425°F and line a large rimmed baking sheet with parchment paper. Cut eggplant into ½-inch cubes, and transfer to a medium mixing bowl. Toss the eggplant with olive oil, kosher salt, and freshly ground pepper. Let the salted eggplant sit out at room temperature for at least 30 minutes and up to an hour. (In the meantime, prepare the Big Batch Roasted Chickpeas and Big Batch Roasted Cauliflower (***recipes below***)). Spread eggplant out evenly over the parchment-lined baking sheet. Roast for 30 minutes, eggplant cubes are soft all the way through.

While the eggplant is roasting, mix the roasted chickpeas, roasted cauliflower, and hummus in a medium mixing bowl. Toss until everything is evenly coated in hummus.

To make the parsley yogurt sauce, mix yogurt, the juice of half a lemon, and chopped parsley in a small mixing bowl.

To serve, transfer half of the eggplant cubes to a plate, spoon the chickpea-cauliflower mixture on top, then top with the yogurt sauce.

Cool the remaining eggplant cubes completely, then store them in an airtight container in the fridge.

456 calories, 15.3 g fat (2 g saturated fat), 64.8 g carbohydrate (17.3 g fiber, 2.7 sugars), 21.3 g protein, 772 mg sodium, 2.5 mg cholesterol

BIG BATCH ROASTED CHICKPEAS

Makes 1 cup

Use half of this recipe for tonight's dinner, and save the rest for Tuesday's lunch.

Ingredients

1 15-oz can chickpeas, drained and rinsed
1 tablespoon olive oil
1/4 teaspoon kosher salt
1/2 teaspoon paprika

Procedure

Preheat oven to 425°F and line a large rimmed baking sheet with parchment paper. In a medium mixing bowl, stir together all ingredients then transfer the chickpeas to the baking sheet and spread them out into an even layer. Roast 20-25 minutes, until chickpeas are golden brown and crispy on the outside, turning and shaking the baking sheet halfway through.

Cool completely before storing leftovers. Chickpeas will keep for up to 4 days stored in an airtight container at room temperature.

BIG BATCH ROASTED CAULIFLOWER

Makes 2 servings

Use half of this recipe for tonight's dinner, and save the rest for Tuesday's breakfast.

Ingredients

1 large head cauliflower, cored and broken into bite-sized pieces
1 tablespoon olive oil
1/4 teaspoon kosher salt

Procedure

Preheat oven to 425°F and line a large rimmed baking sheet with parchment paper. In a medium mixing bowl, toss the cauliflower with the oil and salt, then transfer to the baking sheet and spread the pieces out in a single, even layer. Roast 40 minutes, until cauliflower is cooked and slightly browned turning the baking sheet halfway through.

Cool completely before storing leftovers. Roasted cauliflower will keep for up to 4 days refrigerated in an airtight container.

NIGHTTIME SNACK

Remove pit from **2 medjool dates**, and stuff each with **one almond**.

152 calories, 2.8 g fat (0.2 g saturated fat), 31.2 g carbohydrate (3.6 g fiber, 25.2 g sugar), 2.2 g protein, 10 mg sodium, 0 mg cholesterol

DAY 8 (SUNDAY) TOTAL NUTRITIONAL INFORMATION:

1,319 calories, 44.9 g fat (6.5 g saturated fat), 172.8 g carbohydrate (36.4 g fiber, 82g sugars), 70.6 g protein, 1,754 mg sodium, 385 mg cholesterol

DAY 9 (MONDAY)

BREAKFAST

SWEET AND SAVORY APPLE OMELET

Makes 1 serving

Ingredients

1 tablespoon olive oil
1 medium apple, thinly sliced
2 large eggs for women; 3 large eggs for men
¼ teaspoon vanilla extract
⅛ teaspoon kosher salt

Procedure

Heat olive oil in a medium nonstick skillet over medium heat, then add the apple slices and cook until soft, about 4 minutes. Meanwhile, crack the eggs into a small mixing bowl with vanilla extract, kosher salt and ½ teaspoon water, and beat with a fork until thoroughly combined. Spread the apples evenly on the bottom of the non-stick skillet, then add the eggs. Turn the heat to low and cook 3 minutes, until the bottom of the omelet is set and the top is only slightly liquidy. Carefully flip the omelet and cook 1 minute.

Serve omelet with the other half of the apple, sliced.

