

Tradishen

Real food for real people.

Classic Clean Plan,
3-21-16 to 3-25-16

Serves 4

Monday -- Sun Dried Tomato Pasta

- *2 tbsp. olive oil
- *1 medium yellow onion, chopped
- *2 - 3 cloves garlic, minced
- *2 zucchinis, chopped
- *1 oz. sun dried tomatoes, diced
- *2 cups fresh tomatoes, diced
- *1 tsp. basil
- *1/2 tsp. sat
- *1 lb. whole wheat spaghetti

- Step 1: Set a pot of water to boil, and cook pasta according to package directions.
- Step 2: In a frying pan, add olive oil, onion, and garlic over medium heat and cook 2 - 3 minutes.
- Step 3: Add zucchini, tomatoes, and spices. Simmer on low for 10 - 15 min.
- Step 4: Serve sauce over squash (combed out of the skin) with optional chopped, fresh basil leaves.

Tuesday -- Chicken Philly Cheesesteak Wraps with Sweet Potato Fries

- *1 lb. chicken breast
- *1 medium yellow onion, sliced
- *1 large green pepper, sliced
- *8 oz. cremini mushrooms, sliced
- *3 - 4 tbsp. butter
- *1 tsp. parsley, onion powder, salt to taste
- *1 recipe pitas
- *1 4 slices Provolone cheese
- *3 large sweet potatoes
- *3 tbsp. coconut oil
- *Cinnamon

- Step 1: Melt butter in a large frying pain. Add chicken and season with parsley, onion powder, salt. Cook until golden brown.
- Step 2: Add veggies (mushrooms, peppers, onions) and cook until soft.
- Step 3: Put filling into pitas, and top with cheese. Add lettuce, tomato, mayo, or other desired toppings.
- Step 4: While chicken is cooking, peel and slice sweet potatoes thinly.
- Step 5: Toss sweet potatoes with 1 tsp. cinnamon and melted coconut oil. Bake at 400 for 20 - 25 min.

Wednesday -- Baked Potato Soup with Tossed Salad

- *3 - 4 strips bacon
- *1 medium yellow onion, diced
- *1 leek, thinly sliced
- *4 large baking potatoes, peeled and cubed
- *4 c. chicken stock
- *4 tbsp. flour
- *2 c. milk
- *1 c. shredded cheddar
- *1 head Romaine lettuce
- *Favorite salad toppings (tomato, onion, pepper, carrot, etc.)

- Step 1: Boil potatoes in a large pot until tender. Drain and mash (do not add anything).
- Step 2: Meanwhile, in a large soup pot, cook bacon until tender. Remove and set aside.
- Step 3: Add onions and leeks and cook until soft. Add chicken stock.
- Step 4: Mix flour and milk together, add to the pot and cook on medium high until thick.
- Step 5: Add the mashed potatoes to the soup and stir. Add cheese and stir again until melted. Return bacon to the pot.
- Step 6: Put together tossed salad. Serve the meal, adding sour cream and/or green onions on soup if desired.

Thursday -- Salmon with Garlic-Herb Butter, Rice, Roasted Asparagus

- *2 lbs. salmon
- *4 tbsp. butter
- *3 - 4 cloves garlic
- *1 tsp. salt, parsley
- *1 c. brown basmati rice
- *3 c. chicken stock
- *1/2 c. each minced onion, chopped spinach, shredded cheddar
- *1 lb. asparagus
- *2 - 3 tbsp. avocado oil
- *1 tsp. salt

- Step 1: In a medium frying pan, melt 2 tsp. butter and add onion and spinach. Cook until soft.
- Step 2: Add rice, toast 5 min, then add chicken stock, 1 tsp. salt, and cover.
- Step 3: Melt remaining butter in a small saucepan, and add garlic, salt, and parsley.
- Step 4: Pour butter mix over salmon on a baking tray. Bake at 350 for 15 - 20 min., until opaque.
- Step 5: Toss asparagus with oil and salt, roast for 10 - 15 min.
- Step 6: When rice is done, stir in cheese, and serve.

Friday -- Bacon and Eggs with Pina Colada Smoothie

- *1/2 lb. bacon
- *6 eggs
- *1 c. milk
- *1 small bunch kale
- *2 c. coconut milk
- *1 to 1 1/2 c. frozen pineapple

- Step 1: In a frying pan, cook bacon until done. Remove and set aside.
- Step 2: Add kale (chopped) and cook until wilted, 2 - 3 min.
- Step 3: In a large bowl, crack eggs and whisk with milk. Pour into frying pan, and cook, stirring gently, until firm. Salt to taste.
- Step 4: 5 min. before eggs are done, add coconut milk and pineapple to a blender, and blend until smooth. Serve.

Breakfast Ideas

- *Scrambled eggs with cheese
- *Green smoothie (2 apples, 1/2 bunch kale, 2 celery stalks, 1/2 avocado, 1 lemon, 1 c. water or coconut milk)
- *Granola (1/2 c. butter, 1/2 c. honey, 1 tsp. cinnamon, 2 c. oats, 2 tbsp. each nuts, seeds, dried fruit [up to 3, your choice])
- *Yogurt with blueberries
- *English muffin with almond butter

Lunch Ideas

- *Grilled cheese sandwiches with celery sticks
- *Cheeseburger pockets (recipe on Tradishen)
- *Sausage balls (recipe on Tradishen)
- *Pasta tossed with diced tomatoes and olive oil
- *Tossed salad with avocado slices

Snack Ideas

- *Apple with peanut or almond butter
- *Mini sweet peppers with hummus
- *Cheese slices and uncured pepperoni
- *Graham crackers with peanut butter and honey
- *Pita with hummus and veggies

Dessert!

- *Easy chocolate pudding

Produce

- *3 medium yellow onions
- *1 red onion
- *1 bulb garlic
- *2 zucchinis
- *3 large tomatoes
- *1 green bell pepper
- *1 head Romaine lettuce
- *1 1/2 c. frozen pineapple

- *1 cucumber
- *1 bunch kale
- *4 large baking potatoes
- *8 oz. mushrooms
- *1 lb. asparagus
- *1 red pepper
- *1/2 c. spinach
- *3 large sweet potatoes

Pantry

- *2 tbsp. olive oil
- *2 c. brown basmati rice
- *2 c. coconut milk
- *9 tbsp. coconut oil

- *1 oz. sundried tomatoes
- *1 lb. whole wheat pasta
- *7 c. chicken stock
- *4 tbsp. flour

Meat and Dairy

- *1 lb. chicken breast
- *1 lb. bacon
- *8 tbsp. butter
- *1/4 lb. provolone

- *2 lbs. salmon
- *6 eggs
- *3 c. milk
- *1 1/2 c. shredded cheddar

Staples

- *Fennel
- *Bay leaves
- *Onion powder
- *Parsley

- *Oregano
- *Chili powder
- *Basil

Bonus Recipe

Use 6 eggs, milk, extra potatoes, and any leftover cheese or veggies to make a potato-crust quiche (recipe on Tradishen).