

YOUR 1-WEEK PLAN FOR SOARING ENERGY

Clean Eating

We've packed your weekly meals with plenty of antioxidant-rich veggies as well as protein and healthy fats to crank up your energy to do the things you love.

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>1 serving Cornmeal Pancakes with Black Bean Salsa (save leftovers)</p>	 <p>1 serving Black Bean Burritos (save leftovers, freeze 2 servings)</p>	 <p>1 serving Spanakopita-Inspired Quesadillas (save leftovers, freeze 1 serving)</p>	<p>Calories: 1,738, Fat: 94 g, Sat. Fat: 28 g, Carbs: 138 g, Fiber: 32 g, Sugars: 15.5 g, Protein: 87 g, Sodium: 2,688 mg, Cholesterol: 633 mg</p>
TUESDAY	 <p>1 serving Cornmeal Pancakes with Black Bean Salsa (leftovers)</p>	 <p>1 serving Black Bean Burritos (leftovers)</p>	 <p>1 serving Kale Salad with Sweet Potato & Sausage (save leftovers)</p>	<p>Calories: 1,631, Fat: 94 g, Sat. Fat: 22 g, Carbs: 139 g, Fiber: 32.5 g, Sugars: 22.5 g, Protein: 66 g, Sodium: 2,579 mg, Cholesterol: 518 mg</p>
WEDNESDAY	 <p>1 serving Cornmeal Pancakes with Black Bean Salsa (leftovers)</p>	 <p>1 serving Spanakopita-Inspired Quesadillas (leftovers)</p>	 <p>1 serving Kale Salad with Sweet Potato & Sausage (leftovers)</p>	<p>Calories: 1,685, Fat: 105 g, Sat. Fat: 26 g, Carbs: 120 g, Fiber: 25.5 g, Sugars: 20 g, Protein: 69 g, Sodium: 2,570 mg, Cholesterol: 267 mg</p>
THURSDAY	 <p>1 serving Cornmeal Pancakes with Black Bean Salsa (leftovers)</p>	 <p>1 serving Za'atar Roasted Salmon with Warm Quinoa Salad & Yogurt Sauce (save leftovers)</p>	 <p>1 serving Kale Salad with Sweet Potato & Sausage (leftovers)</p>	<p>Calories: 1,520, Fat: 85 g, Sat. Fat: 16 g, Carbs: 128.5 g, Fiber: 27.5 g, Sugars: 25 g, Protein: 70 g, Sodium: 2,240 mg, Cholesterol: 182 mg</p>
FRIDAY	 <p>1 serving Black Bean Burritos (thawed and reheated)</p>	 <p>1 serving Kale Salad with Sweet Potato & Sausage (leftovers)</p>	 <p>1 serving Za'atar Roasted Salmon with Warm Quinoa Salad & Yogurt Sauce (leftovers)</p>	<p>Calories: 1,537, Fat: 83 g, Sat. Fat: 19 g, Carbs: 124.5 g, Fiber: 27.5 g, Sugars: 23.5 g, Protein: 82 g, Sodium: 2,231 mg, Cholesterol: 471 mg</p>
SATURDAY	 <p>1 serving Sweet Potato Pie Smoothie Bowl (save leftovers)</p>	 <p>1 serving Za'atar Roasted Salmon with Warm Quinoa Salad & Yogurt Sauce (leftovers)</p>	 <p>1 serving Spanakopita-Inspired Quesadillas (thawed and reheated)</p>	<p>Calories: 1,614, Fat: 81 g, Sat. Fat: 30 g, Carbs: 149.5 g, Fiber: 23 g, Sugars: 58 g, Protein: 78 g, Sodium: 1,489 mg, Cholesterol: 195 mg</p>
SUNDAY	 <p>1 serving Sweet Potato Pie Smoothie Bowl (leftovers)</p>	 <p>1 serving Black Bean Burritos (thawed and reheated)</p>	 <p>1 serving Za'atar Roasted Salmon with Warm Quinoa Salad & Yogurt Sauce (leftovers)</p>	<p>Calories: 1,560, Fat: 70 g, Sat. Fat: 26 g, Carbs: 168.5 g, Fiber: 30 g, Sugars: 60.5 g, Protein: 75 g, Sodium: 1,498 mg, Cholesterol: 446 mg</p>

GROCERY LIST

PROTEINS & DAIRY

- ☐ 2 15-oz BPA-free can unsalted black beans
- ☐ 1 small (5 oz) container whole-milk yogurt
- ☐ 1 small (5 oz) container full-fat Greek yogurt
- ☐ 1 small carton whole-milk buttermilk
- ☐ 6 oz Monterey Jack cheese
- ☐ 2 oz full-fat feta cheese
- ☐ 10 large eggs
- ☐ 1 15-oz can BPA-free canned coconut milk
- ☐ 12 oz sweet Italian sausage
- ☐ 1 lb boneless skinless chicken thighs
- ☐ 4 4-oz wild salmon fillets

VEGGIES & FRUITS

- ☐ 1 roma tomato
- ☐ 1 red onion
- ☐ 1 small yellow onion
- ☐ 1 shallot
- ☐ 1 bundle fresh cilantro
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 jalapeño chile pepper
- ☐ 2 sweet potatoes
- ☐ 16 oz baby spinach
- ☐ 2 bunches lacinato kale
- ☐ 1 head garlic
- ☐ 1 apple
- ☐ 2 large carrots
- ☐ 1 small red cabbage
- ☐ 1 large bag frozen mango

WHOLE GRAINS

- ☐ 1 bag cornmeal
- ☐ 1 bag quinoa
- ☐ 1 bag large-flake rolled oats
- ☐ 12 large whole-grain tortillas

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 jar coconut oil
- ☐ 1 bag almond flour
- ☐ 1 bag coconut flour
- ☐ 1 bag unsalted pecans
- ☐ 1 bottle avocado oil

PANTRY STAPLES

- ☐ 1 container arrowroot
- ☐ 1 container baking powder
- ☐ 1 bottle maple syrup
- ☐ 1 bottle pure vanilla extract
- ☐ 1 bottle apple cider vinegar
- ☐ 1 bottle Dijon mustard
- ☐ 1 jar salsa
- ☐ 1 jar chile powder
- ☐ 1 jar garlic powder
- ☐ 1 jar dried minced onion
- ☐ 1 jar dried oregano
- ☐ 1 jar sea salt
- ☐ 1 jar ground black pepper
- ☐ 1 jar ground nutmeg
- ☐ 1 jar ground cinnamon
- ☐ 1 jar ground cumin
- ☐ 1 jar za'atar seasoning