



2014 CLEANSE PLAN PART 3!

Macheesmo Meals

Helpful Equipment:

- Immersion Blender
- Mini food processor
- Cast Iron Skillet



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

I hope all your 2014 resolutions are still intact! This is the last meal plan to kick off my 2014 cleanse. That said, next's weeks plan won't be drowned in cheese or anything.

This plan features a delicious and quick soup, a turkey burger that doesn't suck and my own mother's favorite kale salad!

As opposed to last week, this week's plan is mostly vegetarian except for the turkey burgers and some smoked salmon for the brunch dish.

MEAL 1

- Carrot Ginger Soup
- Bab's Kale Salad

MEAL 2

- Spicy Turkey Burgers
- Bab's Kale Salad

MEAL 3

- Chickpea Stew

SALMON!

- Smoked Salmon Egg Scramble

#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 | Carrot Ginger Soup with Kale Salad

I served this soup to some friends after they went skiing and it was a huge hit. It'll take the chill off for sure. Plus, it's really easy to make and goes great with a nice, filling salad. The salad is big enough also that you'll have leftovers for tomorrow!

Carrot Ginger Soup

Yield: Serves 4-6 | **Time:** 30 min.

Ingredients:

- 1 1/2 lb. carrots, chopped
- 1 white onion, chopped
- 3 cloves garlic, chopped
- 1 inch ginger, minced
- 1 Tbsp. curry powder
- 1 qt. vegetable stock
- Scallions, chopped for garnish
- Olive oil, garnish
- Salt and pepper

Directions:

- 1) In a large pot, add olive oil over medium heat. Once hot, add chopped (peeled) carrots, onions, and garlic and cook for a few minutes.
- 2) Add minced ginger and curry powder and cook for a minute longer until fragrant.
- 3) Add stock and season with a pinch of salt and pepper. Bring to a simmer and simmer until carrots are tender, about 15 minutes.
- 4) Use a stick blender to puree soup or let soup cool and transfer it to a blender. You can also serve the soup chunky.
- 5) If you cooled the soup, reheat it and season it to your tastes.

Serve soup garnished with a drizzle of olive oil and chopped scallions.

Bab's Kale Salad

Yield: 6-8 servings | **Time:** 15 min.

Ingredients:

- 1 big bunch kale, chopped and washed
- 1 ripe pear, diced
- 1 avocado, diced
- 2 cups green seedless grapes, halved
- 4 ounces feta cheese, cubed
- 1 cup raspberries

Raspberry Dressing:

- 1/2 cup raspberries
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1 tablespoon honey
- Pinch of salt and pepper

Directions:

- 1) For dressing, combine ingredients in a small food processor and pulse until smooth. Set aside until needed.
- 2) Using hands, rip kale into pieces and remove from large stems. Rip into bite-sized pieces and rinse well with cold water. Use a salad spinner to dry kale or pat dry with paper towels.
- 3) Dice pear and halve grapes. Dice avocado and cube feta into small cubes.
- 4) Toss all ingredients together and top with fresh raspberries (I actually used thawed ones). Drizzle with raspberry dressing and serve immediately.

Leftover salad will keep for a day or two in the fridge.

Equipmentless?

If you don't have an immersion blender or even a normal blender, you can serve this soup chunky. If you do that, be sure to dice your ingredients evenly. Also, it probably won't be that beautiful orange color without blending.

For the dressing on the salad, if you don't have a food processor, just mince up the raspberries and whisk everything together!





MEAL 2 | Spicy Turkey Burgers and Leftover Salad

You will almost certainly have some salad left over from meal one. You won't need a lot because these burgers are really huge. A small little leftover salad though will round out the plate.

Spicy Turkey Burgers

Yield: Serves 4 | Time: 30 min.

Ingredients:

- 1 lb ground turkey
- 1/2 small red onion, minced
- 1 Serrano pepper, minced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon soy sauce
- 4 sturdy hamburger buns
- 1 avocado
- Sprouts, for serving
- Sriracha chili sauce, for serving
- Salt and pepper
- Olive oil, for cooking

Directions:

1) In a medium bowl, mix together ground turkey, red onions, Serrano, garlic, spices, soy sauce, and a pinch of salt and pepper.

2) Mix the ingredients together really well and form four even-sized patties out of the mixture. You can do this in advance if you want.

3) In a large skillet over medium heat, add a drizzle of oil. Add patties and cook them for about five minutes per side until they are nicely charred and cooked through.

4) I recommend cutting into a burger to make sure they are cooked through before serving.

5) Toast buns and add a quarter of an avocado to each bun. Top with a cooked turkey burger, sprouts, a drizzle of Sriracha, and the top half of the bun.

Serve the burgers immediately with some leftover kale salad.



Vegetarian Burgers

If ground turkey isn't your thing, I highly recommend trying a mushroom burger. Grab about two pounds of cremini mushrooms and dice them up. Saute them in a few tablespoons of oil until they are really soft. Then add them to the other ingredients in a large bowl and mix in an egg and 1/2-1 cups of breadcrumbs until you can form patties out of the mixture. Then cook them in a skillet until they are nicely browned on both sides and serve them up!