347 calories, 23.6 g fat (5.2 g saturated fat), 22.8 g carbohydrate (5 g fiber, 16.4 g sugars), 13.6 g protein, 421 mg sodium, 372 mg cholesterol

PREP

If you need to pack your lunch and snack to go, do it this morning: Assemble collard wraps and store them in an airtight container in the fridge until you're ready to eat. Also, pack blackberries and greek yogurt in a small airtight container for today's snack, and refrigerate until you're ready to eat.

LUNCH

RAW COLLARD WRAPS WITH TURKEY MEATBALLS, AVOCADO, AND DIJON

Makes 1 serving

Ingredients

3 large collard green leaves, washed, dried stems removed
3 turkey meatballs (*leftover from Saturday's dinner*)
¼ avocado, thinly sliced
1 large beefsteak tomato, thinly sliced
2 teaspoons dijon mustard

Procedure

Lay collard green leaves flat on a cutting board, and top each one with a turkey meatball. Mash each meatball with a fork until it's about ¼-inch thick, then top each mashed meatball with equal amounts of avocado, tomato, and mustard. Roll up each leaf and transfer to a plate to serve.

If you're packing lunch to-go: Prepare the wraps in the morning, then store them in a tupperware container in the fridge until you're ready to eat.

346 calories, 17.9 g fat (4.2 g saturated fat), 18.2 g carbohydrate (5.3 g fiber, 3.5 g sugars), 26.9 g protein, 349 mg sodium, 172 mg cholesterol

SNACK

½ cup blackberries with ½ cup greek yogurt.

98 calories, 0.3 g fat (0 g saturated fat), 13.7 g carbohydrate (3.8 g fiber, 9.5 g sugars), 12 g protein, 58 mg sodium, 5 mg cholesterol

DINNER

FRIED QUINOA WITH SNAP PEAS, MUSHROOMS, AND SCRAMBLED EGGS

Serves 1

Ingredients

2 scallions, greens and whites divided
1 tablespoon extra virgin olive oil, divided
1 cup snap peas, trimmed and cut in 1-inch pieces
⅛ teaspoon kosher salt
freshly ground pepper
1 clove garlic, minced
1 shallot, minced
1 cup cremini mushrooms, thinly sliced
1 large egg for women; 2 large eggs for men
1 teaspoon apple cider vinegar
½ cup Big Batch Cooked Quinoa (***recipe below***)

1 teaspoon tamari

Procedure

Thinly slice scallion whites, and cut scallion greens into ½-inch pieces.

In a large skillet, heat 1 teaspoon olive oil, then add snap peas. Cook 1-2 minutes, shaking the pan occasionally, until the snap peas are slightly blistered and getting soft. Transfer snap peas to a bowl and set aside. Wipe out the pan, discarding any remaining water.

Return skillet to medium heat and add 1 teaspoon oil. When oil is hot, add the scallions whites, garlic, and shallot, and cook until starting to soften, about 30 seconds. Add mushrooms, scallions greens, and 1 tablespoon water and cook an additional 2 minutes, shaking the vegetables around the pan occasionally, until mushrooms are soft and the scallion greens are wilted.

Meanwhile, crack the egg into a small mixing bowl, with kosher salt, 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 egg is cooked, remove the pan from the heat.

When mushrooms are cooked, add vinegar and scrape any browned bits off the bottom of the pan. Add quinoa, snap peas, tamari, and scrambled egg and toss together until the egg is broken up and the mixture is heated through.

423 calories, 17.5 g fat (1.8 g saturated fat), 55.8 g carbohydrate (7 g fiber, 3.2 g sugars), 14.1 g protein, 923 mg sodium, 0 mg cholesterol

BIG BATCH COOKED QUINOA

Makes 1 cup (2 servings)

Use half of the quinoa for tonight's dinner and save the rest for lunch on Friday.

Ingredients

1 teaspoon extra virgin olive oil
½ cup dry quinoa, rinsed and drained
1 cup water
¼ teaspoon kosher salt

Procedure

In a small 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 water and salt, and bring the mixture to a boil over high heat. Lower heat to the lowest setting and cook, covered, for 15 minutes. After 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.

Let quinoa cool completely before storing leftovers in an airtight container in the fridge for up to 5 days.

NIGHTTIME SNACK

1 pear, thinly sliced and drizzled with **2 teaspoons almond butter**

164 calories, 6.7 g fat (0.3 g saturated fat), 27 g carbohydrate (5 g fiber, 17.7 g sugar), 3.7 g protein, 0 mg sodium, 0 mg cholesterol

DAY 9 (MONDAY) TOTAL NUTRITIONAL INFORMATION:

1,389 calories, 65 g fat (10.6 g saturated fat), 140.5 g carbohydrate (27.6 g fiber, 51.3 g sugars), 74.3 g protein, 2,053 mg sodium, 549 mg cholesterol

PREP

Defrost shrimp for tomorrow's dinner by taking it out of the freezer and putting it in the fridge.

