



TurboFitLife

# 5 DAY TURBOFIT CLEAN EATING GUIDE



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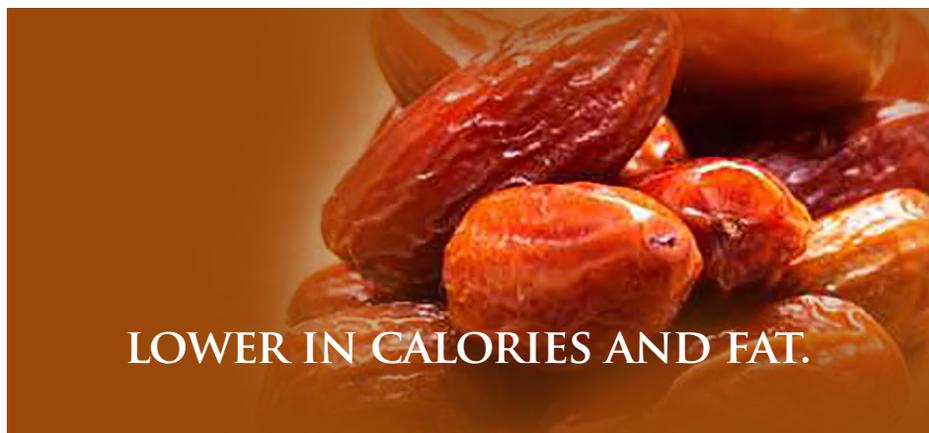
## INTRODUCTION

Welcome to your FIVE day clean eating guide! This guide has been designed for you to help guide you on your journey to cleaner eating! What is clean eating you ask? That varies for every person. For me that means eating a plant based, low fat, low oil, low sugar diet. You'll notice I use water to sauté all my vegetables instead of oil- find what works for you. If the only way you'll eat vegetables is if you sauté them in a little oil every now and then, go for it. Just try make sure the oil is hot in the pan before you add the veggies so they don't soak up all the oil. You might also notice I don't have any salt in my recipes- I don't use a ton of salt when I'm cooking but feel free to add it if that's something that you like to use to season your food. Just keep things as simple as possible and try to avoid processed foods and ingredients you can't pronounce. If you do buy something that has a label, look for things that have very simple ingredients. Peanut butter, for example, should just have peanuts. Soy milk should just have soybeans and water. By keeping things clean you'll help make sure your body has the tools it needs to keep you healthy.



For best results you should stick to the plan 100%. However, life isn't always perfect and you might be meeting friends for dinner or drinks or have a family function to attend- just do your best, that's always enough! If you're going out for drinks try to set a limit of how many you're planning to have ahead of time - that will help you save calories, money, and guilt later! Also try to eat before you head out - that will save you from going in on the oily truffle fries with your friends! But if you do want to splurge on some fries, go for it! Just set a limit for yourself like allowing yourself ten fries or only eat one fry every five minutes. Whatever your plan is doesn't really matter - do what works for you - but make sure you have a plan! If you're going out for a meal, try to pick a place that has clean options for you. What's listed as entrees on the menu aren't the only choices you have to pick from. If you want a baked potato with steamed broccoli you can probably get that if they're listed as sides with other items. If you're not comfortable customizing the menu to meet your needs that's OK too. The only way you're going to get more comfortable doing it is by doing it!

But if you're not ready yet, many places have "lighter" sides to their menus where they list options they provide that are lower in calories and fat. Take advantage of this! And there's always the trusty salad. Personally I don't like salads much from restaurants unless they're packed full of things like dried cranberries and toasted pecans and all sorts of yummy stuff that makes them less healthy so I try to find options that aren't salad, but if that's your thing, rock it! Just ask for the dressing on the side and dip your fork into the dressing before each bite. It'll make sure every bit has some dressing but will also save you tons of calories!



For the meal plan: what if you want to skip a suggested breakfast idea because you hate a food that's in it? Go ahead and skip that meal. Replace it with another meal that's on the plan. Duplicate your favorite meals all week if you'd like! These are simply suggestions provided to help make your life easier. Changing to a clean and healthy diet can be challenging at first so make it as easy as possible on yourself!



