



THE VERY BEST clean cuisine DINNER PLANNER

Create a Balanced Weekly Meal Plan in Minutes!



hi there.

Let's face it, deciding what to make for dinner can be overwhelming, especially if you save the decision-making to the end of the day when everyone is exhausted and starving. This is exactly when you are most likely to fall into the fat-laden take-out trap.

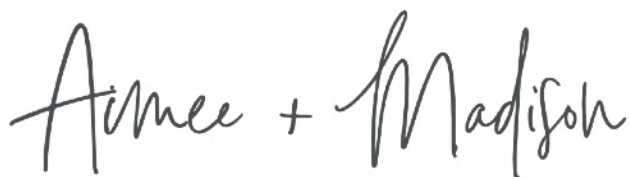
What works for our family is staying really organized by sticking to a basic weekly dinner plan. Even though the recipes change, if we have an overall idea of what we will be eating for dinner, it just makes things a whole lot easier!

Clean Cuisine Basic Weekly Dinner Plan:

- Meat Free Mondays
- Stir Fry Tuesdays
- One Dish Wonder Wednesdays
- Around the World on Thursdays
- Fish on Fridays
- Burger Saturdays
- Slow Cooker/ Chili Sundays

We've created a **Dinner Planner Resource** page to full of recommendations for clean ingredients and great kitchen tools!

Want to get featured on Instagram? Just tag us **@cleancuisine** or use our hashtag **#cleancuisine**.

A handwritten signature in black ink that reads "Amee + Madison". The script is cursive and fluid, with the names connected by a plus sign.

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PERFECT DINNER PAIRINGS

Clean eating means more plants and less animals foods. When it comes to clean food, it's also important to remember plant foods are lowest on the food chain and therefore contain considerably fewer toxins than animal foods. We want to load our plate up with vegetables, especially when making a large dinner for ourselves and family.

Choose at least 1 of the following to pair with your daily dinners:

- Large green salad using mixed greens such as: arugula, romaine, watercress, spinach, kale, etc.
- 1 cup cooked dark leafy greens such as: spinach, collards, kale, broccoli rabe, escarole, Swiss chard, etc.
- Roasted, grilled, steamed, lightly sautéed, or stir fried vegetable side dish such as: artichokes, asparagus, beets, bell peppers, bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, spaghetti squash, snow peas, radishes, turnips, zucchini, etc.
- Side dish of simply prepared potato, sweet potato, corn, peas, or whole grain such as: quinoa, millet, brown rice, black rice, etc..



MEAT FREE MONDAYS

It is a good idea to start the week on a super clean note by going meat-free all day Monday. It's amazing how many truly delicious and creative meat-free dinners you can create!

Check out just a few ideas below:

- Brown rice and beans with roasted vegetables (such as peppers, corn, onions, etc.) topped with salsa or pico de gallo and guacamole.
- **Enchiladas Casserole with Vegetables**
- Sprouted quinoa pasta with marinara or pasta primavera.
- Clean Cuisine **Vegetable Burgers**
- No meat chili over brown rice (**Clean Cuisine Chili, Apple, Pumpkin and Black Bean Chili**)
- Whole Grain Pizza with lots of veggie topping... just go very easy on the cheese! Try one of our delicious Clean Cuisine pizza recipes: **Cheese-free Cauliflower Pizza Crust, Mini Quinoa Gluten-free Pizzas, Tex-Mex Polenta Pizzas**

NOTE: Use an **unglazed stoneware baking stone** for your pizza!



STIR-FRY TUESDAYS

Although stir-frying is usually associated with Asian cooking, you can use plenty of other flavors in a stir-fry as well. Stir-fries are fast, don't require very much oil, taste great with little to no meat, and are always loaded with vegetables—four excellent reasons to master this method and make a stir-fry part of your weekly Clean Cuisine repertoire. For 10 tips on how to make the best stir fry please click [**HERE**](#).

Choose one stir fry entree that is made with lots of vegetables such as:

- **Curried Wild Salmon and Vegetable Stir-Fry**
- **Beef Stir-Fry with Sweet Potatoes and Poblanos**
- **Cashew Chicken Stir-Fry**

Serve your stir-fry over:

- Steamed brown or black rice
- **Cauliflower Stir-Fry Rice**

NOTE: Making perfect brown rice is super easy if you have a rice cooker. We especially like the **VitaClay Smart Organic Multicooker** for cooking rice and quinoa.



ONE DISH WONDER WEDNESDAYS

A Clean Cuisine-friendly one dish wonder meal should be made with a hefty amount of vegetables along with heartier foods such as whole grains, potatoes or beans. The only addition you should need to add is a salad or cooked green vegetable.

