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The clean-eating approach to weight loss ensures you'll get plenty of healthy fats and proteins to keep you satiated while reducing calories. This one-week meal plan is also grain-free, dairy-free and anti-inflammatory to help you on your weight-loss journey.

BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p><b>1 serving Grain-Free Glazed Morning Glory Bread</b> (p. 2; save leftovers)</p>	 <p><b>1 serving Squash, Spinach &amp; Chickpea Curry with Turmeric Blend</b> (p. 3; save leftovers)</p>	 <p><b>1 serving Kale Salad with Sweet Potato &amp; Sausage</b> (p. 4; save leftovers)</p>	<p>Calories: 1,287, Fat: 89 g, Sat. Fat: 41 g, Carbs: 102 g, Fiber: 23.5 g, Sugars: 33 g, Protein: 34 g, Sodium: 1,152 mg, Cholesterol: 81 mg</p>
TUESDAY	 <p><b>1 serving Golden Milk Smoothie</b> (p. 2; save leftovers)</p>	 <p><b>1 serving Kale Salad with Sweet Potato &amp; Sausage</b> (leftovers, p. 4)</p>	 <p><b>1 serving Squash, Spinach &amp; Chickpea Curry with Turmeric Blend</b> (leftovers, p. 3)</p>	<p>Calories: 1,206, Fat: 88 g, Sat. Fat: 45 g, Carbs: 87 g, Fiber: 18.5 g, Sugars: 24 g, Protein: 33 g, Sodium: 942 mg, Cholesterol: 25 mg</p>
WEDNESDAY	 <p><b>1 serving Grain-Free Glazed Morning Glory Bread</b> (leftovers, p. 2)</p>	 <p><b>1 serving Miso Soup with Chicken Meatballs</b> (p. 6; save leftovers)</p>	 <p><b>1 serving Kale Salad with Sweet Potato &amp; Sausage</b> (leftovers, p. 4)</p>	<p>Calories: 1,181, Fat: 75 g, Sat. Fat: 23 g, Carbs: 79 g, Fiber: 19.5 g, Sugars: 31 g, Protein: 58 g, Sodium: 2,864 mg, Cholesterol: 181 mg</p>
THURSDAY	 <p><b>1 serving Grain-Free Glazed Morning Glory Bread</b> (leftovers, p. 2)</p>	 <p><b>1 serving Kale Salad with Sweet Potato &amp; Sausage</b> (leftovers, p. 4)</p>	 <p><b>1 serving Riced-Broccoli Buddha Bowl with Herbed Chicken</b> (p. 5; save leftovers)</p>	<p>Calories: 1,372, Fat: 98 g, Sat. Fat: 28 g, Carbs: 84 g, Fiber: 18.5 g, Sugars: 33 g, Protein: 50 g, Sodium: 1,736 mg, Cholesterol: 144 mg</p>
FRIDAY	 <p><b>1 serving Grain-Free Glazed Morning Glory Bread</b> (leftovers, p. 2)</p>	 <p><b>1 serving Miso Soup with Chicken Meatballs</b> (leftovers, p. 6)</p>	 <p><b>1 serving Riced-Broccoli Buddha Bowl with Herbed Chicken</b> (leftovers, p. 5)</p>	<p>Calories: 1,175, Fat: 73 g, Sat. Fat: 24 g, Carbs: 67 g, Fiber: 18 g, Sugars: 28 g, Protein: 73 g, Sodium: 2,766 mg, Cholesterol: 219 mg</p>
SATURDAY	 <p><b>1 serving Golden Milk Smoothie</b> (leftovers, p. 2)</p>	 <p><b>1 serving Riced-Broccoli Buddha Bowl with Herbed Chicken</b> (leftovers, p. 5)</p>	 <p><b>1 serving Squash, Spinach &amp; Chickpea Curry with Turmeric Blend</b> (leftovers, p. 3)</p>	<p>Calories: 1,200, Fat: 86 g, Sat. Fat: 46 g, Carbs: 75 g, Fiber: 17 g, Sugars: 21 g, Protein: 48 g, Sodium: 845 mg, Cholesterol: 63 mg</p>
SUNDAY	 <p><b>1 serving Grain-Free Glazed Morning Glory Bread</b> (leftovers, p. 2)</p>	 <p><b>1 serving Squash, Spinach &amp; Chickpea Curry with Turmeric Blend</b> (leftovers, p. 3)</p>	 <p><b>1 serving Riced-Broccoli Buddha Bowl with Herbed Chicken</b> (leftovers, p. 5)</p>	<p>Calories: 1,281, Fat: 87 g, Sat. Fat: 42 g, Carbs: 90 g, Fiber: 22 g, Sugars: 30 g, Protein: 49 g, Sodium: 1,054 mg, Cholesterol: 119 mg</p>

## Golden Milk Smoothie

P F Q V GF

SERVES 2.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Ground turmeric adds anti-inflammatory power to this vibrant smoothie with coconut milk and warming spices.

