



CLEAN FOOD *Central*™

Helping you make tastier, healthier food in less time!



Fall 1 – Apple

This autumnal menu features in-season apples in many different forms, including a rich Sweet Potato Apple Soup, apple patty melts and warming Rosemary Poached Chicken with Apple Quinoa. You can get an early start on the flavors of the holidays with our aromatic Thanksgiving Meatloaf, featuring apple butter, cranberries and chestnuts.

7 Days of Convenient Clean Cuisine

The Clean Cuisine Menu Collection is broken down into 1-week menus like this one complete with a meal plan, recipes and basic shopping list. These menus are designed with ultimate practicality in mind. Several delicious meal recipes and ideas are offered each week with options for doubling and batch freezing, quick and easy “Skillet Meals”, and plenty of “Cook Once – Eat Twice” options (follow the arrows). There are options for each evening meal, but not every lunch and snack, as that is where we generally need the most flexibility. In the autumn months, egg dishes and quick soups with simple proteins like cold cuts, canned seafood or eggs make easy, versatile lunches and breakfasts. There is lots of flexibility to this menu – customize it to fit your unique needs.

Use these general guidelines for getting the most out of the menus:

- All the recipes and menu plans at Clean Food Central follow the precepts of eating clean. (For more details, see “What is Clean Food?” <http://www.thecleanfoodcoach.com/what-is-clean-food>)
- Buy the best quality ingredients you can afford. You can find a list of the most contaminated fruits and veggies, “the dirty dozen” here: <http://www.ewg.org/foodnews/>. Try to buy organic versions of at least those 12 produce items. Choose pastured, organic animal foods, including dairy and eggs, for the cleanest, most nutrient-rich options.
- Evening meal entrees are for about 4 modest portions, but all breakfasts and lunches are single servings. If you don’t have a family of 4, cut the entrée recipe in half or batch and freeze (see the Batch Freezing Technique Cheat Sheet). Likewise, you can double up the am or lunch portions to feed more than just you.

Seven Savory Autumn Days - 1



MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		MEAL A-2: Remove the meat from a leftover chicken thigh, stir into leftover Sweet Potato Apple Soup and heat		Fall Starter: Turkey Apple Stack – Spread canned pumpkin over thick slices of honey crisp apple, top with deli smoked turkey and a sprinkle of grated Gruyere or Swiss cheese and toast until cheese melts – swap cheese for dried cranberries after toasting for dairy-free		Fall Starter: Pumpkin Pie Nog: Blend 1 C vanilla almond milk with 1/3 C canned pumpkin, 1/2-1 frozen banana, 1 T ground flax-seeds, 1 t pumpkin pie spice, few drops vanilla stevia – for protein add 1 scoop vanilla protein powder OR 1-2 whole, organic free range eggs	
LUNCH			MEAL A-3: Heat leftover Sweet Potato Apple Soup w/ chopped deli smoked turkey			MEAL C-2: Leftover Thanksgiving Meatloaf and baked apple	
DINNER	MEAL A: Sweet Potato Apple Soup with roasted chicken thighs and steamed green beans. To prepare chicken thighs: brush 6-8 bone-in, skin-on thighs with melted butter or coconut oil, season with salt and pepper and cook in roasting pan at 400°F for 40 mins or until cooked through.	MEAL B: Rosemary Poached Chicken and Quinoa with sautéed broccolini	MEAL B-2: Easy Enchilada Bake: Shred 2 leftover poached chicken breasts and mix with 8-12 oz. high quality enchilada sauce. Spray a 7x11" baking pan with olive oil, coat bottom lightly with sauce. Make a layer of 2-3 sprouted corn tortillas, cover with half the chicken, half a drained can of black beans, 2 C baby spinach and 3/4 C shredded cheddar cheese. Repeat layers and bake at 350°F for 30 minutes.	MEAL C: Thanksgiving Meatloaf served with sautéed, chiffonade-cut collard greens and baked apples – core 5 apples and arrange in a baking pan, pour 1 1/2 C apple cider over apples, sprinkle with cinnamon, nutmeg & cardamom and bake at 375°F for 40 mins or until soft Put Fast Frozen Meal out to Thaw	NIGHT OUT OR FAST FROZEN MEAL from your current freezer stock	SKILLET MEAL: Heat 2 t high heat oil over med high in large skillet. Rub half garlic clove all over 2 28-oz T-bone steaks and season w/ salt & pepper. Brown in pan (4-6 mins). Reduce heat to medium, flip and cook to desired doneness (5-10 mins). Remove from pan and rest. Add 1 1/2 T pastured butter to pan and 1 bunch trimmed asparagus. Season with salt and pepper, cover and cook for 5 mins. Remove lid, increase to med high and cook for 5 mins.	LEFTOVERS OR MEAL D (FOR BATCH FREEZING): Slow Cooker Beef and Peppers Stew and green salad

Cook Once, Eat Twice: Use the arrows as a guide to tell you when leftovers from a main meal are repurposed for a new one.



