



The Clean Zone™ Diet

Cookbook

~ 30 easy recipes ~
to keep you lean, clean
and energized for life!

by Karen McCoy
- based on the Clean Zone™ Diet

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What is Clean Eating?

‘Eat clean’. ‘Eat simple’. ‘Eat like our forefathers’. We hear this everywhere, but what exactly is clean eating? Is it a specific diet plan? Is it based in research or folklore? Is it something that’s here today but gone tomorrow? Is it simple or will I be spending all my free time in the kitchen!

Eating clean is simple, fun and easy to do. When we eat clean, we are eating as nature intended, for optimum health, energy and vitality.

Eating clean is a result of conscious, committed effort, creativity and patience. It means eating whole, un-denatured foods like organic fruits and vegetables, wild, organic meats, alternative ancient grains, healthy oils, low-fat non-pasteurized dairy and plenty of enzyme rich salads and juices. Clean eating means eating an alkaline, low glycemic diet of quality proteins, ‘live’ carbs and ample fibre. The result—**optimum energy and vitality, stable weight, lean, shapely muscle and level emotions!**



The following recipes are based on my **Clean Zone Diet™**, rooted in whole, organic foods to clean and re-vitalize your system. It’s also the cornerstone of my [Healthy Living Program](#).



Enjoy the following recipes, but most of all, enjoy how you feel after eating this way!

Bon appétit!

Karen

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Goat Cheese Toasties & Sun-Dried Tomatoes

Serves 12

- 13 sun-dried tomatoes (dried in a package, not in oil)
- 2 ounces goat cheese (try Salt Spring goat cheese, yum!)
- 2 tbsp pesto (from jar blend)
- ½ French baguette
- ¼ cup extra virgin olive oil
- 1 glove garlic, crushed
- freshly ground black pepper to taste

GARNISH

- 1 red bell pepper, chopped
- 1 bunch basil, finely shredded

Preheat broiler. Soak the sun-dried tomatoes in a bowl of hot water until soft, about 20-30 minutes. When they are soft, chop them up. Mix them with the goat cheese and pesto in a bowl until you have a paste-like consistency.

Pre-toast bread pieces in oven for 30 seconds or so. Spread ingredients over warm baguette pieces, and return to oven for another minute (melt additional cheese on top for more of a zip!)

Clean Count

Per serving

Calories: 213
Protein: 12 g
Fat: 7.7 g (4 g sat)
Cholesterol: 5 mg
Carbs: 29 g
Fibre: 2.5 g



Chicken Quesadillas

Serves 8

- 2 skinless, boneless half organic chicken breasts
- ¼ cup white wine
- 3 tbsp chilli powder
- 1 red bell pepper
- 8 corn tortillas
- 5 mushrooms, sliced
- 2 cups low-fat cheese
- ½ cup organic salsa

GUACOMOLE

- 1 organic avocado
- 2 small cloves garlic
- 2 pinches sea salt
- 1 tbsp plain yogurt (try Astro or Saugeen, with loads of healthy bacteria!)
- 1 ½ tsp freshly squeezed lime juice (½ lime)
- 2 tbsp minced onion
- 1 small jalapeno pepper, diced (optional)

Mix the above ingredients and spread in a tortilla of your choice. Guacamole can serve as a dip or you can spread it on your tortilla. Try sprouted tortillas, or brown rice tortillas for a wheat-free alternative.

Clean Count

Per serving

Calories: 210
Protein: 14 g
Fat: 10 g (4 g sat)
Cholesterol: 38 mg
Carbs: 17 g
Fibre: 2.3 g



Easy Hummus Dip

- 4 cloves garlic
- 2 cups chick peas, drained and rinsed
- 1/3 cup tahini (you can buy this ready-made).
- 2 tbsp fresh lemon juice (2 lemons squeezed)
- 1 tbsp extra virgin olive oil
- Sea salt to taste

Place all ingredients in a food processor.

Blend until well combined but still chunky.

Serve in bowl with side of sliced veggies and/or warmed pita bread pieces.

Clean Count

Per Tbsp

Calories: 35
Protein: 1 g
Fat: 1 g
Sodium: 94 gm
Carbs: 4 g
Fibre: 0.7 g



Low-Fat Guacamole

Serves 8

- 3 ripe organic avocados
- 1 tbsp chopped fresh cilantro
- 1/2 red onion
- juice of one small lime
- 1-2 cloves pressed garlic (or finely minced)
- Sea salt and pepper to taste

Cut, pit and place avocados and all ingredients in a bowl and mix until ingredients are blended together (keep the mixture chunky).

