

1,800 CALORIES

# CLEAN EATING

## 1-DAY MEAL PLAN



### RECIPES

**Menu:**  
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**Breakfast:**  
Strawberry-  
Banana Green  
Smoothie

**A.M. Snack:**  
Spiced Chickpea  
“Nuts”

**Lunch:**  
Mediterranean  
Tuna-Spinach  
Salad

**Dinner:**  
Roast Chicken  
with Parmesan-  
Herb Sauce

## 1-Day Clean-Eating Meal Plan: 1,800 Calories

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Eating clean doesn't have to be complicated or cumbersome. This 1-day meal plan is a perfect example of just how deliciously simple clean eating can be. These daily eats are free of additives and foods with long ingredient lists and full of real foods like fresh vegetables, dairy and whole grains. Quick, clean and satisfying, this wholesome meal plan sets you up for a healthy and successful day.

**PLAN-AHEAD NOTES:** Make the Spiced Chickpea "Nuts" and put the grapes in the freezer a day ahead of time.

**Breakfast** (318 calories)

- 1 serving Strawberry-Banana Green Smoothie (1 $\frac{3}{4}$  cups)

**A.M. Snack** (246 calories)

- 1 serving Spiced Chickpea "Nuts" ( $\frac{1}{4}$  cup)
- 2-inch cube sharp Cheddar cheese (1 oz.)

**Lunch** (375 calories)

- 1 serving Mediterranean Tuna-Spinach Salad

**P.M. Snack** (295 calories)

- 1 medium apple
- 26 unsalted roasted almonds (1 oz.)

**Dinner** (473 calories)

- 1 serving Roast Chicken with Parmesan-Herb Sauce

**Evening Snack** (104 calories)

- 1 cup frozen grapes

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# 1-Day Clean-Eating Plan: Breakfast & A.M. Snack

## Strawberry-Banana Green Smoothie

**ACTIVE:** 5 minutes **TOTAL:** 5 minutes

*This green smoothie recipe is sweetened only with fruit and gets an extra dose of healthy omega-3s from flaxseeds.*

- 1 medium banana
- 1 cup baby spinach
- ½ cup low-fat plain Greek yogurt
- ½ cup nonfat milk
- 6 frozen strawberries
- 1 tablespoon flaxseeds

Puree banana, spinach, yogurt, milk, strawberries and flaxseeds in a blender until smooth.

**SERVES 1:** about 1¾ cups each

**CALORIES** 318, **FAT** 7G (SAT 2G), **CHOLESTEROL** 9MG, **CARBOHYDRATES** 48G, **TOTAL SUGARS** 28G (ADDED 0G), **PROTEIN** 20G, **FIBER** 8G, **SODIUM** 126MG, **POTASSIUM** 1,118MG.

**NUTRITION BONUS:** Vitamin C (74% daily value), Vitamin A (62% dv), Calcium (35% dv), Folate (26% dv).

## Spiced Chickpea “Nuts”

**ACTIVE:** 5 minutes **TOTAL:** 1 hour

**TO MAKE AHEAD:** Cover and store at room temperature for up to 2 days.

*When roasted in a hot oven, chickpeas become super-crunchy. They’re a great low-fat substitute for nuts when salty cravings hit.*

- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried marjoram
- ¼ teaspoon ground allspice
- ¼ teaspoon salt

**1.** Position rack in upper third of oven; pre-heat to 450°F.

**2.** Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.

**SERVES 4:** ¼ cup each

**CALORIES** 103, **FAT** 5G (SAT 0G), **CHOLESTEROL** 0MG, **CARBOHYDRATES** 14G, **TOTAL SUGARS** 0G (ADDED 0G), **PROTEIN** 4G, **FIBER** 5G, **SODIUM** 303MG, **POTASSIUM** 2MG.



Breakfast: 1¾ cups Strawberry-Banana Green Smoothie



Snack: ¼ cup Spiced Chickpea “Nuts” & 1 oz. sharp Cheddar cheese

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# 1-Day Clean-Eating Plan: Lunch & P.M. Snack

## Mediterranean Tuna-Spinach Salad

**ACTIVE:** 10 minutes **TOTAL:** 10 minutes

*This tuna salad recipe gets an upgrade with olives, feta and a tahini dressing. Served over baby spinach, this is the perfect easy and light lunch or dinner salad.*

- 1½ tablespoons tahini
- 1½ tablespoons lemon juice
- 1½ tablespoons water
- 1 5-ounce can chunk light tuna in water, drained
- 4 Kalamata olives, pitted and chopped
- 2 tablespoons feta cheese
- 2 tablespoons parsley
- 2 cups baby spinach
- 1 medium orange, peeled or sliced

Whisk tahini, lemon juice and water together in a bowl. Add tuna, olives, feta and parsley; stir to combine. Serve the tuna salad over 2 cups spinach, with the orange on the side.