<b>¾ cup</b>	BPA-free canned full-fat coconut milk
<b>½ cup</b>	water, or as needed
<b>½</b>	frozen banana
<b>2 tbsp</b>	hemp hearts
<b>1</b>	pitted date
<b>1 tsp</b>	ground ginger
<b>½ tsp</b>	ground turmeric
<b>⅛ tsp</b>	ground cinnamon
<b>Pinch</b>	each sea salt and ground black pepper, optional

Add all ingredients to a blender; blend until smooth, adding additional water if needed to thin.

**NOTE:** If following our Meal Plan, store leftover serving in the freezer in a container with room at the top for expansion. Thaw in the fridge overnight and quickly blend or shake before enjoying.

**PER SERVING** (½ of recipe): Calories: 269, Total Fat: 23 g, Sat. Fat: 17 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 2 g, Sugars: 7 g, Protein: 6 g, Sodium: 69 mg, Cholesterol: 0 mg

## Grain-Free Glazed Morning Glory Bread

P V GF

SERVES 10. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

Any morning is glorious when this loaf is ready and waiting. It's grain-free and packed with good-for-you ingredients, but the coconut butter glaze almost takes this breakfast into dessert. Remember to use coconut butter, not coconut oil, for the glaze.

### BREAD

<b>1 cup</b>	almond flour
<b>¼ cup</b>	coconut flour
<b>¼ cup</b>	arrowroot starch
<b>2 tsp</b>	each baking soda and ground cinnamon
<b>1 tsp</b>	ground ginger
<b>¼ tsp</b>	sea salt
<b>2 large</b>	ripe bananas
<b>3 large</b>	eggs
<b>⅓ cup</b>	coconut butter
<b>3 tbsp</b>	coconut oil
<b>1 tbsp</b>	apple cider vinegar
<b>2 tsp</b>	pure vanilla extract
<b>½ cup</b>	shredded carrots
<b>½ cup</b>	unsweetened raisins
<b>½ cup</b>	finely chopped toasted pecans

### GLAZE

<b>¼ cup</b>	coconut butter
<b>2 tbsp</b>	pure maple syrup
<b>Pinch</b>	sea salt
<b>¼ tsp</b>	pure vanilla extract

1. Preheat oven to 350°F. Mist a 9 x 5-inch loaf pan with cooking spray.

2. In a large bowl, combine almond flour, coconut flour, arrowroot, baking soda, cinnamon, ginger and salt; mix well. In a food processor or high-speed blender, combine bananas, eggs, coconut butter, coconut oil, vinegar and vanilla; process until smooth. Pour banana mixture into flour mixture

and stir until just combined. Fold in carrots, raisins and pecans. Transfer to loaf pan; spread evenly.

3. Bake until a toothpick inserted in center of loaf comes out clean, 45 to 50 minutes. (**TIP:** Cover loosely with foil if browning too fast.) Let cool in pan on a rack for 15 minutes, then turn out bread to cool completely.

4. Just before serving, make glaze: In a saucepan, combine coconut butter, maple syrup and salt. Cook over low heat, whisking until just melted and smooth. Add warm water 1 tsp at a time to thin, if needed. Remove from heat and stir in vanilla. Let cool slightly, then spoon over bread, spreading lightly to coat (some may drip down sides). Cut into 10 slices. Cover leftovers and store in the refrigerator for up to 3 days.

**TIP:** You can purchase coconut butter, or make your own: Add 2 cups shredded unsweetened coconut to a food processor. Process until a peanut butter-like consistency forms, scraping down sides of processor as necessary (the texture will change from sand to paste to a soft butter). Add salt to taste.

