



2014 CLEANSE PLAN PART 2!



Happy 2014 everybody! I hope your New Year's Eve was good and just eventful enough to be memorable.

This is a continuation of last week's cleanse plan. Again, the goal of the meals in this plan is to give you a healthy start to 2014 without feeling like you are being short-changed in the flavor department.

This meal plan includes a bit more meat than normal, but it's all really good, lean protein. In each case, I've listed some vegetarian options as always.

Helpful Equipment:

- Tongs
- Cast Iron Skillet
- Mini food processor



You can click on these to zap you to Amazon and see my recommendation for each.

MEAL 1

- Mediterranean Chicken Skillet Bake

MEAL 2

- Mushroom and Chicken Soup

MEAL 3

- Pesto and Salmon over Quinoa

QUINOA B-FAST!

- Quinoa Porridge

#macheesmomeals: If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!

MEAL 1 | Mediterranean Chicken Skillet Bake

This is a ridiculously filling dish, especially considering it has no refined carbs like pasta. Since the chicken lightly simmers and poaches in the tomato sauce, it's very hard to overcook it. Meanwhile, the beans and artichokes round out the plate.

Chicken Skillet Bake

Yield: Serves 4 | **Time:** 30 min.

Ingredients:

- 1 1/2 lb. chicken breasts, cut into four servings
- 2 Tbsp. olive oil
- 1 15-oz. can diced tomatoes
- 2 15-oz. cans white beans
- 1 15-oz. can artichoke hearts, quartered
- 2 Tbsp. fresh parsley, minced
- 1 lemon
- 1/2 teaspoon red pepper flakes (opt.)
- Salt and pepper



Directions:

- 1) Preheat oven to 350 degrees F. Rub chicken with salt and pepper and a pinch of red pepper flakes if you're using them.
- 2) Heat a large cast iron skillet over medium-high heat. Once hot, add olive oil and chicken. Sear chicken for 3-4 minutes per side. It won't be cooked through at this point, but just get a good sear on it.
- 3) Add tomatoes, drained beans, and quartered artichokes to pan. Stir to combine and season with parsley, juice from one lemon, red pepper flakes, and a pinch of salt and pepper.
- 4) Transfer skillet to oven and bake until chicken is cooked through, about 15-18 minutes.
- 5) Remove chicken from skillet and slice into pieces. Divide bean mixture between four plates and top each one with cooked chicken.



Plan For Leftovers!

If you can, cook an extra chicken breast during this meal and then Meal 2 will be a snap to prepare. It's okay if you bake the extra chicken with the rest of the skillet, then let it cool and store it for meal two.

The next day, you'll just have to shred it and make your soup. It'll be a breeze!

No Cast Iron Skillet?

If you don't have an oven-safe skillet then you can still make this meal happen, you'll just have to dirty two dishes. Sear the chicken in a normal pan or skillet, then transfer the chicken, tomatoes, beans, and 'chokes to a baking dish. Season it and bake it for 20-25 minutes. You'll have to increase baking time because the dish isn't hot already from the stove top.



Vegetarian Options

The protein in this dish is chicken, and you do need something sturdy as a base for the dish. If you don't want to use chicken, you could add an extra can of beans to the mix and then crack a few eggs in the center of the skillet. Bake the eggs until they are just set, about 15 minutes and then you'll have a great, filling meal.



MEAL 2 | Mushroom and Chicken Soup

This soup is really healthy and filling and perfect for a crisp January night. Plus, it's pretty easy to make if you have some leftover chicken from meal one!

Mushroom Chicken Soup

Yield: Serves 4 | Time: 40 min.

Ingredients:

- 1/2 cup brown rice, cooked
- 1/2 pound chicken breast, shredded
- 2 tablespoon olive oil
- 10 ounces cremini mushrooms, sliced
- 1/2 yellow onion, diced
- 1/2 red pepper, diced
- 1 carrot, diced
- 1 clove garlic, minced
- 1 teaspoon fresh thyme
- 1 quart chicken stock
- Salt and pepper
- Fresh parsley, garnish

Directions:

- 1) Boil brown rice until it's cooked, but still has a slight bite to it. Don't cook the rice in the stock for your soup because it'll make the soup too thick!
- 2) Shred leftover chicken or simmer a chicken breast in simmering water for 15 minutes until chicken is just cooked. Then remove and shred.
- 3) Meanwhile, slice mushrooms and dice other veggies. For mushrooms, I like to keep it simple with cremini (or baby bella) mushrooms, but feel free to use any variety you like.
- 4) In a large pot add olive oil followed by sliced mushrooms and a pinch of salt. Cook until mushrooms release their liquid and are lightly browned, about 6-7 minutes.
- 5) Add diced onions, carrots, and red peppers and continue to cook until veggies are softened, another 4-5 minutes.
- 6) Add garlic and thyme and cook for 30 seconds. Then add stock, cooked rice, and shredded chicken. Simmer for 5 minutes, partially covered. Season with salt and pepper.