If you need to pack tomorrow's lunch and snack to-go, you can do it now or in the morning: Assemble Arugula Salad with Eggplant, Avocado, Feta and Chickpeas for tomorrow's lunch, keeping the vinaigrette separate from the salad. Also, slice 1 medium red bell pepper and store it in an airtight container or ziploc bag along with a side of hummus for tomorrow's snack.

DAY 10 (TUESDAY)

BREAKFAST

CAULIFLOWER HASH WITH FRIED EGGS

Makes 1 serving

For this recipe, you're using the remainder of the Big Batch Roasted Cauliflower leftover from Sunday's dinner.

Ingredients

2 teaspoons olive oil, divided

1 medium yellow onion, cut into ¼-inch cubes

1 clove garlic, minced

½ head Big Batch Roasted Cauliflower, chopped into bite-sized pieces (*leftover from Sunday's*

dinner)

½ teaspoon paprika

Hot sauce, to taste

1 teaspoon chopped parsley

2 large eggs for women; 3 large eggs for men

⅛ teaspoon kosher salt

freshly ground pepper

Procedure

Heat 1 teaspoon olive oil in a medium nonstick skillet over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and cook for another minute, until fragrant. Add cauliflower, paprika, hot sauce, and parsley, toss together, and cook just until the cauliflower is heated through. Transfer the cauliflower hash to a plate, and wipe out the skillet.

Heat the remaining teaspoon of olive oil in the non-stick skillet over medium heat. When the oil is hot, crack both eggs into the pan, season with kosher salt and freshly ground pepper, then turn the heat down to low. Cook the eggs until the whites are completely opaque and the edges are starting to brown but the yolk is still runny, 2-3 minutes. Serve fried eggs on top of the hash.

379 calories, 23.6 g fat (5.1 g saturated fat), 26.4 g carbohydrate (8.2 g fiber, 9.5 g sugars), 18.9 g protein, 786 mg sodium, 372 mg cholesterol

LUNCH

ARUGULA SALAD WITH EGGPLANT, AVOCADO, FETA, AND CHICKPEAS

Makes 1 serving

For this recipe, you'll use the remainder of the roasted eggplant cubes and the Big Batch Roasted Chickpeas leftover from Sunday's dinner.

Ingredients

1 tablespoon balsamic vinegar

½ tablespoon extra virgin olive oil

⅛ teaspoon kosher salt

freshly ground pepper

1 cup roasted eggplant cubes (*everything leftover from Sunday's dinner*)

½ cup Big Batch Roasted Chickpeas (*leftover from Sunday's dinner*)

¼ avocado, cut in ¼-inch cubes

1 ounce feta, crumbled

5-6 basil leaves, cut in thin ribbons

3 cups arugula

Procedure

In a medium mixing bowl, whisk balsamic vinegar with a pinch of kosher salt and freshly ground

pepper. Slowly drizzle in the olive oil, while continuing to whisk. Whisk an additional 30 seconds after all of the olive oil is added. Add the remaining salad ingredients to the mixing bowl and toss together with dressing to combine, seasoning with freshly ground pepper. Transfer to a bowl to serve.

If you're packing lunch to go: Whisk together the vinaigrette and transfer to a small airtight container. Combine eggplant, chickpeas, feta, basil, avocado, and arugula in a large airtight container. Refrigerate until you're ready to eat, and pour the vinaigrette over the salad at lunch time.

451 calories, 27.8 g fat (7.2 g saturated fat), 41.7 g carbohydrate (11.5 g fiber, 0.1 g sugars), 12.2 g protein, 765 mg sodium, 25.2 mg cholesterol

SNACK

Thinly slice **1 medium red bell pepper** and serve with **¼ cup hummus**

147 calories, 6.5 g fat (1 g saturated fat), 18.8 g carbohydrate (7.2 g fiber, 6.9 g sugars), 6.6 g protein, 244 mg sodium, 0 mg cholesterol

DINNER

KALE AND SHRIMP BOWL WITH MUSHROOMS AND SLICED AVOCADO

Serves 1

Ingredients

1 tablespoon olive oil, divided
4 ounces raw shrimp for women; 6 ounces for men, deveined, tails removed
2 cloves garlic, thinly sliced
⅛ teaspoon kosher salt
freshly ground pepper
1 cup cremini mushrooms, quartered lengthwise
½ bunch kale, stems removed, cut into large pieces
½ bunch raw collard greens (*leftover from Monday's lunch*), stems removed, cut into large pieces
1 teaspoon tamari
Hot sauce, to taste
¼ avocado, thinly sliced

