

# CLEAN IT UP

## 10 MINUTES TO A CLEAN LUNCH

Eating clean is a great way to refresh your eating habits. It's about eating more of the best and healthiest options and eating less of the not-so-healthy ones. Check out these clean eating lunch ideas that take less time to prepare than it takes to hit a fast-food restaurant. Enjoy their full flavour and reap their nutritional benefits!



### Fruit Salad

Mix a variety of fresh fruit (choose local if you can!) with a few sprigs of mint and the juice of half a lemon. Consider adding a tablespoon or two of Greek yogurt and hemp seed if you want something a bit more substantial.



### Rolled Turkey Breast with Veggies

Be sure to choose meat that contains no nitrates. You can eat the veggies raw or grill them the night before if you prefer the taste of cooked vegetables. Be creative and wrap in lettuce leaves or zucchini sliced lengthwise.



### Cottage Cheese with Nuts and Berries

This is a filling lunch that also satisfies your craving for something sweet. Cottage cheese should be the main ingredient and be cautious with the quantity of nuts you add to this recipe (1-2 tbsp is plenty). Fresh berries are ideal, but frozen berries are a great choice in the off-season.

### Clean Eating Cobb Salad

6 servings

#### Ingredients

- 6 cups chopped romaine lettuce
- 2 ripe avocados, cut into 1" slices
- 1 cup cooked skinless chicken breast, cubed
- 2 vine-ripened tomatoes, chopped
- 2 hard-boiled eggs, peeled and sliced

#### For the Dressing:

- ¼ cup red wine vinegar
- ½ cup extra-virgin olive oil
- 1 tsp honey or maple syrup
- Kosher or sea salt to taste
- 1/8 tsp black pepper



#### Directions

Combine salad ingredients in a large bowl. Combine dressing ingredients and drizzle over salad.

Nutritional Info Per 2-1/4 Cups: Cal: 282 | Fat: 24g | Chol: 84mg | Carb: 8g | Sod: 437mg | Fibre: 4g | Pro: 10g

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### Spinach and Bean Burrito

6 servings

#### Ingredients

- 6 cups baby spinach, loosely packed
- 1 (15oz) can of black beans, rinsed & drained
- 1 ½ cups cooked brown rice
- ½ cup chopped romaine lettuce
- ½ cup grated reduced-fat cheddar cheese
- ½ cup salsa
- 6 tbsp fat-free Greek yogurt
- Kosher or sea salt to taste
- 6 (8" whole-grain) wraps or tortillas



#### Directions

- 1) To warm the tortillas, preheat oven to 300°F. Stack tortillas, wrap in foil, place on a cookie sheet and warm 15 minutes while preparing ingredients.
- 2) Place spinach in a food processor and pulse until finely chopped, or use a knife to dice leaves. In a large skillet on medium heat, add black beans and spinach. Heat until spinach is wilted (approximately 3 minutes).
- 3) Evenly distribute spinach and bean mixture in the middle of the wraps leaving about 2" on one end for folding. Add ¼ cup of rice to each wrap, add lettuce, cheese, salsa, and Greek yogurt. Fold wraps over and under on the ends.

Nutritional Info Per 1 Wrap: Cal: 282 | Fat: 5g | Chol: 3mg | Carb: 50g | Sod: 560mg | Fibre: 5g | Sugar: 3g | Pro: 13g

### Quinoa and Mushroom Pilaf

4 servings



#### Ingredients

- ½ cup onions, diced
- 1 cup white mushrooms, chopped
- 1 stalk celery, diced
- 2 cloves garlic, minced
- 2 tbsp extra-virgin olive oil
- 1 cup pre-rinsed quinoa (red or white)
- 2 cups low-sodium vegetable stock
- ¼ tsp crushed red pepper flakes
- ½ tsp black pepper

#### Directions

- 1) In a large skillet over medium-low heat, add oil and mushrooms and sauté for about 3 minutes. Add onion, garlic, and celery and continue cooking until onion and celery are tender (about 4 minutes).
- 2) Add quinoa, red pepper flakes, and black pepper and stir to combine. Add vegetable stock. Stir and cook for 15 minutes or until liquid is absorbed.

Nutrition Info Per 1 Cup Serving: Cal 262 | Fat 10g | Carb 37g | Pro 8g | Fibre 6g | Sod 86mg | Sugar 3g

### Helpful Hint

Roast, grill, steam, or bake a variety of veggies in all different colours. Add them to any clean recipe for lunch with beauty, flavour, and a variety of nutrients to keep you healthy and strong!

Source: [www.skinnyms.com](http://www.skinnyms.com)