



Clean Cut Nutrition Week 1 Approved Recipes

Clean Cut Detoxing Vegetable Soup

- 1 onion diced
- 2 carrots chopped
- 3 celery stalks chopped
- 1 cup butternut squash
- ½ to 1 zucchini, chopped (depending on size)
- 3 garlic cloves, chopped
- 1 can organic diced tomatoes (or FRESH!)
- 32 oz. low sodium broth of your choice (chicken, vegetable or miso)
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh thyme
- 2 handfuls of chopped kale and or spinach
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste
- Water

Heat large stockpot and add a small amount of 1 tablespoon coconut or olive oil, sauté onion, carrots, squash, zucchini and celery. Cook until tender, about 5 min. Add in garlic and cook for 2-3 minutes more.

Pour in your broth and tomatoes. Add seasonings. Cook for 10-15 minutes more. Stir in your greens and add lemon juice. Add water to get desired consistency. (Depending if you want more of a stew, or thinner soup). Salt and pepper to taste. Warm and enjoy! 1 bowl is a serving.

****You can add any type of veggies you want for this soup. (Cauliflower rice is always fun to add)**

*****You can add 1 can organic bean of your choice RINSED in week 2. (add in with tomatoes)**

****Week 3 and on you may add 1 C quinoa to this recipe**



Egg Cups

- 1 dozen egg 6 full (this is your fat) 6 white
- chopped veggies of choice, peppers, onion, asparagus, spinach, etc.

Muffin Tin sprayed with pam
Heat oven to 350

Stuff each cup with a blend of the veggies to the top
Whisk the eggs and pour over each cup just below the rim
Bake for 18-20 min, last few min can add a slice of tomato to each to roast
Let cool slightly on wire rack and place in fridge safe container. Pop two in microwave for 30-1:00, depending on your microwave, simple breakfast or snack.

Options: Use salsa in each or on top
or use nitrate free cold cuts and place on the bottom of each cup then add veggies. Two Egg cups is a serving.

The Perfect Hard Boiled Egg:

Bring water to a boil first then two at a time with a slotted spoon slowly place eggs in (as many as you would like) cover and let boil for 3 min, turn heat off and keep covered for 15 more min.

Remove with same slotted spoon and let cool.

The shell will come right off and the yolk will be a perfect yellow (no brown outside)



OMG Clean Cut Eggvocado!!!

- 1 half of an avocado, pitted
- 1 egg
- Salt and Pepper to taste
- Get creative with toppings, crushed red pepper, Trader Joe's everything bagel seasoning, spices and seasonings

Preheat oven to 375°F.

Using a small piece of aluminum foil, create a 'boat' that will hold the avocado.

Scoop out a small amount of the avocado to create a larger hollow.

Place avocado in your foil 'bowl' and crack the egg into the hollow.

Top egg with salt and pepper, and add seasonings of your choice.

Bake until egg reaches desired doneness, about 15 minutes



Seared Tuna With Shaved Vegetable Salad

- Magic fish seasoning or another low sodium fish seasoning of your choice
- Tuna Steaks
- 2 Gold Beets
- 1 small Fennel bulb
- Arugula
- ¼ C extra virgin olive oil
- Dash of sesame oil
- ¾ tablespoon rice vinegar
- ¾ teaspoon Dijon mustard
- ¾ teaspoon honey
- Salt and Pepper to taste
- Sesame seeds to taste

Coat tuna steaks with seasoning on both sides

Shave the beets and fennel and set aside. Mix the oil, vinegar, mustard honey salt and pepper and toss with veggies. Add sesame seeds to salad.

