

# Clean Eating Challenge Jump Start Guide

See the impact eating clean can have on your life with 7 days of Clean Eating.



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## TAKE THE CHALLENGE

Creating healthy habits is always better than setting another goal. Here is how to get started:

1. Commit to eat clean for 7 days
2. Share the challenge with your friends on Facebook. [Click to share!](#)
3. Simplify Clean Eating with an eMeals' subscription

# Clean Eating Overview

## THREE REASONS TO EAT CLEAN

1. Help control your weight - A diet high in fiber from fruits, vegetables, whole grains and beans can help you feel full longer while eating fewer calories.
2. Reduce your risk of chronic diseases - Low in fat, saturated fat, sodium and sugar, a clean eating lifestyle can reduce your risk of the top three leading causes of death in the US – heart disease, cancer and stroke, as well as diabetes and obesity.
3. Ensure that you feel your best every day - A balance of whole grains, protein, and fiber helps you stay energized throughout the day and sleep better at night. Eating plenty of fruits and vegetables means you'll get more of the vitamins and minerals you need to help maintain a strong immune system and ward off illnesses.

## WHAT IS IT?

Clean Eating is a lifestyle based on the goal to remove all processed foods from your diet. The lifestyle mostly consists of eating fresh vegetables and fruits, whole grains and lean proteins.

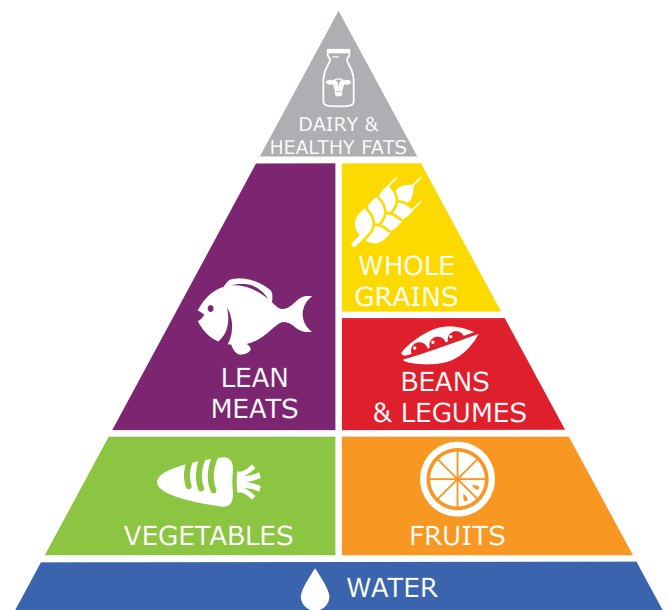
## WHAT CAN I EAT OR NOT EAT?

### Allowed

- \* Fresh Fruits and Vegetables
- \* Whole Grain Pasta and Wheat
- \* Lean Protein, Healthy Fats
- \* Organic or Grass Fed Products
- \* Limited Dairy Products

### Not Allowed

- \* White - Flour, Rice, Sugar
- \* Processed and Refined Products
- \* Preservatives, Fast Food, Alcohol



Clean Eating Food Pyramid



# Clean Eating Jump Start Guide

## Weekly Eating Outline

MONDAY	Breakfast
	Lunch
	Dinner
TUESDAY	Breakfast
	Lunch
	Dinner
WEDNESDAY	Breakfast
	Lunch
	Dinner
THURSDAY	Breakfast
	Lunch
	Dinner
FRIDAY	Breakfast
	Lunch
	Dinner
SATURDAY	Breakfast
	Lunch
	Dinner
SUNDAY	Breakfast
	Lunch
	Dinner



