

Your One-Week Jump-Start to *Wellness*

Feeling vibrant and energized starts with the food on your plate. We're giving you a head start with this perfectly balanced, dietitian-created meal plan that incorporates an array of wholesome, nutrient-dense foods.

BY KATE GEAGAN, MS, RDN

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LEAD SHOT DGLIMAGES / SHUTTERSTOCK, MEDITERRANEAN QUINOA AND CURRIED APRICOT PAN-ROASTED CHICKEN RECIPES AND PHOTOS COURTESY OF CUISINE AT HOME

SHOPPING LIST

PROTEINS & DAIRY

- 1 5-oz barramundi fillet
- 4 5-oz boneless, skinless chicken breasts
- 2 6-oz beef tenderloin or top sirloin medallions
- 1 dozen eggs
- 9 oz wild BPA-free canned or pouched tuna, packed in water
- 1 quart plain whole-milk kefir
- 5 oz halloumi cheese
- 4 oz smoked mozzarella cheese
- 2 oz feta cheese
- ½ oz shaved Parmesan cheese
- 1 8-oz stick organic unsalted butter

VEGGIES & FRUITS

- 1 avocado
- 2 cucumbers
- 2 bulbs fennel
- 3 bunches green onions

- 1 bunch asparagus (12 small firm spears)
- 1 bunch fresh mint
- 1 bunch fresh dill
- 1 bunch fresh parsley
- 1 large head Swiss chard
- 6 oz baby kale
- 2 romaine lettuce hearts
- 8 oz haricots verts or small green beans
- 4 lemons
- 1 lb beets
- 1 pint cherry tomatoes
- 3 oz arugula
- 3 bunches broccolini
- 1 yellow bell pepper
- 2 1-inch pieces fresh ginger
- 1 large head fresh garlic
- 1 pint strawberries
- 13½ oz cherries
- 2 oranges
- 8 apricots
- 4 peaches
- 12 pitted dates

WHOLE GRAINS

- 1 bag quinoa (**TRY:** NOW Foods Living NOW Organic Quinoa)
- 1 bag farro (**TIP:** Prep in advance and cook 1½ cups dry farro on Tuesday morning; cool, cover and refrigerate and use as directed throughout the week.)
- 1 package whole rye bread (**TRY:** Mestemacher Natural Whole Rye Bread)

NUTS, SEEDS & OILS

- 1 bag hemp seeds
- ½ oz roasted unsalted shelled pistachios
- 1 jar unsalted natural peanut butter
- 3 oz raw unsalted almonds
- 7½ oz raw unsalted walnuts
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil

EXTRAS



- 1 bottle raw honey
- 1 bottle pure vanilla extract
- 1 bottle balsamic vinegar
- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle yellow mustard seeds
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle red pepper flakes
- 1 bottle dry white wine
- 1 carton low-sodium chicken broth
- 1 bottle curry powder (**TRY:** Frontier Co-op Curry Powder)
- 1 15-oz BPA-free can chickpeas
- 1 8-oz container all-natural edamame hummus

EVOO = extra-virgin olive oil



Mediterranean Quinoa
(See recipe, p. 81)



MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: Summer Omelette: Sauté 2 chopped green onions, ¼ cup chopped fennel, 1 cup chopped Swiss chard, 1 tbsp chopped dill, pinch salt and pepper in 2 tsp EVOO; add 4 eggs, whisked with 1 tsp water, cook, flipping once (eat half; save leftovers); ½ cup cherries, 1 slice bread</p> <p>SNACK: 1 peach; ½ oz walnuts</p> <p>LUNCH: Halloumi Salad: Toss 2 oz grilled halloumi, cubed, ½ cup chickpeas, ¼ cup each chopped cucumbers and sliced cherry tomatoes, 1 tbsp each chopped mint, parsley and dill, 1 cup arugula with 2 tsp each EVOO and lemon juice, pinch salt and pepper; serve with 3 oz tuna</p> <p>SNACK: 2 tbsp edamame hummus with ½ cucumber, cut into sticks</p> <p>DINNER: 1 serving Curried Apricot Pan-Roasted Chicken (see recipe, right; save leftovers)</p> <p>TOTAL NUTRIENTS: CALORIES: 1,729, FAT: 87.5 g, SAT. FAT: 23 g, CARBS: 134 g, FIBER: 30.5 g, SUGARS: 60.5 g, PROTEIN: 112 g, SODIUM: 1,941 mg, CHOLESTEROL: 549 mg</p>	<p>BREAKFAST: Strawberry Mint Smoothie: Blend 1 cup kefir, 1 cup strawberries, 2 tbsp fresh mint, ½ cup ice, 1 tsp each honey and vanilla, 2 tbsp hemp seeds (eat half; freeze remaining half into a popsicle and reserve); 1 slice bread with 2 tsp peanut butter</p> <p>SNACK: 2 tbsp edamame hummus with ½ cucumber, cut into sticks</p> <p>LUNCH: Summer Omelette (leftovers); ½ cup cooked farro, 1 peach</p> <p>SNACK: 1 oz walnuts, ½ cup cherries</p> <p>DINNER: Open-Faced Veggie Melts with Smoked Mozzarella (see recipe, p. 70)</p>  <p>TOTAL NUTRIENTS: CALORIES: 1,372, FAT: 63 g, SAT. FAT: 13 g, CARBS: 151 g, FIBER: 30 g, SUGARS: 48 g, PROTEIN: 59 g, SODIUM: 1,248 mg, CHOLESTEROL: 412 mg</p>	<p>BREAKFAST: Cherry Farro Parfait: In a parfait glass, layer ¾ cup cooked farro, 1 tbsp chopped toasted walnuts, ½ cup sliced pitted cherries, ½ cup kefir, 1 tsp hemp seeds, 2 tsp honey and dash cinnamon and nutmeg</p> <p>SNACK: 2 tbsp edamame hummus with ½ cup fennel slices</p> <p>LUNCH: 1 serving Curried Apricot Pan-Roasted Chicken (leftovers, right)</p> <p>SNACK: 2 tsp peanut butter on ½ slice bread sprinkled with pinch each cinnamon and nutmeg, toasted</p> <p>DINNER: Barramundi with Herb Sauce* Trim asparagus bunch and brush with 3 tsp EVOO, pinch salt and pepper; grill; top with zest of 1 lemon (eat 4 spears; save leftovers) 1 cup cooked quinoa</p> <p>TOTAL NUTRIENTS: CALORIES: 1,731, FAT: 72 g, SAT. FAT: 13 g, CARBS: 182 g, FIBER: 31 g, SUGARS: 59 g, PROTEIN: 102 g, SODIUM: 890 mg, CHOLESTEROL: 195 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Green Egg Benny: 4 asparagus spears (leftovers), plus 3 slices avocado topped with 1 over easy egg cooked in ½ tsp EVOO; drizzle with with one-quarter of Herb Sauce (leftovers)</p> <p>SNACK: Top ½ cup kefir with ½ cup sliced strawberries; drizzle with 1 tsp honey</p> <p>LUNCH: Strawberry Kale Salad: Toss 2 cups baby kale and ½ cup each sliced strawberries and