

# 75% of Readers Say a Clean Diet is Their Preferred Diet

Find out why!

Similar to the Mediterranean diet, this is more of a lifestyle than a diet. It is more than just the food you eat, but how you eat, being environmentally-conscious, encouraging regular movement, choosing local and seasonal foods, and mindfulness regarding hunger and fullness as well as portion sizes. There are no particular macro rules - you can pick how much protein, carbs and fat you want to eat based on what you feel works for you. It can be keto, Paleo, or high carb, as long as the carbs are not from sugar or refined and heavily processed grains.

- + What to Eat:** Organic fruits and vegetables when possible (especially the “Dirty Dozen” as defined by the Environmental Working Group [ewg.org](http://ewg.org)), grass-fed meats, organic poultry, pastured eggs, wild-caught, omega-3-rich fish like wild Alaskan salmon and wild Pacific halibut, nuts, seeds, healthy fats, legumes and whole grains.
- What to Avoid:** Sugar, refined grains (white flour products), trans-fats, junk food, soda, preservatives, fillers, added colors, binders, emulsifiers, fat replacers, and stabilizers.

**SUPPLEMENTS:** EcoGreen Multi and Curcumin. This is probably the diet with the broadest variety of food, but there's no perfect diet to ensure you get all of your micronutrients, so taking a multivitamin is like an insurance policy to fill in any nutritional gaps. EcoGreen Multi has the added benefits of multiple types of greens, like spirulina and chlorella for added free radical scavenging benefits.\* Adding in a superfood spice like turmeric ensures bonus immune-supporting compounds.\* We would make sure to recommend that curcumin be taken with a meal that contains both fat and black pepper for improved absorption.



ECOGREEN MULTI



CURCUMIN

# Eat Clean for 7 Days with Just 20 INGREDIENTS

This streamlined grocery list using just 20 ingredients plus pantry staples will help you prep fast for a week's worth of balanced clean eating.

BY JESSE LANE LEE,  
PHOTOGRAPHY BY BEATA LUBAS

## SHOPPING LIST

- 1 dozen large eggs
- 4 4-oz fillets wild salmon
- 1 lb ground turkey
- 8 oz ground beef
- 2 8-oz containers hummus
- 3 lb carrots
- 1 bunch celery
- 1 large tomato
- 4 medium + 3 large baking potatoes, such as Russet
- 1 head garlic
- 2 yellow onions
- 6½ oz cremini mushrooms
- 5½ oz shiitake or enoki mushrooms
- 1 bunch green onions
- 3 heads butter lettuce
- 7 bananas
- 5 oranges
- 1 bag rolled oats
- 1 loaf sprouted whole-grain or gluten-free bread
- 14 oz almonds

## PANTRY STAPLES

- pure maple syrup
- ground cinnamon
- ground ginger
- ground cumin
- sea salt
- ground black pepper
- dried parsley
- dried thyme
- dried rosemary
- paprika
- baking powder
- baking soda
- pure vanilla extract
- Dijon mustard
- reduced-sodium tamari
- apple cider vinegar
- coconut oil
- extra-virgin olive oil
- sesame oil
- coconut sugar
- sesame seeds
- hot sauce, optional

## Sesame Beef Lettuce Cups

SERVES 2. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **30 MINUTES**.

Don't be fooled – lettuce wraps can be hearty with the right filling! This mixture uses ground beef and a combination of mushrooms including cremini plus your choice of shiitake or enoki for a satisfying meal.

- 1 tbsp** sesame oil
- ½ cup** diced yellow onion
- 2 cloves** garlic, minced
- 1 tsp** ground ginger
- 8 oz** ground beef
- 1 cup** chopped cremini mushrooms
- 1 cup** shiitake and/or enoki mushrooms, sliced if large
- 5 tsp** reduced-sodium tamari
- 8** butter lettuce leaves
- 2 tbsp** sesame seeds
- hot sauce, optional
- ¼ cup** sliced green onions

**1.** In a medium skillet on medium, heat oil. Add yellow onion and sauté for 4 minutes, until translucent. Add garlic and ginger and cook until fragrant, 30 seconds. Add beef and cook, stirring occasionally, for 5 minutes, until browned.

**2.** Add cremini and shiitake mushrooms and cook, stirring occasionally, for an additional 5 minutes. Stir in tamari and remove from heat.

**3.** To assemble, stack 2 lettuce leaves and place one-quarter of beef mixture over top. Top with sesame seeds and hot sauce (if using). Sprinkle with green onions. Repeat with remaining ingredients.