**NOTE:** If following our Meal Plan, freeze 8 portions individually (you'll have extra servings for future use). Reheat in the toaster when called for.

**PER SERVING** (1 slice): Calories: 350, Total Fat: 24 g, Sat. Fat: 13 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 30 g, Fiber: 7 g, Sugars: 16 g, Protein: 7 g, Sodium 278: mg, Cholesterol: 56 mg

# Squash, Spinach & Chickpea Curry with Turmeric Blend

F V GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.

This super-simple curry gets volumes of flavor and an anti-inflammatory punch from a DIY curry blend that starts with turmeric. The recipe calls for more spice blend than you'll need; store the rest in an airtight jar.

- 6 tbsp** ground turmeric
- 4 tsp** each ground coriander and cumin
- 2 tsp** each ground black pepper and dry mustard
- 1 tsp** ground cinnamon
- ½ tsp** ground cayenne pepper, or to taste
- 1 tbsp** coconut oil
- 1 small** yellow onion, chopped
- 4 cloves** garlic
- 2 cups** low-sodium vegetable or chicken broth
- 2 cups** peeled and cubed butternut squash or pumpkin
- 1 13.5-oz** BPA-free can full-fat coconut milk
- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- 2 cups** baby spinach
- 1 cup** frozen peas, thawed
- ½ cup** fresh basil, chopped

- 1.** In a small jar with a lid, combine turmeric, coriander, cumin, black pepper, mustard, cinnamon and cayenne. Shake to mix; set aside.
- 2.** In a medium pot, heat oil. Add onions and sauté for 3 to 5 minutes, until softened. Add 2 to 3 tbsp turmeric mixture (reserve remaining spice mixture for another use) and garlic. Cook, stirring constantly, for 1 minute. Add broth and squash; bring to a boil, reduce heat and simmer, partly covered, for 10 minutes, until squash is tender.

- 3.** Transfer half of cooked squash to a blender, add coconut milk and purée until smooth. Return to pot and add chickpeas, spinach and peas; cook for 2 to 3 minutes, until chickpeas and peas are heated through and spinach is wilted. Transfer to serving bowls and top with basil.

**NOTE:** If following our Meal Plan, refrigerate 1 serving and freeze 2 servings for later in the week. Reheat on the stove top when called for.

**PER SERVING** (¼ of recipe): Calories: 423, Total Fat: 27 g, Sat. Fat: 21 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 39 g, Fiber: 10 g, Sugars: 7 g, Protein: 13 g, Sodium: 96 mg, Cholesterol: 0 mg

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

Hearty greens are tossed with roasted sweet potatoes and sweet Italian sausage in this easy salad. You can make all the elements in advance and simply assemble and toss in the vinaigrette right before serving.

## VINAIGRETTE

- 1/3 cup** extra-virgin olive oil
- 1 small** shallot, minced
- 3 tbsp** apple cider vinegar
- 1 clove** garlic, minced
- 1 tsp** Dijon mustard
- 1/4 tsp** pure maple syrup
- 1/2 tsp** sea salt
- 1/4 tsp** ground black pepper

## SALAD

- 1** sweet potato (14 oz), cut into 1/2-inch chunks
- 1 tbsp** avocado oil
- 1/4 tsp** each sea salt and ground black pepper
- 1/8 tsp** ground cayenne pepper, optional
- 12 oz** sweet Italian sausage, casings removed
- 1 bunch** lacinato kale, tough stems removed, leaves torn (about 6 cups)
- 1** apple (any variety), sliced
- 3 tbsp** chopped toasted pecans

**1.** Make vinaigrette: Add all dressing ingredients to a small food processor and process until smooth.

**2.** Make salad: Preheat oven to 400°F; place a large baking sheet in oven as it preheats. In a large bowl, combine potato, avocado oil, salt, pepper and cayenne (if using); toss. Spread on hot sheet and roast until tender, golden and caramelized in spots, 20 to 24 minutes.

**3.** Meanwhile, heat a large skillet on medium. Break up sausage into skillet and cook, stirring often and breaking up large pieces, until cooked through and lightly browned, 7 to 9 minutes. Transfer to a bowl; cover to keep warm.

**4.** In a large bowl, combine kale and enough dressing to lightly coat leaves. Using your hands, massage kale until wilted and tender. Divide among plates or shallow bowls. Top with sweet potato, sausage and apple; drizzle with a little more dressing and sprinkle with pecans.