Use as a dip with vegetables, tortilla chips, pita bread, or use it as a tasty spread for wraps or tortilla sandwiches.

Clean Count

Per serving

Calories: 166

Protein: 2 g

Fat: 14 g

Sodium: 8 mg

Carbs: 10 g

Fibre: 6 g





Creamy Potato, Kale and Leek Soup

Serves 4

- 1 lb potatoes, unpeeled
- 1 tbsp canola oil
- ½ cup 2% milk
- 3 ½ cups chicken broth
- 3 cups kale, chopped and lightly packed
- 3 cups leek, white and pale-green parts, chopped (2 medium leeks)
- ½ tsp ground nutmeg
- ground black pepper
- pinch of salt

Cut potatoes into golf-ball-size pieces and place on a microwaveable plate. Cover with waxed paper. Cook on high, rotating occasionally until tender, about 6 minutes.

Meanwhile, in a pot, heat oil for 1 minute over medium heat. Add kale, leek and salt. Stir. Add chicken broth and stir. Cover and cook, stirring occasionally until ingredients have softened, about 5 minutes.

Add milk, potatoes and nutmeg. Reduce heat to medium-low. With potato masher or back of a large spoon, smash potatoes into small chunks. Simmer until flavours blend, about 5 minutes. Sprinkle each serving with pepper to taste.

Clean Count

Per serving

Calories: 254
Protein: 11 g
Fat: 6 g (1.5 g sat)
Carbs: 42 g
Sodium: 413 mg
Fibre: 4 g



Roasted Winter Squash and Apple Soup

Serves 4

- 1 large winter squash, like butternut or buttercup, cut into 2 inch pieces
- 2 medium onions, peeled and quartered
- 3 cloves garlic, peeled.
- 2 tart, firm apples, cored and quartered
- 2 tbsp extra virgin olive oil
- sea salt and red chilli powder to taste
- 4-5 cups vegetable stock

Preheat oven to 400° F.

In a large roasting pan, toss the squash, onions, garlic, and apples with the oil to coat. Season well with salt and chilli powder. Roast, stirring every 10 minutes, until the vegetables are fork-tender and lightly browned, about 40 minutes.

Put half the vegetables with 2 cups stock in a food processor and purée until smooth. Return pureed mixture to the pot. If the soup is too thick, add more broth.

Serve in warm bowls with dollops of pesto or sour cream.

Clean Count

Per serving

Calories: 274
Protein: 17 g
Fat: 8 g (1 g sat)
Cholesterol: 0 mg
Carbs: 40 g
Fibre: 11 g



Wild Salmon Bisque

Serves 4

- 1 tbsp canola oil
- $\frac{3}{4}$ cup onion, finely chopped
- $\frac{1}{2}$ cup bottled roasted red pepper, drained and chopped
- 2 tsp blended herbs (rosemary, basil, sage, thyme—your choice!)
- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ cup cold water
- 5 cups organic milk
- 6 oz wild salmon
- $\frac{1}{4}$ tsp Tabasco sauce
- $\frac{1}{8}$ tsp sea salt
- $\frac{1}{2}$ slice whole-wheat bread, toasted, cut into $\frac{1}{4}$ " cubes

Heat oil in saucepan over medium-low heat. Add onion, red pepper, and herbs. Sauté until softened, about 5 minutes.

In bowl, whisk flour and water until smooth. Gradually add 1 cup milk and whisk. Add mixture to saucepan with remaining 4 cups milk. Cook, stirring until mixture bubbles and thickens.

Add salmon, Tabasco, and salt. Reduce heat to low. Simmer 5 minutes.

In a food processor, or with a hand-held blender, process the soup into coarse purée. Garnish with croutons.

