

CLEAN[®]

HOLIDAY CATALOG & RECIPE GUIDE
2011



HAPPY HOLIDAYS!

As the air turns crisp and the holidays approach, anxiety often arises around how to stay healthy throughout the season of celebration and indulgence. Of course it's important to do the best we can when it comes to making food choices, but what's more important is letting go of guilt and stress. Those two feelings are much more toxic than anything you will likely eat over the next few months. Savor, celebrate, or even indulge a little with your friends and family, but do it without the stress.

Think of this Holiday Catalog as a guide to help you do just that. The following pages are packed with delicious Elimination Diet-friendly recipes, testimonials and product suggestions from our team. Our hope is that with these tips and some quality time with your loved ones, you'll have all the ingredients you need for a healthy, happy holiday.

Cheers,
The Clean Team

THYME + BALSAMIC ROASTED CHICKEN, LEEKS + WILD MUSHROOMS

Serves 4 | 20 - 30 min

- 2 boneless and skinless chicken breasts, each halved so you have four pieces
- 3 leeks, green and tough top ends cut away, cut in coin-sized pieces
- 1 tablespoon dried thyme
- 4 tablespoons olive oil
- 1 teaspoon sea salt
- Freshly ground black pepper (a few generous dashes)
- 2 cloves garlic, peeled and minced
- 2 cups wild mushrooms (oyster, maitake, matsutake, etc.), chopped into roughly the same size pieces (roughly 2")
- 1/4 cup balsamic vinegar

Preheat oven to 400. In a wide bowl mix the thyme, garlic, olive oil, sea salt and black pepper and dip the chicken pieces all at once and evenly coat all four pieces with the mixture. In a roasting dish lay the leeks on the bottom, add the mushrooms and chicken pieces. Pour the balsamic vinegar generously over everything and roast until the chicken is done and the leeks and mushrooms are golden. Serve warm with the extra juices on the bottom spooned over the individual servings, especially the chicken.



Clean Essentials

Get your daily dose of vitamins

“When your normal healthy meals are replaced with less-than healthy holiday meals, you still want to be sure your body is getting the nutritional support it needs. I like to use Clean Essentials to do just that.

The multi-vitamin gives me a wide variety of vitamins and minerals, the fish oil supplies a source of healthy omega-3 fatty acids, and the liver support amplifies my body’s natural detoxification abilities.”

Jessi,
Clean Wellness Coach

\$70

[Buy Clean Essentials](#)



SPICED + ROASTED CHICKPEAS

This is a great, healthy appetizer for your holiday festivities. Flavorful, crunchy and full of great protein and healthy fats. Serves 4 | 20 - 30 min

- 1 pound chickpeas
- 1 - 2 tablespoons olive oil
- Your favorite seasoning.
- Some possible combinations:
- fresh parsley + cumin + sea salt
- brown rice syrup + nutritional yeast + sea salt
- dill + nutritional yeast + thyme
- paprika + nutritional yeast + sea salt

If using dry chickpeas, soak in cold water (enough to cover with an extra few inches) overnight. Drain and rinse after 8 to 12 hours. Bring them to a boil in a pot of water that is 2 inches above the chickpeas. Lower heat to simmer and let cook (covered) for 45-60 minutes, or until tender. Preheat oven to 400 degrees. Pat dry with a towel and place on a large baking sheet, spreading them as evenly as possible.

Roast for 20 to 40 minutes until golden and crunchy. While chickpeas are roasting, combine olive oil and desired seasoning in a small bowl. Remove from oven and immediately toss chickpeas in the oil and seasoning mixture.



Ease

Digestive support after a big meal

“Clean living isn’t about avoiding all sugar, caffeine, alcohol, and gluten during the holidays. Clean living is about making better choices and doing your best. Sometimes your best simply means minimizing the impact that big holiday meals have on your body.

I keep Ease on hand when I know I’m going to be eating foods that will potentially cause some digestive problems. Taking it with meals during this time of year keeps my digestive system much happier. And best of all, I’m still able to enjoy some festive food with my family and friends.”

Dr Alejandro Junger,
Clean Medical Director

\$20

[Buy Ease](#)



CURRIED DELICATA SOUP

Warm, full of flavor and Clean too! Serves 4-6 | 1 hour

- 1 large delicata squash (or 2 small), halved
- 1 cup water
- 1/2 cup unsweetened nut or rice milk
- 1 teaspoon sea salt
- 1/2 teaspoon curry powder
- 1/2 teaspoon ground cinnamon

Preheat oven to 400. In a baking dish filled with an inch of water, place the delicata halves (seed side facing up) in the water, cover with foil and immediately put into the preheating oven (this saves energy and will ensure the following cook time is fairly accurate).

