



January 2025 CLEAN EATING

Created by EpicLuv



Butternut Squash, Sausage & Kale Quiche

8 ingredients · 1 hour · 6 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a greased casserole dish with the butternut squash pieces so the entire bottom and sides are covered, acting as a crust.
2. In a large bowl, whisk the eggs with the garlic powder, salt, and pepper. Add the pepper, onion, kale, and sausage. Mix well to combine.
3. Add the egg mixture to the casserole dish. Bake for 45 minutes, or until the egg has risen and is starting to brown on top.
4. Remove from the oven, slice, and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

A 7 x 10-inch casserole dish was used to make six servings. One serving is approximately one cup.

More Flavor

Add onion powder and smoked paprika.

Additional Toppings

Grated cheese or goat cheese.

Ingredients

2 cups Butternut Squash (very thinly sliced)
10 Egg
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
1 Red Bell Pepper (large, diced)
1/2 cup Red Onion (diced)
2 cups Kale Leaves (stems removed, chopped)
8 ozs Pork Sausage (diced)

Brazil Nut & Blueberry Coconut Yogurt Bowl

6 ingredients · 10 minutes · 2 servings



Directions

1. Layer the coconut yogurt, blueberries, nuts, cocoa powder, ground flax, and stevia powder (if desired), into a serving bowl.
2. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cup.

Ingredients

- 2 cups** Unsweetened Coconut Yogurt
- 1 cup** Blueberries
- 2 tbsps** Brazil Nuts (chopped)
- 1 tbsp** Cocoa Powder
- 1 tbsp** Ground Flax Seed
- 1/16 tsp** Stevia Powder (optional, to taste)

Spicy Shredded Brussels Sprouts & Eggs

8 ingredients · 25 minutes · 1 serving



Directions

1. Preheat the oven to 350°F (175°C).
2. Heat the oil in a large oven-safe pan over medium heat.
3. Add the shallot and sauté for two to three minutes or until softened. Add the Brussels sprouts, half of the garlic powder and half of the salt. Sauté for three to five minutes or until the sprouts have softened.
4. Make a pocket for each egg in the Brussels sprouts. Crack an egg into each pocket. Season with the remaining garlic powder, the remaining salt, and paprika.
5. Place the pan in the oven and cook for eight to ten minutes, or until the whites are set and the yolks are cooked to your preference. Note: the eggs will continue to cook when they come out of the oven.
6. Top with chili flakes and enjoy!

Notes

Leftovers

Best enjoyed fresh.

No Garlic Powder

Use fresh garlic, chopped onions, and/or garlic salt instead.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (chopped)
- 2 **cups** Brussels Sprouts (trimmed, shredded)
- 1/2 **tsp** Garlic Powder (divided)
- 1/2 **tsp** Sea Salt (divided)
- 4 Egg
- 1/4 **tsp** Paprika
- 1/2 **tsp** Chili Flakes

Beet Mango Smoothie

9 ingredients · 20 minutes · 2 servings



Directions

1. Steam the chopped beets for eight to 10 minutes or until almost tender. Let them cool completely.
2. Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
3. Divide evenly between glasses and enjoy!

Notes

Leftovers

Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

- 1 Beet (large, diced)
- 1 cup Frozen Mango
- 1 cup Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 1/2 tps Ginger (fresh, grated)
- 1 cup Baby Spinach
- 1 Lime (juiced)
- 2 tbsps Mint Leaves
- 1 cup Water (or more as needed)

Raspberry Turmeric Collagen Shake

8 ingredients · 5 minutes · 1 serving



Directions

1. Combine all the ingredients in a high-speed blender. Blend until smooth, adding a little extra water if the mixture is too thick. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately one cup.

