



Healthy Dinner Planner



Meat-Free Mondays

It is a good idea to start the week on a super clean note by going meat-free all day Monday. It's amazing how many truly delicious and creative meat-free dinners you can create! Check out just a few ideas below.

- ❖ Choose a vegan entrée that includes vegetables such as:
 - ❖ Baked, grilled, or pan-seared tofu or tempeh with a whole grain or starchy veggie side ([Try Cornmeal & Macadamia Nut Crusted Tofu Steaks Over Smashed Peas with a Side of Quinoa](#))
 - ❖ Brown rice and beans with roasted vegetables (such as peppers, corn, onions, etc.) topped with salsa or pico de gallo and guacamole. (*Note: Chipotle is a national restaurant chain that offers this dinner option*)
 - ❖ Bean and mixed veggie burrito (use a sprouted whole grain tortilla or corn tortilla, such as Food for Life brand)
 - ❖ Veggie stir-fry (with or without tofu/ tempeh) over black or brown rice, millet, or quinoa
 - ❖ Sprouted whole grain pasta (or quinoa pasta) with marinara (such as Rao's) and meatless "meatballs" or pasta primavera.
 - ❖ Meat-free burgers served on a sprouted flourless bun (such as Food for Life brand) ([Try our Clean Cuisine Tofu Burgers](#))
 - ❖ No-meat chili ([Try Apple, Pumpkin & Black Bean Chili over Brown Rice](#))
 - ❖ Whole Grain Pizza with lots of veggie topping. Just go very easy on the cheese please! Try one of our delicious Clean Cuisine pizza recipes:
 - ❖ [Mini Quinoa Gluten-Free Pizzas](#)
 - ❖ [Gluten Free Pizza](#)
 - ❖ [Tex-Mex Gluten Free Pizza](#)

PLUS ADD:

- ❖ Large green salad (arugula, romaine, watercress, spinach, kale, etc.) OR 1 cup cooked dark leafy greens (spinach, collards, kale, broccoli rabe, escarole, Swiss chard, etc.)
- ❖ Roasted, grilled, steamed, lightly sautéed, or stir fried vegetable side dish such as artichokes, asparagus, beets, bell peppers, bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, spaghetti squash, snow peas, radishes, turnips, zucchini, etc.

Stir-Fry Tuesdays



Note: Making perfect brown rice is super easy if you have a rice cooker ([we especially like the VitaClay Smart Organic Multicooker](#)) but just as an FYI you can also buy inexpensive ready-made brown rice at most Chinese take-out restaurants.

Although stir-frying is usually associated with Asian cooking, you can use plenty of other flavors in a stir-fry as well. Stir-fries are fast, don't require very much oil, taste great with little to no meat, and are always loaded with vegetables—four excellent reasons to master this method and make a stir-fry part of your weekly Clean Cuisine repertoire. **For 10 tips on how to make the best stir fry please click [HERE](#).**

- ❖ Choose one stir fry entrée that is made with lots and lots of vegetables such as:
 - ❖ [Curried Wild Salmon & Veggie Stir-Fry](#)
 - ❖ [Vegetable Stir-Fry with Tofu and Shitake Mushrooms](#)
- ❖ Serve your stir-fry over steamed brown or black rice.

One Dish Wonder Wednesdays



A Clean Cuisine-friendly one dish wonder meal should be made with a hefty amount of vegetables along with heartier foods such as whole grains, potatoes, and/ or beans. The only addition you should need to add is a salad or cooked green vegetable. Here are a few options:

- ❖ Choose a one-dish dinner casserole that includes vegetables such as:
 - ❖ Mac & Cheese (with Butternut Squash)
 - ❖ Millet Pilaf with Roasted Butternut Squash, Black Beans & Pumpkin Seed “Crumbs”
 - ❖ Rosemary, Spinach & Brown Rice Casserole
 - ❖ Whole Grain Pasta with Oven Dried Tomatoes
 - ❖ White Bean & Butternut Squash Ragout over Polenta Squares
 - ❖ Quinoa & Veggie Risotto
 - ❖ Whole Grain Penne Casserole with Zucchini & Shitake Mushrooms

PLUS ADD:

- ❖ Large green salad (arugula, romaine, watercress, spinach, kale, etc.) OR 1 cup cooked dark leafy greens (spinach, collards, kale, broccoli rabe, escarole, Swiss chard, etc.)

Around the World on Thursdays



Enjoying global cuisines in their purest state can be both incredibly nutritious and ultra-flavorful. But we are not talking about the Americanized versions like “Chinese” take-out or “Italian” fast food pizza here. If you enjoy cooking, try experimenting with different globally-inspired cookbooks or try some of our ideas below.

- ❖ Choose an International entrée (American, African, Asian, Chinese, Greek, Indian, Irish, Italian, Japanese, Mediterranean, Mexican, Moroccan, Thai, Spanish, Thai, Cajun, Vietnamese, etc.) that includes vegetables such as:
 - ❖ [Indian Lentil Dal with Zucchini](#)
 - ❖ [Irish Cottage Pie with Extra Veggies](#)
 - ❖ [Italian Flatbread Pizza with Veggies](#)
 - ❖ [Italian Chicken \(or Tempeh\) Cacciatore](#)
 - ❖ [“The Ivy” All American Chopped Salad with Wild Salmon](#)
 - ❖ [Moroccan Lamb & Vegetable Stew](#)
 - ❖ [Vietnamese Brown Rice Pad Thai with Zucchini Strips & Beef](#)
- ❖ Large green salad (arugula, romaine, watercress, spinach, kale, etc.) OR 1 cup cooked dark leafy greens (spinach, collards, kale, broccoli rabe, escarole, Swiss chard, etc.)
- ❖ Roasted, grilled, steamed, lightly sautéed, or stir fried vegetable side dish such as artichokes, asparagus, beets, bell peppers, bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, spaghetti squash, snow peas, radishes, turnips, zucchini, etc.