**NOTE:** Store beef mixture and lettuce separately. Heat beef mixture then assemble right before eating.

**PER SERVING** (2 lettuce cups):  
 Calories: 373, Fat: 23 g, Sat. Fat: 6 g,  
 Monounsaturated Fat: 9 g, Polyunsaturated  
 Fat: 5 g, Carbs: 13.5 g, Fiber: 3 g, Sugars: 3 g,  
 Protein: 29 g, Sodium: 666 mg,  
 Cholesterol: 73 mg



**GET AHEAD:** Make the Homemade Almond Butter, Homemade Almond Milk and Oatmeal Banana Carrot Muffins (p. 5) on the weekend for a smoother week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand 2 minutes. Drizzle with ½ tsp maple syrup.</p> <p><b>SNACK:</b> 1 Oatmeal Banana Carrot Muffin (p. 7; save leftovers)</p> <p><b>LUNCH:</b> <i>Spiced Egg Salad Sandwich</i> (p. 7)</p> <p>1 orange</p> <p><b>SNACK:</b> ¼ cup hummus with 2 stalks celery, sliced</p> <p><b>DINNER:</b> 1 fillet <i>Maple Baked Salmon</i> (p. 6; save leftovers)</p> <p><i>Mashed Potatoes:</i> Cook 1 lb (3 medium) potatoes, peeled and quartered, in boiling water until soft, 15 minutes. Mash with ½ cup <i>Homemade Almond Milk</i> (p. 7; save leftovers) and 1 tbsp EVOO. (Eat ½; save leftovers.)</p> <p><i>Sautéed Carrots:</i> Place 1 lb carrots, sliced, in a deep skillet with 2 tbsp water, 1 tsp dried parsley, ¼ tsp each salt and pepper; bring to a boil. Cover and cook on medium-low for 7 to 8 minutes, until just cooked through. Add 1 tbsp EVOO and cook 1 minute more. (Eat ⅓; save leftovers.)</p>	<p><b>BREAKFAST:</b> 2 slices toast topped with 2 tbsp <i>Homemade Almond Butter</i> (p. 7; save leftovers) and 1 banana, sliced</p> <p><b>SNACK:</b> ½ cup hummus with 2 carrots, sliced</p> <p><b>LUNCH:</b> <i>Salmon Salad</i> (p. 6)</p> <p><b>SNACK:</b> 2 Oatmeal Banana Carrot Muffins (leftovers, p. 7)</p> <p><b>DINNER:</b> 1 serving <i>Easiest-Ever Shepherd's Pie</i> (p. 6; save leftovers)</p>	<p><b>BREAKFAST:</b> <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand 2 minutes. Drizzle with ½ tsp maple syrup.</p> <p><b>SNACK:</b> 1 Oatmeal Banana Carrot Muffin (leftovers, p. 7)</p> <p><b>LUNCH:</b> 1 serving <i>Easiest-Ever Shepherd's Pie</i> (leftovers, p. 6)</p> <p>1 orange</p> <p><b>SNACK:</b> ½ cup hummus with 2 stalks celery, sliced</p> <p><b>DINNER:</b> 1 fillet <i>Maple Baked Salmon</i> (leftovers, p. 6)</p> <p>Remaining ⅔ <i>Sautéed Carrots</i> (leftovers)</p> <p>Remaining ½ <i>Mashed Potatoes</i> (leftovers)</p>	<p><b>BREAKFAST:</b> 2 Oatmeal Banana Carrot Muffins (leftovers, p. 7)</p> <p><b>SNACK:</b> 1 hard-boiled egg with pinch each salt and pepper and 2 tbsp hummus</p> <p><b>LUNCH:</b> <i>Salmon Salad</i> (p. 6)</p> <p><b>SNACK:</b> 1 banana ¼ cup almonds</p> <p><b>DINNER:</b> <i>Sesame Beef Lettuce Cups</i> (p. 4; save leftovers)</p> <p>1 orange</p>
<p><b>NUTRIENTS:</b> Calories: 1,532, Fat: 61 g, Sat. Fat: 14 g, Carbs: 186 g, Fiber: 31 g, Sugars: 58 g, Protein: 69 g, Sodium: 1,723 mg, Cholesterol: 457 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,923, Fat: 84 g, Sat. Fat: 18 g, Carbs: 223 g, Fiber: 34 