# Clean Eating Jump Start Guide

## Seven Breakfast Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
Raspberry Oatmeal Pancakes	1⅓ cups all-purpose flour ½ cup whole wheat flour ¼ cup old-fashioned oats 2 teaspoons baking powder ½ teaspoon baking soda ½ teaspoon salt 2 cups nonfat buttermilk 3 tablespoons butter, melted and cooled ¼ cup honey, divided 1 large egg, lightly beaten 1 pint raspberries, cut in half	Whisk together all-purpose flour, whole wheat flour, oats, baking powder, baking soda and salt in a large bowl. Whisk together buttermilk, melted butter, 2 tablespoons honey and egg in a medium bowl. Add buttermilk mixture to flour mixture, stirring just until moistened. Heat a nonstick griddle or large nonstick skillet coated with cooking spray over medium heat. Pour about ¼ cup batter for each pancake onto hot skillet; sprinkle with 4 to 6 raspberry halves. Cook 3 minutes or until tops are covered with bubbles; turn and cook other side. Repeat with remaining batter and berries. Top with any remaining berries, and drizzle with remaining 2 tablespoons honey.
Breakfast Bowls w/ Poached Eggs	4 slices center-cut bacon 6 cups sliced turnip greens ¼ cup sliced green onions 15 oz can black-eyed peas, drained and rinsed ½ teaspoon pepper ¼ teaspoon salt 1 tablespoon white vinegar 4 large eggs	Cook bacon in a large nonstick skillet over medium heat 6 minutes or until crisp. Remove bacon, reserving drippings in skillet. Crumble bacon, and set aside. Add greens to skillet; cook 3 minutes or until wilted, stirring often. Add green onions, and cook 2 minutes or until tender. Stir in black-eyed peas, pepper and salt. Spoon mixture into 4 bowls; cover and keep warm. In a medium saucepan, combine white vinegar and 3 cups water; bring to a simmer over medium-high heat. Add eggs to simmering water; cook 1 to 2 minutes or until egg whites are set and yolks are to desired degree of doneness. Remove eggs with a slotted spoon, placing one egg on each bowl of greens. Sprinkle eggs with salt and pepper to taste.
Turkey Sausage Breakfast Burritos	½ lb ground turkey breakfast sausage 4 large eggs, beaten ½ cup shredded Monterey Jack cheese 4 (8-inch) whole wheat tortillas ½ cup salsa	Cook sausage in a large nonstick skillet over medium heat 6 minutes or until browned, stirring to crumble. Drain sausage on a paper towel-lined plate, reserving 1 tablespoon drippings in pan. Add eggs to drippings in skillet; cook over medium heat, without stirring, 2 minutes or until eggs begin to set on bottom. Flip and cook 2 minutes or until eggs are set; remove from heat. Sprinkle 2 tablespoons cheese in the center of each tortilla. Top evenly with sausage, egg and salsa; roll up. Cut each burrito in half to serve.
Red Pepper Breakfast Pitas	6 large eggs ½ teaspoon salt, ½ teaspoon pepper 1 ½ teaspoons olive oil 4 whole wheat mini pitas, cut in half 16 oz jar roasted red peppers, drained and sliced ½ cup crumbled feta cheese 2 cups spring mix	Whisk eggs, salt and pepper in a medium bowl. Heat oil in a medium nonstick skillet over medium heat. Add eggs to skillet; cook, without stirring, until eggs begin to set on bottom. Cook, stirring constantly, until eggs are thickened and set. Fill pita halves evenly with eggs, peppers, feta cheese and spring mix.



# Clean Eating Jump Start Guide

## Seven Breakfast Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
Winter Fruit Salad	<ul style="list-style-type: none"><li>1 navel orange</li><li>1 grapefruit, or pink or red grapefruit</li><li>1 blood orange</li><li>2 mandarin oranges</li><li>1 ugli fruit (or sub grapefruit)</li><li>4 kumquats, cut in half lengthwise and thinly sliced</li><li>2 tablespoons chopped fresh mint</li></ul>	<p>Using a knife, or by hand, remove peels from navel orange, grapefruit, blood orange and mandarin oranges. Divide into sections, and chop into bite-size pieces. Cut away peel from ugli fruit. Using a small paring knife, remove fruit segments. Add ugli fruit segments to citrus fruit. Add kumquats and mint, tossing to combine. Chill 15 minutes before serving.</p>
Mango Orange Breakfast Smoothie	<ul style="list-style-type: none"><li>2 cups frozen mango chunks</li><li>1 ½ cups low-fat vanilla Greek yogurt</li><li>1 ½ cups 100% orange juice</li><li>1 ½ cups crushed or cubed ice</li></ul>	<p>Combine mango chunks, yogurt, juice and ice in a blender. Cover and pulse until smooth, scraping down sides as needed.</p>
Quinoa w/ Fresh Berries & Almonds	<ul style="list-style-type: none"><li>1 cup uncooked quinoa</li><li>2 cups low-fat milk</li><li>1 cup sliced strawberries</li><li>1 cup blueberries</li><li>¼ cup sliced almonds, toasted</li><li>4 teaspoons honey (optional)</li></ul>	<p>Cook quinoa according to package directions. Heat milk in a small saucepan over medium heat 4 minutes or until warm. Divide quinoa evenly among 4 bowls; pour warm milk over quinoa. Top with strawberries, blueberries and almonds. Drizzle each serving with 1 teaspoon honey, if desired</p>



