

Clean DINNER MENU

MONDAY:

MEDITERRANEAN QUINOA
SALAD W/ SALMON/CHICKEN

TUESDAY:

TURKEY BURGERS W/
MUSHROOMS & SPINACH

WEDNESDAY:

CHICKEN/SHRIMP
VEGGIE FAJITAS

THURSDAY:

COCONUT CHICKEN
W/ ALMONDS

FRIDAY:

HUMMUS CRUSTED
CHICKEN

SATURDAY:

SALMON & AVOCADO
RICE BOWLS

SUNDAY:

SPICY GROUND TURKEY
& GREEN BEAN STIR-FRY

GROCERY LIST:

quinoa
1 cucumber
olives
3 avocado
fresh mint
fresh parsley
lemon juice
sea salt
1 tomato
3 Bell peppers
Fresh cilantro
garlic powder
chili powder
smoked paprika
avocado oil
cumin
1 zucchini
1 yellow squash
hummus
2 lemons
jasmine rice
2 limes
chili paste
coconut oil
rice vinegar
sesame oil
ginger root
cinnamon
honey
chili powder
chicken/vegetable broth
1 lb lean ground turkey
fresh spinach, 1-2 bunches
fresh mushrooms (sliced)
Tesse Mae's Habanero Ranch
almonds, slivered/chopped
1 15oz can light coconut milk
2 packages - 16 oz cauliflower rice
2 lb salmon/1 lb chicken breast
1 1/4 lb shrimp, deveined, tails removed
apple cider vinegar
dried mustard
garlic clove (3-4)
extra virgin olive oil
ground black pepper
organic mixed greens
1 lb extra lean ground
organic turkey
no-salt seasoning
2 yellow onion (small)
1 lb chicken breast
1 lb chicken breast
1 lb green beans
coconut aminos



MEDITERRANEAN QUINOA SALAD + SALMON/CHICKEN

INGREDIENTS:

3/4 cup quinoa
1 3/4 cups water
1 cucumber cut in 1/2 (sliced,
quartered)
1/4 cup olives
1 avocado (diced)
1 TBSP mint leaves
(chopped)
3 TBSP parsley (chopped)
1 TBSP lemon juice
1 TBSP apple cider vinegar
1/4 tsp dried mustard
1 small garlic clove (finely
chopped)
2 TBSP extra virgin olive oil
salt to taste
ground black pepper
organic mixed greens
6oz grilled salmon/chicken

INSTRUCTIONS:

1. Rinse quinoa in strainer under cold water
2. Bring to boil in saucepan, with water and pinch of sea salt
3. Cover and simmer for ~ 15 minutes, or until grains show a thread-like spiral and water is adsorbed
4. Remove from heat, remove lid. Place dishtowel over the pan and return lid. Let sit for 10 minutes
5. Transfer to salad bowl and fluff with fork. Allow to cool
6. Add cucumbers, olives, avocado, mint, parsley to the bowl
7. Wisk together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Toss greens with 3 TBSP of dressing right before serving
8. Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix
9. Enjoy!

TURKEY BURGERS W/SAUTÉED MUSHROOMS & SPINACH



INGREDIENTS:

1 lb extra lean ground organic turkey
1 1/2 tsp no-salt seasoning
Pinch salt and pepper
1 tomato (sliced)
1 TBSP olive oil
3 cups fresh spinach
1 1/2 cups fresh mushrooms (sliced)
1 tsp minced garlic

INSTRUCTIONS:

1. Shape the meat into round, flat patties, season and set aside
2. Drizzle olive oil into medium- sized saute pan and cook the burgers 3-4 minutes on each side until they are cooked through
3. Simultaneously, drizzle olive oil in medium-sized saucepan and heat over medium heat
4. Toss in minced garlic, spinach and mushrooms, adding a pinch of salt and pepper, cook stirring occasionally for 3-5 minutes, until spinach is wilted and mushrooms are tender
5. Top each turkey burger with tomato slices and sauteed spinach and mushrooms
6. Enjoy!