g, Sugars: 80 g, Protein: 84 g, Sodium: 1,967 mg, Cholesterol: 199 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,677, Fat: 60 g, Sat. Fat: 13 g, Carbs: 224 g, Fiber: 36 g, Sugars: 65 g, Protein: 74 g, Sodium: 1,832 mg, Cholesterol: 168 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,782, Fat: 97 g, Sat. Fat: 21 g, Carbs: 159 g, Fiber: 27 g, Sugars: 84 g, Protein: 83 g, Sodium: 1,702 mg, Cholesterol: 375 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p><b>BREAKFAST:</b> 2 slices toast, topped with 2 tbsp <i>Homemade Almond Butter</i> (leftovers, p. 7) and 1 banana, sliced</p> <p><b>SNACK:</b> ½ cup hummus with 2 carrots, sliced</p> <p>1 orange</p> <p><b>LUNCH:</b> <i>Spiced Egg Salad Sandwich</i> (p. 7)</p> <p><b>SNACK:</b> 2 Oatmeal Banana Carrot Muffins (leftovers, p. 7)</p> <p><b>DINNER:</b> 1 serving <i>Easiest-Ever Shepherd's Pie</i> (leftovers, p. 6)</p>	<p><b>BREAKFAST:</b> <i>Eggs &amp; Spuds:</i> Preheat oven to 350°F and line a baking sheet with parchment paper. Toss 1½ cups diced potatoes in 2 tbsp EVOO and sprinkle with ⅛ tsp each salt and pepper. Spread evenly on sheet. Bake for 30 minutes, stirring occasionally. Top with 2 sunny-side-up eggs cooked in 1 tsp EVOO.</p> <p><b>SNACK:</b> 2 Oatmeal Banana Carrot Muffins (leftovers, p. 7)</p> <p><b>LUNCH:</b> 1 serving <i>Easiest-Ever Shepherd's Pie</i> (leftovers, p. 6)</p> <p>1 banana</p> <p><b>SNACK:</b> ¼ cup hummus with 2 carrots, sliced</p> <p><b>DINNER:</b> <i>Sesame Beef Lettuce Cups</i> (leftovers, p. 4)</p>	<p><b>BREAKFAST:</b> <i>Carrot Cake Oatmeal:</i> In a small pot, bring 1 cup water and pinch salt to a boil. Add ½ cup rolled oats, ½ cup grated carrots, ½ tsp cinnamon and pinch ground ginger and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand 2 minutes. Drizzle with ½ tsp maple syrup.</p> <p><b>SNACK:</b> ½ cup hummus with 2 carrots, sliced</p> <p><b>LUNCH:</b> <i>Banana Almond Butter Sandwich:</i> Spread 2 tbsp <i>Homemade Almond Butter</i> (leftovers, p. 7) on 2 slices toast. Slice 1 banana, layer over almond butter on 1 slice and sandwich with other slice.</p> <p><b>SNACK:</b> 2 Oatmeal Banana Carrot Muffins (leftovers, p. 7)</p> <p><b>DINNER:</b> <i>Salad with Hard-Boiled Eggs:</i> Toss 3 cups lettuce, ½ cup each grated carrots, chopped celery and sliced mushrooms and ¼ cup chopped tomato with 2 tbsp EVOO, 1 tbsp vinegar, 2 tsp maple syrup and pinch each salt and pepper. Top with 2 hard-boiled eggs, sliced.</p> <p>1 orange</p>	
<p><b>NUTRIENTS:</b> Calories: 1,906, Fat: 74.5 g, Sat. Fat: 17 g, Carbs: 243 g, Fiber: 38 g, Sugars: 80.5 g, Protein: 82 g, Sodium: 2,303 mg, Cholesterol: 519 mg</p>	<p><b>NUTRIENTS:</b> Calories: 2,091, Fat: 104 g, Sat. Fat: 24 g, Carbs: 215.5 g, Fiber: 31 g, Sugars: 67 g, Protein: 87 g, Sodium: 2,321 mg, Cholesterol: 592 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,697, Fat: 73 g, Sat. Fat: 15 g, Carbs: 223 g, Fiber: 38 g, Sugars: 96 g, Protein: 54 g, Sodium: 1,700 mg, Cholesterol: 435 mg</p>	