Mix the last five ingredients and toss with veggies

Heat a skillet to medium heat oils the pan and sear the tuna for about 2 min each side

Plate and serve



Canned Chicken Salad: This will last 2-3 days

- 4 small cans or 2 large of chunk chicken in water
- 1-2 tablespoons red wine vinegar
- juice of one lemon or lime
- 2 tablespoons of real mayo (this is your fat)
- 1-2 tablespoons of Honey cup mustard (red cap)
- 1 teaspoon of walnut oil (optional)
- Chopped fresh or dried rosemary
- Chopped fresh parsley (optional)
- Crushed almond or walnuts (optional)
- Chopped Celery
- Pink sea salt and pepper to taste

Mix it all together and enjoy as a snack and a quick grab and go

Yields 4 servings

Tuna Salad: will last 2-3 days

- 4 small can or 2 big of tuna (in water or oil) drained
- 1-2 tablespoons red wine vinegar
- juice of one lime
- 2 tablespoons of real mayo (this is your fat)
- 1-2 tablespoons of honey mustard
- Chopped Celery
- Pink sea salt and pepper

Mix all together and you have a simple go to.

Yields 4 serving



Basil Chili Stir Fry

- 2 tablespoon olive or coconut oil or Irish Butter (divided)
- 3 red chilies, finely chopped;
- 3 garlic cloves, minced;
- 2 tablespoons fish sauce, optional (use water if you don't have fish sauce);
- 1 pound of tender lean beef, chicken, shrimp cut in thin slices;
- 1 bunch chopped asparagus
- 1 chopped bell pepper
- 1 small container sliced mushroom
- 1 cup fresh basil leaves

Mix the chopped chilies, garlic and fish sauce in a bowl and add the beef, chicken or shrimp. Put in the refrigerator to marinate for about 2 hours.

Heat the oil or butter in the wok or big pan, stir-fry the protein and cook through and remove from the wok/pan.

Add the other tablespoon of oil or butter and stir-fry the veggies. Add 1/4 cup water or stock when the veggies are almost cooked (about 5-8 min).

Return the beef, chicken or shrimp to the wok, add the basil and cook for another minute.

Garnish the finished dish with slices of chili. Yields 4 servings.



Sun Dried Tomato Quiche **(if you don't like sun dried you substitute with any veggie)**

- 6 eggs
- 1 zucchini
- 1 onion
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoon coconut oil
- 2 small tomatoes, sliced
- 4 oz. sun dried tomatoes

Preheat oven to 350° F.

Grease an 8-inch cast-iron skillet with 1 teaspoon coconut oil and set aside.

Melt 1 teaspoon coconut oil in a medium skillet over medium heat. Chop the onion and zucchini in a food processor until finely shredded, then cook in the skillet until soft and translucent, about 10 minutes.

While the zucchini and onions soften, drain the oil from your sun-dried tomatoes if you're using oil-packed (if you don't like Sun dried tomato you can substitute with any veggie you like). Roughly chop them and add to a medium mixing bowl.

When the onions and zucchini are soft, add to the pancetta and tomatoes. Mix thoroughly and allow to cool to room temperature. Whisk in eggs, salt and pepper and pour into the cast-iron skillet for best results or the same pan you used for onions. Top with the slices of the two small tomatoes.

Cook in the preheated oven for 1 hour and 15 minutes or until firm.

Can cut pizza like slices as breakfast or lunch with a nice salad. Stays in fridge nicely and it's an easy grab. Yields 3 servings



Easy Egg Roll Bowl

- 1 pound ground pork or ground turkey
- ½ - 1 – 16-ounce bag coleslaw mix (shredded carrots and cabbage)
- ½ - 1 bag of bean sprouts or sprouts of your choice
- 2 C chopped broccoli
- 3 cloves garlic, minced
- 1 teaspoon ginger, minced
- ⅓ cup low sodium soy sauce
- 2 tablespoons sesame oil
- ½ -1 chopped jalapeno, to taste
- Green onions, for garnish
- Lemon Zest to taste

In a small bowl, combine the garlic, ginger, soy sauce and sesame oil. Set aside.

In a large skillet, brown the pork or turkey over medium-high heat.

Add the shredded coleslaw and sprouts, and stir to combine.

Add the sauce mixture to the meat and veggies as well as the jalapeno. Stir and cook for about 3 to 5 minutes, until the cabbage has just begun to wilt but is still crunchy. Add a little water if you need some additional liquid.