Serve soup with fresh parsley as a garnish.



Vegetarian Options Aboard

There are a bunch of ways to make this easily vegetarian. For starters, you could just omit the chicken and double the mushrooms although that will make the soup a bit one dimensional.

I prefer to add about 1 pound new red potatoes, diced into 1/2-inch pieces and let them boil until soft in the stock. You might have to add an extra cup or two of water if you go this route.





MEAL 3 | Fancy Fast Pesto and Salmon

When most people think of pesto they think of it on pasta which is fine and well, but this version is a bit healthier. The pesto pairs perfectly with a pan-seared salmon filet and everything is served over a really filling red quinoa (or any sturdy grain).

Pesto Salmon

Yield: Serves 3-4 | Time: 30 min.

Ingredients:

Walnut Basil Pesto:

- 1/2 cup walnuts, toasted
 - 1/2 cup sunflower seeds, toasted
 - 2 cups fresh basil, packed
 - 1 cup grated Parmesan cheese
 - 3/4 cup olive oil
 - 1 lemon, juice only
 - 2 cloves garlic
 - Salt and pepper
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- 1 pound salmon filet, skin on
 - Olive oil
 - Salt and pepper
 - 2 cups Red quinoa for serving

Directions:

- 1) To start pesto, add nuts to a dry skillet over medium-low heat and toast until fragrant, about 4-5 minutes, stirring occasionally.
- 2) Add nuts to a food processor and pulse a few times until roughly ground.
- 3) Add other pesto ingredients to the food processor and process until an even consistency. Season with salt and pepper.
- 4) For salmon, cut into four even servings or cook as one piece and cut up later. Season with salt and pepper. In an oven-safe skillet, add a drizzle of oil over medium-high heat. Once hot, add salmon, skin-side up and sear the salmon for 3 minutes.
- 5) Flip salmon and transfer to a 350 degree F. oven. Cook for 7 minutes until the salmon is just cooked through. You might need an extra minute or two if you're cooking the salmon as one whole filet.
- 6) Serve salmon over red quinoa or brown rice with a good amount of the pesto drizzled over the top.



A Veggie Alternative

If salmon isn't your thing, I would recommend searing a few pieces of tempeh in olive oil until they were lightly crunchy on both sides. Serve the tempeh over the quinoa with the pesto on top.



Quin-what?

If you aren't familiar with quinoa, it is a very popular grain-like seed that is packed with nutrients and all the rage these days. You can either find it in the bulk section or boxed with the rice/grains in your supermarket. It's easy to cook, but feel free to substitute any grain or rice in this dish if you can't find it.



Breakfast! | Quinoa Porridge

Quinoa is all the rage these days and it is very good for you. If you can, try to buy it in bulk instead of in the boxes. Buying it by the pound will save you many dollars and it's the same stuff.

Quinoa Porridge

Yield: serves 2 | **Time:** 30 min.

Ingredients:

- 1 cup rinsed quinoa
- 1/4 cup oats
- 2 cups milk
- 1/2 cup water
- 1 tablespoon maple syrup
- 1/2 teaspoon cinnamon
- Pinch of salt
- Pinch of ground nutmeg

Toppings:

- Butter
- Almonds
- Honey

Directions:

- 1) Rinse quinoa under cold water.
- 2) In a medium pot, bring milk and water to an almost simmer over medium heat. Add oats and quinoa.
- 3) Add in pinch of salt, cinnamon, and syrup.
- 4) Simmer, covered, for about 20 minutes.
- 5) If the mixture looks really thick, add another 1/4-1/2 cup of water.
- 6) Stir porridge and make sure the quinoa is cooked through.
- 7) Serve with butter, almonds, and honey.





SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

Fresh Produce

- Basil (2 cups)
- Carrot (1)
- Cremini mushrooms (10 oz.)
- Garlic (3 clove)
- Lemons (2)
- Parsley (2 Tbsp. + garnish)
- Red pepper (1/2)
- Thyme (1 teas.)
- Yellow onion (1/2)

Meat, Poultry, Seafood

- Chicken breasts (2 lb.)
- Salmon (4 4-oz filets)

Dairy

- Butter, unsalted (garnish)
- Parmesan cheese (1 cup)
- Milk (2 cups)

Spices and Pantry Items

- Almonds (garnish)
- Artichoke hearts (1 15-oz. can)
- Black pepper
- Brown rice (1/2 cup)
- Chicken stock (1 qt.)
- Cinnamon (1/2 teas.)
- Honey (garnish)
- Kosher salt
- Maple syrup (1 Tbsp.)
- Nutmeg, ground
- Olive oil (1 cup)
- Quinoa, red (2 cups)
- Quinoa, white (1 cup)
- Red pepper flakes (1/2 teas.)
- Rolled oats (1/4 cup)
- Sunflower seeds (1/2 cup)
- Tomatoes, diced (1 15-oz. can)
- Walnuts (1/2 cup)
- White beans (2 15-oz. cans)