Clean Count

Per serving

Calories: 314
Protein: 29 g
Fat: 9.5 g (3 g sat)
Carbs: 27 g
Sodium: 522 mg
Fibre: 1 g



Seafood Fennel Chowder

Serves 4

- 1 ½ tbsp extra virgin olive oil
- 2 cups fennel, chopped, plus 2 tbsp fresh fennel leaves
- 1 cup red onion
- 1 tbsp garlic, minced
- 1 cup diced salt free tomatoes with juice
- 4 cups chicken broth
- ⅛ tsp red pepper flakes
- 8 oz tilapia* fillet, cut into large chunks
- 1 pouch (2.5 oz) whole baby clams, rinsed and drained
- 4 oz shrimp, peeled and de-veined
- 4 oranges wedges

Heat oil in pot over medium heat. Add fennel bulb, onion and garlic. Cover and sauté, stirring occasionally until onion browns, about 4 minutes.

Add tomatoes with juice, broth, salt and pepper to taste. Bring to boil. Add in tilapia. Bring to boil. Reduce heat and simmer for 5 minutes.

Add clams and shrimp. Simmer until shrimp is opaque and clams open, about 3 minutes. Sprinkle on remaining fennel leaves. Squeeze orange wedge over each serving.

Clean Count

Per serving

Calories: 216
Protein: 23 g
Fat: 7 g (1 g sat)
Carbs: 12 g
Sodium: 598 mg
Fibre: 3 g



***Tilapia** is found in abundance in Canada, in particular, BC, Ontario and Nova Scotia. It is the world's second most-cultivated fish.

Creamy Pumpkin Tofu Soup

Serves 4

- 2 tbsp extra virgin olive oil
- 1 cup leeks, whites only, thinly sliced
- 4 cups chicken or vegetable broth
- 1 cup fresh pumpkin, cut into 1" cubes (or substitute pumpkin filling)
- 2 cloves garlic, minced
- 1 tsp freshly grated ginger root
- ½ cup silken tofu
- sea salt to taste

Add oil to a small frying pan and sauté leeks until softened. In a large saucepan add the broth, leeks and pumpkin. Bring to boil. Reduce heat and cook for 30 minutes.

Add garlic, ginger and tofu. Simmer for another 15 minutes. Using a hand blender, puree soup mixture until smooth. Add sea salt as desired.

Serve hot! Sprinkle with pumpkin seeds for added colour.

Clean Count

Per serving

Calories: 191

Protein: 4 g

Fat: 14 g

Carbs: 11 g

Sodium: 927 mg

Fibre: 1 g



Split Pea and Root Vegetable Soup

Serves 6

- 2 tbsp extra virgin olive oil
- 1 medium carrot, peeled and chopped
- 1 medium parsnip, peeled and chopped
- 1 medium leek, light green and white parts only, chopped
- 1 tsp dried thyme
- 1 tsp dried marjoram
- 3 bay leaves
- 3-4 cups chicken stock
- 1 cup dried split peas
- 1 ½ lbs roasted turkey breast, bone in

Heat olive oil in heavy stockpot over low heat. Add root vegetables and dried herbs. Cover and cook until all vegetables are soft, about 20 minutes.

Add all the chicken stock, peas and roasted meat. Bring to a simmer, cover partially and cook until peas are tender and the soup begins to thicken a little. This takes about 45 minutes.

Remove turkey and cut meat into one-inch cubes. Discard the bone. Remove bay leaves. Return meat to soup and serve.

Clean Count

Per serving

Calories: 240

Protein: 32 g

Fat: 7 g

Carbs: 42 g

Sodium: 384 mg

Fibre: 0.7 g



Strawberry & Spinach Salad

Serves 4

Salad

- 8 cups organic spinach salad
- 24 strawberries (about 4 cups)
- ½ cup whole almonds, chopped
- ¼ cup feta cheese

Dressing

- 3 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp blackcurrant concentrate
- ½ tsp Dijon mustard
- ½ tsp Worcestershire sauce
- ¼ tsp cracked pepper

Wash and spin-dry spinach. Store wrapped in tea towel in plastic bag in fridge until ready to use. Crumble feta cheese. Gently wash strawberries, removing tops, and lay out on paper towels to dry. When dry, slice. Set aside.

In a small bowl, whisk together dressing ingredients. Set aside until serving time. To serve, sprinkle dressing over baby greens and strawberries. Gently toss. Serve and sprinkle with almonds.