Drizzle with a little sesame oil and enjoy



Turkey Taco Stuffed Peppers

- 4 Medium bell peppers (any color)
- 1 pound lean ground turkey (or lean ground beef)
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon ground cumin
- 1/4 teaspoon pink sea salt
- 1 (4 oz.) can diced green chilies
- 1 cup salsa

Toppings

- 1/2 cup tomato, diced (optional)
- 1 avocado chopped

Preheat oven to 350 degrees.

Spray a 9x9 inch baking dish with non-stick cooking spray. Wash peppers, and cut around the stem to remove. Remove the seeds and ribs (whites) inside the peppers. Set peppers on baking pan.

Heat olive oil in pan to medium high. Add the ground turkey, seasonings from chili powder to sea salt and mix add the green chilies to the pan. Cook until the meat is no longer pink. Add salsa to the skillet with the turkey and stir until everything is combined. Remove from heat. Spoon the turkey mixture evenly into the 4 peppers and sprinkle with diced tomatoes. Bake, uncovered, for 30-35 minutes, or until peppers are tender, remove from the oven. Top with chopped avocado. Yields 4 servings.

You can add 1/2 cup black beans, drained and rinsed when you add the salsa in week 2!



Shrimp and Peppers

- 1-2 pound shrimp raw and cleaned (can buy frozen shrimp)
- 3 bell peppers (red, orange and yellow) cut into ½ pieces (Trader Joe's carries these frozen and already cut!!)
- Salt and pepper to taste
- 1 teaspoon paprika (to taste)
- 1-2 tablespoons of Coconut oil or olive oil
- ¼ teaspoon garlic powder
- dash of hot sauce

Place cleaned shrimp in bowl and add salt and pepper, paprika, garlic powder and hot sauce mix and let sit in fridge or counter, the juices from the shrimp will get expressed.

In a pan add 1 tablespoon of olive oil and cook peppers for about 5-6 min (can add a bit of water if peppers need it, add shrimp in one layer and cover for about 3-5 min, flip shrimp and cook until tender, the juices from the peppers is all you need!

A serving is about 6 shrimp.



Grilled or Pan Seared Lemon Rosemary Chicken

- 2 pounds boneless chicken breasts
- ½ cup fresh-squeezed lemon juice (takes 2-4 lemons, depending on size)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh rosemary (minced)
- 1 clove garlic (pressed)
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper)

In a large glass measuring cup, stir together the lemon juice, mix olive oil, rosemary, garlic, salt and pepper. Set aside.

Pound the chicken breasts to an even thickness and cut into strips. Place the chicken in a large bowl or casserole dish and pour marinade on top. Toss to coat well, cover & refrigerate 2-3 hours. (Don't marinate longer than this. Lemon juice is a strong, fast-acting marinade).

Preheat a gas grill on high for 10 min then turned down to medium and cook about 4 min on each side.

If using stove top, do the same, get pan really hot then turn it down and put in 2 tablespoons of olive oil and cook the chicken about 4 min on each side.

Yields 6 servings.



Pesto Turkey Meatballs

- 2 pounds ground turkey
- 1/2 cup almond or coconut flour
- 1/2 cup pesto
- 2 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
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Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper (can place a wire cooling rack on top of the baking sheet to cook or right on the tray).

In a large bowl, mix together all of the ingredients. Roll the mixture into small balls (about 1 inch each) using your hands and place on the wire rack or tray. Bake for 20-25 minutes, flipping halfway.

Servings: 24 meatballs about 4 meatballs is a serving.
We like to keep these in fridge as a grab and go!

Serve over spaghetti squash or spiralized zucchini with a teaspoon of parmesan and a drizzle of olive oil.



Spicy Garlic Shrimp Over Raw Kale

- 1 pound of wild shrimp
- Juice of one lemon
- 3 cloves of garlic, minced
- 1 tablespoons of olive oil
- 1/2 teaspoon of garlic powder
- 1 dash of red pepper flakes
- 2 tablespoons of clarified butter (Irish butter)

Peel shrimp and butterfly them (making a cut in the back and extracting the vein) or just peeled cleaned shrimp.

Place shrimp in marinade: 1 tablespoon olive oil, lemon, garlic powder. Marinate anywhere from 15 minutes to hours (the more time, the better)

Heat 2 tablespoons of butter in pan on medium to high heat.

