Pistacio Blossoms'

CLEAN EATING MEAL PLAN

MARCH 1ST - WEEK 1

by Chelsea Jolene

Shepherd's Pie

"I had no idea what Shepherd's Pie was before I made this recipe! This is ultimate healthy comfort food!! "
- CJ

INGREDIENTS

- 1lb ground turkey
- 1 white onion
- 3 cloves garlic
- 3 celery sticks
- 1 cup of shredded carrots
- 8 oz mushrooms
- 1 cup of chicken broth
- 3 TBSP butter
- 2 TBSP flour
- 5-6 small red potatoes
- paprika
- extras: garlic powder, salt, pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Chop up onion, garlic, celery, mushrooms.
Shred carrots if not already shredded or chop up baby carrots.
3. Cook ground turkey in a saute pan until brown.
4. While turkey is cooking, start a pot of boiling water to boil the potatoes. Cook until soft and easy to mash.
5. Once turkey is done. Drain fat from pan and toss in veggies except the mushrooms. Cook until vegetables are tender.
6. Make the gravy!!! Heat up 2 TBPS butter in a small saute pan at medium. Once the butter is melted, whisk in 2 TBSP flour. I like to use a small whisk when making gravy. Turn down heat if needed it is easy to burn. Once all the flour is mixed in the butter, slowly add the chicken broth and whisk in. Add mushrooms. Cook until soft.
7. Drain the potatoes and mash. Add 1 TBSP of butter. Add garlic powder, salt and pepper if desired.
8. Take out a 9x13 casserole dish. Pour meat mixure on the bottom. Cover with the mushroom gravy and spread mashed potatoes on top.
9. Sprinkle paprika on top. Pop in the oven for 15 minutes.

Almond-Crusted Tilapia

"This is my top favorite fish recipe!! So quick and declious, but be warned its a bit messy!" - CJ

INGREDIENTS

- 4 tilapia filets
- 1/4 cup whole wheat bread crumbs
- 1/2 cup almonds
- 1/2 cup Dijon mustard
- 1/4 tsp salt
- 1 TBSP EVOO

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. If using frozen fish, make sure fish is thawed. I like to soak the fish in warm water for about 10-15 minutes before baking.
3. Grind bread crumbs, almond and salt in a food processor or high powered blender.
4. Spread a thin layer of Dijon mustard on each side of the filet. Dip in bread crumb mixture. I like to do one side at a time to keep it as not messy as possible.
5. Once fish has been coated with crumbs, take out a small baking pan and cover with aluminum foil. Drizzle with the EVOO. Place fish on the pan. Pop in to the oven for about 10-15 minutes. The fish is done once it is white and soft!

ENJOY and pair with your favorite roasted veggies!

Crockpot Hawaiian Chicken

"This recipe is a great meal to toss in the crockpot when you are in a hurry!" - CJ

INGREDIENTS

- 2-3 chicken breasts
- 1/2 cup chicken broth
- 2 garlic cloves
- 1 onion
- 1 can of diced pineapple
- 1/4 cup soy sauce

INSTRUCTIONS

1. Take out crock-pot.
2. Place chicken breasts in crock pot.
3. Chop up onion and mince garlic.
4. Pour in chicken broth and add garlic, onion, pineapple, and soy sauce.
5. Cook on low for about 6-8 hours or 4-5 on high.

Prepare with brown rice/quinoa and/or broccoli.

The BEST Baked Chicken

"This is one of my favorite ways to make baked chicken. It always comes out super juicy and moist." - CJ

INGREDIENTS

- 2-3 chicken breasts
- Optional:
- Cajun Spice
- Pesto
- Lemon Pepper
- Your Favorite Spice Mixture

INSTRUCTIONS

1. Pre-heat oven to 450 degrees.
2. Cover a baking sheet with aluminum foil. Place chicken breasts on the pan. Top with spices.
3. Bake in the oven for 20 minutes.

This recipe is super simple when you have little time or are just too lazy to put in much effort. I also like to use the recipe when I need pre-cooked chicken strips for enchiladas or other recipes.

Quinoa Fried Rice

"This is one of my favorite ways to make baked chicken. It always comes out super juicy and moist." - CJ

INGREDIENTS

- 1 TBSP extra virgin olive oil
- 1 cup un-cooked quinoa
- 2 TBSP ginger
- 2 cloves garlic
- 1 white onion
- 6 oz. shredded carrots
- 1 cup spinach
- 1 head of broccoli
- 8 oz mushrooms
- 2 eggs
- 1/4 cup soy sauce

INSTRUCTIONS

1. Prep all the veggies.
2. Cook the quinoa. Bring 2 cups of water and 1 cup of quinoa to a boil. Turn heat to low and let simmer for about 15 minutes.
3. Heat up 1 TBSP EVOO over medium heat in a frying pan.
4. Cook onions until soft. Toss in garlic and ginger. Cook for 1-2 minutes.
5. Add carrots, broccoli, mushrooms to pan. Add a bit of water to the pan if needed. Cover pan and let veggies soften.
6. Mix in spinach. Push all the veggies around the edge of a pan in circle.
7. Cook the eggs in the middle of the pan (or do it in a small pan on the side if no room).
8. Mix everything together and add in soy sauce!
9. Top with tomatoes, hot sauce, if desired.