Also I'm a huge fan of leftovers so feel free to make larger batches of the recipes than what's called for. That way you can take a day (or two or three) off cooking and just live off leftovers. If you don't want them right away most things can be frozen too! That way you can build a stockpile of frozen meals that can be warmed up when you don't have time to cook but want something healthy. I always have a freezer stash ready for me.

## ONTO THE GOOD STUFF

This guide is broken down into three sections: the meal plans, the recipes, and the shopping lists. I've broken the meal plans down into a couple different options but feel free to customize for your needs. The "solo option" is if you're cooking for one - maybe you are the only one in your family following the plan or you're living the solo life and only cooking for one (like me!) - this plan allows you to use leftovers which will shrink your shopping list and cut down your cooking time. If you want to follow this plan and use leftovers too, just double for two people, triple for three... well, you get the idea. Make sense? Ready to get on to the good stuff? Let's do this!

# MEAL PLANS

## Solo Foodie

### Day 1:

- Breakfast - Steel cut oats w/blueberries & cinnamon
- Snack - ½ Apple with almond butter
- Lunch - Lemon thyme tempeh with spinach and brown rice
- Snack - Homemade date balls (or a larabar)
- Dinner - Tofu scramble with salsa and corn tortillas

### Day 2:

- Breakfast - Steel cut oats w/strawberries & maple syrup
- Snack - ½ Apple with almond butter
- Lunch - Lemon thyme tempeh with spinach and brown rice
- Snack - Homemade date balls (or a larabar)
- Dinner - Tofu scramble with salsa and corn tortillas

### Day 3:

- Breakfast - Steel cut oats w/blueberries & cinnamon
- Snack - Bowl of strawberries tossed with cinnamon and agave
- Lunch - Burrito bowl
- Snack - Homemade date balls (or a larabar)
- Dinner - Chickpea Vegetable Soup & garlic bread

### Day 4:

- Breakfast - Steel cut oats w/strawberries & cinnamon
- Snack - Grapes
- Lunch - Burrito bowl
- Snack - Homemade date balls (or a larabar)
- Dinner - Chickpea vegetable soup & garlic bread

### Day 5:

- Breakfast - Steel cut oats w/whatever berries you have left!
- Snack - Grapes
- Lunch - Quinoa salad with tofu
- Snack - Homemade date balls (or a larabar)
- Dinner - Stuffed red pepper w/grilled Caesar salad



## Buddy Up: Dining for Two

### Day 1:

- Breakfast - Steel cut oats w/blueberries & cinnamon
- Snack - ½ Apple with almond butter
- Lunch - Lemon thyme tempeh with spinach and brown rice
- Snack - Homemade date balls (or a larabar)
- Dinner - Tofu scramble with salsa and corn tortillas

### Day 2:

- Breakfast - Steel cut oats w/strawberries & maple syrup
- Snack - 1 Orange (per person)
- Lunch - Cumin tempeh with kale and brown rice
- Snack - Homemade date balls (or a larabar)
- Dinner - Fajitas

### Day 3:

- Breakfast - Old fashioned oats with peanut butter and raspberries
- Snack - Bowl of strawberries tossed with cinnamon and agave
- Lunch - Burrito bowl
- Snack - Homemade date balls (or a larabar)
- Dinner - Chickpea Vegetable Soup & garlic bread

### Day 4:

- Breakfast - Old fashioned oats with agave and blueberries
- Snack - Grapes
- Lunch - Baked corn chips & salsa + hummus wrap
- Snack - Homemade date balls (or a larabar)
- Dinner - Loaded baked potato

### Day 5:

- Breakfast - Avocado toast
- Snack - Tropical fruit salad
- Lunch - Quinoa salad with tofu
- Snack - Homemade date balls (or a larabar)
- Dinner - Stuffed red pepper w/grilled Caesar salad

#### Group Dining: Dining for More than Two

Double or triple recipes as needed to account for the extras! Mix and match the solo and buddy dining plans. Get creative and eat what you like- if you hate avocado, skip the avocado toast and sub with one of the other breakfast ideas! Once you get used to eating clean you'll see how easy it can be to throw together quick meals with ingredients you have in your pantry!