Fresh Fruits, Veggies & Herbs

Salad fixins', lettuce for bases

For mains: 3 Vidalia (or sweet) onion, 1 bunch celery, 3 lbs sweet potatoes, 2 Yukon gold potatoes, 2 large shallots, 2 large green or purple bell peppers, 4 carrots, 4 parsnips, 6 oz baby spinach

For sides: 1 big bunch broccolini, 1 bunch thin asparagus, 1 bunch collard greens

Fruits and Juices

9 seasonal apples, mixed variety
1 banana (frozen)
2 cups pure apple cider, optional
2 sprigs rosemary
2-3 cloves garlic

Fresh Meats and Seafood

6-8 bone-in, skin-on chicken thighs (enough for 5 servings)
1 lb chicken tenders
2 boneless, skinless chicken breasts
1¼ pounds lean ground turkey
2 28-ounce T-bone steaks (about 1-inch thick)
3 lbs stew beef, cubed
½ lb smoked deli turkey

Dairy

Pastured butter
1 serving Gruyere or Swiss cheese, optional
1 ½ C shredded cheddar cheese (about 8 oz)
Eggs

Cans, Cartons and Dry Goods

4 C veg or chicken broth
4 C chicken broth
8 C beef stock or broth
¼ C peeled and roasted chestnuts
1/3 C juice-sweetened dried cranberries
2 T currants, optional
¼ C pecans, optional
1 C quinoa
¼ C organic cornmeal
1 C nut or seed milk (or make your own)
2 cans diced tomatoes
1 can black beans
1 can organic pumpkin puree (unsweetened)
8-12 oz high quality enchilada sauce
4-6 organic sprouted corn tortillas (check freezer/fridge section of natural grocer)
¼ C unsweetened apple butter
¼ C juice-sweetened cranberry sauce (like Knudsen's)

Clean Food Pantry Staples

These are stock items you will buy once and use again and again in your Clean Food Kitchen.

Unsweetened vanilla protein powder
Raw honey
Vanilla stevia (Vanilla NuStevia)
Ground flaxseeds (1 T)
Olive oil
Burgundy (1/2 C for cooking)
Balsamic vinegar
Cinnamon
Sweet paprika
Oregano
Basil
Rosemary
Thyme
Chipotle chili pepper or cayenne
Pumpkin pie spice

MEAL A: Slow Cooker Sweet Potato Apple Soup

- 1 Vidalia onion, chopped
- 2 ribs celery, halved
- 2 pounds sweet potatoes (about 2 large), peeled and chopped (garnet yams work well)
- 2 large baking apples, peeled, cored, and chopped (Jonagold or Mutsu work well)
- 4 cups vegetable broth (or chicken bone broth)
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger
- 2 teaspoons honey, or to taste
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon ground chipotle chile or cayenne pepper

Add the onion, celery, sweet potatoes, and apples to the slow cooker. In a large bowl, whisk together the broth, garlic, ginger, honey, cinnamon, salt, and chipotle, if using, and pour over the fruit and veggies.

Cook on high for 3 to 4 hours, or on low for 5 to 6 hours, or until the sweet potatoes are very tender.

Remove and discard the celery and purée the soup using an immersion blender. (Or cool and purée in batches in a blender or food processor.) Adjust the seasonings to taste and serve.

Yield: 6 servings

Apple Tips:

- To core: Push the corer through the line of the stem, punch out the core and discard.
- To quarter: Slice apples into quarters and use a melon baller to scoop out the central seeds and inedible fibers. Cut quarters into 1/4" slices for pies, and 1/8" for tarts.
- To dice: Slice apples as you would for pie into 1/4" slices. Then, holding the slices together, slice in half lengthwise, turn them 90 degrees and slice crosswise into 1/4" dice.
- To shred: Quarter apples and use a coarse grater or food processor to grate.
- To prevent cut apples from turning brown, store the slices in a bowl of cold water mixed with the juice of one small lemon.



