

clean
recipes
5 DAY GUIDE



wholehealth
DESIGNS



5 Day Clean Recipe Guide

1

Day One

Breakfast: Sweet Coconut Quinoa

2

Day Two

Snack: Power C Smoothie

3

Day Three

Lunch: Lentil Salad

4

Day Four

Snack: Celery and Carrot Sticks with Hummus

5

Day Five

Dinner: Mix It Up Veggie Soup

Day 1	Day 2	Day 3	Day 4	Day 5
Sweet Coconut Quinoa	Power C Smoothie	Lentil Salad	Celery and Carrot Sticks with Hummus	Mix It Up Veggie Soup



Breakfast

Sweet Coconut Quinoa

Ingredients:

- ½ cup cooked quinoa (make ahead of time according to package directions)
- ½ banana, chopped
- 1 Tbsp. walnuts, toasted
- 1 Tbsp. raisins
- 1 Tbsp. coconut flakes

Directions:

Place walnuts in a pan over medium-heat. Toast for 2-3 minutes or until slightly browned. Mix ingredients in a bowl. Serve.

Serves 1

Snacks

Power C Smoothie

Ingredients:

- 1 cup spinach
- 1 cup almond milk
- 1 orange, peeled and quartered
- 1 Tbsp. lemon juice
- 1 Tbsp. flaxseeds
- ½ tsp. ground allspice

Directions:

Blend all ingredients and serve.

Makes 18 oz. (appr.)

Hummus

Ingredients:

- 1 15 oz. can chickpeas, rinsed and drained
- ½ cup tahini
- ¼ cup extra virgin olive oil
- 2 cloves garlic, peeled
- 2 Tbsp. of lemon juice
- Sea salt and pepper to taste

Directions:

In a blender or food processor, add all ingredients. Add water as needed to create smooth consistency. Try 1/8 cup of water to start.

Makes 4 servings. If kept in an airtight glass container in fridge, this will last for 4-5 days.



Lunch

Lentil Salad

Ingredients:

½ cup green lentils, rinsed and drained
1 Tbsp. lemon juice
1 Tbsp. red wine vinegar
1 Tbsp. extra virgin olive oil
½ onion, chopped (1/4 cup)
¼ cup cherry tomatoes, halved
Sea salt and freshly ground pepper to taste

Directions:

Prepare lentils according to package directions. Set aside. In a bowl, whisk together lemon, vinegar, and oil. Pour dressing over lentils and add onion and tomatoes. Mix well. Season with salt and pepper. Serve.

Serves 1 - 2

Dinner

Mix It Up Veggie Soup

Ingredients:

1 Tbsp. extra virgin olive oil
1 leek, white part chopped (1/2 cup)
1 garlic clove, minced
½ onion, chopped (1/4 cup)
1 sweet potato, peeled and cubed
1 carrot, peeled and chopped
2 cups vegetable broth
Sea salt and freshly ground pepper

Directions:

Heat oil in a large pot over medium heat. Add leeks, garlic, and onion and cook for 5 minutes. Add potato, carrot and broth. Bring to a boil. Reduce heat to low and simmer for 20 minutes. Puree soup in food processor until smooth. Season with salt and pepper. Serve.

Serves 1-2



Shopping List

Greens:

- 1 bag spinach

Vegetables:

- 1 leek
- 1 onion
- 2-3 carrots
- 1-2 celery stalks
- 1 sweet potato
- 1 carton cherry tomatoes

Staples:

- Celtic Sea salt
- Fresh ground pepper
- Extra virgin olive oil
- Finely ground flax seeds
- Garlic bulb

Fruits:

- 1 banana
- 1 orange

Spices:

- Allspice

Additional Items:

- 1 bag quinoa (14 oz.)
- 1 bag green lentils (or in bulk section, 8-12 oz.)
- 1 15 oz. can chickpeas (Eden Organic)
- 1 carton unsweetened almond milk (Engine)
- 1 24 oz. carton vegetable broth
- 1 bottle red wine vinegar
- 1 jar tahini (found in peanut/nut butter aisle)
- 1 bottle lemon juice
- 1 package of unsweetened shredded coconut
- 1 box raisins (unsweetened, natural)
- Walnuts (raw and chopped)
- 1 sweet potato
- 1 carton cherry tomatoes

An economical solution to buying organic grains is getting them from the bulk bins at your local grocery store. Use the approximate oz. units listed above to help you select the right amount. If your store doesn't have bulk bins, you can purchase pre-packaged grains. There are a variety of brands and oz. sizes to choose from.