Our mission is to show you anyone can cook healthy meals that taste good, and with a little effort, change your entire lifestyle. If you have noticed, making Clean Meals is really about taking whole foods, combining them in different ways, and flavor them up with some seasonings. Cooking healthy meals does not have to be tasteless or complicated. Here is a sampling of some of our most popular recipes. We hope these recipes inspire you to get in the kitchen and start cooking your own healthy meals!

When you are ready to tackle more than just a few recipes, check out the next Clean Kitchen 12 Week Challenge. We promise a complete “brain re-train” of what you think it means to live a healthy lifestyle!
KUNG PAO CHICKEN

INGREDIENTS:

FRESH
- 1 pound meat: ground chicken used here, can sub ground turkey, use chicken breast or steak instead.
- 1 zucchini chopped
- 1 bell pepper sliced or chopped (red or green)
- 1/2 onion chopped
- green onions (optional-for garnishing)

PANTRY
- 1/4 tsp garlic powder
- salt and pepper to taste
- 1/4 cup sliced almonds or walnuts
- 1/4 cup chicken stock (if needed to cook veggies)

KUNG PAO SAUCE:
- 3 tbs soy sauce
- 2 tbs rice vinegar (found on Asian food aisle)
- 1 tbs hot sauce
- 1 tsp sesame seed oil (found on Asian food aisle)
- 1/2 tsp red pepper flakes
- 1/2 tsp garlic powder
- 1/8 +/- tsp liquid stevia (by taste, you can always add more later)
- 2 tsp of arrowroot powder or cornstarch

DIRECTIONS:

First, start browning the meat in a pan with 1 tbs of walnut or extra virgin olive oil, over medium heat, season with garlic powder, salt and pepper to taste. Keep in mind the sauce will have salt in it as well, so don’t get crazy! While meat is cooking, mix the sauce and set aside.

Chop all veggies.
To cook veggies you have two options…
1: Cook all veggies in separate pan. Then add cooked meat to pan.
2: Once meat is cooked mostly, add raw veggies to pan with a little chicken stock to cook down veggies.
I have done it both ways. Personally I like a one pot meal! Less cleaning! Mix well otherwise the cornstarch will be clumpy.

Combine meat and veggies, add in sliced almonds/walnuts. Lower heat to low – medium. Pour Kung Pao sauce on top and stir. Once the sauce hits the heat it will start to thicken.

Use in lettuce wraps for an anytime meal, or for a great post workout meal, pair it with cooked quinoa.
**Salmon Cakes with Dill Yogurt Sauce**

**Ingredients:**

**Fresh**
- 1 lb Salmon, (baked 8-10 min at 350)
- 1 C spinach, chopped
- ¼ C Parmesan cheese
- ¼ C green onion, chopped
- ¼ C Greek yogurt
- 1 egg yolk

**Pantry**
- ¼ C rolled oats
- 1 tbs Dijon mustard
- Garlic Powder
- Black Pepper
- Kosher Salt

**Dill Yogurt Sauce: Mix to Taste**
- Plain Non fat greek yogurt
- lemon juice
- kosher salt
- dried dill

**Directions:**

Combine cooked salmon and chopped spinach in mixing bowl. Add in Parmesan cheese, then stir in Greek yogurt, Dijon mustard, egg yolk and green onions. Add in rolled oats then seasonings. Mix until all ingredients are combined and form into patties.

*If mixture is too lose, add in more chopped spinach to help it “stick”.

Heat 1 tbs of extra virgin olive oil or extra virgin olive oil spray on medium heat then add spinach salmon cake patties. Cook about 5 minutes on each side or until they are lightly brown and crispy. To make enough for leftovers double the recipe. These are great leftover!
TURKEY BURGER WITH CREAMY BALSAMIC

INGREDIENTS:
CREAMY BALSAMIC DRESSING
5 oz plain no fat greek yogurt
1/4+ cup balsamic vinegar
1/8+ tsp onion powder
1/8+ tsp garlic powder
1/4 tsp kosher salt
1/4 tsp kosher salt
1 packet of sweetener or stevia
pepper to taste

TURKEY BURGER:
FRESH:
1 lb ground turkey or chicken breast
1/4 cup grated Parmesan cheese
1/4 cup minced/grated onion
1 whole egg