# RECIPES





# STEEL CUT OATS

## W/STRAWBERRIES & MAPLE SYRUP



### INGREDIENTS

- ½ C Steel Cut Oats
- 2 C Water
- ½ C Strawberries
- 1 T maple syrup

### DIRECTIONS

1. In a large pot combine oats and water and bring to a boil.
2. Once boiling turn the heat down to low to keep at a simmer, cover, and let simmer for 15-20 minutes until oats are soft and all the water has been absorbed
3. Stir in strawberries & maple syrup



# APPLE WITH ALMOND BUTTER

Makes 2 Servings

## INGREDIENTS

- 1 Apple
- 1 T Almond Butter

## DIRECTIONS

1. Cut apple in half
2. Dip in almond butter
3. Yes- I know this is a ridiculous recipe but I wanted to make sure people know what a serving of almond butter is





# LEMON THYME TEMPEH

## WITH SPINACH AND BROWN RICE

Makes 2 Servings

### INGREDIENTS

- 1 8 oz Package of Tempeh  
(I like the Lightlife Flax Tempeh  
but any kind will work)
- 1 Lemon, Juiced
- 1 t Thyme
- 2 C Spinach
- 1/2 C Brown Rice

### DIRECTIONS

1. Cook the brown rice
2. Remove tempeh from package and slice into strips. Strips should be about 1/2" thick but if they're thinner/thicker it's fine- just depends on your preference. Mix it up and try different sizes
3. Steam tempeh for 15 minutes
4. While tempeh is steaming, sauté or steam the spinach. If steaming, steam about 5 minutes. If sautéing place spinach in a frying pan with about 1 T water and stir continuously until all spinach is slightly wilted (the longer you cook it the more nutrients you lose)
5. Place tempeh in a dry frying pan over medium heat and cook for about 3-5 minutes on each side until slightly brown
6. While the tempeh is heating, sprinkle with the thyme
7. Pour lemon juice over tempeh
8. Cook 1 additional minute on each side to coat each piece of tempeh in lemon and thyme. The lemon juice will absorb quickly so toss the tempeh quickly to make sure all the slices get a nice amount of the juice
9. To plate: put 1/2 C brown rice on the bottom, then 1/2 of the spinach, and then the 1/2 of the tempeh strips on top





# HOMEMADE DATE BALLS

(DOUBLE FOR THE DOUBLES PLAN)

Makes 5 Servings

## INGREDIENTS

10 Dates, Pitted

½ Cashews

## DIRECTIONS

1. In a food processor (you can use a blender but it will get really messy) combine dates and cashews until fully combined
2. Roll into balls
3. Store in the fridge or freezer & grab whenever you need 'em!



# TOFU SCRAMBLE WITH SALSA AND CORN TORTILLAS

Makes 2 Servings

## INGREDIENTS

2/3 Package Tofu (14 oz package),  
drained and pressed (see below  
section on Tofu for instructions on pressing)

1 Red Pepper, chopped

1 Onion, chopped

2 Cloves Garlic, pressed

1 Green Pepper, chopped

8 oz Mushrooms

(whatever your favorites are), chopped

1 t Oregano

1 t Thyme

1 t Garlic Powder

1 t Turmeric

Any other veggies you love

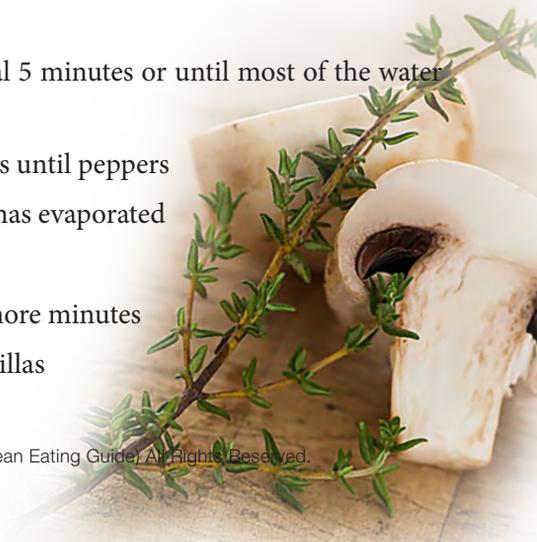
2 T Salsa (Store bought or homemade recipe below- if store bought keep it clean!  
Pace and Trader Joe's have some sugar-free salsas!)

