



Welcome to week TWO!

Did you manage this Thanksgiving different than years past? Were you more mindful? Did you skip the leftovers? Throw out the pies you keep picking on? Get in extra exercise? Maybe added in some intermittent fasting to give your body a break, all of these are tips to use throughout this season and moving forward.

This week we are supplying you with crockpot meals to keep your timing and planning simple.

If you have any great crockpot ideas that might need a little tweaking to make sure they are clean cut approved send them our way. We always love recreating your favorites to keep them in your life.

Let's Talk Party Skills!!

We know it's a challenge at a holiday party to stay super clean, but you will feel so much better the next day if you follow these tips. Trust us, the morning after when you feel in control will taste so much better than that last bite of dessert.

- Know what you are walking into. In other words, know your friends!!
- Drink water and eat a healthy meal before heading out the door. "Hungry You" makes bad decisions. Don't let "Hungry You" be your date. The weigh in of shame isn't worth it.
- DRINK CLEAN. See our "Let There Be Booze" recipes and enjoy yourself. Be smart and drink water in between your cocktails.
- Distance yourself from the food and make the party about being with friends and family, not about the food.



Clean Cut Tip!

**Celebrate People, not food. The memories are worth it - the calories are not.
Remember That You Are The One In Control**

- Make a smart choice. Instead of having 4 or 5 of those “mini hot dogs,” have one. Did you know 4 pigs in a blanket contain 20 grams of fat, 430 mg of sodium, 17 grams of carbs, no fiber. Is it worth it?
- Try and stick with the veggie platter. Veggies are your friend!! You can eat ALL of the asparagus, carrots, cucumbers or whatever veggie you want
- Make something that you can eat and bring (see our fun recipes attached.) Go ahead and own this. Make it look good! Our recipes are just as tasty as those unhealthy Hors d'oeuvre out there!
- Avoid that late night drunk eating. Not only are you dealing with a nasty hangover, but you now have the guilt of mindless eating, not to mention a stomach ache.. Drink a huge glass of water before bed.

Clean Cut Tip!

Hangovers lead to poor eating decisions

Clean Cut Slow Cooker Ideas

Chicken and Bacon

- 5 chicken breasts
 - 10 slices of bacon
 - Chicken fresh herb package (thyme, rosemary, sage)
 - Use 1 tablespoon of each
 - 2 tablespoons for the slow cooker and 3 tablespoons after cooking
 - 1 tablespoon pink salt and pepper to taste
1. Place all the ingredients into a slow cooker pot and mix together.
 2. Cook on the low temperature setting for 8 hours.
 3. Shred the meat and mix with 3 tablespoons of olive oil.

Chicken Pad Thai with Veggie Noodles (4 servings)

- 2 to 3 pounds of chicken thighs or breasts (skin removed).
 - 2 medium zucchini (spiralized)
 - 1 handful of bean sprouts (optional).
 - 1 large onion or 2 small shallots (sliced)
 - 1 cup of coconut milk (comes in a can).
 - 1 cup of low sodium chicken stock.
 - 2 heaping tablespoons of natural peanut butter
 - 1 tablespoon of Coconut Aminos or soy sauce
 - 2 tsp of Fish Sauce
 - 2 tsp of powdered ginger (or about 1 tbsp freshly minced ginger).
 - 2 cloves of garlic, smashed and minced, or 1 tsp of garlic powder.
 - 1 tsp of cayenne pepper.
 - 1 tsp of red pepper flakes.
 - Salt & Pepper for seasoning the chicken.
 - Chopped cashews or peanuts for garnish (optional).
 - Chopped cilantro for garnish (optional).
1. Season your chicken with salt and pepper, and a little bit of the cayenne pepper and ginger powder.
 2. In your crock pot, add your coconut milk and chicken stock. Stir well. Make sure it is completely dissolved together.
 3. Add the peanut butter, coconut aminos or soy sauce, fish sauce, ginger, garlic, cayenne, and red pepper.
 4. Stir well until your peanut butter is completely dissolved.
 5. Place your chicken breasts or thighs into your liquid.
 6. Turn your zucchinis into veggie noodles or purchase already spiralized, wash your bean sprouts and slice your onion or shallots
 7. Toss your zucchini noodles, bean sprouts and onion together in a bowl and mix well
 8. Gently place your veggie mixture on top of the chicken, press down slightly. You want them to steam, not stew.
 9. Cook for 3.5 to 4 hours on low if you are using a 4-Quart Slow cooker.
 10. Cook for no more than 6 hours on low (5 is ideal) if you are using a 6-Quart slow cooker.
 11. To serve, remove the noodles first and set aside, strain of any liquid.
 12. Removed your chicken breasts or thighs and chop into strips. Add some of the remaining sauce from the crock pot to the meat and mix well.
 13. Place your meat and sauce over your noodles, and garnish with chopped cilantro, and chopped nuts. Enjoy!

Easy Pork Stew

- 2 small onions, thinly sliced
 - 4 cloves of garlic, peeled and smashed
 - ½ pound baby carrots or butternut squash
 - Pink salt
 - Freshly ground black pepper
 - 3 pounds of pork shoulder, cut into 1.5 inch cubes
 - 1 tablespoon of your favorite seasoning blend
 - 1 tablespoon Fish sauce
 - 1 small cabbage, cut into 8 wedges
 - 1 cup Rao's marinara sauce
 - 1 tablespoon of aged balsamic vinegar
1. Slice up the onions and smash the garlic cloves. Add them with the carrots or squash into the slow cooker and season generously with salt and pepper.
 2. Cube the pork and toss with your favorite dry seasoning and fish sauce.
 3. Pile the seasoned pork on top of the onions and carrots or squash, and place the cabbage wedges on top. Drizzle on the marinara sauce and some more salt and pepper.
 4. Put on the lid and cook on low for 8-10 hours.
 5. When the pork and veggies are fork-tender, adjust the stew for seasoning with balsamic vinegar, salt, and pepper.

Serves 6

Vegetarian Eggplant Stew

- 1 red onion, sliced
- 2 bell peppers, sliced (color of choice)
- 1 large eggplant, quartered and sliced
- 1 24 ounce can whole plum tomatoes
- 1 tablespoon smoked paprika
- 2 teaspoons cumin
- 1 teaspoon of cinnamon
- 1 teaspoon pink salt
- fresh black pepper to taste
- juice of one lemon

Combine all ingredients in a large slow cooker and cook on low for 7 to 8 hours. Serve over rice or cauliflower rice

Serving Unlimited

Vegetarian Cauliflower Sauce

- 1 head of cauliflower, cut up into florets
 - 3/4 cup diced shallots or onion
 - 2 small garlic cloves, minced
 - 2 tsp dried oregano flakes
 - 1 tsp dried basil flakes
 - 2 (14 oz) cans diced tomatoes, no salt added
 - 1/2 cup vegetable broth, low-sodium
 - 1/4 tsp red pepper flakes
 - Pink salt and pepper, to taste
 - Spiralized veggie of choice
1. Place all of the ingredients for the sauce into a crockpot. Place the crockpot on high and let cook for 3.5 hours.
 2. When done, smash the cauliflower with a potato masher or fork until the florets break up to create a thick sauce.
 3. Serve over veggie noodles of choice