# Clean Eating Jump Start Guide

## Seven Lunch Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
Squash & Chickpea Couscous	1 tablespoon olive oil ¼ cup finely chopped sweet onion 12 oz package peeled and chopped fresh butternut squash ½ (15-oz) can white beans, drained and rinsed (about ¾ cup) ½ cup uncooked whole wheat couscous ⅛ teaspoon salt 2 tablespoons chopped fresh parsley 1 tablespoon fresh lemon juice ¼ cup freshly grated Parmesan cheese	Bring 1 cup water to a boil in a small saucepan; reduce heat to a simmer. Meanwhile, heat oil in a medium saucepan over medium-high heat. Add onion; saute 3 minutes or until tender. Add squash, and cook 8 minutes, stirring occasionally. Stir in white beans and couscous; cook 2 minutes, stirring constantly. Stir in simmering water and salt. Remove pan from heat; cover and let stand 8 minutes. Fluff with a fork, and stir in parsley and lemon juice. Divide couscous mixture evenly among 4 containers; top each serving with 1 tablespoon cheese. Note: Make couscous up to 2 days in advance; refrigerate until needed.
Tuna & White Bean Sandwiches	12 oz can chunk light tuna in water, drained ½ (15-oz) can white beans, drained and rinsed (about ¾ cup) 1 Roma tomato, chopped 2 tablespoons chopped fresh parsley ½ teaspoon grated lemon rind 1 tablespoon fresh lemon juice 2 tablespoons extra-virgin olive oil 1/8 teaspoon salt, 1/8 teaspoon pepper 4 whole wheat English muffins, split and toasted 1 cup fresh baby arugula	Combine tuna, beans, tomato, parsley, lemon rind, lemon juice, oil, salt and pepper in a medium bowl; toss well. Spoon tuna mixture onto bottom halves of muffins; top with arugula. Cover with top halves of muffins.
Almond Chicken Salad Melts	¼ cup slivered almonds 1 lb boneless, skinless chicken breasts, cut into 2-inch pieces ½ cup chopped celery 1 cup nonfat plain Greek yogurt ½ cup low-fat mayonnaise 1 teaspoon salt ½ teaspoon pepper 4 whole wheat English muffins, split 2 cups low-fat shredded cheddar cheese	Preheat oven to 400 degrees. Spread almonds in a single layer on a baking sheet. Bake 8 minutes or until lightly golden; cool completely. Place chicken in a large saucepan; cover with water. Bring to a boil over high heat; reduce heat and simmer 10 minutes or until done. Shred chicken. Combine chicken, almonds and celery in a large bowl. Whisk together yogurt, mayonnaise, salt and pepper in a small bowl. Pour yogurt mixture over chicken mixture; toss gently to combine. Place muffin halves on baking sheet. Top each muffin half with 1/2 cup chicken salad; sprinkle evenly with cheese. Bake 6 minutes or until cheese is melted. Serve immediately.
Bacon & Tomato Lettuce Wraps	8 slices center-cut bacon 4 leaves green leaf lettuce 2 medium red ripe tomatoes, diced 1/2 medium cucumber, diced 3 tablespoons low-fat mayonnaise 2 tablespoons nonfat plain Greek yogurt 1/2 teaspoon pepper	Cook bacon in a large skillet over medium heat 6 minutes or until crisp; crumble. Remove 4 large leaves of lettuce. Combine tomato, cucumber, mayonnaise, yogurt and pepper in a medium bowl; toss until well blended. Divide mixture evenly among lettuce leaves. Top evenly with crumbled bacon. Roll tightly, and secure with toothpicks.