4 Corn Tortillas



## DIRECTIONS

1. In a large pan, sauté onions and garlic in water for 5 minutes until onion is translucent
2. Add mushrooms and sauté an additional 5 minutes or until most of the water released by the mushrooms is absorbed
3. Add peppers and sauté 5-7 more minutes until peppers are a little tender and most of the water has evaporated
4. Add all spices
5. Crumble tofu into the pan and sauté 5 more minutes
6. Serve with a side of salsa and 2 corn tortillas





# STEEL CUT OATS

## W/ STRAWBERRIES & MAPLE SYRUP

Makes 2 Servings

### INGREDIENTS

- ½ C Steel Cut Oats
- 2 C Water
- ½ C Strawberries
- 1 T maple syrup

### DIRECTIONS

1. In a large pot combine oats and water and bring to a boil.
2. Once boiling turn the heat down to low to keep at a simmer, cover, and let simmer for 15-20 minutes until oats are soft and all the water has been absorbed
3. Stir in strawberries & maple syrup





# STEEL CUT OATS

## W/ STRAWBERRIES & CINNAMON

Makes 2 Servings

### INGREDIENTS

½ C Steel Cut Oats

2 C Water

½ C Strawberries

1 t cinnamon



### DIRECTIONS

1. In a large pot combine oats and water and bring to a boil
2. Once boiling turn the heat down to low to keep at a simmer, cover, and let simmer for 15-20 minutes until oats are soft and all the water has been absorbed
3. Stir in strawberries & cinnamon





# STRAWBERRIES TOSSED

## WITH CINNAMON AND AGAVE

Makes 1 Serving



### INGREDIENTS

- ½ lb Strawberries
- 1 t cinnamon
- 1 t agave

### DIRECTIONS

1. Wash and slice strawberries
2. Toss with cinnamon and agave





# BURRITO BOWL

Makes 2 Servings

## INGREDIENTS

- 15 oz Black Beans, drained and rinsed  
(I buy the organic no salt added kind)
- ½ C Brown Rice, Cooked
- 1 Green Pepper, chopped
- ½ Onion, chopped
- 1 t Cumin
- ½ t Oregano
- ½ t Chili powder
- 2 T Salsa (Store bought or homemade recipe below- if store bought keep it clean!)



## DIRECTIONS

1. In a frying pan sauté green pepper and onions 5 minutes. Add water as needed to keep from sticking. Only add 1 T at a time to avoid adding too much water
2. Add black beans and spices. Sauté an additional 5 minutes until beans are warm
3. Place brown rice in a bowl and top with bean mixture. Top with salsa





# CHICKPEA VEGETABLE SOUP

Makes 2 Servings

## INGREDIENTS

- 4 C Vegetable Broth (I love the Pacific brand)
- ½ Onion, chopped
- 1 Carrot, chopped
- 1 Stalk Celery, chopped (Optional. I don't add celery because it's gross but other people seem to like it)
- 2 t Thyme
- 1 t Rosemary
- ½ t Salt (optional)
- 15 oz Chickpeas/Garbanzo Beans, drained and rinsed



## DIRECTIONS

1. In a large pot sauté onion, carrot, and celery (if using) 5 minutes. Add water as needed to keep from sticking. Add water 1 T at a time to avoid adding too much
2. Add vegetable broth and spices and bring to a boil
3. Once boiling lower to a simmer and heat for 15 minutes
4. Add chickpeas and heat an additional 10 minutes





# GARLIC BREAD

Makes 1 Serving

## INGREDIENTS

- 1 Slice Ezekiel Bread
- 2 t Garlic powder
- 1 t Vegetable broth  
(steal from the soup above if you're making it)

## DIRECTIONS

1. Mix vegetable broth with garlic powder to make a paste
2. Spread garlic paste on the bread
3. Toast the bread



# QUINOA SALAD

## WITH TOFU

Makes 1 Serving

### INGREDIENTS

- ½ C Quinoa
- 1 C Water
- 1/3 Package Tofu (14 oz package),  
drained and pressed (see below section on Tofu for  
instructions on pressing)
- 1 Bell Pepper, diced (any color)
- ½ Lemon, Juiced
- 1 C Spinach, chopped
- ½ Cucumber, diced
- 1 Clove Garlic
- 1 t dried basil
- 1 t dried thyme
- ½ t Black Pepper, freshly ground