Make it Vegan

Omit the collagen powder.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

1/2 cup Frozen Raspberries

1/2 Banana (large, roughly chopped)

1/2 cup Plain Coconut Milk (from the carton)

1/4 cup Water (or as needed)

1/4 tsp Turmeric

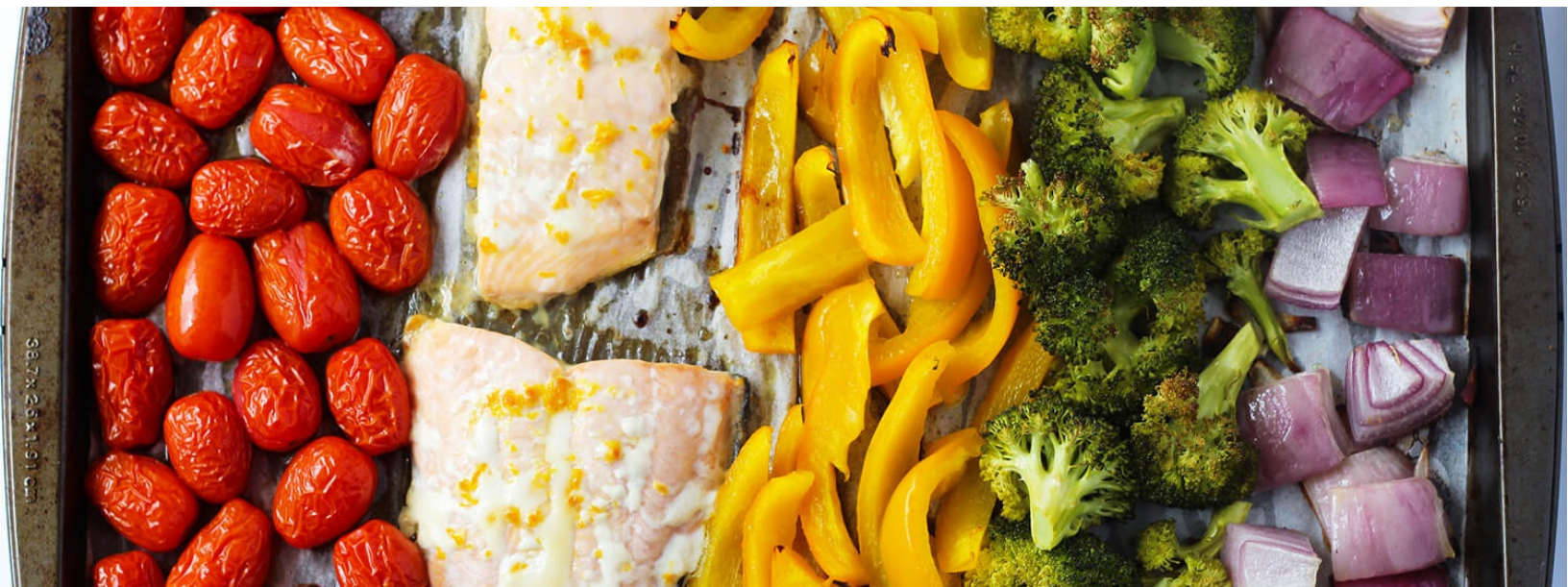
1/2 oz Collagen Powder

1/4 Lemon (juiced)

1/16 tsp Sea Salt

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 2 cups Cherry Tomatoes
- 10 ozs Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Sheet Pan Salmon, Fennel & Sweet Potato

9 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (215°C).
2. Place the sweet potato, fennel, and onion on a large baking sheet. Add 2/3 of the oil and season with half of the salt and half of the oregano. Toss to combine.
3. Place in the oven and bake for 20 minutes, flipping halfway through.
4. Remove the baking sheet and add the salmon. Drizzle the salmon with the remaining oil, salt, and oregano. Return to the oven and bake for 12 to 15 minutes, depending on thickness, or until cooked through.
5. Scatter the olives on the baking sheet and squeeze lemon juice over top of everything. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about two cups of sweet potato, fennel, and onion with salmon.

More Flavor

Add black pepper, garlic, and/or chili flakes.

