



Clean Cut Weight Loss Challenge Week 5

Any Setbacks This Week?

What Is Getting Easier?

Nemesis You Still Need To Conquer?

How Do YOU FEEL?!?!?!?

What Are You Going To Work On This Week?

IT'S TIME TO TAKE CHARGE THIS WEEK!!!

You should be seeing results, and changes in your body. This is a good week to get in touch with Lori or Caren and talk about your food journal and ask a lot of questions.

Remember everyone's body works a little different, and this is not an exact science, so your food journal is KEY to your success. Some people are super clean and see no results for a few days then boom they are down 2 pounds. Watch for you cycles, see how it happens for you.

PRE PLAN

This seems to be the top culprit. You MUST PRE PLAN. Life is stressful. THIS WEEK, really focus on pre planning. Remember PREP is KEY!

It is time to go back and look at what you have ate in the past 4 weeks. Pick your favorites, and put them in a place. these are your GO TO meals. Separate out snacks, breakfast, lunch and dinners so if you have a brain freeze or are just planning you can easily get to them and plan your day, days or week!

Create grocery store lists of your FAVE foods, so you can have a staple list.

TIP** Put in your NOTES section of your phone and have it with you in case you forget!

Play with recipes and make them your own. You have the tools now to add healthy ingredients and make SMART decisions. Let us know if you have any questions on additions, etc.!!

**If you are feeling like you are hitting a plateau, then go to your
DETOX RECHARGE MENU GUIDE.**

This guide is sent in a separate document.

You can go to this recharge anytime. It's another tool in your toolbox, just like week 1. This recharge will help you get yourself back on track, or if you have hit a plateau, will help you break through it. PLEASE reach out to us this week if you feel like you are doing everything right and have hit a plateau. We have found around 4-5 weeks is when we get "comfortable" and slide off, or sometimes hit a plateau.

We will help you get through this so don't give up. Reach out!

Week 5 sample menu food guide

DAY 1

Breakfast

Egg Cups with ½ and avocado

Snack

5 raw mushroom caps stuffed with clean cut tuna

Lunch

6 oz. turkey lunch meat wrapped around peppers and cucumbers with hot sauce or any lunch you've been enjoying without the carb or fruit

Snack

Protein Shake (no fruit, can add 1 teaspoon of nut butter)

Dinner

Caribbean Tuna Salad

Snack

Nuts or nut butter

Day 2

Breakfast

Veggie Omelette (load it up w veggies!)

Snack

½ Edamame Salad with scoop of tuna salad

Lunch

Leafy Green Wrap

Chicken or tuna salad wrapped in a leafy green, such as a collard, Kale, Romaine or Chard Leaf

Add some Avocado or chopped veggies of choice

Snack

1 C chopped veggies

Mashed avocado with lime, salt and pepper

Dinner

6 oz. Ginger Shrimp (see recipe)

Big salad or roasted veggies or a cauliflower rice from past weeks

Snack

nuts or nut butter or hard boiled egg and cherry tomatoes

Day 3

Breakfast:

Shake with protein powder, ½ an avocado, almond milk, cinnamon, 1 Tbsp Cacao powder

Snack:

2 hard boiled eggs, salt and pepper

Lunch:

Leftover roasted veggies with 5 slices of turkey or tuna salad

Snack:

½ avocado with salt and pepper and cherry tomatoes

Dinner:

Slow cooker shredded Chicken (see recipe)

Snack

Nuts

Day 4**Breakfast:**

Shake with 1 teaspoon of nut butter, kale and chia seeds

Snack:

2 eggs hard boiled

Lunch:

Leftover slow roast chicken

Snack:

Any protein snack you've been using or veggies unlimited

Dinner:

Fish Tacos (See recipes)

Snack:

Nut butter or nuts

Day 5**Breakfast:**

Slice of sprouted bread with one fried egg, tomato and hot sauce

Snack:

½ apple with 1 teaspoon nut butter

Lunch:

Edamame salad with Tuna fish

Snack:

Shake with ¼ cup berries, greens of choice

Dinner

Cauliflower Soup (see recipe)

Snack:

Any protein or veggies

Day 6**Breakfast:**

Eggs any way with veggies

Snack:

Nuts or 1 teaspoon nut butter

Lunch

Leftover Cauliflower Soup

Snack:

Veggies or Shake with 1 teaspoon nut butter

Dinner:

Chicken Sweet Potato Crock Pot (see recipes)

Snack:

2 hard boiled eggs with hot sauce

Day 7**Breakfast:**

Shake with ¼ cup berries, chia seeds and any greens you like

Snack:

2 hard boiled eggs with ½ an avocado

Lunch:

Leftover chicken sweet potato from crockpot

Snack:

nuts

Dinner:

Seared 4 oz filet mignon with roasted brussel sprouts with sliced mushrooms, lots of pepper, Salt and olive oil (YUM)

Snack:

2 squares of good dark chocolate

Caribbean Tuna Salad

- 2 cooked tuna steaks, cut into 2-inch pieces (about 3 cups)
- ½ cup ripe mango, diced
- 1 red bell pepper, seeded and chopped
- 1/2 cup scallions, chopped
- 2 tbsp. fresh cilantro, chopped
- 1/2 cup reduced-sodium chicken or vegetable broth
- 1 1/2 tbsp. natural peanut butter, unsalted
- 1 tbsp. rice wine vinegar
- 1 tbsp. fresh lime juice
- Sea salt and ground black pepper, to taste
- 4 Bibb lettuce or radicchio leaves
- 4 tbsp. dry roasted peanuts, unsalted

INSTRUCTIONS:

- In a large bowl, combine tuna, mango, red pepper, scallions and cilantro. Toss to combine and set aside.
- In a small bowl, whisk together broth, peanut butter, vinegar and lime juice. Add it to tuna mixture and toss gently to coat tuna and vegetables. Season, to taste, with salt and black pepper.
- Arrange lettuce leaves on separate plates and spoon 1/4 of tuna mixture into each. Top with roasted peanuts just before serving

TO MAKE THIS A COMPLETE MEAL, ADD QUINOA OR A HEALTHY CLEAN GRAIN ON THE SIDE!

Clean Cut Slow Cooker Shredded Chicken and Salsa Sauce

You can use the salsa Verde recipe here, or if you want a quick throw in the crock pot and go, grab some deli container fresh Pico de Gallo or salsa Verde.

For Chicken:

- 2 LB. Chicken Breast
- 4 Tsp minced garlic
- 1 Tsp Cumin
- 1 Tsp pink sea salt
- 1 Tbsp. chopped chipotle peppers in sauce
- Black pepper to taste

Add chicken to slow cooker with garlic, cumin, salt, chipotle pepper and black pepper with $\frac{1}{2}$ C of the salsa mixture. Mix up and set for 4 hours on High or 7 hours on low.

Cover and refrigerate the remaining salsa sauce.

When chicken is done, shred and add remaining salsa. Warm in crock pot and serve!

To Make Your Own Salsa Verde Sauce:

- 7 Tomatillos
- 1 Poblano Pepper
- 1 Shallot
- $\frac{1}{2}$ C Cilantro
- 2-4 large garlic cloves
- 1 Tsp pink sea salt
- 1 Tbsp. Olive Oil

Line a baking sheet with the tomatillos and poblano pepper. Broil about 6 inches from heat, turning once until softened and slightly charred. This should take about 8-10 minutes.

*FUN TIP! Put the poblano pepper in a heat proof bowl and cover with plastic wrap. Let it sit for 10-15 minutes and then peel the skins off and cut peppers up into small pieces.

Transfer the tomatillos to a blender. Add the shallot, cilantro, garlic and salt. Blend up until smooth. Add the poblano pepper and blend until combined.