### DIRECTIONS

1. Rinse quinoa in a strainer to remove the bitter outer coating
2. Add quinoa to a pot with water and heat until simmering. Cover and simmer 5-10 minutes until all water is absorbed. Keep an eye on it so it doesn't burn!
3. Remove lid and toss quinoa with crumbled tofu, veggies, and herbs. Top with lemon juice and toss
4. Chill to eat salad cold or eat immediately for a warm quinoa salad



# STUFFED PEPPER

## W/GRILLED CAESAR SALAD

Makes 1 Serving

### INGREDIENTS

½ C Quinoa

1 C Water

1 T slivered almonds

1 Chopped Date

1 Pepper (any color- I like red or yellow for this), cored and seeded

½ t Cumin

½ t Chili powder

½ t Paprika

1 Romaine Heart

1 T Tahini

1 Clove Garlic, Pressed

1 T water

1 t Nutritional Yeast

1 t black pepper





## **DIRECTIONS**

### **For the pepper:**

1. Preheat oven to 350 (I liked to do this before starting because my oven takes forever to heat up!)
2. Rinse quinoa in a strainer to remove the bitter outer coating
3. Add quinoa to a pot with water and heat until simmering. Cover and simmer 5-10 minutes until all water is absorbed. Keep an eye on it so it doesn't burn!
4. Once quinoa is cooked, toss with almonds and date
5. Add herbs to the quinoa mixture and toss
6. Stuff the pepper with the quinoa mixture (if you have extra quinoa you can serve with the pepper or save for a future meal)
7. Place pepper on a parchment lined baking sheet and cook for 50-60 minutes until the peppers is tender and the filling is heated

### **For the salad:**

8. If you have a grill, grill romaine lettuce until warm on all sides. If you don't have a grill you can heat in a frying pan. I love doing this in my George Foreman grill!
9. In a small bowl mix tahini, garlic, water, nutritional yeast, and pepper with a fork.
10. Chop romaine (I love my Veggie Chop for doing this)
11. Toss lettuce with dressing

# CUMIN TEMPEH WITH KALE AND BROWN RICE

Makes 2 Servings

## INGREDIENTS

- 1 8 oz Package of Tempeh  
(I like the Lightlife Flax Tempeh but any kind will work)
- 1 T Water
- 1 t Cumin
- 2 C Kale
- 1/2 C Brown Rice

## DIRECTIONS

1. Cook the brown rice
2. Remove tempeh from package and slice into strips. Strips should be about 1/2" thick but if they're thinner/thicker it's fine- just depends on your preference. Mix it up and try different sizes!
3. Steam tempeh for 15 minutes
4. While tempeh is steaming, sauté or steam the kale. If steaming, steam about 10 minutes. If sautéing place kale in a frying pan with about 1 T water and stir continuously until all kale is slightly wilted (the longer you cook it the more nutrients you lose). Remove from heat or keep on low heat if eating immediately. You can also bake into kale chips if preferred by placing rinsed & dried kale on a baking sheet (on parchment paper), adding whatever seasonings you want (1 t cumin, 1 t paprika, and 1/2 t salt is my favorite combo) and bake 10 minutes at 350F
5. Place tempeh in a dry frying pan over medium heat and cook for about 3-5 minutes on each side until slightly brown
6. Sprinkle cumin over heating tempeh
7. Pour water over tempeh
8. Cook 1 additional minute on each side to coat each piece of tempeh in cumin
9. To plate, put 1/2 C brown rice on the bottom, 1/2 of the kale on the rice, and then the 1/2 of the tempeh strips on top





# FAJITAS

Makes 2 Servings

## INGREDIENTS

- 1 Portobello Mushroom, Sliced
- 1 Green Pepper, Sliced
- 1 Onion, Sliced
- 1 t oregano
- 1 t chili powder
- 1 t cumin
- 4 Corn tortillas
- Refried beans (optional. Make your own or use a clean store-bought version)



