

clean cuisine's

BONUS

2 Week Meal Plan

by Ivy Larson



Week 1

Monday - (Meat Free Mondays)

Breakfast:

- Uncle Sam Cereal
- Fresh blueberries and sliced bananas
- Homemade hemp milk (see recipe on page 306 of *Clean Cuisine*) or store bought hemp milk
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Quick Bahamian Black Bean Soup (recipe below or try [“Fig Food Co.” Yucatan Black Bean Soup](#))
- Huge Shredded Kale Salad with pink grapefruit, avocado, lemon juice and a drizzle of extra virgin olive oil
- *Optional: Slice of toasted sprouted whole grain bread OR brown rice*
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Quick Bahamian Black Bean Soup Recipe

Serves: 2

- 2 teaspoons organic extra virgin olive
 - 1 shallot, finely chopped
 - 1 teaspoon cumin
 - Unrefined sea salt, to taste
 - 1 box (15 ounces) frozen pureed butternut squash, thawed
 - 1 can (15-ounces) black beans, rinsed and drained
 - ½ cup canned unsweetened coconut milk (look for BPA-free Nutiva brand)
 - 1 ½ cup organic vegetable broth
 - ¼ cup chopped fresh cilantro
 - 2 tablespoons fresh lime juice
1. Heat the oil in a heavy medium saucepan over medium heat. Add the shallots and sauté 2 or 3 minutes. Add the cumin and season with a little salt.
 2. Add the butternut squash, beans, coconut milk, broth and cilantro. Bring soup to boil, stirring constantly. Reduce heat to medium-low and simmer 3 minutes to blend flavors. Mix in lime juice. Season soup with salt to taste. *Note: If you want a creamy soup use a handheld stick blender and to puree ingredients until smooth and creamy.*

Snack:

- Green Goddess Hemp Smoothie (found on [CleanCuisine.com](#))
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Veggies, Pasta & White Beans with Lemony “Cream” Sauce (see recipe on page 382 of *Clean Cuisine*)
- Large portion of steamed spinach drizzled with extra virgin olive oil
- Glass of wine, water or sparkling mineral water
- Strawberries and a small square of dark dairy-free chocolate (such as “Beyond Organic Chocolate” with flax-seeds. Go to [GoBeyondFoods.com](#) to learn more.)

Tuesday

[Be Sure to Watch Ivy's Video Diet Diary](#)

Breakfast:

- Banana Chia Custard (found on [CleanCuisine.com](#))
- Bowl of fresh raspberries
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Very Veggie Soup (found on [CleanCuisine.com](#))
- Clean Cuisine Quesadilla with Smashed Pinto Beans (see page 341 of Clean Cuisine book for how to make a "Clean Cuisine" quesadilla) on a sprouted corn tortilla (such as Food for Life brand)
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Better than V-8 SuperGreen Smoothie (see recipe on page 349 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Large spinach salad with shredded carrots and Hemp Seed Vinaigrette (found on [CleanCuisine.com](#))
- Brown Rice Pad Thai with Zucchini Strips & Beef (found on [CleanCuisine.com](#))
- Glass of wine, water or sparkling mineral water
- Wild blueberries with a small scoop of non-dairy coconut ice cream (such as Coconut Bliss)

Wednesday

Breakfast:

- Strawberry Banana Split No Milk-Shake (see recipe on page 312 of *Clean Cuisine*)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Steamed broccoli drizzled with flax oil and balsamic vinegar (*Note: to save time, try using frozen broccoli florets and cook in the microwave for 2 minutes, then add oil and vinegar*)
- Spinach, Pear & Gorgonzola Pita Pizza (see recipe on next page)
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Spinach, Pear & Gorgonzola Pita Pizza

Serves One

1. Halve the pita loaves (such as Food for Life) horizontally to form 4 rounds, arrange the rounds, rough sides up, on a baking sheet, and brush the tops lightly with extra virgin olive oil.
2. Sprinkle the rounds with unrefined sea salt to taste and toast them in the middle of a preheated 350°F oven for 5 minutes, or until they are pale golden and crisp.
3. While the rounds are toasting, in a large skillet heat 1 teaspoon extra virgin olive oil and add ¼ of a red onion (sliced thin) and sauté for 3-4 minutes. Add an extra-large handful of spinach and sauté until just wilted. Season with salt.
4. Put the onion-spinach mixture on top of the toasted pita and add thinly sliced pears. Sprinkle with 2 tablespoons of cheese. Broil about 4 inches from the heat for 2 minutes. Eat warm.