Add shrimp and cook each side for 2-3 minutes. Top with salt, pepper, and red pepper flakes.

Serve over head of kale massaged with a teaspoon of olive oil. Yields 2-3 servings



Spicy Roasted Chicken

- 1/4 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 3/4 teaspoon smoked paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin (optional)
- ¼ teaspoon of ground cayenne pepper
- 2 tablespoons olive oil
- 2 medium lemons, washed and thinly sliced
- 3 pounds' bone-in, skinless chicken breasts (usually 4 to 6 pieces)
- parsley for garnish

The longer this marinates the better

Mix all ingredients and place chicken in plastic bag and refrigerate

Preheat oven to 400 degrees

Place chicken bone side down in glass baking dish and cook uncovered for 50-55 min, internal temp should be 165 degrees when done. Remove chicken and use the juices in the pan as a dipping sauce. Yields 4-6 servings.



Spiralized Zucchini Noodles with Spicy Shrimp

You can add any veggies you want to this!

- Pinch crushed red pepper flakes
- Head of Kale or ¾ bag of spinach
- ½ pound peeled and deveined shrimp
- 2 cloves garlic, sliced thin and divided
- 2 tablespoons olive or coconut oil (this is your fat)
- 2-3 medium zucchini, spiraled (can purchase already spiraled)
- Pink sea salt and fresh black pepper to taste
- 1/2 lemon
- 1/2 cup halved grape tomatoes

Heat a medium nonstick skillet over medium-high heat. Add some chicken broth, the greens, and crushed red pepper flakes, add the shrimp and season with pinch of salt and pepper; cook 2 to 3 minutes. Add half of the garlic and continue cooking 1 more minute, or until the shrimp is cooked through and opaque. Set aside on a dish.

Add more chicken broth and the rest of the garlic to the pan, cook 30 seconds then add the zucchini noodles and cook 1 1/2 minutes. Add the shrimp and tomatoes to the pan and squeeze the lemon over the dish. Remove from heat and serve. This yields 2 servings.



Crock Pot Buffalo Chicken Lettuce Wraps

- 24 oz. boneless skinless chicken breast
- 1 celery stalk
- 1/2 onion, diced
- 1 clove garlic
- 16 oz. low sodium chicken broth
- 1/2 cup hot cayenne pepper sauce (I used Frank's)

Wraps:

- 6 large lettuce leaves, Bibb or Iceberg
- 2 large celery stalks, cut into 2 inch matchsticks
- 1 full avocado (this is your fat, if you don't like avocado use 1 tablespoon raw Irish butter in the crock pot)

In a crock-pot, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). Cover and cook on high 4 hours. This yields 4 servings.



SIDES

Lemon Ginger Asparagus

- 2 bunches of asparagus, ends trimmed
- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 1 ½ teaspoon Dijon brand mustard
- 2 garlic cloves, minced
- ½ teaspoon smoked paprika
- 1 teaspoon grated ginger
- zest of one lemon (then chop lemon into slices)
- 1/4 teaspoon pink sea salt and black pepper
- 1/3 cup slivered almonds

Preheat oven to 400 degrees F.

In a large bowl combine olive oil, red wine vinegar, mustard, garlic, ginger, paprika, lemon zest, sea salt and pepper. Add asparagus to bowl and coat with sauce (or use a large Ziploc bag).

Line TWO baking sheets with parchment paper

Spread asparagus on sheets and top with sliced lemon.

Place sheets in oven and bake for 7 mins.

Remove sheets from oven and turn over asparagus as best as you can.

Switch each sheet to a different rack to bake evenly, add almonds and bake for another 8 mins.

Watch the nuts so they don't burn

Remove from oven and top with toasted almond.

Serve warm. Yields 3-4 servings



SIDES continued

Rosemary Roasted Brussel Sprouts

- 2 pounds of Brussel sprouts, trimmed and halved
- 3 tablespoons fresh rosemary, chopped
- 1-1.5 tablespoons olive oil
- 2 teaspoons balsamic vinegar
- 1/2 tsp sea salt and black pepper

Preheat oven to 425 degrees F.