## DIRECTIONS

1. Slice all veggies
2. Warm a frying pan over medium heat. Add mushrooms to pan and heat until water is evaporated
3. Add onion, green pepper, and spices to the pan and sauté 5-7 minutes
4. Serve with tortillas and a side of refried beans





# OLD FASHIONED OATS WITH PEANUT BUTTER AND RASPBERRIES

Makes 2 Servings

## INGREDIENTS

1 C Oats

2 C Water

2 t Peanut Butter (feel free to sub almond butter)

½ C Raspberries

## DIRECTIONS

1. Heat oats with water until all water is absorbed, about 10 minutes
2. Stir in peanut butter until distributed evenly
3. Remove from heat and add the raspberries





# OLD FASHIONED OATS

## AGAVE AND BLUEBERRIES

Makes 2 Servings

### INGREDIENTS

- 1 C Oats
- 2 C Water
- 1 T Agave
- ½ C Blueberries



### DIRECTIONS

1. Heat oats with water until all water is absorbed, about 10 minutes
2. Stir in agave until distributed evenly
3. Remove from heat and add the blueberries





# BAKED CORN CHIPS

## & SALSA + HUMMUS WRAP

Makes 2 Servings

### INGREDIENTS

4 Corn Tortillas

½ C Salsa (either store bought or homemade)

2 Sprouted Grain Wraps (I love the Ezekiel wraps- <http://www.foodforlife.com/product/tortillas/ezekiel-49-sprouted-whole-grain-tortillas>)

4 T Hummus (I like the Engine 2 Hummus: <http://www.wholefoodsmarket.com/products/engine-2-plant-strong-hummus-traditional>)

2 C Spinach

1 Avocado, sliced

½ Cucumber, diced

1 Pepper (Yellow, Orange, Red, or Green- your choice), sliced

### DIRECTIONS

1. Preheat oven to 425

2. Slice corn tortillas into quarters or eighths

3. Place corn tortillas on baking sheets & spritz with water and salt

4. Bake 10 minutes

5. To assemble each wrap, spread wrap with hummus and top with sliced peppers and spinach

6. Roll up the wrap like a burrito



# LOADED BAKED POTATO

Makes 2 Servings

## INGREDIENTS

2 Potatoes

### CHEESY SAUCE:

1 C Soy Milk (I like Westsoy Unsweetened Original)

½ C Nutritional Yeast

1 t garlic powder

1 C Broccoli

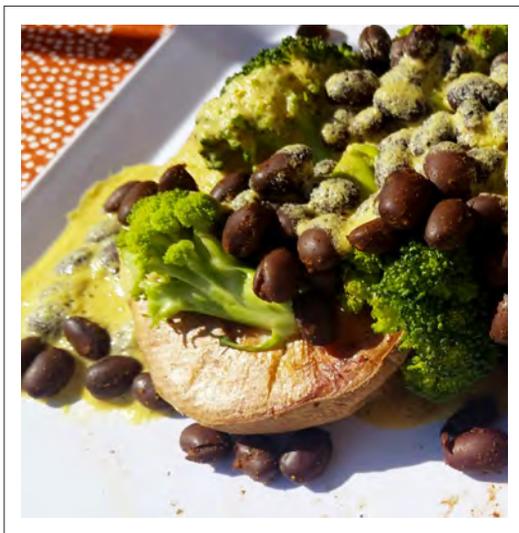
15 oz Black Beans

1 t cumin

1 t chili powder

## DIRECTIONS

1. Preheat oven to 450
2. Slice potatoes in half and bake face down on parchment paper 45 minutes or keep potatoes in-tact and poke with a fork several times. Bake directly on the rack 60-70 minutes until fork tender
3. While potatoes are baking, make the cheesy sauce. Heat soy milk over medium heat until boiling
4. Reduce heat and while milk is simmering add nutritional yeast and garlic powder stirring continuously until all the yeast is incorporated. Keep warm
5. Steam broccoli 10 minutes
6. In a frying pan heat black beans tossed with cumin and chili powder
7. Once potatoes are done, top with cheesy sauce, broccoli, and beans