Choose a one-dish dinner casserole that includes vegetables such as:

- **Homemade Macaroni and Cheese (with Butternut Squash)**
- **Rosemary Spinach and Brown Rice Casserole**
- **Whole Grain Pasta with Oven-Dried Tomatoes**
- **Millet Pilaf with Roasted Butternut Squash**
- **Quinoa and Vegetable Risotto**
- **White Bean and Butternut Squash Ragout with Polenta Squares**



AROUND THE WORLD ON THURSDAYS

Enjoying global cuisines in their purest state can be both incredibly nutritious and ultra-flavorful. But we are not talking about the Americanized versions like “Chinese” take-out or “Italian” fast food pizza here. If you enjoy cooking, try experimenting with different globally-inspired cookbooks or try some of our ideas below.

Choose an International entrée like: American, African, Asian, Chinese, Greek, Indian, Irish, Italian, Japanese, Mediterranean, Mexican, Moroccan, Thai, Spanish, Thai, Cajun and Vietnamese that includes vegetables such as:

- **Indian Lentil Dal Soup with Zucchini**
- **Italian Vegetable Flat Bread Pizza**
- **All American Salmon Chopped Salad**
- **Moroccan Lamb Stew with White Beans**
- **Vietnamese Brown Rice Pad Thai with Beef**
- **Chilean Sea Bass with Macadamia-Orange Crust**



FISH ON FRIDAYS

It has been estimated that over 90% of Americans have an omega-3 deficiency in their diets. Although you can get the vegan source of omega-3 (ALA) from plant foods such as flax seeds, chia seeds, walnuts, etc. the long-chain omega-3 fats (EPA and DHA) found only in fish are the most readily available for your body. Luckily plenty of tasty fish are in the sea.

Choose a seafood entrée that includes vegetables such as:

- **Mojo Shrimp Skillet with Cauliflower Rice**
- **Pan Seared Scallops with Corn and Edamame Succotash**
- **Slow Cooked Salmon with Citrus**
- **Southwestern Seafood Stew**
- **Clam Sauce Linguine**
- **Scallop or Shrimp Salad with Mango and Red Peppers**



BURGER SATURDAYS

Who doesn't love a great burger? Clean Cuisine burgers are not your mama's burgers because they are never made with all meat. However, they are always jam-packed with flavor and super satisfying too.

Try experimenting with some of our bean burgers, veggie burgers, and less meat burger recipes and add raw vegetables on top of your burger such as: sliced tomato, cucumbers and shredded carrot. And why not try some homemade veggie chips (kale chips, beet chips, etc.) on the side?

Choose one of our Clean Cuisine burger recipes:

- **Black Bean Burgers**
- **Salmon Burgers with Chive "Cream" Sauce**
- **Grass Fed Lamb Burgers**
- **Turkey and Mushroom Burgers**
- **10 Minute Vegetable Burger**
- **Beef and Mushroom Sliders**

NOTE: Use a 100% whole grain burger bun. However, if you are not super hungry then just skip the bun and serve your burger in a lettuce wrap.



SLOW COOKER/CHILI SUNDAYS

By the time Sunday rolls around, it is nice to have a few go-to recipes that can be made without a lot of fuss. Although a really good chili can take a bit more time to make than a slow cooked meal you will undoubtedly have leftovers, which can be enjoyed later in the week while saving you time!

Choose one slow cooker or chili entrée that includes vegetables such as:

- **Southwestern Turkey Slow Cooker Chili**
- **Slow Cooker Enchiladas**
- **Vegetarian Stuffed Peppers**
- **Slow Cooker Thai Chicken with Peanut Sauce**
- **Slow Cooker Bolognese Sauce with Vegetables**

NOTE: If your slow cooker meal or chili does not have a lot of vegetables then be sure to add some more as a side dish! Try roasted, grilled, steamed, lightly sautéed or a stir fried vegetable side dish such as artichokes, asparagus, beets, bell peppers bok choy, broccoli, butternut squash, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, fennel, green beans, leeks, mushrooms, onions, snap peas, snow peas, radishes, turnips, zucchini, etc.



ANY DAY VEGETABLE DINNER

There is absolutely no reason you need to reserve vegetables for the perimeter of your dinner plate. Properly prepared vegetables can steal the spotlight and hold their own as the main attraction. What is more, a vegetable-based dinner is bound to be colorful and beautiful! The all vegetable dinner can be eaten on any night of the week.

OPTION #1 | RAW SALAD

Have a raw salad made with a base of dark leafy greens and a combination of raw vegetables. Dress your salad with a Clean Cuisine [salad dressing](#) or [Salad Booster](#) and use very minimal amounts of oil. Add in fruit, nuts, seeds, olives or avocado. Roasted vegetables can also work nicely on a bed of raw greens. Check out our Clean Cuisine [LUNCH PLANNER](#) Salad as a great option.

OPTION #2 | SOUP

Choose a vegetable-based and dairy-free soup such as our [Clean Cuisine soup options found here](#).

OPTION #3 | COOKED VEGETABLES

Choose three different colored vegetables and grill, sauté or cook them!