

NEVER WITHOUT *Navy*

# Clean Eating Meal Plans

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Hello!

Thank you for so much for downloading these meal plans! Having meals planned for the week certainly helps with time management in our household. It takes the guesswork out of what to make each night and prevents me from spending every afternoon wandering the grocery aisles in search of dinner inspiration!

To stay on top of meal planning, I usually like to wake up Sunday morning, pour myself a cup of coffee and then mull over my cookbooks for dinner ideas. I typically do my grocery shopping later that morning. Once home, I like to wash and/or cut the fruits and vegetables and prep anything I can ahead of time for the week ahead!

These meal plans are based off eating clean for the week. For me, "clean" means avoiding dairy, gluten, grains and sugar. They are also meant to satisfy and keep my family happy as well and therefore, I added a chef note at the end of each recipe with additional serving suggestions.

## **Grocery List**

### ***Produce:***

Garlic Cloves  
Fresh Ginger  
Fresh Cilantro Bunch  
Fresh Parsley Bunch  
Fresh Dill or Tarragon  
Fennel Bulb  
Head of Cauliflower  
Medium White Onion  
Small Red Onion  
Shallot  
Jalapeno  
10 Limes  
3 Lemons  
Jicama (five inches in diameter)  
Shredded Cabbage  
Avocado  
Green Beans (16 oz)

### ***Chicken/Seafood:***

2 lb Boneless Skinless Chicken Breast  
+ 2 Boneless Skinless Chicken Breast  
8 Bone-in-Skin-On Chicken Thighs  
1 lb Halibut (skin and bones removed)  
4 (6 oz) Pieces of Cod

### ***Misc:***

Chicken Stock ( 8 cups)  
Frozen Cauliflower Rice  
Frozen Peas  
Curry Powder  
Turmeric  
Cumin  
Garam Masala  
Oregano  
Coconut Oil  
Olive Oil  
Red Wine Vinegar  
Jar of Capers  
Sea Salt  
Parchment Paper

## **On the Menu**

***Sheet Pan Chicken Curry***

***Peruvian Chicken Cauli Rice Soup***

***Fish Tacos on Jicama "Tortillas"***

***One Pan Greek Chicken***

***Fish en Papilote with Herbs +Lemon***

## Sheet Pan Chicken Curry

### **Ingredients:**

6 garlic cloves, grated  
2 tsp. curry powder  
1 tsp. garam masala  
1 tsp. turmeric  
1 tsp. grated fresh ginger  
2 tablespoons coconut oil  
2 lb boneless, skinless chicken,  
cut into 2 inch pieces  
1 head of cauliflower,  
cut into about 2 inch florets  
Fresh cilantro leaves for garnish



### **Directions:**

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.

In a large bowl, combine the garlic, curry powder, garam masala, turmeric, ginger and coconut oil and work them into a paste. Toss the chicken and cauliflower in the paste to coat. Spread the chicken and cauliflower in an even layer over the prepared baking sheet. Roast for 15 to 20 minutes, rotating the pan halfway through.

Garnish with cilantro.

### **Chef Note:**

For those not avoiding grains serve with rice or cous cous.

## Peruvian Chicken Cauli Rice Soup

### **Ingredients:**

1 medium onion chopped  
1 bunch of cilantro , roughly chopped  
1 jalapeno (optional)  
Juice of 6 limes  
1/2 cup water plus more if needed  
8 cups of chicken stock  
2 boneless, skinless chicken breasts  
2 tsp. kosher salt  
2 cups of cauliflower rice  
1 cup of frozen peas  
Lime wedges for serving



### **Directions:**

Combine the onion, cilantro, jalapeno (if using), lime juice, and water in a high-speed blender and blend until smooth, adding a little extra water if needed to loosen the mixture. Set aside.

In a medium soup pot, bring the stock to a simmer over medium-low heat. Add the chicken and salt and cook until the chicken is opaque and fully cooked through, about 20 minutes. Remove the chicken and let cool.