Clean Count

Per serving

Calories: 249
Protein: 7.3 g
Fat: 19 g
Sodium: 221 mg
Carbs: 27 g
Fibre: 6.2 g
Sugars: 17 g



Karen's Organic Omega-3 Salad

Serves 6

Salad

- 10 cups organic mixed lettuce
- 4 organic carrots, shredded
- ½ large organic beet, shredded
- ½ cup pine nuts
- ½ organic red apple, diced
- ½ cup organic raisins
- 1 large organic avocado

Dressing

- 3 tbsp balsamic vinegar
- 6 tbsp Flax Oil (try Flora Flax Oil, available at any health food stores)
- 2 tbsp parmesan cheese
- 1 tsp Dijon mustard
- 2 garlic cloves, diced and/or pressed

Wash and spin-dry salad. In a large bowl, combine salad, apples, raisins and pine nuts. Mix well. Lay beets, carrots and avocado on top. In a small jar, whisk together dressing ingredients. Set aside until serving time.

To serve, sprinkle dressing over salad and mix thoroughly with large spoons.

Clean Count

Per serving

Calories: 215
Protein: 5.3 g
Fat: 13 g
Sodium: 192 mg
Carbs: 21 g
Fibre: 7 g



Green Bean Salad

Serves 4

- 1 pound green beans
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, finely minced
- 2 bay leaves
- 1 organic lemon
- sea salt and pepper to taste

Bring 2 quarts of water to a boil. Trim the ends off the beans and drop beans into rapidly boiling water. Boil them, uncovered, until they are bright green and just crunchy-tender.

Drain the beans and cover them with cold water to stop their cooking (you do not want to overcook them!). Drain them again thoroughly, then dry them in a kitchen towel and toss them in a bowl with the olive oil, garlic, bay leaf, and salt to taste.

Use a vegetable peeler to remove 4 strips of yellow zest from the lemon. Add these to the beans, toss well, and let them stand, covered at room temperature for several hours until the flavours merge.

Remove and discard the bay leaf, toss well, and serve.

Clean Count

Per serving

Calories: 105

Protein: 2.5 g

Fat: 7 g

Cholesterol: 0

Carbs: 12 g

Fibre: 4.6 g





Pork Chops with Apples

Serves 4

- Vegetable oil
- Four ½” thick organic pork chops
- 2 medium organic apples (Golden Delicious or Gala), cored and sliced into wedges
- ½ tsp Cinnamon
- 3 tbsp brown sugar
- 1 tsp mixed spices (rosemary, parsley, tarragon, whatever’s in your cupboard)

Preheat oven to 350° F (175° C).

Preheat frying pan over medium heat, and lightly spray with vegetable oil. Brown pork chops for 2 minutes per side.

While pork chops are cooking, lightly spray an oven proof casserole dish with vegetable oil.

Place apples in bottom of casserole dish. Sprinkle with cinnamon, brown sugar and spices.

Place pork chops on top of apples. Cover and bake for 25 minutes.

Clean Count

Per serving

Calories: 220

Protein: 16 g

Fat: 10 g (3 g sat)

Cholesterol: 50 mg

Sodium: 55 mg

Carbs: 17 g

Fibre: 2 g



Balsamic & Ginger Beef

Serves 4

- ½ cup (125 ml) olive oil
- ¼ cup (60 ml) balsamic vinegar
- 1 tbsp (15 ml) grated fresh organic ginger
- 1 tsp organic brown sugar
- 4 thick organic steaks (Red Barn has a great selection!)

Preheat oven to 350° F (175° C).

Whisk together first 4 ingredients. Reserve 1/4 cup and set aside.

Brush both sides of steaks with remaining marinade and let stand for 10 minutes.

Preheat burner to medium high and pan-fry steaks until browned on both sides.

Place pan with steaks in oven for 5 minutes (make sure handle is oven-safe).

Remove from oven and let stand for 10 minutes. Just before serving, pour reserved marinade over top.

Clean Count

Per serving

Calories: 630

Protein: 53 g

Fat: 44 g (3 g sat)

Cholesterol: 155 mg

Sodium: 120 mg

Carbs: 3 g

Fibre: 0 g

Sugars: 3 g



Balsamic Glazed Chicken Breasts

Serves 6

- 6 boneless, skinless organic chicken breasts
- 1 tbsp olive oil
- 1 tbsp poultry seasoning
- ½ cup balsamic vinegar
- 2 tsp unpasteurized honey
- sea salt and pepper to taste

Preheat oven to 400° F (205° C).

Rub chicken breasts with olive oil, season with poultry seasoning, salt and pepper on each side.