In a large bowl combine Brussel sprouts and rosemary. Top with olive oil and balsamic vinegar. Stir so all Brussel sprouts coated. Spread evenly on a parchment lined baking sheet. Sprinkle with sea salt and pepper to taste. Bake for 15 mins. Remove from oven and flip over. Bake for another 10 mins. Serve warm. Yields 3-4 servings,

Sautéed Beet Greens and Spring Onions with Sherry Vinegar

- 1 Bag of string beans
- 2 shallots (about 1/4 cup)
- 1/2 to 1 teaspoon Irish butter
- kosher or pink sea salt and pepper to taste
- ½-1 teaspoon sherry vinegar (depends on how much you like vinegar)

Trim beans if needed. Chop the shallots. Preheat a cast iron skillet or pan over medium heat. Add your butter, and when it hot add beans and shallots. Sauté about 5 minutes until softened. Season with a pinch of salt and pepper, then a drizzle of sherry vinegar. Serve warm or at room temperature.

Yields 2 servings.



SIDES Continued

Cauliflower Tofu Rice

- "rice" a head of cauliflower in the food processor
- 1 cup of carrots in food processor
- 1 medium onion in food processor
- 1 tablespoon hot pepper sesame oil (if you want spicy or just plain sesame oil if not) or olive oil
- 1 tablespoon of minced garlic
- 2 full eggs 2 white scrambled
- 1 teaspoon chopped parsley
- 2 teaspoons orange zest
- ¼ teaspoon smoked paprika
- ½ teaspoon garlic powder
- salt and pepper to taste
- ¼ cup sesame seeds

Heat pan over medium to low heat add the olive oil and sauté the garlic, then add the carrots and onion and cook for about 5-8 min (until they soften). Add the cauliflower stirring for a few minutes.

Make a hole in center of pan (pushing cauliflower to sides and add the eggs to the middle. After the eggs are done then mix all things in pan together. add the parsley, orange zest, paprika, and garlic powder, drizzle with 1 teaspoon of sesame oil and sprinkle sesame seeds over and enjoy.

Yields 4 servings.



Add Ons

Roasted Kale Chips

- 1 bunch kale (stems removed and torn into pieces)
- 1 tablespoon olive oil
- pink sea salt to taste
- Fresh ground pepper or ground cayenne to taste(optional)

Preheat oven to 300 degrees.

Spread kale in single layer on baking sheets lined with parchment paper. Massage kale evenly with olive oil on both sides. Sprinkle with salt and pepper. Bake 20-25 minutes, turning once, until kale is dry and crispy.

Yields 4 servings

Vinaigrette (can be used as a marinade too)

2 tablespoons Olive oil

2 tablespoons balsamic vinegar

2 tablespoons honey mustard (I love Honeycup)

Juice of ½ a lime or the juice from grapefruit wedges

salt/pepper to taste



Clean Cut Week 1 Approved Detox Green Juice

Salad In A Blender

- Huge handful of Spinach or kale
- ½ bunch celery
- ½ bunch cilantro
- 1 cucumber with ends removed
- 1 lemon with peel removed
- 2 inches of fresh ginger root

Build Your Immunity

- 1 C coconut water
- 2 romaine lettuce leaves
- ¼ cucumber
- ¼ avocado, peeled
- ½ lemon
- ½ inch ginger
- ½ C parsley
- The content of 1 capsule probiotic, OPTIONAL

Refresh!

- 1 ½ C coconut water
- ½ C Kale
- ½ C spinach
- ½ C romaine lettuce
- ⅓ lime, peeled
- leaves from 2 stems of mint

**Additional Fun Options for You to Start Creating
You can play with this to satisfy your taste**

Dijon mustard
Honeycup mustard
lemon juice
lime juice
garlic clove
Pink sea salt
miso broth
chicken broth
beef broth
Sesame oil
Cayenne pepper
Ground ginger
Cilantro
Raw organic honey
Salsa
Shallots
Sesame seeds
Any herbs fresh or dried
Chili pepper
Cinnamon



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