Meanwhile, add the cauliflower rice and peas to the broth and simmer for 10 to 15 minutes, until the cauliflower rice is tender but not mushy.

When the chicken is cool enough to handle, shred the meat.

To serve, increase the heat to medium, return the shredded chicken to the pot, and add the onion-cilantro puree. Stir to combine and cook for 5 minutes before serving.

Divide into bowls and garnish with lime.

### **Chef Note:**

For those not avoiding grains, serve with crusty warm bread.

## Fish Tacos

### **Ingredients:**

#### FOR THE FISH:

1 lb halibut fillet,  
skin and bones removed  
2 tablespoons olive oil  
2 tablespoons fresh cilantro  
Juice of 1 lime  
1/4 tsp ground cumin  
Sea salt



#### FOR THE TACOS:

1 jicama about 5in. in diameter,  
peeled  
1 cup shredded cabbage  
Juice of 1 lime  
Sea Salt  
Sliced red onion  
1 avocado, thinly sliced  
Fresh cilantro leaves  
Lime wedges for serving

### **Directions:**

To make the fish, cut the halibut into 8 equal strips. Place in a bowl and toss with the olive oil, cilantro, lime juice, cumin and a large pinch of salt. Cover and set aside to marinate for a few minutes.

To make the tacos, use a jumbo mandoline to slice 8 1/8-inch-thick "tortillas" for the jicama. (If you do not have a mandoline then do this carefully with a sharp knife).

In a small bowl, toss the cabbage with the lime juice and a pinch of kosher salt and set aside.

Heat a nonstick pan over medium heat, add the halibut and cook for about two minutes on each side, or until just cooked through.

Place one piece of fish on each "tortilla" and top with the shredded cabbage, red onion and avocado.

### **Chef's Note:**

Substitute jicama tortillas with corn tortillas. Add garnishes of your choosing.

## One Pan Greek Chicken

### **Ingredients:**

16 oz green beans, trimmed  
8 bone-in, skin-on chicken thighs  
1/4 cup olive oil, plus 2 tablespoons olive oil  
3 cloves garlic, minced  
Juice of 1 lemon, plus slices for layering  
(optional)  
1 tablespoon red wine vinegar  
1 tablespoon dried oregano  
2 tablespoons fresh parsley leaves



### **Directions:**

In a gallon Ziploc bag, combine chicken, olive oil, lemon juice, red wine vinegar and oregano, season with salt and pepper, to taste. Marinate for at least 20 minutes to 1 hour, turning the bag occasionally. Drain the chicken from the marinade, discarding the marinade.

Preheat the oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray.

Place green beans in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Top with chicken in a single layer.

Place into oven and roast until the chicken reaches an internal temperature of 165 degrees, about 25-30 minutes. Then broil for 2-3 minutes, or until golden brown and slightly charred.

### **Chef's Note:**

Add 16 ounces baby red potatoes to layer of green beans. Layer with slices of lemon on top.

## Fish en Papilote

### **Ingredients:**

4 (6-ounce) pieces of cod  
1 small fennel bulb, thinly sliced  
1 small shallot, thinly sliced  
8 lemon slices  
4 tsp, capers  
1 tsp. grated lemon zest  
Olive oil  
Sea salt and pepper to taste



### **Directions:**

Preheat oven to 400 degrees. Lay out four pieces of 16 X 16 parchment paper.

Divide evenly onto the sheets of parchment paper the fennel, shallot, lemon slices, capers and lemon zest . Season the cod generously with salt and pepper and place one of each on top of the divided vegetables.

Fold the top half of the parchment paper over the fish to make a rectangle. Starting on one side, crimp the edges tightly so no liquid can escape and the contents are completely enclosed. Repeat with the other two sides, then place the parcels on the baking sheet and bake for 15-20 minutes.

Transfer the parcels to individual plates. Carefully cut open the parchment paper (the steam inside is hot) and serve.

### **Chef's Note:**

Serve with additional steamed vegetables of your preference.  
For those not avoiding grains serve with rice.