Preparation

Heat ½ tablespoon olive oil in a large skillet over medium heat. Season shrimp on both sides with kosher salt and freshly ground pepper. When the oil is hot, add shrimp to the pan and cook 2 minutes, then flip the shrimp and cook for another minute. Turn heat to low, add garlic and cook for 1 minute, until fragrant. Transfer cooked shrimp and garlic to a plate. Wipe out pan. Add the remaining ½ tablespoon olive oil to the pan over medium heat. Add mushrooms and cook,

stirring occasionally, until the mushrooms are soft and lightly browned, 3-4 minutes. Add kale, collard greens, tamari, 1 teaspoon water, and hot sauce. Cook 5 minutes, stirring often, until kale is wilted but not completely soft. Add shrimp and garlic and toss everything together. Transfer everything to a plate or bowl, and top with sliced avocado.

370 calories, 22.7 g fat (3.1 g saturated fat), 15.1 g carbohydrate (5.1 g fiber, 0.2 g sugars), 28.7 g protein, 619 mg sodium, 172 mg cholesterol

NIGHTTIME SNACK

1 cup blackberries.

75 calories, 0.6 g fat (0 g saturated fat), 18.4 g carbohydrate (7.6 g fiber, 10 g sugars), 1 g protein, 0 mg sodium, 0 mg cholesterol

DAY 10 (TUESDAY) NUTRITION INFORMATION:

1,421 calories, 81.2 g fat (16.4 g saturated fat), 120.4 g carbohydrate (39.6 g fiber, 26.7 g sugars), 67.4 g protein, 2,411 mg sodium, 570 mg cholesterol

PREP

Make **HARD BOILED EGGS**: Women cook 2 eggs; men cook 4 eggs. Fill a medium saucepan with a lid with at least 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 to a simmer, cover, and cook for 13 minutes. Meanwhile, set up a medium mixing bowl with 1 ½ cups cold water and 1 ½ 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 and refrigerate in an airtight container.

Peel the remaining ¼ avocado and freeze it in the ziploc bag with the frozen banana for tomorrow's snack, a pudding.

If you need to pack tomorrow's lunch to-go, you can prepare it as soon as your hard-boiled eggs are ready tonight, or in the morning. Assemble the No-Mayo Tuna Salad and store in a small airtight container in the fridge. Store the romaine leaves in a separate container in the fridge.

DAY 11 (WEDNESDAY)

BREAKFAST

KALE AND BANANA SMOOTHIE

Makes 1 serving

If you made smoothie packs in advance, the kale and banana should be in a ziploc bag in the freezer, labeled, **Wednesday, Week 2, Breakfast.**

Ingredients

½ bunch kale leaves, ribs and stems removed
1 large ripe banana, peeled and frozen
1 cup unsweetened almond milk
1 tablespoon almond butter
¼ teaspoon vanilla extract

Procedure

Add all ingredients to a blender and puree until smooth.

295 calories, 13.2 g fat (0.8 g saturated fat), 43 g carbohydrate (9.5 g fiber, 17.9 g sugar), 10 g protein, 226 mg sodium, 0 mg cholesterol

PREP

As soon as you've made your breakfast smoothie, use the same blender (you don't even need to wash it!) to make the Banana Avocado Pudding (**recipe below**) for today's snack. Store the pudding in an airtight jar or canister, and refrigerate it until you're ready to eat.

LUNCH

NO-MAYO TUNA SALAD IN ROMAINE CUPS

Makes 1 serving

Ingredients

1 5-oz can tuna in water, drained
1 tablespoon olive oil
1 teaspoon dijon mustard
1 hard boiled egg for women; 2 hard boiled eggs for men, finely chopped
1/2 stalk celery, minced
kosher salt and freshly ground pepper
4 large romaine leaves
1 teaspoon chopped parsley

Procedure

Combine first six ingredients in a small mixing bowl and mix with a fork until combined. Fill 4-6 large romaine leaves with tuna salad and sprinkle with parsley.

If you're packing lunch to go: Prepare the tuna salad in the morning, mixing in the parsley, then store in a small tupperware container. Pack romaine leaves separately in a larger tupperware or ziploc bag. Refrigerate until lunch time, then spoon the tuna salad into the romaine

leaves when you're ready to eat.