MEAL B: Rosemary Poached Chicken and Quinoa

- 4 cups chicken broth, divided
- 2 cups apple cider (or chicken stock or water)
- ½ teaspoon salt
- ½ teaspoon cracked black pepper
- 2 sprigs fresh rosemary, divided
- 1 cup quinoa
- 1 red cooking apple, unpeeled, cored and diced (Macintosh or Cortland work well)
- 1 pound chicken tenders + 2 boneless, skinless chicken breasts
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 2 tablespoons currants, optional
- 3 tablespoons toasted chopped pecans, optional

Bring 2 cups of the chicken broth to a boil in a large saucepan over high heat.

Combine remaining 2 cups of the chicken broth, the cider, salt, pepper, and 1 rosemary sprig in a large sauté pan or Dutch oven and bring to a boil over high heat.

In the saucepan, add the quinoa and apple to the boiling chicken broth, reduce heat, cover and simmer for 12-15 minutes or until quinoa is tender and the liquid has been absorbed.

In the sauté pan, reduce heat to medium, add chicken in one layer to the broth and cider mixture, cover and cook for 4–5 minutes or until tenders are just-cooked through, turning pieces over if necessary for even cooking. Chicken breasts will need about 10 minutes cook time.

While the chicken and grain are cooking, strip off about a tablespoon of leaves from the remaining rosemary sprig and mince. In a small bowl, whisk together vinegar, oil and 1 teaspoon of the minced rosemary until emulsified.

When chicken is done, drain well, set tenders aside and refrigerate breasts for tomorrow's meal.

When quinoa is done, fold in currants, if using, and cover for about 30 seconds.

Serve chicken tenders over a bed of the apple currant quinoa.

Drizzle dressing over tenders and sprinkle pecans, if using, over all.

Yield: 4 servings + 2 leftover chicken breasts



MEAL C: Thanksgiving Meatloaf

- 1 egg
- ¼ cup organic cornmeal
- 1¼ pounds lean ground turkey (pastured and/or organic)
- 2 large shallots, finely chopped (or 1/3 sweet onion, grated)
- 1 large celery rib, finely chopped
- 2/3 cup grated yam
- ¼ cup juice-sweetened dried cranberries
- ¼ cup chopped, peeled and roasted chestnuts (about 6 whole), optional (or ¼ cup slivered almonds)
- ½ teaspoon dried rosemary, crumbled
- ½ teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon cracked black pepper
- ¼ cup unsweetened apple butter**
- 3 tablespoons juice-sweetened cranberry sauce (like Knudsen's organic)



Preheat oven to 350°F. Spray a standard loaf pan lightly with olive oil or grease lightly with coconut oil. Set aside.

In a large bowl whisk the eggs until lightly beaten. Whisk in cornmeal.

Add the other ingredients from the turkey through the pepper and mix thoroughly but gently using your hands.

Transfer turkey mixture into prepared loaf pan, patting and shaping gently with your hands.

In a small bowl whisk the apple butter and cranberry sauce together.

Spread the mixture evenly over the top of the meatloaf.

Bake for 40-50 minutes until the meatloaf reaches 160°F on an instant read thermometer. Remove from oven and let rest for about 10 minutes before serving.

Yield: about 5 servings



MEAL D: (For Batch Freezing)

Slow Cooker Beef and Peppers Stew – Makes 2 Entrees

- 2 large sweet onions, chopped
- 2 large green or purple bell peppers, seeded and chopped
- 4 carrots, peeled and sliced
- 4 parsnips, peeled and sliced
- 4 celery ribs, sliced
- 2 Yukon gold potatoes, unpeeled and chopped
- 3 pounds stew beef, cubed
- 64 ounces (8 cups) beef stock (See recipe for Bone Broth)
- 2 cans diced tomatoes, undrained
- 1/2 cup burgundy
- 2 teaspoons sweet paprika
- 2 teaspoons oregano
- 2 teaspoons basil
- 1½ teaspoons each salt and cracked black pepper

Combine half of the onion, pepper, carrots, parsnips, celery, potatoes and stew beef in the slow cooker. Combine the other half in a gallon-size zip closure freezer bag.

Pour half of the stock and tomatoes into the slow cooker and half into the zip lock bag. Add half of the remaining ingredients from the burgundy through the pepper to the slow cooker and half into the zip lock baggie.

Gently mix the slow cooker contents, cover and cook on low for about 6 hours or until beef is cooked through and veggies are tender.

Yield: 8 servings

BATCH FREEZING INSTRUCTIONS: Press the air out of the zip lock bag, seal tightly, label and freeze. To cook the frozen entree, peel away plastic bag and transfer frozen contents directly into slow cooker. Cover and cook on low for 6-8 hours until beef is cooked through and veggies are tender.