cooked farro with 1 oz halloumi, grilled and diced, and 1 tbsp pistachios; whisk 2 tsp EVOO, 1 tsp balsamic vinegar, ½ tsp honey, pinch salt and pepper; drizzle over salad; 1 slice bread</p> <p>SNACK: 2 tsp peanut butter on ½ peach, sliced</p> <p>DINNER: 1 serving Curried Apricot Pan-Roasted Chicken (leftovers, right)</p> <p>TOTAL NUTRIENTS: CALORIES: 1,687, FAT: 91 g, SAT. FAT: 22 g, CARBS: 151 g, FIBER: 33 g, SUGARS: 59 g, PROTEIN: 78 g, SODIUM: 1,334 mg, CHOLESTEROL: 339 mg</p>	<p>BREAKFAST: Avocado Mash with Hemp Seed: ¼ mashed avocado on 1 slice bread, sprinkle with 2 tsp hemp seeds, ¼ tsp lemon zest and pinch each salt and pepper; 1 cup cherries</p> <p>SNACK: 2 tsp edamame hummus plus 4 asparagus spears (leftovers)</p> <p>LUNCH: Halloumi Salad: Toss 2 oz grilled halloumi, cubed, ½ cup chickpeas, ¼ cup each chopped cucumbers and sliced cherry tomatoes, 1 tbsp each chopped mint, parsley and dill, and 1 cup arugula with 2 tsp each EVOO and lemon juice, pinch salt and pepper; serve with 3 oz tuna</p> <p>SNACK: ½ cup sliced fennel drizzled with one-quarter of Herb Sauce (leftovers)</p> <p>DINNER: Mediterranean Quinoa (see recipe, right; save leftovers)</p> <p>TOTAL NUTRIENTS: CALORIES: 1,681, FAT: 96 g, SAT. FAT: 22 g, CARBS: 141 g, FIBER: 32 g, SUGARS: 50 g, PROTEIN: 77 g, SODIUM: 1,881 mg, CHOLESTEROL: 84 mg</p>	<p>BREAKFAST: Strawberry Farro Bowl: 1 cup cooked farro with ½ cup kefir, ½ cup sliced strawberries, 2 tbsp chopped almonds, top with 1 tsp each honey and chopped fresh mint and dash each cinnamon and nutmeg</p> <p>SNACK: ½ slice bread with 2 tsp edamame hummus and ¼ cup sliced cherry tomatoes</p> <p>LUNCH: Mediterranean Quinoa (leftovers, right)</p> <p>SNACK: 1 oz walnuts; 1 orange</p> <p>DINNER: Grilled Steak & Romaine Hearts with Tangy Date Sauce (see recipe, p. 67)</p>  <p>TOTAL NUTRIENTS: CALORIES: 1,503, FAT: 66 g, SAT. FAT: 12 g, CARBS: 180 g, FIBER: 32 g, SUGARS: 57 g, PROTEIN: 60 g, SODIUM: 736 mg, CHOLESTEROL: 83 mg</p>	<p>BREAKFAST: Clean Green Scramble: Sauté 2 cups kale in 2 tsp EVOO; add 1 clove minced garlic, 2 tsp each chopped dill and parsley, 1 chopped green onion and pinch salt and pepper; transfer to a plate and scramble 2 eggs in same pan; ½ peach</p> <p>SNACK: 1 cup kefir with 1 oz toasted almonds sprinkled with pinch each nutmeg and cinnamon and ¼ cup pitted fresh cherries</p> <p>LUNCH: Sea & Pea Salad: Combine 3 oz tuna with ½ cup chickpeas, 1 chopped green onion, ½ cup each chopped cucumber and sliced cherry tomatoes, 2 tsp EVOO, 1 tsp lemon juice and 1 tbsp each chopped dill and parsley; 1 slice bread</p> <p>SNACK: ½ slice bread with 2 tsp edamame hummus and one-quarter of Herb Sauce (leftovers)</p> <p>DINNER: Mediterranean Quinoa (leftovers, right)</p> <p>TOTAL NUTRIENTS: CALORIES: 1,737, FAT: 102 g, SAT. FAT: 19 g, CARBS: 138 g, FIBER: 31 g, SUGARS: 40 g, PROTEIN: 80 g, SODIUM: 1,401 mg, CHOLESTEROL: 438 mg</p>

