



3-DAY Clean Eating JUMPSTART

BY JOY HOUSTON

Bounce back from a weekend of indulgence or kick-start a commitment to healthy eating with this simple and nutritious meal plan.

When life gets busy (isn't it always?) taking time to plan and prepare wholesome meals at home can feel impossible. Healthy eating is a simple prospect in theory, but nutrition experts attest that even basic advice, such as eating more fruits and vegetables and keeping portion sizes in check, is not always sustainable unless it fits your lifestyle. That's why it can be helpful to map out a few affordable, convenient, and nutritious meal options to help you stay the course during hectic times. Fortunately, we've done the work for you and developed a three-day customizable menu to serve a variety of needs.

The following energizing and delicious meal plan is a foolproof guide to healthy eating that's ideal for anyone who wants to cleanse after overindulging, jumpstart a commitment to wellness, or just get through an overscheduled week with optimal energy and health. The breakfasts and lunches can be prepped in advance and taken on the go, and the dinners are made fresh with just a few ingredients that are as fast to whip up as they are fabulous for your body. This nutritionally balanced three-day meal plan will save you time, money, and hassle while providing the fuel you need to navigate busy times with ease.



Green Smoothies on the Go

In the beginning of the week, take a few large mason jars and fill them with your preferred smoothie ingredients according to the instructions below. In the morning, mix ingredients in a blender and enjoy. To see a complete tutorial, log on to [Sonima.com/mason-jar-smoothies](https://sonima.com/mason-jar-smoothies).

TIP Leafy green vegetables are nutrient-dense powerhouses, but they can wilt quickly and go to waste. Save your greens by washing them promptly after purchasing, spinning dry, and refrigerating only an amount you are confident you will use within two or three days. The rest can be placed in the bottom of glass jars and topped with your favorite smoothie ingredients to make nutritious shakes any time of day.

Combine one or two items from each column in mason jars and store in freezer.

Combine frozen ingredients in blender with one item from each column below.

GREENS	FRUIT	FLAVORING <i>(Pick 1)</i>	SUPER SEEDS <i>(Pick 1)</i>	FILLING EXTRAS <i>(Optional)</i>	LIQUID
 Kale (1/4 cup)	 Green apples (1/2 sliced)	 Cinnamon (1 tsp)	 Chia seeds (1 Tbsp)	 Protein powder (1 scoop)	 Water (1 to 2 cups)
 Spinach (2 cups)	 Blueberries (1/4 cup)	 Vanilla (1 tsp)	 Flaxseeds (1 Tbsp)	 Almond butter (1 Tbsp)	 Almond milk (1 to 2 cups)
 Swiss chard (1 cup)	 Strawberries (1/4 cup)	 Cacao powder (2 Tbsp)	 Hemp seeds (1 Tbsp)	 Avocado (1/4)	 Rice milk (1 to 2 cups)



Satisfying Salads

Follow this simple guide to create fresh and flavorful salad varieties. Wash and prep ingredients in advance the same way you did for the smoothies. Just choose one item from each column, combine in a mason jar or storage container, and refrigerate until you're ready to eat.

FILLING BASE

1/2 cup (cooked)



Quinoa



Farro



White Beans

LEAFY GREENS

2 cups



Spinach



Baby Kale



Mixed Greens

STARCHY VEGETABLE

1/4 cup



Sweet Potato



Zucchini



Corn

FRUIT

1/4 cup



Tomato



Avocado



Strawberries

DRESSING

2 Tbsp

Simple Vinaigrette

2 Tbsp balsamic vinegar
1/2 tsp minced shallot
1 clove garlic
1/4 cup fresh basil
1/4 tsp fresh oregano
6 Tbsp olive oil
1/4 tsp salt
Blend until smooth.

Creamy Pesto

1/2 cup raw cashews (soaked)
4 Tbsp lemon juice
2 Tbsp olive oil
1 clove garlic
1 1/2 cups fresh basil
1/4 tsp salt
2 Tbsp water
Blend until smooth.