**NOTE:** If following our Meal Plan, store vinaigrette, sweet potatoes, sausage and remaining salad components separately in the refrigerator; keep pecans covered at room temperature. Assemble when called for.

**PER SERVING** (1/4 of recipe): Calories: 514, Total Fat: 38 g, Sat. Fat: 7 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 5 g, Carbs: 33 g, Fiber: 6.5 g, Sugars: 10 g, Protein: 14 g, Sodium: 778 mg, Cholesterol: 25 mg

# Riced-Broccoli Buddha Bowl with Herbed Chicken



SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.\*

\*PLUS MARINATING TIME.

Broccoli is classified as a cruciferous vegetable, which signifies its rich content of fiber, vitamins A and C, minerals and phytonutrients. We've taken this nutrient superstar and turned it into a rice substitute for this flavorful bowl with a quick turn in the food processor. Move over, cauliflower rice! Broccoli rice is here to stay.

## MARINADE/DRESSING

- ½ cup fresh lime juice
- 9 tbsp extra-virgin olive oil, divided
- 2 tbsp reduced-sodium tamari, soy sauce or coconut aminos
- ¼ cup packed fresh cilantro + additional for garnish
- ¼ cup packed fresh mint + additional for garnish
- 1 small shallot, thinly sliced
- ¼ tsp red pepper flakes
- 1 tbsp pure maple syrup or raw honey
- ground black pepper, to taste
- ¼ tsp sea salt

## BOWL

- 2 boneless, skinless chicken breasts (about 8 oz each; or use the equivalent weight of boneless, skinless thighs)
- 1 head broccoli (or 4 cups store-bought riced broccoli)
- 1 tbsp coconut, avocado or extra-virgin olive oil
- 2 large cloves garlic, finely chopped
- ¼ tsp sea salt
- 1 cup julienned or shredded carrot
- 1 cup shredded red cabbage
- ¼ cup chopped, roasted, salted cashews

1. Prepare marinade: In a small bowl, whisk together lime juice, 6 tbsp oil, tamari, cilantro, mint, shallot, pepper flakes, maple syrup and black pepper. Whisk together and set aside.

2. Pound chicken between 2 sheets of plastic wrap to an even thickness. Place chicken in a glass container and pour ½ cup marinade over chicken. Cover and refrigerate for at least 1 hour, or up to 12 hours.

3. Prepare dressing: To remaining marinade, add remaining 3 tbsp olive oil and ¼ tsp salt. Set aside.

4. Cut off stems of broccoli and trim tough outer peel. Chop into 2-inch pieces and place in a food processor. Cut the tops into large florets and add to bowl of processor. Pulse a few times until broccoli resembles rice. (If your food processor is small, do this in batches.)

5. Preheat an indoor grill or grill pan to medium-high. Transfer chicken to grill and discard excess marinade. Grill until cooked through, about 6 minutes each side. Transfer to a cutting board and cover with foil to keep warm.

6. In a large skillet on medium, heat coconut oil. Add garlic and sauté for 20 seconds, or until fragrant. Add riced broccoli and ¼ tsp salt and sauté for 5 minutes, or until desired tenderness is achieved.

7. Divide riced broccoli among bowls. Dice chicken and add to bowls. Add carrots and cabbage. Drizzle with reserved dressing and garnish with cashews and additional cilantro and mint.

**NOTE:** If following our Meal Plan, store leftover chicken, dressing and bowl components separately in the refrigerator. Assemble bowls when called for.

**PER SERVING** (¼ of recipe): Calories: 508, Total Fat: 36 g, Sat. Fat: 8 g, Monounsaturated Fat: 22 g, Polyunsaturated Fat: 4 g, Carbs: 21 g, Fiber: 5 g, Sugars: 7 g, Protein: 29 g, Sodium: 680 mg, Cholesterol: 63 mg

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

This classic miso soup replaces bland tofu with something that will please the whole family – meatballs! Here, we use chicken, but any ground protein will work such as pork, shrimp or beef. You can even gently poach a fillet of fish, if you prefer.

