



## Balanced and Clear Menu Plan Fall/Winter

**This menu plan has been designed specifically to make eating on the Balanced and Clear program not only easy, but tasty. All recipes are safe for the cleanse. Below are some tips for preparing this menu.**

- A little bit of preplanning will make the entire week go smoother
  - Take a minute to look through the full menu and be aware of places where more will need to be made so there is enough for leftovers
  - To save time, spend an hour or so prepping as much as possible on the weekends. For example chop veggies for dipping, make sauces that will be used early in the week, or bag up snacks.
  - If your mornings are hectic, take a little time at night to prep foods for breakfast (i.e. chop veggies) and pack lunch and snacks for the next day
- Although proportions are taken into consideration in the recipes, you may wish to make adjustments to meet your own quantity needs
- **Bolded** means the recipe is included
- \* means that recipe/ingredient will be used once more
- \*\*means that recipe/ingredient will be used two more times
- Feel free to substitute ingredients and adjust spices to suite your own personal tastes, as long as substitutes are compliant with the guidelines laid out for the program.
- If you use any premade ingredients, carefully read all ingredient labels be sure you are avoiding any questionable ingredients such as artificial flavors, colors or preservatives, high fructose corn syrup, partially hydrogenated oils and MSG, and that the ingredients are compatible with the Balanced and Clear program.
- In nearly all the recipes frozen vegetables can be substituted for fresh and canned beans are acceptable. Use what works best for your budget and schedule.
- The recipes are organized by meal in the order you will need them for the menu plan.

**Enjoy!**

Day	Breakfast	Lunch	Dinner	Snacks
Sunday	<b>Quinoa Breakfast Porridge*</b>	<b>Collard wraps with salmon salad*</b>	<b>Baked Chicken*</b> with <b>braised Swiss chard*</b> and baked sweet potato* with coconut oil	10-15 olives (not pimento stuffed) 1/4 cup of raw nuts Make <b>Coconut-Banana Chia Pudding*</b>
Monday	<b>Chicken, Vegetable and Root Veggie Hash</b> (use leftover Baked Chicken and braised Swiss chard) <i>Don't forget to start tonight's dinner</i>	Leftover Collard wraps with leftover salmon salad and leftover baked sweet potato with coconut oil	<b>Home-style Crock-Pot Turkey and Vegetable Stew*</b>	Coconut-Banana Chia Pudding  Fresh Fruit
Tuesday	Leftover Quinoa Breakfast Porridge	Leftover Home-style Crock-Pot Turkey and Vegetable Stew	<b>Roasted Winter Salad with White Wine and Thyme Dressing*</b> with baked whitefish*	Coconut-Banana Chia Pudding Veggie sticks with <b>hummus*</b> or a clean store bought variety
Wednesday	<b>Pumpkin Pie Smoothie</b>	Leftover Roasted Winter Salad with White Wine and Thyme Dressing with baked white fish	Chicken cubes sautéed in olive oil* with steamed broccoli and <b>Almond Lime Sauce*</b> over brown rice*	Veggie sticks with hummus  Fresh Fruit
Thursday	<b>Brown Rice Breakfast Sauté</b> (use leftover brown rice)	Leftover steamed kale, black or kalamata olives, white beans, leftover chicken cubes and homemade <b>homemade vinaigrette/dressing</b>	<b>Baked Spaghetti Squash Noodles with Turkey, Mushrooms and Sage*</b>	Ants on a Log (celery, almond or sunflower butter and raisins)  Fresh fruit
Friday	<b>Winter Muesli</b>	Leftover Spaghetti Squash with Turkey Mushrooms and Sage	<b>Baked Chicken and Veggies with Cashew Artichoke Topping</b>	Fresh fruit  Handful of mixed nuts
Saturday	<b>Clean-Up Breakfast Skillet</b>	Leftover Baked Chicken and Veggies with Cashew Artichoke Topping	<b>Super Simple Kale Salad with Chickpeas</b>	Antipasto Salad  <b>Baked Apples</b>

**Recipe Included**

\*Make enough for one additional meal

\*\*Make enough for two additional meals