Bake/steam for 40 minutes or until the squash is tender when pierced with a fork. When done, remove from oven, take out of the water, and let cool. Scoop out the seeds when you can touch the squash and discard. Scoop out the flesh and put into a blender or food processor (should be roughly 2 cups) with 1 cup of water and 1/2 cup nut or rice milk, with the sea salt, curry powder and cinnamon.

Blend until smooth, 1-2 minutes, then remove and warm in a saucepan on the stove and serve. This keeps in an airtight container in the fridge for several days, just reheat over the stove as needed.



Just Shakes

Start your day with a shake

“My holiday season brings gatherings with friends and family, which typically involve lots of sugary desserts, wine, and a ton of food. With the support of Just Shakes (Nourish Daily and Move) everyday, I can lessen the negative effects of the holidays with a daily nutrient-rich and detoxifying shake with plenty of fiber to keep things moving. It’s also a reminder to try to keep it “Clean” while enjoying the season.”

Patricia,
Clean Nurse MS, ARNP,

\$70

Buy Just Shakes



BETTER THAN MASHED POTATOES

Creamy comfort food that really can only be summed up in one word: YUM.
Kid tested and devoured every time. Serves 4 | 20 minutes

- 4 tablespoons coconut oil
- 1 large celery root (roughly 1-1/2 lbs), peeled and cut into chunks (1/2-1")
- 1 cup chestnuts (either roasted and jarred or reconstituted dried, see below)
- 1/4 cup nut or rice milk
- 2 cups water
- Sea salt and black pepper to taste

In a medium saucepan bring the coconut oil and water to a boil with the celery root and a generous pinch of sea salt. Add the nut or rice milk and lower the heat to let simmer (covered) for 5-10 minutes or until the celery root is tender and has soaked up about half the liquid. Pour everything, along with the chestnuts, into food processor or blender (or use a handheld immersion blender) and puree until smooth. Season with salt and pepper and serve warm.



SunD3

No Sun? No problem.

“I live in upstate New York where the cloudy skies and wintry weather can result in not getting enough sun and vitamin D. I know how critical this vitamin is for my health, my mood and my baby boy who I am still nursing. Sun D3 takes one thing off my list that I don't have to worry about during the winter months.”

Shannon,
Clean Wellness Coach

\$19

[Buy SunD3](#)



CASHEW BUTTER HOT CHOCOLATE

Here is a festive drink that tastes sinful, but is actually packed with protein and essential healthy fats to nourish your mind, body and festive spirit.

Serves 2-4 | 10 min or 2 hours, your choice!

- 1 cup raw cacao or carob powder
- 8 cups water
- 2 bars raw organic chocolate (Gnosis)
- 1/4 cup cashew butter
- 2 teaspoons vanilla extract
- dash of cinnamon
- stevia to taste (optional)

Pour cacao or carob into a 4 quart pot with the water and bring to a rolling boil over a high flame.

Long way: Add the chocolate bars, cover and reduce the heat to low, simmering and stirring occasionally so the chocolate melts and it becomes smooth and warm for 1 hour. Whisk in the almond butter and vanilla, continue to stir for the last 10 minutes and ladle into mugs and serve hot, with a dash of cinnamon. 5 minutes to prepare and about 1 hour to cook.

Short way: Heat all ingredients together over medium heat until chocolate is melted, being careful not to let it come to a boil to keep the chocolate from scorching. Keep stirring until melted and serve with a dash of cinnamon. About 10-15 minutes.



Protect & Encourage

Taking a daily probiotic is one of the mainstays of a healthy digestive tract. We offer two different probiotics: Encourage at 60 billion organisms per serving, and Protect at 15 billion.

Encourage is going to provide a stellar dose of healthy bacterial flora that provides solid support during any time of extra stress, travel, or processed food intake.

Protect will do the same only in slightly less of a punch and at a slightly lower cost. If you do choose Protect, we might recommend during the holiday season taking a double dose when a little extra back up is needed.

\$20

\$50

[Buy Protect](#) | [Buy Encourage](#)



PUMPKIN GINGERBREAD

Serves two small loaves | 40 - 45 minutes.