Ingredients

- 2 Sweet Potato (Japanese, small, cubed)
- 1 bulb Fennel (sliced thin)
- 1 Yellow Onion (large, chopped into large wedges)
- 1 tbsp Avocado Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 tbsps Fresh Oregano (chopped, divided)
- 1 lb Salmon Fillet
- 1/2 cup Green Olives (pitted)
- 1 tbsp Lemon Juice

One Pan Chicken & Broccoli

10 ingredients · 20 minutes · 2 servings



Directions

1. Make the sauce by mixing the coconut aminos, arrowroot powder, vinegar, salt, and 3/4 of the broth in a bowl.
2. In a large pan, heat the remaining broth over medium-high heat. Add the chicken and broccoli to the pan. Cook for three to four minutes or until the chicken is cooked through.
3. Add the bamboo shoots, garlic, and ginger. Cook for one more minute.
4. Add the sauce and stir. Cook for two to three minutes or until everything is warmed through and the sauce has thickened.
5. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Use your choice of meat.

Additional Toppings

Green onions, cilantro, chili flakes, and/or Thai basil.

Ingredients

- 2 **tbsps** Coconut Aminos
- 1 **tbsp** Arrowroot Powder
- 2 **tsps** Apple Cider Vinegar
- 1/2 **tsp** Sea Salt
- 1/2 **cup** Chicken Broth (divided)
- 12 **ozs** Chicken Breast (thinly sliced)
- 4 **cups** Broccoli (chopped into florets)
- 1/4 **cup** Bamboo Shoots (sliced, optional)
- 1 **Garlic** (clove, minced)
- 1 **tbsp** Ginger (fresh, minced)

Turmeric & Lime Chicken with Vegetables

9 ingredients · 40 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Season the chicken all over with salt and pepper. Add the chicken to the pan, stir, and cook for about 12 to 15 minutes. Transfer the chicken to a plate and set aside.
2. In the same pan, add the cabbage, bell peppers, and asparagus. Sauté for about 15 minutes or until browned and cooked through.
3. Add the cooked chicken to the pan along with the turmeric. Stir and cook for another five minutes until flavors blend well together. Remove from the heat and stir in the lime juice.
4. Top with green onions and divide evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/4 cups.

More Flavor

Add garlic and onion.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 10 **ozs** Chicken Breast (boneless, skinless, sliced)
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Purple Cabbage (chopped)
- 1 Red Bell Pepper (medium, chopped)
- 2 **cups** Asparagus (chopped)
- 1 **tsp** Turmeric
- 1/2 Lime (juiced)
- 2 **stalks** Green Onion (sliced)

Chicken, Sweet Potato & Cauliflower Rice Bowl

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the sweet potato to the baking sheet and drizzle with 1/4 of the oil, half of the Italian seasoning, and half of the salt. Cook for 20 to 25 minutes or until browned and fork tender.
3. Meanwhile, season the chicken with the remaining Italian seasoning and salt. Heat half of the remaining oil in a pan over medium heat and add the chicken. Cook for six to eight minutes per side or until cooked through and browned.
4. Remove the chicken from the pan and add the cauliflower rice. Sauté for two to three minutes. Add a splash of water if needed.
5. Divide the mixed greens, sweet potatoes, chicken, cauliflower rice, sauerkraut, and avocado evenly between bowls. Drizzle each bowl with the remaining oil and lemon juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/2 cups with chicken.

Additional Toppings

Top with fresh herbs like parsley and/or cilantro.

Ingredients

- 2 Sweet Potato (small, cubed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Italian Seasoning (divided)
- 1 tsp Sea Salt (divided)
- 8 ozs Chicken Breast (boneless, skinless, cubed)
- 1 cup Cauliflower Rice
- 4 cups Mixed Greens
- 1/2 cup Sauerkraut
- 1/2 Avocado (medium, cubed)
- 1/2 Lemon (juiced)