352 calories, 20.2 g fat (4.6 g saturated fat), 3.6 g carbohydrate (1.7 g fiber, 0.2 g sugars), 39.4 g protein, 739 mg sodium, 244 mg cholesterol

SNACK

BANANA AVOCADO PUDDING

Makes 1 serving

If you made smoothie packs in advance, the banana and avocado will be in a ziploc bag in the freezer, labeled, **Wednesday, Week 2, Snack.**

Ingredients

1 banana, peeled and frozen
1/4 avocado (*leftover from Tuesday's dinner*)
1 cup unsweetened almond milk
¼ teaspoon vanilla extract

Procedure

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 an airtight container. Refrigerate until you're ready to drink.

218 calories, 10.6 g fat (1.1 g saturated fat), 32.7 g carbohydrate (7 g fiber, 14.6 g sugars), 3.1 g protein, 182 mg sodium, 0 mg cholesterol

DINNER

SNAP PEA SALAD WITH FETA, RADISH, AND HARD-BOILED EGG

Makes 2 servings

You'll eat half of this salad with a hard boiled egg for dinner tonight and use the rest in a quinoa and arugula salad for lunch on Friday.

Ingredients

2 cups snap peas, trimmed
¼ teaspoon kosher salt
juice of 1 lemon
1 bunch radishes, washed, trimmed, and thinly sliced
1 ounce feta, crumbled
10 mint leaves, thinly sliced in ribbons
juice of 1/2 lemon

1 hard boiled egg for women; 2 hard boiled eggs for men, thinly sliced
2 teaspoons olive oil
2 cups arugula
freshly ground pepper

Procedure

In a large skillet with a lid, boil $\frac{1}{2}$ cup water and $\frac{1}{4}$ teaspoon kosher salt. Add snap peas, lower heat to a simmer, cover, and cook 2-3 minutes until snap peas are cooked al dente. As the snap peas cook, fill a medium mixing bowl with $1\frac{1}{2}$ cups ice and $1\frac{1}{2}$ cups water. When snap peas are cooked, drain them in a mesh strainer. Plunge the hot snap peas into the ice water to shock them. Let them sit in the ice water for a minute, then drain and air dry. Combine snap peas, radishes, feta, and mint in a medium mixing bowl and toss together. Transfer half of the salad to a medium airtight container and refrigerate (*you'll eat this for lunch on Friday*).

Meanwhile, make vinaigrette: Add lemon juice to a medium mixing bowl with a pinch of salt. Slowly drizzle in the olive oil while whisking vigorously. Continue to whisk for 30 seconds after all of the olive oil has been incorporated. Pour vinaigrette over the snap pea mixture in the mixing bowl, season with freshly ground pepper, add arugula, and toss. Serve with the sliced hardboiled egg on top.

310 calories, 20.3 g fat (7.1 g saturated fat), 17.8 g carbohydrate (6.3 g fiber, 8.1 g sugars), 13.2 g protein, 571 mg sodium, 211 mg cholesterol

NIGHTTIME 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 11 (WEDNESDAY) TOTAL NUTRITIONAL INFORMATION:

1,279 calories, 73.3 g fat (18.9 g saturated fat), 101.1 g carbohydrate (26 g fiber, 43.4 g sugars), 67.7 g protein, 1,729 mg sodium, 455 mg cholesterol

PREP

Defrost cod for tomorrow's dinner and the leftover chili for tomorrow's lunch by taking both out of the freezer and putting them in the fridge.

Cut 2 medium carrots into matchsticks for lunch tomorrow.

DAY 12 (THURSDAY)

BREAKFAST

BLACKBERRY YOGURT PARFAIT

Makes 1 serving

In a bowl or jar, layer **1 cup greek yogurt**, **½ cup blackberries**, and **2 tablespoons coarsely chopped raw almonds**, then sprinkle with **2 tablespoons ground flaxseeds**.

314 calories, 13.2 g fat (0.6 g saturated fat), 25.8 g carbohydrate (9.6 g fiber, 14.6 g sugar), 30.1 g protein, 115 mg sodium, 10 mg cholesterol

LUNCH

Black Bean Chili with Paprika Yogurt (*leftover from Friday's dinner*) with **2 medium carrots**, cut in matchsticks.

358 calories, 7.7 g fat (1.1 g saturated fat), 58.8 g carbohydrate (18.5 g fiber, 21.1 g sugars), 20.2 g protein, 823 mg sodium, 2.5 mg cholesterol

SNACK

2 tablespoons raw, unsalted peanuts with **1 pear**.