In a pan, heat the oil and add the mixture bringing to a simmer. Stir frequently for about 5 minutes. Remove and let cool.

Clean Cut Fish Tacos and Cabbage Slaw

(you can use this slaw as a side or as a topping for other meals too)

Slaw

- 1 bag of raw slaw veggies (bagged) (green cabbage, red cabbage and carrots)
- ½ -1 bunch of chopped cilantro
- 1 lime squeezed
- 1 -2 cloves of garlic to taste
- 1 tomato chopped
- ½ onion chopped
- 1 Tbsp. olive oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. greek yogurt
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- chopped jalapeno (totally optional)

Fish Marinade

- 1 Tbsp. olive oil
- 1 Tsp. cumin
- 1 Tbsp. Chili Powder (I used the chili lime powder from TJ)
- 1 clove garlic
- 1 small lime juiced
- Cayenne to taste

Instructions:

- Mix all ingredients for slaw and set aside to marinade and take on the flavor.
- Mix up marinade seasoning, and place in a ziplock bag with fish. Marinate 20 minutes.
- Preheat oven to 410 and bake fish for 15 minutes or until fish flakes easily with a fork.

You can use organic corn tortillas or lettuce wraps to enjoy your tacos

Easy Chicken and sweet potato Crock Pot

- 2 chicken breasts, cut into 1 inch pieces
- 2 sweet potatoes, peeled and cubed
- 1 can chicken broth (14.5 oz)
- 1 teaspoon salt
- 1½ tsp black pepper
- 1 tablespoon minced onion

Put everything in the crock pot.

Place lid on top and cook on low for 8 hours.

Serve with a side salad or steamed veggie

Yields 4-6 servings

Clean Cut Flavorful Cauliflower Soup

- 1 Tbsp. irish butter
- 2 Tsp. unbleached flour
- 1 medium head cauliflower
- 1/2 cup chopped shallots
- 2 cloves chopped garlic
- 2-3 sprigs rosemary
- ¼ Tsp. cinnamon
- 4 cups low sodium chicken or veggie broth
- Salt and pepper to taste

In a medium saucepan, make a roux by melting the butter on low heat.

Add the flour and stir about 2 minutes.

Add the chicken broth, onions and cauliflower and set heat to medium.

Bring to a boil, then cover and simmer over medium-low heat until vegetables are tender (about 20 minutes.)

Puree with an immersion blender until smooth. Season with salt and pepper.

Ginger Shrimp

- 1 bag of raw frozen cleaned shrimp (thawed)
- Fresh ginger peeled about 2 inches long
- 1 lime squeezed
- 1 clove of garlic to taste
- ½ onion chopped
- 1 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- ¼ teaspoon ground cayenne pepper
- 1 tbsp chopped cilantro
- chopped jalapeno

In Chopper place ginger, garlic an onion.

Remove and place on large bowl, salt and pepper to taste, add shrimp, lime, red wine vinegar and cayenne.

Mix and let sit for 5-10 min. Heat skillet add olive oil and place shrimp and mixture in pan in one even layer.

Cook shrimp on one side for about 3-4 min then turn. Add the cilantro and Jalapeno and cook for another 3-4 min.

Serve with veggie

Clean Cut Flavorful Cauliflower Soup

- 1 tbsp butter
- 1 tbsp unbleached flour
- 1 medium head cauliflower, chopped
- 1/2 cup chopped shallots
- 2 cloves garlic, chopped
- 3 sprigs of rosemary
- 4 cups low sodium chicken or vegetable broth
- salt and pepper to taste

In a medium saucepan, make a roux by melting the butter on low heat. Then add the flour and stir about 2 minutes.

Mix broth, shallots, garlic and cauliflower and stir over medium heat.

Bring to a boil and add rosemary sprigs. Then cover and simmer over medium-low heat until vegetables become tender.

Remove from heat, and take out rosemary. Puree with an immersion blender until smooth. Season with salt and pepper to taste!