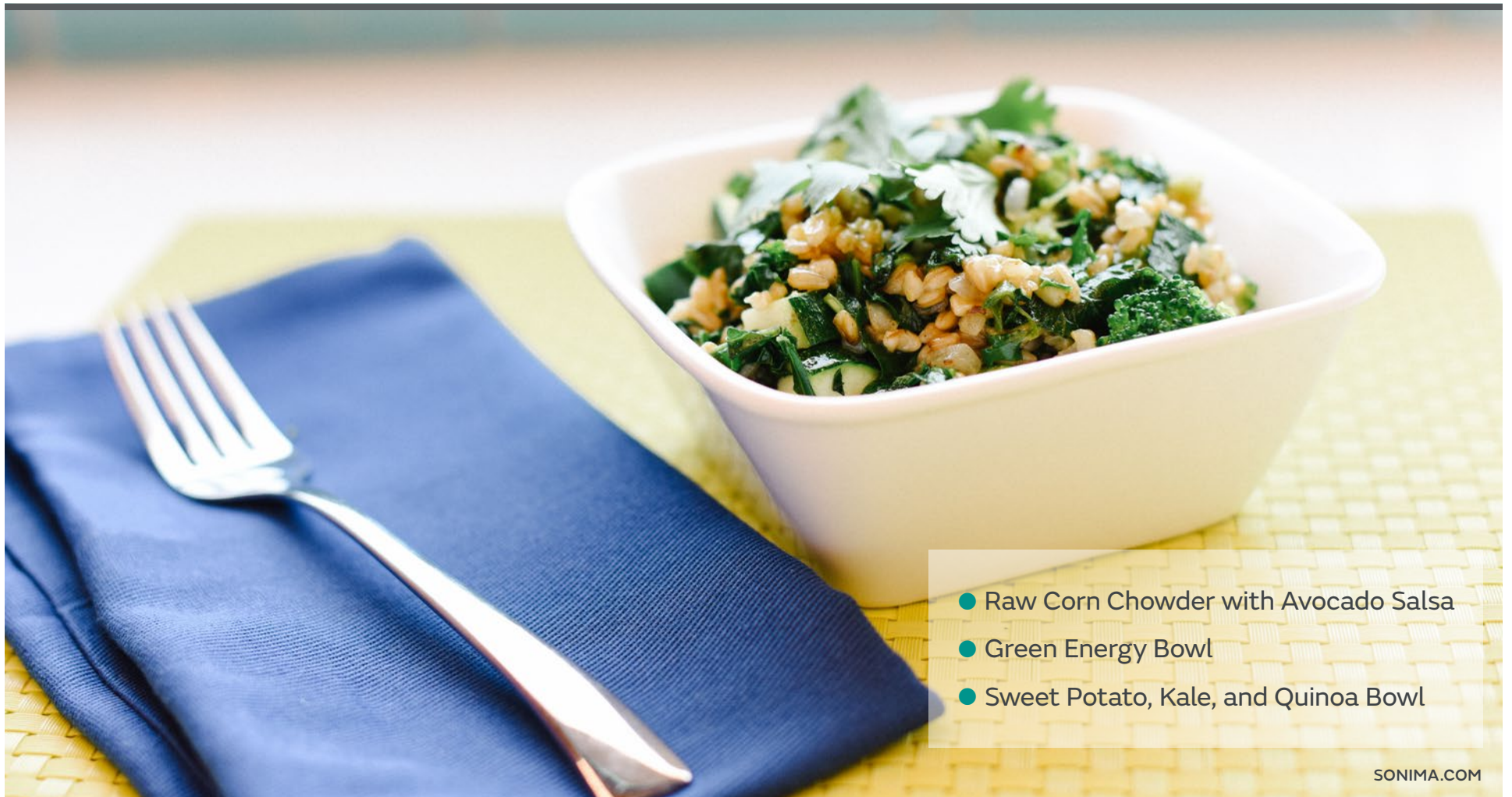
Orange Miso

1/4 tsp orange zest
5 Tbsp orange juice
1/2 tsp grated fresh ginger
2 Tbsp sesame oil
1-2 Tbsp white miso paste
dash cayenne (if desired)
Combine and shake well.



Nourishing Evening Meals

The following dinner recipes are comforting and satisfying. You can choose to make each of the following recipes over the course of your three-day jumpstart or just make a big batch of one to save time and money. The leftovers keep for a few days, but they taste best when freshly prepared. Adjust the quantities of each recipe to best fit your needs.



- Raw Corn Chowder with Avocado Salsa
- Green Energy Bowl
- Sweet Potato, Kale, and Quinoa Bowl



3-DAY CLEAN
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DINNER



Raw Corn Chowder with Avocado Salsa

1 1/2 cup frozen organic corn kernels
1/2 carrot
1/2 celery stalk
1 lime, juiced (about 2 teaspoons)
1/2 teaspoon honey
1/2 a green onion
1/4 teaspoon salt
1/2 to 3/4 cup water
1/2 avocado, diced
1/2 tomato, diced
1 handful cilantro leaves, minced

1. Add all ingredients except avocado, tomato, and cilantro to blender or food processor and blend until smooth.

2. To make salsa, gently combine avocado, tomato, and cilantro in a small bowl.

3. Pour soup into two bowls and top with salsa to serve.

Calories 193, Fat 8.5g, Saturated Fat 1g, Sodium 316mg, Carbohydrates 28g, Fiber 7g, Sugars 7.5g, Protein 5g

Makes 2 Servings



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DINNER



Green Energy Bowl

1 tablespoon coconut oil
1/4 cup sweet onion
3/4 cup sprouted, cooked oat groats
1/4 cup chopped broccoli
1/2 cup spinach
1/4 cup kale
1/4 cup zucchini, small dice
1/4 teaspoon Herbamare or salt

1. Heat coconut oil in sauté pan over medium heat. Add onion and cook until translucent, about 2 minutes. Add broccoli to pan and toss with onion.

2. Add oat groats, spinach, kale, and zucchini. Season with Herbamare or salt. Toss until well mixed and cover until broccoli and zucchini are tender, about 3 or 4 minutes.

Calories 197, Total Fat 14.5g, Saturated Fat 12g,
Sodium 592mg, Carbohydrates 16g, Fiber 2g, Sugars 2g,
Protein 4g

Makes 1 Serving



3-DAY CLEAN
EATING JUMPSTART

DINNER



Sweet Potato, Kale, and Quinoa Bowl

1 cup tri-color quinoa, cooked
4 tablespoons coconut oil
2 cups water
1 cup steamed sweet potato, peeled and diced
2 teaspoons fresh ginger, minced
1/4 large sweet onion, finely chopped
1/4 small jalapeño, seeded and minced
1 handful fresh cilantro, chopped
1 bunch kale, chopped
1/2 teaspoon salt
1 lemon, juiced
1/4 cup pecans
1 handful flat leaf parsley, chopped

1. Drizzle coconut oil in pan over medium-high heat. Add onions and ginger. Once onions are translucent, add jalapeño and sweet potato. After a few minutes add cilantro and flip potatoes to heat on all sides.

2. Add kale and toss about a minute, then add quinoa, lemon juice, water, and salt and pepper to taste.

3. After the kale has cooked down, top with chopped pecans and parsley, and serve.

Calories 326, Total Fat 20g, Saturated Fat 12g,
Cholesterol 0mg, Sodium 354mg, Carbohydrates 33g,
Dietary Fiber 7.5g, Sugars 4g, Protein 9g

Makes 4 Servings

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