Preheat frying pan over medium-high heat. Brown chicken breasts on both sides. Remove chicken from pan and set aside.

Pour balsamic vinegar into pan used for browning chicken. Bring to a boil until vinegar is reduced by half (vinegar will be slightly syrupy).

Remove from heat and stir in honey. Brush balsamic glaze over chicken breasts.

Bake chicken in a pre-heated 400° F oven for 10 minutes.

Clean Count

Per serving

Calories: 280

Protein: 40 g

Fat: 8 g (3 g sat)

Cholesterol: 110 mg

Sodium: 160 mg

Carbs: 9 g

Fibre: 1 g



Bison Burgers

Serves 4

- 1 pound ground organic bison/buffalo meat (from Thrifty's or Red Barn)
- 4 ounces button mushrooms, chopped
- 1 tsp BBQ sauce
- 1 tbsp chilli powder
- 1 tsp Cajun seasoning
- 1 tbsp Worcestershire sauce

Put the bison meat, mushrooms and onions along with the seasoning, spices and Worcestershire sauce in a bowl. Blend everything together, making sure the onions and mushrooms are dispersed throughout the mix. Make 4 patties.

Cook patties over open BBQ or grill, for 7 minutes. Serve on whole wheat bun with slice of beefsteak tomato, sliced red onion and lettuce.

Clean Count

Per serving

Calories: 431
Protein: 33 g
Fat: 13 g (7 g sat)
Cholesterol: 130 mg
Sodium: 160 mg
Carbs: 49 g
Fibre: 10.8 g



Buffalo Meatloaf

Serves 6

- 2 pounds lean ground buffalo/bison meat
- 1 egg
- 1 onion, chopped
- 2 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 3 tbsp tomato paste
- 1/3 cup ground flax seed or cracker crumbs

Preheat oven to 350° F (175° C).

Mix meat and all ingredients in large bowl. Blend well. Place mix in a greased pan. Top with 2 tbsp tomato paste or organic ketchup.

Bake for 30-40 minutes. Serve with salad on the side.

Clean Count

Per serving

Calories: 258

Protein: 36 g

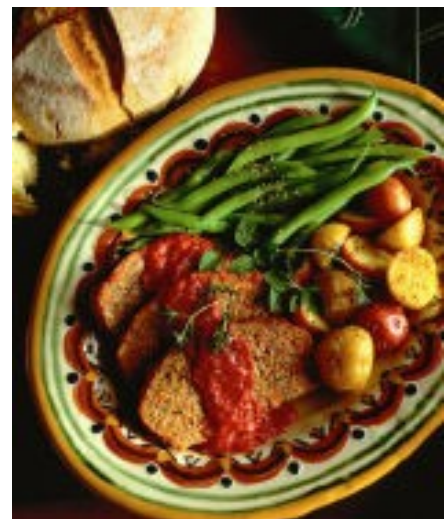
Fat: 18 g (5 g sat)

Cholesterol: 42 mg

Sodium: 160 mg

Carbs: 7g

Fibre: 4 g



Grilled Salmon with Dijon Sauce

Serves 4

- 4 salmon fillets (about 6 ounces each)
- 1 lemon, cut in half
- sea salt and freshly ground black pepper, to taste

SAUCE

- ½ cup Dijon mustard
- 1 tsp extra virgin olive oil
- 3 tbsp chopped fresh dill
- 1 handful chopped fresh basil

Rinse the fillets under cold running water and pat them dry. Squeeze the juice from 1/2 lemon over the fillets, then season them with salt and pepper.

Preheat grill or broiler.

Meanwhile, prepare the sauce: Whisk together the mustard, olive oil, and dill. Add the basil and other half of lemon, mixing well.

Grill the fish on high heat or broil until desired doneness, but do not overcook. Spoon the sauce over the fish and serve immediately.

Clean Count

Per serving

Calories: 236
Protein: 36 g
Fat: 8 g (1 g sat)
Cholesterol: 88 mg
Sodium: 160 mg
Carbs: 3 g
Fibre: 1 g





Quinoa: means ‘mother grain’. the small, round fruit of an herb plant (many people think it is a cereal). Once cooked, it can be used as a hot cereal or side dish, in place of potato or rice.