181 calories, 8 g fat (1 g saturated fat), 27.3 g carbohydrate (5.2 g fiber, 17 g sugars), 4.7 g protein, 2.5 g sodium, 0 mg cholesterol

DINNER

ASIAN-STYLE COD IN PARCHMENT WITH BOK CHOY

Makes 1 serving

Ingredients

1 4-ounce filet of cod (or other white fish) for women; 6-ounce filet for men
⅓ teaspoon kosher salt
freshly ground pepper
1 medium shallot, thinly sliced
6 heads baby bok choy
2 tablespoons Big Batch Spicy Tamari Dipping Sauce (***recipe below***), divided
2 tablespoons raw, unsalted peanuts, chopped

Procedure

Preheat oven to 375°F. Season cod on both sides with kosher salt and freshly ground pepper. Cut a 12-inch square of parchment paper, and fold it in half lengthwise. Cut the halved parchment into a crescent so that it is in the shape of a heart when you unfold it. Place the parchment heat, unfolded, on a large rimmed baking sheet. Pile raw shallots and raw bok choy

into the center of one half of the parchment, then lay the fish on top. Pour 1 tablespoon dipping sauce over the fish. Then, fold one half of the parchment heart on top of the other, and seal with small, overlapping folds, starting at the crook of the heart and working down to the tip. Put sealed parchment packet on the baking sheet in the oven and bake for 12-14 minutes, until fish is cooked through.

To serve, transfer parchment packet to a plate and carefully cut open the parchment. Drizzle with remaining dipping sauce, and sprinkle on the chopped peanuts.

347 calories, 15.6 g fat (1.1 g saturated fat), 18.3 g carbohydrate (8.7 g fiber, 3.7 g sugars), 39.4 g protein, 989 mg sodium, 62 mg cholesterol

BIG BATCH SPICY TAMARI DIPPING SAUCE

Makes $\frac{1}{3}$ cup

Use half of this sauce for dinner tonight, and half for dinner tomorrow.

Ingredients

2 tablespoons tamari
Juice of 2 limes
1 teaspoon honey
4 dashes hot sauce (or more, to taste)

Procedure

Whisk together all ingredients in a small mixing bowl. Store in an airtight container in the fridge.

NIGHTTIME SNACK

1 cup almond milk, heated with **1 square ($\frac{1}{2}$ ounce) chopped dark chocolate**.

115 calories, 9.3 g fat (1.5 g saturated fat), 8 g carbohydrate (2.2 g fiber, 3.7 g sugars), 2.5 g protein, 367 mg sodium, 1 mg cholesterol

DAY 12 (THURSDAY) TOTAL NUTRITIONAL INFORMATION:

1,314 calories, 53.8 g fat (5.3 g saturated fat), 137.9 g carbohydrate (44.2 g fiber, 60.1 g sugars), 96.9 g protein, 2,297 mg sodium, 75.7 g cholesterol

PREP

Defrost shrimp for tomorrow's dinner by taking it out of the freezer and putting it in the fridge.

Prepare Strawberry Overnight Oats for tomorrow's breakfast by mixing all ingredients together and storing in an airtight container in the fridge (*recipe below*).

If you need to pack tomorrow's lunch and snack to-go, you can do it now or in the morning: Assemble the Snap Pea and Radish Salad with Quinoa and Arugula for tomorrow's lunch and store it in a large airtight container in the fridge, then make the balsamic vinaigrette and store that separately in the fridge. Cut 4 medium carrots into matchsticks, then store them in an airtight container in the fridge with a side of hummus for tomorrow's snack.

DAY 13 (FRIDAY)

BREAKFAST

OVERNIGHT OATS WITH STRAWBERRIES AND CHIA SEEDS

Makes 1 serving

Prepare oats the night before.

Ingredients

½ cup gluten-free rolled oats
1/2 cup unsweetened almond milk
1/2 cup nonfat Greek yogurt
1 tablespoon chia seeds
1 teaspoon honey
4 large strawberries, cored and thinly sliced

Procedure

Mix all ingredients until thoroughly combined. Store in an airtight container for at least 6 hours and up to 24 hours.