*Barramundi with Herb Sauce: Brush barramundi fillet with ½ tsp EVOO and sprinkle with salt and pepper and grill; in a blender, pulse 1 clove garlic, ¼ cup EVOO, 2 chopped green onions, juice of ½ lemon, ½ cup each dill, parsley and mint, and pinch each salt and pepper; drizzle one-quarter of sauce on fish (save leftover sauce)



Mediterranean Quinoa with Red Beets

SERVES 6. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 cup quinoa, rinsed
- 2 tbsp olive oil
- 3 cups peeled, diced red beets (1 lb)
- 1 bunch green onions, sliced, white and green parts, divided
- 2 tbsp minced garlic
- 1 tbsp minced lemon zest, plus 2 tbsp fresh lemon juice, divided
- 1 cup chopped fresh flat-leaf parsley
- 1 cup chopped unsalted walnuts, toasted
- ¼ tsp each sea salt and ground black pepper, or to taste
- Balsamic vinegar, to taste
- 6 tbsp crumbled feta cheese

INSTRUCTIONS:

ONE: In a large nonstick skillet, cook quinoa according to package directions; transfer to a bowl and set aside.

TWO: In same skillet on medium-high, heat oil. Add beets and whites of onion and sauté until beets are fork-tender, 10 minutes. Add garlic and cook for 1 minute more. Stir in quinoa, greens of onions, lemon zest and juice, parsley and walnuts; season with salt, pepper and vinegar. Garnish each serving with 1 tbsp feta.

NUTRIENTS PER SERVING (1 CUP): CALORIES: 344, **TOTAL FAT:** 21 g, **SAT. FAT:** 3.5 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 11 g, **CARBS:** 32 g, **FIBER:** 6 g, **SUGARS:** 7 g, **PROTEIN:** 10 g, **SODIUM:** 234 mg, **CHOLESTEROL:** 8 mg

Curried Apricot Pan-Roasted Chicken with Broccolini Amandine

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 4 5-oz boneless, skinless chicken breasts
- ½ tsp each sea salt and ground black pepper, plus additional, to taste
- 3 tbsp olive oil, divided
- 2 bunches broccolini, trimmed (1 lb)
- 4 chopped green onions, white and green parts, divided
- 2 tbsp minced fresh ginger
- 2 tbsp minced garlic, divided
- 2 tsp curry powder
- ½ tsp red pepper flakes
- 4 cups sliced fresh apricots (8 apricots)
- ¼ cup dry white wine
- ¾ cup low-sodium chicken broth
- 2 tbsp raw honey
- Minced zest of ½ orange
- 2 tbsp organic unsalted butter, diced
- ¼ cup unsalted chopped or slivered almonds

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Season chicken with ½ tsp each salt and pepper. In a large sauté pan on high, heat 2 tbsp oil. Add chicken and sear until browned on 1 side, 4 minutes. Flip and transfer pan to oven. Roast until cooked through, about 10 minutes, then transfer to a plate and tent with foil.

TWO: Meanwhile, blanch broccolini in

a pot of boiling water until nearly fork tender, 3 to 4 minutes. Drain, transfer to ice water to cool, drain again. Set aside.

THREE: To same pan with chicken drippings on medium heat, add whites of onions, ginger, 1 tbsp garlic, curry powder and pepper flakes; sweat until onions soften, about 1 minute.

FOUR: Stir in apricots, increase heat to medium-high, cover and sauté for 3 minutes. Add wine and scrape up browned bits from pan with a wooden spoon. When wine has evaporated, stir in broth, honey and orange zest; cook until sauce thickens, 5 to 6 minutes.

FIVE: Stir in butter until emulsified. Stir in greens of onions; season with additional salt and pepper. Cover to keep warm.

SIX: In a large sauté pan on medium, heat remaining 1 tbsp oil. Add remaining 1 tbsp garlic and cook for 30 seconds. Add broccolini and cook until heated, 3 minutes. Stir in almonds and additional salt and pepper. Serve sauce over chicken and broccolini alongside.

NUTRIENTS PER SERVING (1 CHICKEN BREAST WITH SAUCE AND ¼ OF BROCCOLINI): CALORIES: 529, **TOTAL FAT:** 24 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 12.5 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 41 g, **FIBER:** 8 g, **SUGARS:** 27 g, **PROTEIN:** 40.5 g, **SODIUM:** 244 mg, **CHOLESTEROL:** 119 mg ©