MEAL 3 | Chickpea Stew

This is one of those recipes that tastes infinitely harder than it is. It can be on the table in less than 30 minutes, is super-healthy and filling, and requires only minimal chopping. If kale isn't your thing, you could use chard or spinach in its place.

30 Minute Chickpea Stew

Yield: Serves 4-6 | Time: 30 min.

Ingredients:

- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1 1/2 pounds potatoes, peeled and cubed
- 3 tablespoons tomato paste
- 2 tablespoons ground cumin
- 1 quart vegetable stock
- 2 15-ounce cans chickpeas, drained and rinsed
- 2 bay leaves
- 1/2 cup roasted red peppers, chopped
- 1 small bunch kale leaves, chopped
- 2 tablespoons fresh lemon juice
- Crusty bread
- Salt and pepper

Directions:

- 1) Add olive oil to a large heavy pot over medium-low heat. Add minced garlic and red pepper flakes. Cook for 60 seconds until fragrant.
- 2) Add in cubed potatoes, tomato paste, and cumin. Turn the heat up to medium and cook for 5 minutes, stirring regularly.
- 3) Add in vegetable stock, chickpeas, bay leaves, roasted red peppers, and a pinch of salt and pepper. Bring to a simmer and simmer until potatoes are soft, another 10 minutes.
- 4) Stir in kale and lemon juice. Season with salt and pepper.
- 5) Break up some crusty bread in the bottom of a bowl. Ladle stew over bread. Serve immediately.





Breakfast! | Smoked Salmon Scramble

This scramble has some butter and milk in it so maybe it's not entirely cleansing, but in my opinion a little pat of butter never hurts. This scramble has some great flavors though and is a great way to start the day. If you can't find good asparagus this time of year, you can just leave it out.

Smoked Salmon Scrambled Eggs

Yield: serves 4 | Time: 25 min.

Ingredients:

- 12 spears asparagus, chopped (opt.)
- 1/2 small red onion, sliced thin
- 8 large eggs
- 1/4 cup milk
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 6 ounces smoked salmon, flaked
- 4 ounces goat cheese
- Salt and pepper
- Scallions, chopped
- Capers, garnish
- Toast, for serving

Directions:

- 1) Chop asparagus spears into about 1-inch chunks. Discard the tough wooden bottoms of the spears. Slice the red onion thin and scramble the eggs with the milk.
- 2) In a large skillet, add a drizzle of oil over medium heat. Then add asparagus, onion, and a pinch of salt and pepper. Cook until the veggies are slightly soft, about 4 minutes.
- 3) Add the butter to the pan and pour in the scrambled eggs and let sit for a few minutes. Once the eggs start to firm up, turn the heat down to low and slowly stir them so they scramble a bit. Cook the eggs until they are almost cooked through, but still a tiny bit liquid. Be careful not to over cook the eggs.
- 4) When the eggs are almost done, add in flaked salmon, goat cheese, scallions, and capers and carefully fold those into the eggs. Try to keep the salmon in nice big chunks. Cook for just a minute to gently warm ingredients.
- 5) Season the eggs with salt and pepper and serve the eggs with toast, extra scallions, and capers.



Smoked Salmon Varieties

There are a few different kinds of smoked salmon that you can find in the stores. For this dish, it works best to get the thick filet of smoked salmon that flakes apart, not the thin, cured lox salmon which is a bit on the salty side for a dish like this.



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

- Asparagus (12 spears) (opt.)
- Avocado (2)
- Carrots (1 1/2 lb.)
- Garlic (7 cloves)
- Ginger (1 inch)
- Grapes, green seedless (2 cups)
- Kale (2 bunches)
- Lemon (1)
- New potatoes (1 1/2 lb.)
- Pear (1)
- Raspberries (1 1/2 cups)
- Red onion (1)
- Scallions (garnish)
- Serrano pepper (1)
- Sprouts (garnish)
- White onion (1)

Meat, Poultry, Seafood

- Salmon, smoked (6 oz.)
- Turkey, ground (1 lb.)

Dairy

- Butter, unsalted (1 Tbsp.)
- Feta cheese (4 oz.)
- Goat cheese (4 oz.)
- Eggs, large (8)
- Milk (1/4 cup)

Spices and Pantry Items

- Balsamic vinegar (1/4 cup)
- Bay leaves (2)
- Black pepper
- Bread, for toast
- Bread, crusty for stew
- Capers (garnish)
- Chickpeas (2 15-oz cans)
- Chili powder (1 teas.)
- Cumin, ground (2 Tbsp. + 1 teas.)
- Curry powder (1 Tbsp.)
- Hamburger buns (4)
- Honey (1 Tbsp.)
- Kosher salt
- Olive oil (1/2 cup + 1 Tbsp. + garnish)
- Red pepper flakes (1 teas.)
- Roasted red peppers (1/2 cup)
- Soy sauce (1 teas.)
- Sriracha (garnish)
- Tomato paste (3 Tbsp.)
- Vegetable stock (2 qt.)