334 calories, 9.6 g fat (0.5 g saturated fat), 48.6 g carbohydrate (11.3 g fiber, 15.2 g sugars), 20.5 g protein, 149 mg sodium, 5 mg cholesterol

LUNCH

SNAP PEA AND RADISH SALAD WITH QUINOA AND ARUGULA

Makes 1 serving

Ingredients

1 tablespoon balsamic vinegar
1/8 teaspoon kosher salt
freshly ground pepper
1/2 tablespoon olive oil
1/2 recipe snap pea salad (*leftover from Wednesday's dinner*)
1/2 cup Big Batch Cooked Quinoa (*leftover from Monday's dinner*)
2 cups arugula, rinsed and dried

Procedure

In a medium mixing bowl, combine balsamic vinegar, kosher salt, and freshly ground pepper. Gradually add 1/2 tablespoon olive oil while whisking the mixture vigorously. Continue to whisk the mixture for 30 seconds after all of the oil has been added. Add remaining ingredients to the bowl and toss everything together, so that the dressing is evenly coating the snap pea salad, quinoa, and greens. Transfer to a bowl to serve.

If you're packing lunch to go: Pack the vinaigrette in a small airtight container. Combine snap pea salad, quinoa, and arugula in a separate large airtight container, and toss everything together. Refrigerate until you're ready to eat, and pour the vinaigrette over the salad at lunch time.

374 calories, 15.7 g fat (5.2 g saturated fat), 47.7 g carbohydrate (9.3 g fiber, 7.7 g sugars), 12.9 g protein, 424 mg sodium, 25.2 mg cholesterol

SNACK

Slice **4 medium carrots** into sticks and serve with **1/4 cup hummus**.

186 calories, 6.3 g fat (0.9 g saturated fat), 27.9 g carbohydrate (9.3 g fiber, 9.2 g sugars), 6.9 g protein, 375 mg sodium, 0 mg cholesterol

DINNER

SPICY TAMARI SHRIMP LETTUCE CUPS

Makes 1 serving

Ingredients

4 scallions, whites and greens divided

1 tablespoon olive oil

4 ounces raw shrimp for women; 6 ounces for men, deveined, tails removed, and chopped into 1/4-inch pieces

1/8 teaspoon kosher salt

freshly ground pepper

1 cup cremini mushrooms, chopped into 1/4-inch pieces

2 cloves garlic, minced

2 tablespoons Big Batch Spicy Tamari Dipping Sauce (*leftover from Thursday's dinner*), divided

4-5 romaine lettuce leaves

2 tablespoons raw, unsalted peanuts, chopped

Procedure

Thinly slice scallion whites, and slice scallion greens into 1/2-inch pieces. Heat olive oil in a large skillet over medium heat. Season shrimp on both sides with kosher salt and freshly ground

pepper. When the oil is hot, add shrimp, mushrooms, and scallion whites to pan and cook 1 minute. Add garlic and scallion greens and cook for 1 minute, until fragrant. Add one tablespoon of the dipping sauce, stir everything to coat, then remove the pan from the heat. Spoon the shrimp mixture into the romaine lettuce leaves and sprinkle evenly with peanuts.

396 calories, 22.7 g fat (3.2 g saturated fat), 17.4 g carbohydrate (3.8 g fiber, 4.6 g sugars), 32.6 g protein, 1167 mg sodium, 172 mg cholesterol

NIGHTTIME SNACK

Slice **1 apple** and drizzle with **1 teaspoon honey**.

101 calories, 0 g fat (0 g saturated fat), 27.7 g carbohydrate (5 g fiber, 21.7 g sugars), 1 g protein, 0.3 mg sodium, 0 mg cholesterol

DAY 13 (FRIDAY) TOTAL NUTRITIONAL INFORMATION:

1,390 calories, 54.3 g fat (9.8 g saturated fat), 169 g carbohydrate (38.7 g fiber, 58.4 g sugars), 73.9 g protein, 2,084 mg sodium, 346 mg cholesterol

PREP

Defrost chicken for tomorrow's dinner by taking it out of the freezer and putting it in the fridge.

DAY 14 (SATURDAY)

BREAKFAST

SCALLION AND FETA OMELET

Makes 1 serving

Ingredients

4 scallions, whites and greens separated
2 teaspoons olive oil
1 ounce feta cheese, crumbled
2 large eggs for women; 3 large eggs for men
½ teaspoon kosher salt
freshly ground pepper

Procedure

Thinly slice scallion whites, and cut greens into 1-inch pieces. Heat olive oil in a medium nonstick skillet over medium heat. Add scallion whites and a pinch of salt and cook until scallions are softened, about 2 minutes. Meanwhile, crack the eggs into a small mixing bowl with kosher salt, freshly ground pepper and ½ teaspoon water, and beat with a fork until thoroughly

combined. Pour the egg into the skillet sprinkle the cheese on top, then turn the heat to low and cook 1 minute, until the bottom of the omelet is set and the top is only slightly liquidy. Carefully flip the omelet and cook 1 minute. Transfer to a serving plate.