Couscous: a grain product made by drizzling salted water onto coarsely ground hard durum wheat to form tiny balls of dough. The balls are rubbed until uniform in size, then dried.

Orzo: Italian for ‘barley’. Not really a grain at all, but cooks refer to it (and use it) as pasta in the shape of rice.

Amaranth: not a true grain, amaranth is sometimes called a ‘pseudo-grain’. Which sprouts into a spinach-like leaf.

Millet: a small yellow grain with a mild, sweet flavour. Millet is native to Africa and Asia. It is the seed of an annual grass.

Edamame: Immature green soybeans picked while still in their pods, before they ripen

Quick Quinoa with Sun Dried Tomatoes

Serves 6

- 8 sun-dried tomatoes, dried and not packed in oil
- 2 cloves garlic, minced
- 2 cups organic chicken or vegetable stock
- 1 tsp extra virgin olive oil
- 1 cup dry quinoa
- 2 minced shallots
- 3 tbsp cilantro, chopped
- 1 tsp sea salt, pepper to taste

Rinse quinoa well under cold water, ensuring to remove the bitter saponin covering (use a sieve, so water can wash freely over the grains).

In a large saucepan, heat oil and add tomatoes, shallots and garlic. Sauté until shallots are soft (3-5 minutes). Add stock and bring to boil. Slowly stir in quinoa. Reduce and simmer for 30 minutes. Let stand for 5 minutes. Stir in seasoning, fluff with a fork to separate grains.

Clean Count

Per serving

Calories: 190
Protein: 9 g
Fat: 2 g
Cholesterol: 0 mg
Sodium: 630 mg
Carbs: 34 g
Fibre: 4 g



Quinoa Tabbouleh

Serves 4

- 1 cup quinoa, well rinsed
- 2 cups water
- ½ cup edamame (soybeans in the pod, found at health food stores)
- 1 tomato, chopped
- ½ cucumber, chopped
- 1 tbsp fresh lemon juice
- 1 tbsp fresh lime juice
- 1 tbsp low sodium soy sauce
- fresh herbs of your choice (parsley, chives, thyme)

Rinse quinoa well under cold water, ensuring to remove the bitter saponin covering (use a sieve, so water can wash freely over the grains). Combine quinoa with water and salt in saucepan. Bring to boil and reduce heat. Simmer for 20 minutes.

Remove from heat. Put edamame on top of quinoa and let sit for 5 minutes. Fluff with fork. Put all ingredients in a bowl and toss. Add herbs, juices and soy sauce and toss again. Transfer to a glass bowl for serving.

Clean Count

Per serving

Calories: 213
Protein: 10 g
Fat: 4.5 g
Sodium: 165 mg
Carbs: 34 g
Fibre: 4 g
Sugars .75 g



5-Minute Vegetable Couscous

Serves 4

- 1 ½ cups organic chicken broth
- ⅓ cup frozen mixed vegetables
- 1 tbsp organic Thompson raisins
- 1 cup couscous
- 1 tbsp seasoning mixture (whatever's in the cupboard)

Bring chicken broth to a boil. Add vegetables, raisins and seasoning. Simmer for 2 minutes.

Stir in couscous. Remove from heat, cover and let stand 5 minutes. Fluff with a fork and serve.

Clean Count

Per serving

Calories: 190
Protein: 9 g
Fat: 2 g
Cholesterol: 0 mg
Sodium: 630 mg
Carbs: 34 g
Fibre: 4 g
Sugars 1 g



Cranberry and Raisin Couscous

Serves 6

- 1 ½ cups couscous
- 1 ½ cups chicken or vegetable broth
- ⅓ cup dried cranberries
- ⅓ cup raisins
- ⅓ cups scallions, sliced thin
- ⅓ cup pine nuts
- 2 tbsp extra virgin olive oil
- ¼ tsp saffron
- ¼ tsp cinnamon
- ¼ cup fresh lemon juice
- ¼ cup fresh minced parsley

In a saucepan, put stock, olive oil and saffron. Bring to a boil. Add couscous to boiling water. Cover and remove from heat. Let stand for 4 minutes.

Add remaining ingredients and toss together. Transfer to nice bowl and serve alongside your favourite meal.