## MEATBALLS

- 1 lb** ground chicken
- 1 tbsp** finely grated ginger
- 2** red Asian shallots, finely chopped (or regular shallots)
- 2 cloves** garlic, finely chopped
- 1 tbsp** reduced sodium tamari or coconut aminos
- ¼ tsp** fine sea salt
- ¼ tsp** ground black pepper

## SOUP

- 4 cups** chicken bone broth (1 quart)
- 3 tsp** dried wakame seaweed
- 7 oz** cauliflower, roughly chopped
- 3** green onions, thinly sliced
- 10** okra pods, sliced, optional
- ½ cup** miso paste
- 1 tbsp** toasted sesame seeds, optional for garnish
- sesame oil

**1.** Prepare meatballs: In a large bowl, combine all meatball ingredients and mix well. Shape mixture into 18 to 20 balls, depending on how big or small you like your meatballs (a small ice-cream scoop is perfect for this).

**2.** Prepare soup: In a large saucepan over medium heat, bring broth to a boil. Add wakame and meatballs and simmer until wakame has expanded, 8 minutes.

**3.** Add vegetables and cook for 2 minutes. Add miso. (**NOTE:** The best way to do this is to push it through a sieve into the pan.) Simmer until miso has dissolved, stirring gently if required, 1 to 2 minutes.

**4.** Spoon soup into warm serving bowls and garnish with the sesame seeds (if using) and a drop or two of sesame oil.

**NOTE:** If following our Meal Plan, store 1 leftover serving in an airtight container in the fridge. (You'll have 2 extra servings; freeze remaining soup in airtight containers, leaving room at the top for expansion, for future use.) Reheat in a saucepan on medium-low when called for.

**PER SERVING** (¼ of recipe): Calories: 317, Total Fat: 13 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 3 g, Carbs: 16 g, Fiber: 6 g, Sugars: 5 g, Protein: 37 g, Sodium: 1,808 mg, Cholesterol: 100 mg

# GROCERY LIST

## PROTEINS

- 3 large eggs
- 1 lb ground chicken
- 2 boneless, skinless chicken breasts
- 12 oz sweet Italian sausage

## VEGGIES & FRUITS

- 3 large bananas
- 2 carrots
- 1 bag unsweetened raisins
- 1 date
- 1-inch piece ginger root
- 4 shallots (if available, 2 Asian red and 2 regular)
- 1 small yellow onion
- 1 head garlic
- 1 head cauliflower
- 1 bundle green onions
- 10 okra pods, optional
- 1 butternut squash or pumpkin
- 1 sweet potato
- 2 oz baby spinach

- 1 bag frozen peas
- 1 bunch fresh basil
- 1 bunch cilantro
- 1 bunch fresh mint
- 1 lime
- 1 head broccoli
- 1 small head red cabbage
- 1 bunch lacinato kale
- 1 apple (any variety)

## NUTS, SEEDS & OILS

- 1 bag almond flour
- 1 jar coconut butter
- 1 jar coconut oil
- 2 13.5-oz BPA-free cans full-fat coconut milk
- 3 oz pecans
- 1 bag hemp hearts
- 3 oz roasted salted cashews
- 1 bottle sesame seeds, optional
- 1 bottle extra-virgin olive oil
- 1 bottle avocado oil
- 1 bottle sesame oil

## PANTRY STAPLES

- 1 bag arrowroot starch
- 1 bag coconut flour
- 1 bottle vanilla extract
- 1 bottle maple syrup
- 1 bottle ground cinnamon
- 1 bottle ground ginger
- 1 bottle ground turmeric
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle dry mustard
- 1 bottle ground cayenne pepper
- 1 bottle red pepper flakes
- 1 bottle ground sea salt
- 1 bottle ground black pepper
- 1 bottle apple cider vinegar
- 1 bottle Dijon mustard
- 1 jar miso paste
- 1 bottle reduced-sodium tamari or coconut aminos
- 1 quart chicken bone broth
- 16 oz low-sodium vegetable or chicken broth
- 1 15-oz BPA-free can chickpeas
- 1 bag dried wakame

We include our symbols on every recipe for easy reading.

<b>P</b>	<b>Paleo</b>
<b>F</b>	<b>Freezable</b>
<b>Q</b>	<b>Quick</b> <i>under 45 minutes</i>
<b>V</b>	<b>Vegetarian</b> <i>may contain eggs and dairy</i>
<b>GF</b>	<b>Gluten-free</b>
<b>GFA</b>	<b>Gluten-free adaptable</b> <i>Recipe contains soy sauce, hoisin sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.</i>