# AVOCADO TOAST

Makes 2 Servings

## INGREDIENTS

- 2 Slices Ezekiel Bread
- 1 Avocado, mashed



## DIRECTIONS

1. Toast bread
2. Spread with mashed avocado
3. Top with salt & pepper to taste



# TROPICAL FRUIT SALAD

Makes 2 Servings

## INGREDIENTS

- 1 Mango
- 1 Pineapple
- 1 Banana

## DIRECTIONS

1. Slice all fruit
2. Toss fruit together





Once you start building up your pantry it's only the fresh ingredients you'll need to buy each week- you'll always have yummy spices and seasonings on hand. If this is the first time you're shopping for some of these things it might seem like you're spending a lot of money but trust me, next time you go shopping it'll be much cheaper now that you have your staples in the house! And you always want to go into the store with a list and **STICK TO IT**. No accidentally popping over to the frozen foods section and grabbing a frozen pizza!

## **SOLO SHOPPER**

This is the shopping list if you're following the solo meal plan 100%.

Blueberries

Strawberries

1 Apple

1 Lemon

1 Bag Grapes (about 2 cups)

3 C Spinach

1 Red Pepper

2 Green Peppers

2 Bell Peppers- Your choice (red, green, yellow)

2 Onions

1 Carrot

½ Cucumber

1 Stalk Celery (Optional)

1 Romaine Heart

8 oz Mushrooms (whatever your favorites are)

1 Head Garlic



# SHOPPING LIST

Basil (dried)  
Black Pepper  
Cinnamon  
Chili Powder  
Cumin  
Garlic Powder  
Oregano  
Paprika  
Rosemary  
Thyme  
Turmeric

Cashews (1/2 C)  
Dates (11)  
Nutritional Yeast (1/2 C)  
1 T Slivered Almonds

1 ½ C Steel Cut oats  
1 C Brown Rice  
1 C Quinoa

Agave Nectar  
8 Oz Tempeh  
1 Package Extra Firm Tofu  
Salsa  
4 Corn Tortillas  
Ezekiel Bread

15 oz Can Black Beans  
15 oz Can Chickpeas/Garbanzo Beans  
4 C Vegetable Broth (I love the Pacific brand)  
Tahini



## DOUBLE TAKE

*This is the shopping list if you're following the meal plan for two 100%.*

Blueberries

Strawberries

Raspberries

1 Apple

1 Orange

1 Lemon

1 Mango

1 Banana

1 Pineapple

Grapes (about 4 cups)

5 C Spinach

2 C Kale

1-2 Broccoli Crowns

2 Avocados

1 Red Pepper

3 Green Peppers

3 Bell Peppers- Your choice (red, green, yellow)

3 Onions

1 Carrot

1 Cucumber

1 Stalk Celery (Optional)

1 Romaine Heart

8 oz Mushrooms (whatever your favorites are)

1 Portobello Mushroom

2 Potatoes

1 Head Garlic



# SHOPPING LIST

Basil (dried)

Black Pepper

Cinnamon

Chili Powder

Cumin

Garlic Powder

Oregano

Paprika

Rosemary

Thyme

Turmeric

Cashews (1/2 C)

Dates (11)

Nutritional Yeast (1/2 C)

1 T Slivered Almonds

1 ½ C Steel Cut oats

1 ½ C Brown Rice

1 C Quinoa

2 C Old Fashioned Oats (Feel free to use steel cut oats for these recipes if you want to keep it consistent)

# WEIRD INGREDIENTS

Most of the ingredients I used are things that should be familiar to you for the most part: veggies, brown rice, corn tortillas. But there might be some new things in there that you're unfamiliar with. Here's a quick note on some of the foods & how to prepare them properly.

## Tofu

No- there is no conclusive evidence that soy will give you cancer. Even if you've already had cancer. It won't give you man-boobs. It won't turn men into women. If you have a sensitivity to soy then you want to stay away but most people tolerate soy just fine. Tofu is high in protein and calcium and takes on the flavor of whatever you add to it, making it a great filler and replacement for meat products and scrambled eggs. When cooking with tofu you typically want to remove a lot of the water from it. To



do that you can buy a tofu press but I got along fine cooking with tofu for over fifteen years without one! It does come in super handy if you're using a lot of tofu though. To press your tofu without a press, wrap in a towel and place on a plate and top with something heavy like a huge cookbook (or stack of cookbooks), a blender, a weight, whatever you can to help press the water out of the tofu. Change the towel every 15 minutes or so to make sure you're getting the most water out of the tofu. I got tired of my stacks of books falling over when I was pressing my tofu so I caved and bought the press. But the toppling book method works too!