Clean Count

Per serving

Calories: 290

Protein: 7 g

Fat: 9 g

Sodium: 159 mg

Carbs: 47 g

Fibre: 3 g



Amaranth Tabouli

Serves 4

- 1 cup amaranth
- 1 cup parsley, chopped
- ½ cup scallions, chopped
- 2 tbsp fresh mint
- ½ cup lemon juice
- ¼ cup olive oil
- 2 garlic cloves, pressed
- ¼ cup olives, sliced
- lettuce leaves, whole

Simmer amaranth in an equal volume of water for 12-15 minutes. Allow to cool.

Place all ingredients except lettuce and olives in a mixing bowl and toss together lightly. Chill for an hour or more to allow flavours to blend.

Wash and dry lettuce leaves and use them to line a salad bowl. Add tabouli and garnish with olives.

Clean Count

Per serving

Calories: 245
Protein: 9 g
Fat: 11 g
Sodium: 142 mg
Carbs: 47 g
Fibre: 3 g



Uncooked seeds



Sprouted leaves

Millet

Serves 6

- 1 cup millet
- 2 cups boiling water
- ¼ teaspoon salt
- pinch of saffron
- 1 tsp olive oil
- 1 cup minced onions
- 2 garlic cloves, minced or pressed
- ½ cup minced celery
- ½ teaspoon oregano
- ½ teaspoon ground cinnamon
- ½ cup minced red or green bell peppers
- ½ cup fresh or frozen green peas
- 1 - 2 tbsp fresh lemon juice

In a heavy sauté pan, toast the millet on medium-high heat, stirring constantly, until it is fragrant and begins to brown, about 3 to 5 minutes. Carefully pour the boiling water into the very hot pan in a thin, steady stream. Add the salt and saffron, cover, and cook on very low heat for 15 minutes.

While the millet is cooking, warm the oil in a medium saucepan. Add the onions, garlic, celery, oregano, and cinnamon. Sauté for 2 minutes, stirring constantly, then cover and cook on low heat for 5 minutes. Add the bell peppers and peas, cover, and continue to cook until all of the vegetables are tender, about 5 minutes.

Meanwhile, fluff the millet with a fork, replace the cover, and remove it from the heat. When the vegetables are tender, stir in the currants and lemon juice and cook for another minute, until thoroughly hot. Mix the vegetables into the millet and add salt and black pepper to taste.

Clean Count

Per serving

Calories: 187

Protein: 5 g

Fat: 3 g

Sodium: 159 mg

Carbs: 37 g

Fibre: 5 g



Orzo Delight

Serves 6

- 1 cup whole wheat orzo (dry)
- 1 cup frozen baby peas
- 1 small red pepper, diced
- 1 tbsp fresh dill
- 1 tsp sea salt
- 2 tbsp fresh lemon juice
- 1 tsp extra virgin olive oil

Boil a large pot of water. Stir in orzo and salt. Cook for 5 to 6 minutes, stirring occasionally to keep orzo from sticking. Cook until grains are tender yet still firm.

Drain and transfer to serving bowl. Add remaining ingredients and mix well. Top with sliced boil egg, for added protein, and serve. Season with salt and pepper.

Clean Count

Per serving

Calories: 213
Protein: 11 g
Fat: 4 g
Sodium: 390 mg
Carbs: 37 g
Fibre: 3 g





Sweet Tofu Dessert

Serves 4

- 600 g soft tofu
- 1 cup organic cranberries
- 1 cup organic blueberries
- 1 cup organic strawberries
- 2 tbsp lemon juice
- ½ tsp vanilla extract

Thoroughly drain tofu. Blend tofu, berries and lemon juice in a food processor or blender until smooth. Add vanilla and mix well.

Chill before serving. Garnish with fresh berries and serve.

Clean Count

Per serving

Calories: 99
Protein: 5 g
Fat: 3 g
Sodium: 10 mg
Carbs: 13 g
Fibre: 3 g



Very Berry Fruit Crumble

Serves 6

- 6 cups mixed organic berries (strawberries, blackberries, raspberries, blueberries)
- ½ cup unpasteurized honey
- ½ cup sucralose
- 8 oz butter (225 gms)
- 1/2 cup orange juice
- 1 ½ cup organic spelt flour
- 1 ½ cup organic rolled oats
- 1 tsp cinnamon

Preheat oven to 350° F (180° C). Coat an ovenproof casserole dish with cooking spray. Place berries in the dish, filling almost to the top. Drizzle the honey and juice over the top.