318 calories, 24.7 g fat (8.7 g saturated fat), 6.4 g carbohydrate (1.6 g fiber, 1.8 g sugars), 17.7 g protein, 747 mg sodium, 397 mg cholesterol

PREP

After you've eaten breakfast, marinate your chicken for tonight's dinner (*recipe below*).

LUNCH

PORTOBELLO MUSHROOM CAPS WITH FETA, TOMATO, AND MINT

Makes 1 serving

Ingredients

1 tablespoon plus one teaspoon olive oil, divided
3 large portobello mushroom caps
½ teaspoon kosher salt
freshly ground pepper
1 ½ ounces feta cheese, crumbled
1 medium shallot, peeled and cut in ¼ inch rings
1 large beefsteak tomato, cut into 6 slices
juice of ½ lemon
5 mint leaves, sliced in thin ribbons

Procedure

Heat 1 tablespoon olive oil in a large skillet over medium heat. When the oil is hot, place the mushroom caps, tops down, in the skillet, and season with salt and pepper. Cook 3 minutes, then flip, cover the skillet and cook an additional 2 minutes. Transfer mushroom caps to a plate. Heat the remaining teaspoon olive oil over medium heat in the skillet, then add the minced shallots and cook until softened, about 1 minute. Add tomato slices to the pan in an even layer, and cook 2 minutes, then flip and cook an additional minute. Add lemon juice and mint, toss everything together just to combine, then remove the pan from the heat.

To assemble mushroom stacks, lay the mushroom caps on a plate and layer a slice of feta, a slice of tomato, another slice of feta, and another slice of tomato on each cap.

398 calories, 26 g fat (6.6 g saturated fat), 27.3 g carbohydrate (8.3 g fiber, 3.7 g sugars), 19.8 g protein, 650 mg sodium, 25.2 mg cholesterol

SNACK

Slice **1 apple** and serve with **1 tablespoon raw, unsalted almond butter**.

175 calories, 8.5 g fat (0.5 g saturated fat), 25 g carbohydrate (8.3 g fiber, 3.7 g sugars), 19.8 g protein, 650 mg sodium, 25.2 mg cholesterol

DINNER

CHICKEN, SNAP PEA, AND MUSHROOM STIR-FRY

Makes 1 serving

Ingredients

4 ounces raw, skinless chicken breast for women; 6 ounces for men, cut into bite-sized pieces
1 tablespoon tamari, divided
1 teaspoon honey
juice of 1 lime, divided
1 tablespoon extra virgin olive oil, divided
1 clove garlic, minced
1 portobello mushroom cap, thinly sliced
1 medium red bell pepper, thinly sliced
1 medium carrot, thinly sliced
6 heads baby bok choy, sliced into ½-inch strips

Procedure

In the morning or afternoon: Toss diced chicken breast with 1 teaspoon tamari, 1 teaspoon olive oil, honey, and the juice of ½ a lime. Marinate in a ziploc bag in the refrigerator for at least 3 and up to 12 hours.

Heat 1 teaspoon olive oil in a large skillet over medium heat. Remove chicken from the marinade and pat dry with paper towels. Add chicken to the pan and cook, stirring often, until cooked through, 5-7 minutes. Transfer cooked chicken to a plate. Heat the remaining tablespoon of oil in the skillet over medium heat, add garlic and cook until fragrant, about 1 minute. Add snap peas, mushroom, bell pepper, a pinch of kosher salt and 1 tablespoon water and cook, stirring often, until mushrooms are soft and snap peas and bell pepper strips are cooked al dente, 3-4 minutes. Add bok choy, tamari, and the cooked chicken breast back to the pan and toss together. Cook just until the bok choy starts to wilt, about 2 minutes. Add the juice of the remaining ½ lime, toss, and remove from heat. Serve immediately.

377 calories, 18.4 g fat (2.7 g saturated fat), 27.4 g carbohydrate (10.7 g fiber, 9.1 g sugars), 39.9 g protein, 699 mg sodium 70 mg cholesterol

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 14 (SATURDAY) NUTRITION INFORMATION:

1,373 calories, 86.6 g fat (24 g saturated fat), 90 g carbohydrate (28.6 g fiber, 34.1 g sugars), 84.4 g protein, 2,106 mg sodium, 492 mg cholesterol

WOW, CONGRATULATIONS!!!

You just finished BuzzFeed Food's Clean Eating Challenge! We know how great you must be feeling (and *looking!*) so hurry up and get yourself to a beach to celebrate.