## Tempeh

Another soy product, this one is a little bit less processed. The soybeans are fermented so even if you have a soy sensitivity you can probably tolerate tempeh (check with your doc to be sure!). Tempeh has a bitter flavor so you want to make sure to season it properly and steam before preparing so it'll remove some of that bitterness. I also like to make sure it doesn't get too dry by adding lemon or tamari when seasoning it.



## Kale

This amazing leafy green has been on plates as a garnish for years but over the last decade it has gotten lots of accolades for its incredible healthiness and so tons of delicious ways to prepare it are becoming more popular. Kale has a bitter taste if not prepared properly so you want to make sure you're giving it lots of TLC. After rinsing, give it a



nice deep tissue massage. That's right: massage your kale. For at least five minutes. This will help break it down (you'll even be able to see a change in the consistency and color!) and remove some of that bitterness. When you properly massage your kale it's delicious tossed with a simple olive oil and salt dressing- you don't even need to add a ton of flavor to it! It's chocked full of good for you calcium and is one of the healthiest leafy greens out there! If you top with a bunch of oil though, remember you're adding in a bunch of unnecessary fat so you want to be careful in how you're preparing your food so you're not counteracting all the health promoting properties of the food.

## Nutritional Yeast



This yummy powder can be found at most health food stores like Whole Foods and Trader Joe's or you can get in online. I like to get mine in bulk when I'm at the store because that's where it's cheapest but sometimes I'll order it on Amazon (prime shipping has changed my life!). It has a cheesy sort of nutty flavor and is great sprinkled on popcorn or mixed into dressings and sauces.

Many times it's fortified with vitamin B12, one of those vitamins people eating a plant-based diet don't often get a lot of! I still recommend supplementing with a weekly B12 of 2,500mcg if you're eating a 100% plant based diet. Check with your doc to make sure you're getting enough!

## Quinoa



This seed seems like a grain but is actually a seed. Possessing all 9 of the essential amino acids, this superfood is a great source of protein and tastes great depending on how you prepare it. It can be rather bland if you don't spice it up properly so seasoning is key! The preparation is very similar to rice or cous cous so it's easy to whip up on a

weeknight for dinner or make a big batch over the weekend to have all week long.

## Dates

This might not be so foreign but I'm always amazed at how many people have never had a date (I'm not talking Friday night dinner + a movie). Dates are like nature's candy! They are super sweet and a great substitute for sugar-based things. Blend them up with some water to make a more carmelish texture. Blend with nuts to make larabars. Cut in half, fill with chocolate chips, and bake for a super sweet treat that feels so decadent! Like anything else though, don't overeat on these bad boys. While healthier than traditional candy, they are high in natural sugars so you want to avoid getting addicted.



## Soy Milk

Soy milk is the plant based milk I choose most often, simply because it's the cleanest kind I can find without making my own.



I do make my own almond milk sometimes but since there's soy milk I can buy for \$1.69-\$1.99 that has an ingredient list of soy beans and water I typically choose that. When buying plant based milks look for options with the least ingredients and opt for the unsweetened kind- even when getting vanilla flavored milks. If you want to make your own almond milk it's super easy! Simply soak 1 C almonds 8 hours or overnight, toss the soaking water (or use to water your plants!) and blend the almonds with 4 C filtered water. Strain

through a cheesecloth or nut milk bag or paint strainer and dry the pulp to use as almond flour. You can sweeten your almond milk with maple syrup, vanilla, a date, or some agave.

## What's Next?

Come visit me at [facebook.com/TurboFitLife](https://www.facebook.com/TurboFitLife) and share your own favorite clean recipes and swap clean eating tips with other people just like you!



### Disclaimer

I'm not a doctor, nutritionist, or dietitian. Please consult your physician or other health care professional before starting my or any other nutrition programs to determine if they are right for your needs. Do not start a nutrition program if your physician or health care provider advises against it.