In a large mixing bowl combine flour, cinnamon, oats and sucralose. Add butter to mix and blend with your hands. Spread mixture on top of the fruit dish and pat down.

Bake for 30 minutes. If using frozen berries, cook for 15 minutes longer. Top with fresh berries. Cool and scoop into bowls to serve. Top with ice cream, yogurt or whipping cream for an added zip!

Clean Count

Per serving

Calories: 273

Protein: 3 g

Fat: 15 g

Sugars 37 g

Carbs: 35 g

Fibre: 7 g



Chocolate Tofu Mousse

Serves 4

- 1 cup dark organic chocolate or chocolate bars broken into pieces
- 12 oz silken tofu, drained (room temp.)
- ½ organic cup skim milk, soy or almond milk (room temp.)
- 1 tsp vanilla extract

Melt chocolate chips in a double boiler. Stir until it is uniform and smooth.

In a food processor, combine tofu, melted chocolate, milk and vanilla. Blend until smooth.

Place in a fine mesh strainer or sieve, pushing the mixture through with a wooden spoon. Chill and serve.

Clean Count

Per serving

Calories: 281
Protein: 9 g
Fat: 18 g
Sodium: 77 mg
Sugar: 17 g
Carbs: 24 g
Fibre: 4 g



My son, Tristan, and his version of chocolate tofu mousse!

Rhubarb Crisp

Serves 8

Filling:

- 5 cups rhubarb, freshly chopped
- ½ cup organic brown sugar
- ½ cup organic Thompson Raisins
- 2 tbsp whole wheat flour
- 1 tbsp organic cinnamon

Topping:

- 1 cup large-flake rolled oats
- ½ cup whole wheat flour
- ½ cup organic brown sugar
- 2 tbsp wheat germ
- 1 tbsp cinnamon
- ¼ cup unrefined canola oil

Preheat oven to 350° F (175° C). Measure parchment paper to allow for overhand of 9 x 9 in. baking dish. Scrunch paper under running water until wet. Squeeze out excess water and line pan. Toss rhubarb, brown sugar, raisins, flour and cinnamon together in medium bowl. Pour into prepared pan. Mix together oats, flour, brown sugar, wheat germ, and cinnamon in medium bowl. Pour in oil and stir until well combined. Sprinkle over rhubarb mixture.

Bake 45-50 minutes, or until rhubarb is soft and bubbling and topping is golden brown. Serve warm. Top with whip cream or ice cream.

Clean Count

Per serving

Calories: 293
Protein: 4.2 g
Fat: 8 g
Sodium: 7.4 mg
Carbs: 56 g
Fibre: 5 g



Wheat Flour Substitutes

If you need a change from wheat, or you're experiencing an intolerance to gluten, try these tasty substitutes in your everyday cooking and baking! (* denotes gluten free)

Replace 1 cup of wheat flour with:

| | |
|-----------------------------|---|
| Rye Flour | 1 ¼ cups (rye bread must be kneaded) |
| Barley Flour | ½ cup flour (good in cakes) |
| Millet Flour * | 1 cup |
| Soy Flour * | 1 ⅓ cups, or 20% of flour recipe, bake 25 degrees lower than recipe (mix with other flours) |
| Bean Flour * | ¼ cup |
| Rice Flour * | ¼ cup brown rice flour + ¼ cup sweet rice flour or ⅞ cup rice flour |
| Oat flour | 1 ⅓ cups |
| Buckwheat Flour | 1 cup |
| Tapioca Flour * | ½ cup, do not overcook or boil when used in sauces, fillings & glazes |
| Potato Flour * | ⅝ cup, combine with other flours for baking, it's better used as a thickener |
| Potato Meal * | Grainy, use in small amounts to lighten bread texture |
| Arrowroot Flour * | ½ cup, use as thickener, do not overcook |
| Corn Flour * | 1 cup, use as thickener, do not overcook |
| Amaranth Flour * | 1 cup |
| Spelt, Kamut, Quinoa | 1 cup |

***Gluten Free**

Proven blends:

- ⅓ cup rye + ⅓ cup oats + ⅓ cup barley
- ½ cup potato flour + ½ cup rye flour
- ⅓ cup potato flour + ⅔ cup rye flour
- ⅝ cup rice flour + ⅓ cup rye flour
- 1 cup soy flour + ¼ cup potato starch flour