Fish on Fridays

It has been estimated that over 90% of Americans have an omega-3 deficiency in their diets. Although you can get the vegan source of omega-3 (ALA) from plant foods such as flax seeds, chia seeds, walnuts, etc. the long-chain omega-3 fats (EPA and DHA) found only in fish are the most readily available for your body. Luckily plenty of tasty fish are in the sea...

Note: If you are vegan and following Clean Cuisine then just repeat another meal option from earlier in the week.

❖ Choose a seafood entrée that includes vegetables such as:

- ❖ Sea Bass with Fennel & Fresh Tomato Sauce
- ❖ Pan Seared Scallops with Corn & Edamame Beans
- ❖ Slow Cooker Citrus Salmon
- ❖ Southwestern Style Cioppino
- ❖ Spicy Shrimp Pilaf with Kale & Beans
- ❖ Red Clam Sauce with Gluten-Free Linguine
- ❖ Scallop (or Shrimp) Salad with Mango, Red Pepper & Avocado

PLUS ADD:

- ❖ Large green salad (arugula, romaine, watercress, spinach, kale, etc.) OR 1 cup cooked dark leafy greens (spinach, collards, kale, broccoli rabe, escarole, Swiss chard, etc.) *Note: If your entrée was a salad made with dark leafy greens then no need to add extra.*
- ❖ Roasted, grilled, steamed, lightly sautéed, or stir fried vegetable side dish such as artichokes, asparagus, beets, bell peppers, bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, spaghetti squash, snow peas, radishes, turnips, zucchini, etc.
- ❖ Side dish of simply prepared potato, sweet potato, corn, peas, or whole grain (quinoa, freekeh, millet, barley, brown rice, black rice, etc.)

Burger Saturdays



Who doesn't love a great burger? Clean Cuisine burgers are not your mama's burgers---they are never made with all-meat, but they are always jam-packed with flavor and super satisfying too. Try experimenting with some of our bean burgers, veggie burgers, and less-meat burger recipes. And why not try some homemade veggie chips (kale chips, beet chips, etc.) on the side?

- ❖ Choose a Clean Cuisine burger option below:
 - ❖ [Black Bean Burgers](#)
 - ❖ [Best Ever Tofu Burger](#)
 - ❖ [10-Minute No Cook Burger](#)
 - ❖ [Greek Style Lamb & Tabouleh Burgers](#)

PLUS ADD:

- ❖ 100% whole grain burger bun (preferably a sprouted whole grain burger such as [Food for Life](#) brand)
Note: If you are not super hungry then just skip the bun and serve your burger in a lettuce wrap.
- ❖ Extra raw veggies on top of your burger (sliced tomatoes, cucumbers, shredded carrots, etc.) AND/ OR homemade veggie chips (kale chips, beet chips, etc.)
- ❖ Large green salad (arugula, romaine, watercress, spinach, kale, etc.)
- ❖ Roasted, grilled, steamed, lightly sautéed, or stir fried vegetable side dish such as artichokes, asparagus, beets, bell peppers, bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, spaghetti squash, snow peas, radishes, turnips, zucchini, etc.

Slow Cooker/Chili Sundays



By the time Sunday rolls around, it is nice to have a few go-to recipes that can be made without a lot of fuss. Although a really good chili can take a bit more time to make than a slow cooked meal you will undoubtedly have leftovers, which can be enjoyed later in the week (and save you time, too!).

❖ Choose one slow cooker or chili entrée that includes vegetables such as:

- ❖ [Southwest Slow Cooker Turkey & Veggie Chili](#)
- ❖ [Pasta with Slow Cooker Bolognese Sauce](#)
- ❖ [Slow Cooker Enchilada](#)
- ❖ [Vegetarian Stuffed Peppers](#)
- ❖ [Slow Cooker Seafood Stew](#)

PLUS ADD:

- ❖ Large green salad (arugula, romaine, watercress, spinach, kale, etc.) OR 1 cup cooked dark leafy greens (spinach, collards, kale, broccoli rabe, escarole, Swiss chard, etc.)
- ❖ **If your slow cooker meal or chili does not have a lot of vegetables then be sure to add some more as a side dish!** Try roasted, grilled, steamed, lightly sautéed or stir fried vegetable side dish such as artichokes, asparagus, beets, bell peppers bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, spaghetti squash, snow peas, radishes, turnips, zucchini, etc.

Any Day All Veggie Dinner

There is absolutely no reason you need to reserve vegetables for the perimeter of your dinner plate; properly prepared vegetables can steal the spotlight and hold their own as the main attraction. What is more, a vegetable-based dinner is bound to be colorful and beautiful! The all veggie dinner can be eaten on any night.

- ❖ Have a raw salad made with a base of dark leafy greens and a combination of raw vegetables. Dress your salad with a Clean Cuisine salad dressing or Salad Booster and use very minimal amounts of oil. Add in fruit, nuts, seeds, olives or avocado. Roasted vegetables can also work nicely on a bed of raw greens.
- ❖ Choose a vegetable-based and dairy-free soup
- ❖ Choose three different colored cooked vegetables

More Clean Cuisine Dinner Recipes

Additional Clean Cuisine dinner recipes are available in our [Clean Cuisine book](#), [Clean Cuisine Superfood Cookbook](#) and in our [30 Eat Clean Dinners digital book](#) (below)



30 Eat Clean Dinners

A Full Month of Mouthwatering Anti-Inflammatory Meals



For a Full Month of Clean Cuisine Dinners Click [HERE](#)