- 1 cup almond flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1 tsp nutmeg
- 1 tbs cinnamon
- 1/2 tsp cloves
- 1/2 tsp mace
- 2 tbs fresh minced ginger OR 1 1/2 tsp ground ginger
- 1/2 cup roasted pumpkin
- OR a can of organic & unsweetened pumpkin puree
- 2 tbs brown rice syrup
- 1/4 tsp stevia (optional)
- 2 tbs flax meal plus 4 tablespoons water
- optional: 1 bar of organic, dairy free chocolate, broken into pieces

In a small bowl mix the flax meal and water until you have a thick egg-like mixture. Set aside. In a bowl or food processor combine almond flour, sea salt, baking soda and spices. Add pumpkin, brown rice syrup, stevia and the flax meal mixture. Stir or pulse for two minutes, until combined and smooth. Mix in the chocolate pieces (optional). Pour batter into a small loaf pan (*note that it should be small, because if you use a larger loaf pan, it won't rise). You could also pour into muffin tins - about 3/4 full. Bake at 350 for 30-35 minutes. Cool for 30-60 minutes. Try slathering it with almond or cashew butter with softened coconut butter. Yum!





Balance

Stable energy through the day

“Balance is a great way to keep blood sugar levels stable, especially around the holidays when we all tend to indulge a bit more in sweet treats.

Even healthier sweeteners, like honey or brown rice syrup, spike insulin levels a little bit. When our insulin levels spike too high, our blood sugar crashes soon after. Balance is the perfect supplement to help stabilize your energy and hunger levels, and keep you from going on an energy roller coaster ride.”

Jenny,
Clean Wellness Coach

\$60

[Buy Balance](#)

CLEAN BLONDIES

You can enjoy a warm, chocolately holiday treat and still be Clean!

Serves 4-6. Serves two small loaves | 25-30 min

- 1/4 cup coconut oil
- 1/2 cup brown rice syrup
- 1 teaspoon vanilla
- Pinch of sea salt
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1 cup gluten free all purpose flour (Bob's Red Mills is perfect)
- 1/2 cup walnuts, coarsely chopped
- 2-4 oz organic dark chocolate (sugar and dairy free, like Gnosis), coarsely chopped

Preheat oven to 350. Grease a 8x8 pan with 1/2 teaspoon of coconut oil and set aside. Mix all ingredients together in a large bowl until thoroughly combined. Pour into pan and bake for 20 minutes, or until the top is golden brown. Let sit in the pan on a cooling rack for several minutes until they've hardened a bit and then cut into pieces. When served slightly warm, the chocolate is still melted and amazing.



Natural Calm

The anti-stress drink

“I love winding down with a glass of Natural Calm at the end of the day. It tastes great and relaxes me into a peaceful night of sleep. I especially enjoy it during these colder months. I drink it just like tea, in a warm cup of water. The Magnesium has a calming effect that does wonders on the nervous system. It’s a simple addition to my routine and is very effective.”

Dr Alejandro Junger,
Clean Medical Director

\$26

[Buy Natural Calm](#)



HOLIDAY TURTLES

Decadent and sweet without refined sugar, these are morsels of confectionary perfection; you won't believe they're vegan and actually healthy for you! Serves a 4-6 | 25-30 min

- 1 3/4 cups pecans
- 3/4 cup raw cashews
- 1/2 cup brown rice syrup
- 1/2 cup shredded coconut flakes
- 1/4 cup almond butter
- 2 Tablespoons coconut oil
- 1 teaspoon sea salt
- 1 teaspoon vanilla
- Optional: 1 teaspoon maca, mesquite OR protein powders

Variations: 1/4 cup dates, 1/4 cup cacao nibs or crushed up pieces of sugar and dairy free dark chocolate mashed up with the original mixture

Coarse blend all ingredients in a food processor until it sticks together. Form tablespoon sized balls. Put in the freezer on baking sheets (parchment paper makes it easier to peel off) until they're hard and absolutely delicious.





Clean Greens

Alkalize and energize

“Clean Greens is my favorite product. During the holidays my routine tends to include higher levels of stress, lack of sleep, and more processed foods. Plain and simple, this creates a bit of an imbalance. Green super-foods are one of the fastest and easiest ways to add mineral-dense and alkalizing nutrients back into my diet to help me re-balance.

I use Clean Greens in shakes, soups, salad dressings or in a glass of water for a refreshing boost. It's also great to use during the holidays especially after a night of partying with family and friends.”

John,
Wellness Coach

\$60

[Buy Clean Greens](#)



This is a homemade gift from us to you, all done in-house by your multi-talented Wellness Coaches and Support Crew. Everyone knows homemade gifts are always the best!

We'd like to give a huge shout out to the team members that pulled it together: Satya Kamdar for his vision, Jenny Nelson for photographs, recipes and content, Shannon Sinkin for design and content.

Have feedback or questions about the recipes and products mentioned in this guide?

Email us at catalog@cleanprogram.com