# Clean Eating Jump Start Guide

## Seven Lunch Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
Grilled Chicken ALT Salad	<ul style="list-style-type: none"><li>2 boneless, skinless chicken breasts</li><li>2 tablespoons olive oil, divided</li><li>3 beefsteak tomatoes</li><li>1 cup nonfat plain Greek yogurt</li><li>1 tablespoon balsamic vinegar</li><li>½ teaspoon smoked paprika</li><li>½ teaspoon sea salt</li><li>½ cup fresh chopped chives</li><li>1 large head Bibb lettuce, torn</li><li>1 large avocado, pitted and chopped</li><li>15 oz can black beans, drained and rinsed</li></ul>	<p>Preheat grill to medium-high. Rub chicken with 1 tablespoon oil, salt and pepper. Place on grill rack; cook 5 to 6 minutes on each side or until done. Remove from grill; cut into 1-inch pieces. Cut 1 tomato into quarters. Combine tomato, 1 tablespoon oil, yogurt, vinegar, paprika, and salt in a blender. Cover and process until smooth. Transfer to small bowl and stir in chives; set aside. Cut remaining 2 tomatoes into 1-inch chunks. Divide lettuce, tomatoes, avocado and black beans on 4 serving plates. Toss each salad with dressing; top with chicken.</p>
Wild & Brown Rice Salad with Edamame	<ul style="list-style-type: none"><li>2 (8.5 oz) packages microwavable brown and wild rice</li><li>1 ½ cups frozen shelled edamame</li><li>⅓ cup dried cranberries</li><li>¼ cup chopped pecans, toasted (optional)</li><li>2 stalks celery, finely diced</li><li>2 green onions, chopped</li><li>2 tablespoons orange juice</li><li>2 tablespoons apple cider vinegar</li><li>2 tablespoons olive oil</li><li>1 teaspoon honey</li><li>¼ teaspoon salt, ¼ teaspoon pepper</li></ul>	<p>Cook rice and edamame according to package directions. Combine rice, edamame, cranberries, pecans, celery and green onions in a large bowl. Whisk together orange juice, vinegar, oil, honey, salt and pepper in a small bowl. Pour dressing over rice mixture, tossing to coat. Pack desired amount of salad in each of 4 containers.</p> <p>Note: Make this salad up to 2 days in advance.</p>
Potato & Leek Soup	<ul style="list-style-type: none"><li>6 cups reduced-sodium chicken broth</li><li>2 lb Yukon Gold potatoes, peeled and cut into 1/4-inch cubes</li><li>4 leeks, white and light green parts, sliced</li><li>4 cloves garlic, chopped</li><li>1 cup 2% reduced-fat milk</li><li>1 cup low-fat sour cream</li><li>1 teaspoon salt</li><li>1 teaspoon pepper</li><li>¼ cup freshly grated Parmesan cheese</li></ul>	<p>Bring chicken broth, potatoes, leeks and garlic to boil in a heavy saucepan. Reduce heat to medium-low, cover and cook 15 minutes, or until potatoes are tender. Puree mixture in batches in a blender or food processor. Return pureed mixture to saucepan. Stir in milk, sour cream, salt and pepper. Warm gently over medium heat until heated through. Stir in Parmesan cheese just before serving.</p>