EVOO = EXTRA-VIRGIN OLIVE OIL

**Maple Baked Salmon:** In a shallow bowl, combine 2 tbsp each melted coconut oil, maple syrup, Dijon mustard and 2 cloves garlic, minced; add 4 salmon fillets. Marinate in the refrigerator 15 minutes to 1 hour. Place salmon on a baking sheet, discard marinade and bake at 425°F for 15 to 20 minutes.

**Salmon Salad:** Toss 3 cups torn lettuce, ½ cup each grated carrots, chopped celery and sliced cremini mushrooms and ¼ cup chopped tomato. Whisk together 2 tbsp EVOO, 1 tbsp vinegar, 2 tsp maple syrup and pinch each salt and pepper; drizzle over salad. Top with 1 fillet Maple Baked Salmon (recipe above).

## Easiest-Ever Shepherd's Pie

SERVES 4.

- 3 large** baking potatoes, cubed
- 1½ cups** Homemade Almond Milk (p. 7), divided
- sea salt and ground black pepper, to taste
- 2 tbsp** + 1 tsp extra-virgin olive oil, divided
- 1 lb** ground turkey
- 1** yellow onion, finely chopped
- 1** carrot, finely chopped
- 1 clove** garlic, minced
- 2 tbsp** oat flour (**TIP:** Use a spice grinder to process rolled oats into flour.)
- ½ tsp** each dried thyme, rosemary and parsley
- paprika, for sprinkling

**1.** In a medium pot, boil potatoes in salted water until soft, 15 minutes. Drain and mash with ½ cup almond milk, salt and pepper.

**2.** Meanwhile, in a large skillet on medium, heat 1 tsp oil. Add turkey and cook until no longer pink, 5 minutes. Add onion and carrot and sauté for an additional 4 minutes. Add garlic and cook 1 minute more.

**3.** Meanwhile, in a small saucepan, whisk together remaining 2 tbsp oil and flour and cook until bubbling, 3 minutes. Whisk in remaining 1 cup almond milk, thyme, rosemary, parsley and additional salt and pepper and let thicken for 2 minutes. Add sauce to turkey mixture and cook until heated through.

**4.** Arrange an oven rack 8 inches from element and preheat broiler to high. Place turkey mixture at the bottom of a casserole dish. Evenly spread potatoes over turkey mixture and top with a sprinkle of paprika. Broil until potatoes are golden brown. Cut into 4 squares.

## Oatmeal Banana Carrot Muffins

MAKES 12 MUFFINS. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 40 MINUTES.

These muffins are a delicious combination of carrot cake, banana bread and oatmeal muffins, all in one bite. This recipe calls for our Homemade Almond Milk & Homemade Almond Butter (recipes below) to save on ingredients, but if you want to use a packaged variety, they will work just as well.

### MUFFINS

- 2 cups** oat flour (**NOTE:** Place rolled oats in a high-powered blender or in batches in a spice grinder and grind until fine to yield 2 cups.)
- ½ cup** coconut sugar
- 2 tsp** baking powder
- 1 tsp** each baking soda and ground cinnamon
- ¼ tsp** ground ginger
- 2 large** eggs
- 1 cup** Homemade Almond Milk (recipe at right)
- 2** bananas, mashed
- 1 tsp** pure vanilla extract
- 2 cups** grated carrot

### ICING

- 2 tbsp** coconut oil
- ¼ cup** Homemade Almond Butter (recipe at right)
- ¼ cup** pure maple syrup
- 1 tbsp** Homemade Almond Milk

- 1.** Preheat oven to 350°F and line a standard muffin tray with 12 paper liners.
- 2.** Prepare muffins: In a large bowl, mix together oat flour, coconut sugar, baking powder, baking soda, cinnamon and ginger. In a medium bowl, whisk together eggs, almond milk, bananas and vanilla. Add egg mixture to dry ingredients and stir until mixed. Fold in carrots.
- 3.** Pour batter into prepared liners and bake for 30 minutes, or until a toothpick inserted in the center comes out clean. Transfer to a wire rack to cool.

**4.** Meanwhile, prepare icing: To a food processor, add coconut oil and almond butter and blend for 2 minutes. Slowly drizzle in maple syrup and almond milk until smooth. When muffins are cool, top with icing.

**NOTE:** If following our Meal Plan, store muffins in refrigerator.

**PER SERVING** (1 muffin): Calories: 196, Fat: 6.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 33 g, Fiber: 3 g, Sugars: 18 g, Protein: 4 g, Sodium: 229 mg, Cholesterol: 31 mg

**Homemade Almond Milk:** Soak 1½ cups almonds overnight in the refrigerator. Drain and rinse, place in a blender with 3½ cups water and blend for 2 minutes. Strain through a cheesecloth or nut milk bag. Store in the refrigerator.

**Homemade Almond Butter:** Blend or process ¼ cups almonds, 1 tsp melted coconut oil and pinch salt to desired texture; refrigerate. Store in the refrigerator.

**Spiced Egg Salad Sandwich:** Hard-boil 2 eggs. Peel and place in a bowl with ¼ cup finely chopped celery, 1 tbsp olive oil and pinch each cumin, salt and pepper. Mash together and serve between 2 slices bread with 2 lettuce leaves and 2 slices tomato. 🍴

