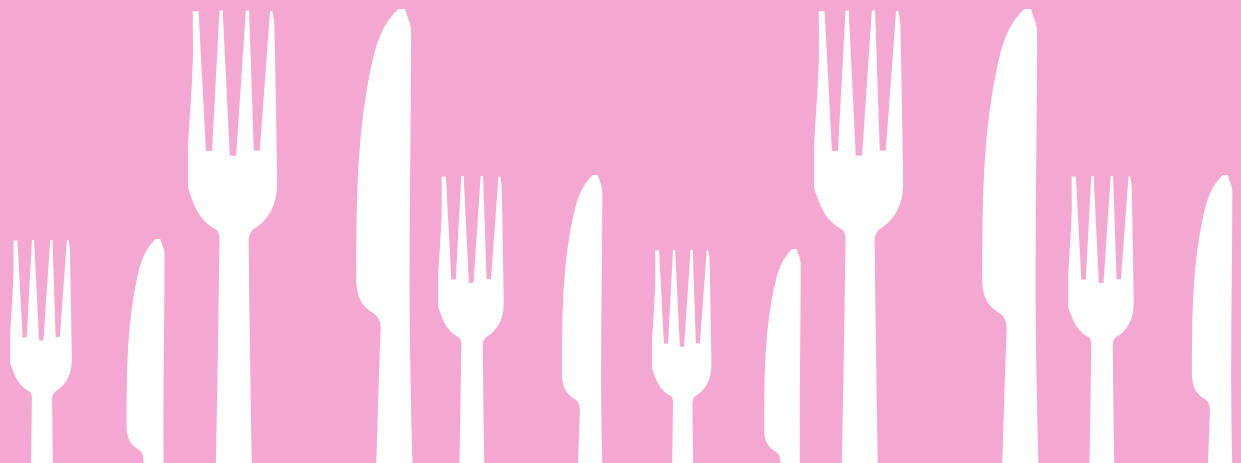
Pistacio Blossoms'

CLEAN EATING MEAL PLAN

MARCH 29TH - WEEK 5

by Chelsea Jolene



Crockpot Mexican Chicken

"The flavor in this chicken is soo good!! It is perfect to make a big batch and eat throughout the week in different ways! "- CJ

INGREDIENTS

- 1 lb chicken breasts
- 2 tsp minced onions
- 1 tsp salt
- 1 tsp chili powder
- 1/2 tsp red pepper flakes
- 1 tsp minced garlic
- 1 tsp dried oregano
- 3/4 tsp cumin
- 1/2 cup chicken broth
- TACO EXTRAS!!!!

INSTRUCTIONS

1. Place chicken in the slow cooker.
2. Mix in all the dried ingredients together and pour over chicken.
3. Pour chicken stock over chicken.
4. Cook on low for 6 hours.
5. Use a fork to shred chicken.
6. Enjoy in a heated tortilla or make a yummy mexican chicken salad! :)

Creamy Avocado Pasta

INGREDIENTS

- 12 oz whole wheat pasta
- 2 avocados
- 1/2 lemon juiced
- 2 cloves garlic
- 1/8 cup olive oil

"This is my favorite recipe when I am craving avocado!! Fast and Simple! " - Cj

INSTRUCTIONS

1.Boil water and cook whole wheat pasta until al dente.

2. Mash or Use a food processor to mix avocados, lemon juice, garlic, and olive oil. Make sure garlic is finely chopped if you mash by hand. :)

3. Mix avocado sauce with pasta noodles! MMM

Greek Chicken

"Pop these on the grill and pair with couscous! - CJ

INGREDIENTS

- 3 lbs chicken legs/thighs
- 1 cup greek yogurt
- 2 tbsp olive oil
- 4 cloves minced garlic
- 1/2 TBSP dried oregano
- 1 medium lemon
- 1/2 tsp salt
- fresk pepper
- 1/4 bunch fresh parsley

INSTRUCTIONS

1. First, mix up the marinade. Combine the yogurt, olive oil, garlic, oregano, lemon, salt, pepper, and parsley.
2. Next, marinate the chicken! Put the chicken and the marinade in a large ziploc bag. Mix and shake up the bag to make sure the chicken is well coated.
3. Let the chicken sit in the fridge for 30 minutes.
4. After the chicken is done marinating, you can grill the chicken or bake it!
5. If you bake it, pre-heat the oven to 375 degrees and cook for 45-60 minutes.

Pesto Shrimp with Spaghetti Squash

"Spaghetti squash + pesto is one my favorite combinations!! - CJ

INGREDIENTS

- 1 spaghetti squash
- 2 tbsp olive oil
- 16 oz shrimp, peeled
- 1 cup homemade pesto
- lemon

INSTRUCTIONS

1. Bake the spaghetti squash in the oven at 375 degrees. Cut the squash in half and scrape out the seeds and pulp. Sprinkle with salt and pepper. Place the insides face down on a large roasting pan and cook for about 45 minutes.
2. Heat the olive in a pan and cook the shrimp. Add extra garlic if desired. Cook the shrimp on each side for 1-2 minutes. (it is very easy to overcook shrimp so make sure to watch)
3. Once the squash is done, use a fork to pull out the spaghetti. Scrap out into a big bowl and set aside.
4. Mix together squash, shrimp, and pesto!!
5. Make your own delicious pesto or buy a pre-made pesto! Squeeze lemon juice, if desired.

Stuffed Pepper Soup

"This soup is comforting and filling!!"- CJ

INGREDIENTS

- 1 lb ground beef
- 1 TBSP olive oil
- 1 small onion
- 1 red pepper
- 1 green bell pepper
- 2 cloves garlic
- 2 cans (14.5) diced tomatoes
- 1 can (14.5) tomato sauce
- 2 cups beef broth
- 2 1/2 TBSP parsley
- 1/2 tsp basil
- 1/4 tsp oregano
- 1 cup brown rice

INSTRUCTIONS

1. In a large pot, cook ground beef. Cook until completely brown. Set aside the meat on a plate with a paper towel to soak up extra grease.
2. Heat 1 TBSP olive oil and add onions and peppers. Saute for 3 minutes, add garlic and cook for 1 minute.
3. Pour in tomatoes, tomato sauce, and beef broth. Add parsley, basil, oregano, and cooked beef.
4. Bring to a boil and let simmer on low for about 30 minutes.
5. Well the pot is on simmer, cook 1 cup of rice according to package.
6. Mix in the rice as you serve the soup. If you are going to have it for leftovers, don't mix in all the rice or it will get soggy.
7. Sprinkle with cheese and fresh parsley!!.

THE END