# Clean Eating Jump Start Guide

## Seven Dinner Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
<i>Slow Cooker</i> <b>Garlicky Red Wine Brisket</b>	1 onion, sliced 2½ to 3 lb beef brisket, trimmed & cut in half 3 cloves garlic, minced 1 teaspoon salt, 1 teaspoon pepper 14.5 oz can reduced-sodium beef broth ½ cup dry red wine	Place onion in the bottom of a 5- to 7-quart slow cooker. Rub brisket evenly with garlic, salt and pepper; place on top of onion. Pour broth and wine over brisket; cover and cook on Low 5 to 6 hours or until tender. Thinly slice beef across the grain.
<b>Maple Glazed Turnips</b>	2 lb fresh turnips, peeled and cut into 1-inch pieces ¼ cup olive oil 3 cloves garlic, minced ½ teaspoon salt, ½ teaspoon pepper ¼ cup pure maple syrup	Preheat oven to 425 degrees. Toss together turnips, oil, garlic, salt and pepper in a large rimmed baking sheet; spread in a single layer. Bake 20 minutes or just until turnips are tender; drizzle with syrup. Bake 7 to 10 minutes longer or until turnips are very tender.
<b>Apple Pomegranate Walnut Chicken Salad with Feta</b>	3 cups shredded deli rotisserie chicken 2 Honeycrisp or sweet red apples, chopped 1 cup pomegranate arils (fresh pomegranate seeds) ½ cup chopped walnuts, toasted ½ cup reduced-fat mayonnaise 3 tablespoons fresh lemon juice, divided 3 tablespoons olive oil 2 teaspoons Dijon mustard 12 cups chopped romaine lettuce ⅓ cup crumbled feta cheese	Combine chicken, apples, pomegranate, walnuts, mayonnaise and 1 tablespoon lemon juice in a medium bowl; toss well to coat. Whisk together remaining lemon juice, olive oil and mustard; pour over lettuce in a medium bowl, tossing well to coat. Divide lettuce evenly among serving plates; top with chicken mixture and feta.
<b>Whole Wheat Pita Wedges</b>	3 whole wheat pitas, cut into wedges	Serve pita wedges with salad.
<i>* Marinate Ahead</i> <b>Ginger Lemon Chicken</b>	1 cup fresh lemon juice 2 cloves garlic, minced 1 tablespoon grated fresh ginger 1 tablespoon chopped fresh thyme ½ teaspoon salt, ½ teaspoon pepper 3 boneless, skinless chicken breasts, cut in half 2 tablespoons olive oil	Whisk together lemon juice, garlic, ginger, thyme, salt and pepper in a small bowl. Place chicken in a glass dish; pour lemon mixture evenly over chicken; cover and refrigerate 3 hours. Heat oil in a grill pan or cast-iron skillet over medium-high heat; remove chicken from marinade, reserving marinade. Cook chicken 5 to 6 minutes on each side or until done. Meanwhile, boil marinade 5 minutes, stirring often; drizzle over cooked chicken.
<b>Steamed Brown Rice &amp; Broccoli</b>	1 cup uncooked whole grain brown rice 2 (12-oz) packages steam-in-bag fresh broccoli florets 2 tablespoons olive oil ½ teaspoon salt, ½ teaspoon pepper	Prepare rice according to package directions. Meanwhile, microwave broccoli according to package directions; stir in olive oil, salt and pepper. Serve rice and broccoli with chicken.