**SERVES 1:** 1 cup tuna salad, 2 cups spinach & 1 orange

**CALORIES** 375, **FAT** 21G (SAT 5G), **CHOLESTEROL** 46MG, **CARBOHYDRATES** 26G, **TOTAL SUGARS** 14G (ADDED 0G), **PROTEIN** 26G, **FIBER** 6G, **SODIUM** 665MG, **POTASSIUM** 780MG.

**NUTRITION BONUS:** Vitamin C (157% daily value), Vitamin A (118% dv), Vitamin B<sub>12</sub> (40% dv), Folate (39% dv), Calcium (27% dv), Iron (27% dv).



Lunch: 1 cup tuna salad, 2 cups spinach & 1 orange



Snack: 1 medium apple & 1 oz. unsalted roasted almonds

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# 1-Day Clean-Eating Plan: Dinner & Evening Snack

## Roast Chicken with Parmesan-Herb Sauce

**ACTIVE:** 40 minutes **TOTAL:** 40 minutes

*A store-bought rice blend and quick-cooking chicken breast help get this healthy chicken recipe on the dinner table fast. Check the label to avoid excessive sodium or other undesirable ingredients. Other herbs, such as rosemary and sage, are also delicious in this recipe.*

- 2 bone-in, skinless chicken breasts (12 ounces each)
- $\frac{3}{4}$  teaspoon kosher salt, divided
- $\frac{1}{2}$  teaspoon ground pepper, divided
- 3 tablespoons all-purpose flour
- 4 tablespoons extra-virgin olive oil, divided
- 2 bunches broccolini (8 ounces each)
- 3 cloves garlic, minced, divided
- $\frac{1}{3}$  cup dry white wine
- 1 cup low-sodium chicken broth
- $\frac{1}{4}$  cup grated Parmesan cheese
- 2 teaspoons chopped fresh thyme, divided
- 2 cups cooked whole-grain rice blend

**1.** Position a rack in lower third of oven; preheat to 425°F.

**2.** Cut each chicken breast in half crosswise on the diagonal into 2 roughly equal portions and sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Place flour in a shallow dish and dredge chicken lightly; reserve the remaining flour. Heat 2 tablespoons oil in a large skillet over medium heat. Add the chicken, skinned-side down; cook until browned on the bottom, about 6 minutes. Transfer, skinned-side up, to a rimmed baking sheet. Reserve the skillet.

**3.** Toss broccolini with the remaining 2 tablespoons oil, half the garlic and  $\frac{1}{4}$  teaspoon salt. Spread out on the other half of the baking sheet.

**4.** Roast until the broccolini is tender and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, 15 to 20 minutes.

**5.** Meanwhile, whisk 4 teaspoons of the reserved flour and wine in a small bowl until combined. Place the skillet over medium heat, add the remaining garlic and cook, stirring, for 30 seconds. Add broth; bring to a boil over high heat. Add the wine mixture and cook, stirring frequently, until thickened and reduced to about 1 cup, 4 to 5 minutes. Add Parmesan, 1 teaspoon thyme and the remaining  $\frac{1}{4}$  teaspoon each salt and pepper.

**6.** To serve, divide the chicken, broccolini and rice among 4 dinner plates. Spoon the sauce over the chicken and sprinkle with the remaining 1 teaspoon thyme.

**SERVES 4:** 3 oz. chicken, 1 cup broccolini,  $\frac{1}{2}$  cup rice &  $\frac{1}{4}$  cup sauce each

**CALORIES** 473, **FAT** 20G (SAT 4G), **CHOLESTEROL** 72MG, **CARBOHYDRATES** 35G, **TOTAL SUGARS** 3G (ADDED 0G), **PROTEIN** 34G, **FIBER** 3G, **SODIUM** 417MG, **POTASSIUM** 698MG.  
**NUTRITION BONUS:** Vitamin C (176% daily value), Vitamin A (42% dv).



Dinner: 1 serving Roast Chicken with Parmesan-Herb Sauce



Snack: 1 cup frozen grapes

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