SHRIMP FAJITA BOWLS

INGREDIENTS:

3 Bell peppers
Fresh cilantro
1/4 tsp garlic powder
16 oz cauliflower rice
1 yellow onion (small)
1/8 tsp black pepper
1/2 tsp chili powder
1/4 tsp smoked paprika
1/4 tsp salt
2 TBSP olive or avocado oil
1/4 tsp cumin
1 1/4 lb shrimp, deveined,
tails removed
1 lime
1 avocado
Tesse Mae's Habanero
Ranch (optional)

INSTRUCTIONS:

1. Preheat oven to 400 F
2. Line baking sheet/ baking pan with parchment paper
3. Combine the chili powder, paprika, garlic powder, cumin, salt and pepper in a small bowl. Set aside 1/2 tsp of the seasoning mix
4. Thinly slice bell peppers and onion and place on one end of baking sheet. Drizzle with 1 TBSP of oil and sprinkle seasoning mix over veggies. Coat well
5. Add cauliflower rice to the opposite end of the baking sheet and toss with 1 TBSP oil
6. Place baking sheet in preheated oven and bake for 15 minutes. Stir veggies and rice halfway through, and keep separated
7. Remove baking sheet after 15 minutes and add shrimp to the middle, between the veggies and rice. Sprinkle with remaining 1/2 tsp of seasoning mix
8. Return baking sheet to oven and bake for 10 more minutes
9. Remove baking sheet from oven. Season cauliflower rice with salt and pepper to taste
10. Layer cauliflower rice in bowl, add veggies and shrimp
11. Garnish with fresh cilantro, squeezed lime, and/or Tesse Mae's Habanero Ranch
12. Enjoy!



Coconut Chicken with Almonds

INGREDIENTS:

1/2 cup almonds, slivered/chopped
1 15oz can light coconut milk
4 cups raw spinach leaves, packed tightly when measuring
1 lb chicken breast, diced into bite-sized pieces
1/2 tsp finely grated ginger
1/2 tsp cinnamon

INSTRUCTIONS:

1. Combine all ingredients in a large pan and cook until the chicken is fully cooked through
2. Serve over brown rice, cauliflower rice, or zucchini noodles
3. Enjoy!

Hummus Crusted Chicken

INGREDIENTS:

1 lb chicken breasts
1 zucchini, chopped
1 yellow squash, chopped
1 medium onion, chopped

1 cup hummus
1 TBSP olive oil
2 lemons
1 tsp smoked paprika
sea salt & pepper

INSTRUCTIONS:

1. Preheat oven to 450F and spray baking dish with olive oil spray
2. Rinse and pat the chicken dry. Season with sea salt & pepper
3. Cut the zucchini, squash and onion. Toss in a bowl with olive oil until evenly coated. Season with sea salt & pepper
4. Place all veggies on the bottom of the baking dish. Layer the chicken breasts evenly on top. Spread the hummus on each chicken breast so it is entirely covered
5. Squeeze the juice of 1 lemon over the chicken and veggies and sprinkle with smoked paprika
6. Bake for 25-30 minutes, until chicken is cooked through and veggies are tender
7. Enjoy!

SALMON & AVOCADO RICE BOWLS



INGREDIENTS:

1 cup jasmine rice
1 1/2 cups water
sea salt
5 TBSP cilantro, chopped
3 TBSP chicken broth
1 lb salmon
1 TBSP honey
1 avocado
1 TBSP lime juice
1/4 tsp chili powder

INSTRUCTIONS:

1. Cook rice in salted water with chicken broth, 2 TBSP of cilantro, and 1/2 lime squeezed
2. Preheat oven to 425 and cover baking sheet w/ parchment paper. (Alternative is to grill salmon - preheat grill)
3. Rub salmon with 1 TBSP lime juice, 1 TBSP honey, 2 TBSP chopped cilantro and sea salt to taste
4. Bake salmon for 12- 15 minutes
5. Mix avocado topping. Combine 1 ripe avocado (mashed), 1 TBSP lime juice, 1 TBSP chopped cilantro, 1/4 tsp chili powder, and sea salt to taste
6. Layer rice in a bowl, add salmon, and add avocado topping
7. Enjoy!



SPICY GROUND TURKEY & GREEN BEAN STIR-FRY

INGREDIENTS:

1 lb lean ground turkey
2 garlic cloves, minced
2 TBSP ginger
1 lb green beans
2 TBSP chili paste
4 TBSP coconut oil
2 TBSP rice vinegar
1 TBSP sesame oil
2 TBSP coconut aminos
1 cup jasmine rice/ 1 16 oz
package cauliflower rice

DIRECTIONS:

1. Preheat oven to broil. Toss green beans in 2 TBSP coconut oil. Place parchment paper on baking sheet and spread green beans evenly and broil 6-8 minutes
2. Heat 2 TBSP coconut and 1 TBSP sesame oil over medium- high heat. Add garlic, ginger and turkey. Brown turkey until fully cooked
3. Add the green beans to the pan and add coconut aminos, rice vinegar, and chili paste
4. Layer jasmine rice/ cauliflower rice in bowl and top with the ground turkey green bean stir-fry mix
5. Enjoy!