# Clean Eating Jump Start Guide

## Seven Dinner Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
<b>Tilapia Puttanesca</b>  Lemony Orzo & Spinach	3 tablespoons olive oil, divided 2 cloves garlic, minced 28 oz can whole tomatoes, undrained and chopped 1/3 cup coarsely chopped kalamata olives 2 tablespoons drained capers 1/4 teaspoon crushed red pepper 6 tilapia fillets 1/2 teaspoon salt, 1/2 teaspoon pepper 1/4 cup chopped fresh basil  ----- 1 cup uncooked whole wheat orzo 2 tablespoons fresh lemon juice 4 cups chopped fresh baby spinach 3/4 teaspoon salt, 3/4 teaspoon pepper	Heat 1 tablespoon olive oil in a medium saucepan over medium heat; add garlic, and sauté 1 minute. Add tomatoes, olives, capers and crushed red pepper to saucepan; sauté 10 minutes or until mixture is thoroughly heated and slightly thickened. Heat remaining olive oil in a large nonstick skillet over medium-high heat; sprinkle tilapia with salt and pepper. Cook tilapia 3 minutes on each side or until fish flakes easily with a fork. Stir basil into tomato mixture, and spoon over fish just before serving.  ----- Prepare orzo according to package directions. Return orzo to pan; stir in lemon juice, spinach, salt and pepper. Cover and let stand 5 minutes, or until spinach wilts. Serve orzo with fish.
<b>Almond Crusted Pork Chops with Creamy Mustard Sauce</b>  Roasted Brussels Sprouts	1 1/4 cups whole wheat panko breadcrumbs 3/4 cup sliced almonds, chopped 2 cloves garlic, minced 2 egg whites 6 boneless pork loin chops 2 tablespoons olive oil 14.5 oz can reduced-sodium chicken broth 1/2 cup dry white wine 1 tablespoon cornstarch 3 tablespoons coarse-grain Dijon mustard 1/4 cup reduced-fat sour cream  ----- 1 1/2 lb Brussels sprouts, trimmed and cut in half 3 tablespoons olive oil 3/4 teaspoon salt, 3/4 teaspoon pepper	Combine panko, almonds and garlic in a shallow dish; beat egg whites in a small bowl until foamy. Dip pork chops in egg white; dredge in panko mixture. Heat oil in a large nonstick skillet over medium heat; add pork chops. Cook 10 to 12 minutes, turning once, until browned and done; remove from skillet, and keep warm. Whisk together chicken broth, wine and cornstarch; add to skillet, and cook, whisking often, over medium-high heat until thickened. Stir in mustard and sour cream until blended; serve sauce over pork chops.  ----- Preheat oven to 425 degrees. Toss together Brussels sprouts, oil, salt and pepper on a rimmed baking sheet coated with cooking spray. Bake 20 minutes or until Brussels sprouts are tender and browned. Serve Brussels sprouts with pork chops.
<b>Steak, Pepper and Snow Pea Stir-Fry</b>  Cilantro Brown Rice Noodles	1 tablespoon olive oil 1 1/2 lb boneless top round steak, thinly sliced 2 cloves garlic, minced 2 red bell peppers, sliced 3/4 lb fresh snow peas, trimmed 1/4 cup low-sodium soy sauce 2 tablespoons rice vinegar 2 tablespoons honey 1 tablespoon dark sesame oil 1 teaspoon cornstarch  ----- 8 oz package brown rice noodles 1/4 cup chopped fresh cilantro 2 tablespoons fresh lime juice	Heat olive oil in a large nonstick skillet over medium-high heat; add steak. Sauté 5 to 6 minutes or until browned; remove steak, and keep warm. Add garlic, bell peppers and snow peas to skillet; sauté 3 minutes or until crisp-tender. Return beef to skillet; whisk together soy sauce, vinegar, honey, sesame oil and cornstarch, and pour over mixture in skillet. Cook 2 minutes or until sauce is thickened.



# Clean Eating Jump Start Guide

## Seven Dinner Ideas

RECIPE	INGREDIENTS	INSTRUCTIONS
Black Bean, Avocado & Spinach Quesadillas	6 (10-inch) whole wheat tortillas 1 ripe avocado, pitted and mashed 15 oz can black beans, drained and rinsed 5 oz package baby spinach 1 large tomato, chopped ¾ cup sliced kalamata olives 1 tablespoon chopped fresh cilantro 1 tablespoon hot sauce 1 teaspoon salt 3 tablespoons olive oil, divided	Spread mashed avocado over half of 1 side of each tortilla; top with beans, spinach, tomato, olives, cilantro, hot sauce and salt. Fold tortillas in half. Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Place 2 tortillas in skillet; cook 2 to 3 minutes on each side or until browned. Repeat process with remaining oil and tortillas.
Roasted Pineapple	1 pineapple, peeled, cored and cut into wedges 2 tablespoons fresh lemon juice 1 tablespoon honey 1 tablespoon chopped fresh cilantro 1½ teaspoons grated fresh ginger	Preheat oven to 425 degrees. Place pineapple on a rimmed baking sheet coated with cooking spray. Combine lemon juice, honey, cilantro and ginger; drizzle over pineapple. Bake 20 minutes or until pineapple is lightly browned. Serve pineapple with quesadillas.

## SIMPLIFY CLEAN EATING

These delicious dinner recipes are from a sample eMeals Clean Eating Plan. Sign-up for the Clean Eating or Slow Cooker Clean Eating Meal Plan, and receive seven recipes with a matching grocery list every week!



*Save 15% on Clean Eating Meal Plans with code **CLEAN!***  
*Get started at [emeals.com](http://emeals.com).*