PANTRY:
2-3 tbs worcestershire sauce
1/2 tsp garlic powder
Kosher salt to taste
black pepper to taste

Do you like sweet, creamy, balsamic vinegar dressings? WE DO! This is a fantastic dressing and super easy to whip up in no time. We mix small batches, using only a single serving 5 oz greek yogurt. Pairs very well with meat and veggies, like pictured above, the Blue Cheese Turkey Burger, topped reduced fat blue cheese then broiled in the oven, then drizzle with dressing and serve! We also love the turkey burger salad topped with onions, blue cheese and fruit. The dressing keeps in the fridge for about 3 days. Honestly, we eyeball all the seasonings, so use your own judgement!

TURKEY BURGER DIRECTIONS:
Mince about 1/2 onion in a blender or food processor.
Heat extra virgin olive oil in pan on stove top over medium heat.
Mix all ingredients in large bowl. Divide into 4 patties.
Cook on each side about 4 minutes or until cooked through and juices run clear. You might need to turn the heat to Low-medium, depending on thickness of patties and not burning.
BREAKFAST FRITTATA

VEGGIE FRITTATA

FRESH
Dozen eggs/or 3 small cartons liquid egg whites/or one large carton liquid egg
1 Large Green Bell Pepper, diced
1 Large Red Bell Pepper, diced
1 Jalapeño, diced
1 Large onion, diced
½ Pack of Mushrooms, diced
Two big handfuls of spinach
1 Pack of Cooked turkey sausage

PANTRY
Garlic powder
Onion powder
Black pepper

DIRECTIONS
Pour egg whites into a 9x13 baking dish. Stir in all other ingredients and add seasonings to taste. Bake uncovered at 400 degrees for 30 – 35 minutes or until edges turn slightly brown. Once cooled, cover and store in fridge or divide into Tupperware so breakfast is ready to go and just needs to be heated each morning! Cut into 6-8 serving squares.

TACO-KALE FRITTATA

FRESH
Dozen eggs/or 3 small cartons liquid egg whites or one large carton liquid egg
Jenny-O breakfast Turkey Sausage
4 cups chopped kale (half bag pre-chopped kale)

PANTRY
1/4 cup chicken stock or water
1/2 tbs chili powder
1/2 tbs cumin powder
1/2 tbs onion powder
1/2 tbs garlic powder
Kosher Salt
Black Pepper
Extra Virgin Olive Oil Spray

DIRECTIONS
• brown turkey sausage in cooking pan then adding seasonings and chicken stock/or water. You cook this kind of like taco meat.
• add kale, sprinkle with salt, add a little more water or stock, cover and simmer for about 5 minutes while kale wilts down.
• transfer sausage and kale to 9x13 sprayed baking dish and spread out.
• Pour beaten eggs or egg white over mixture.
• sprinkle top with 1/4 cup of parm cheese (optional)
• Bake uncovered at 400 degrees for 30 – 35 minutes or until edges turn slightly brown. Once cooled, cover and store in fridge.
BROCCOLI SALAD
WITH AVOCADO CITRUS DRESSING

INGREDIENTS:

FRESH:
- Broccoli Florets — We use the bag of Fresh Green Giant Broccoli Florets
- 2 mandarin oranges (Cuties, Halos, Etc.)
- 1 cup blueberries (fresh or frozen)
- sliced almonds or walnuts
- optional: 1 1/2 cups of broccoli slaw (Green Giant)

AVOCADO CITRUS DRESSING:

FRESH:
- 1 medium avocado
- Juice of 2 mandarin oranges

PANTRY:
- 2 tbs walnut oil or avocado oil
- 2 tbs rice vinegar
- 1/4 tsp kosher salt
- stevia drops to taste (its best to add a little then taste)

Raw veggies are hard for some people to eat, so why not toss them with a yummy dressing rich in omega 3 fats! Broccoli is a very sturdy veggie, which can hold fresh in the fridge for a few days, even mixed with the dressing. A great prep for fast veggie portions!

Servings: 4-5

DIRECTIONS:
In a blender, add all dressing ingredients and blend. Then toss salad ingredients with dressing. Ready to eat! Store in an air-tight container for up to 3 days.