Snack:

- Blueberry Banana Smoothie (with Kale) (found on CleanCuisine.com)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Large Caesar Salad with Grilled Shrimp & Ivy's No Egg, No Mayo Caesar Salad Dressing (see recipe on page 320 of Clean Cuisine)
- Baked sweet potato (see how to make a perfect baked sweet potato on page 323 of *Clean Cuisine*)
- Large serving of roasted red peppers
- Frozen Banana Chia Fun Pops Dessert (found on CleanCuisine.com)
- Glass of wine, water or sparkling mineral water

Thursday

Breakfast:

- Perfect Scrambled Eggs-n-Veggies (see recipe on page 309 of *Clean Cuisine*) with veggie addition of ½ cup chopped red bell peppers and ½ cup chopped red onion sautéed in ½ teaspoon extra virgin olive oil
- Sliced pears
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Easy Tomato Soup (found on CleanCuisine.com)
- Broccoli Raab & Goat Cheese Sandwich (on sprouted whole grain bread, such as Food for Life brand)
- Lightly brush one side of each slice of bread with extra virgin olive oil and toast in the oven for 5 minutes while you sauté the broccoli raab (found on CleanCuisine.com). When broccoli raab is done, spread 2 tablespoons of goat cheese on one slice of the toasted bread, pile on the sautéed broccoli raab and top with the remaining bread slice. Eat!
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Strawberry Mojito SuperGreen Smoothie (see recipe on page 346 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Large chopped salad of arugula, chickpeas, radishes, avocado, carrots and tuna dressed with a drizzle of extra virgin olive oil and Almond-Lime Salad Booster (see recipe on page 319 of *Clean Cuisine*) OR [Clean Cuisine's Savory Salad Booster](#)
- Corn on the cob
- Glass of wine, water or sparkling mineral water
- Peanut Butter Cookie (found on [CleanCuisine.com](#))

Friday - (Fish on Fridays)

Breakfast:

- Steel cut oatmeal
- Fresh or frozen blueberries
- 1-Minute Macadamia Nut Milk (see recipe on page 306 of *Clean Cuisine*)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Large salad with mixed lettuce leaves (such as oak leaf and baby romaine), cucumbers, red onions, grape tomatoes and Creamy Herb Dressing (see recipe on page 321 of *Clean Cuisine*)

- **Baked Sweet Potatoes Stuffed with Hardboiled Eggs, Olives and Sundried Tomatoes**

In a small bowl, whisk together 2 tablespoons finely chopped parsley, 3 tablespoons chopped oil-cured olives, 2 tablespoons oil-packed chopped sundried tomatoes (pat the oil off with a paper towel), 1 chopped organic, pastured hardboiled egg, and ¼ teaspoon oregano. Slice one “Perfect Baked Sweet Potato” (see recipe on page 323 of *Clean Cuisine*) lengthwise down the center to expose the cooked insides and stuff with the egg, olive and sundried tomato mixture.

- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Citrus Splashy SuperGreen Smoothie (see recipe on page 344 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Cod Masala Stew (see recipe on page 390 of *Clean Cuisine*)
- Sautéed kale
- Glass of wine, water or sparkling mineral water
- Apple Crisp with Cranberries (found on CleanCuisine.com)

Saturday

Breakfast:

- No-Cook Morning Muesli (see recipe on page 307 of *Clean Cuisine*)
- 1-Minute Pecan Nut Milk (see recipe on page 306 of *Clean Cuisine*)
- Chopped pear
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

Thai-Style Chopped Salad with Peanuts & Edamame

1. Combine the following ingredients on a large cutting board and use a mandolin (or knife) to chop: Boston lettuce, fresh mint, fresh cilantro, red bell pepper strips, edamame beans, cucumber (peeled and seeded), red onion, canned baby corn, canned water chestnuts, and mandarin oranges.
2. Put chopped ingredients in a large serving bowl. In a small bowl, whisk together 2 teaspoons toasted sesame oil, ½ teaspoon raw honey, 1 teaspoon rice wine vinegar, ¼ teaspoon crushed red pepper and a dash of soy sauce.
3. Drizzle vinaigrette on top of salad, toss ingredients together and add chopped peanuts.

- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Parsley-Apple SuperGreen Smoothie (see recipe on page 349 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- 5-Star Portofino Portobello Beef (or Buffalo) Burgers with Olive Tapenade (see recipe on page 360 of *Clean Cuisine*) served on a toasted sprouted whole grain bun (such as Food for Life)
- Steamed broccoli with a drizzle of truffle oil (such as Roland brand)
- Chocolate covered strawberries (found on CleanCuisine.com)
- Glass of wine, water or sparkling mineral water

Sunday

Breakfast:

- Chia Crusted French Toast (see recipe on page 308 of *Clean Cuisine*)
- Fresh sliced peaches
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Smoky Pinto Beans with Oven Roasted Tomatoes (see recipe on page 337 of *Clean Cuisine*)
- Large baby spinach salad with pine nuts and dried cranberries (or goji berries) drizzled with balsamic vinegar and extra virgin olive oil
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- It's Easy Being Green SuperGreen Smoothie (see recipe on page 349 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Tomatoes a la Provençal (see recipe on page 415 of *Clean Cuisine*)
- Mashed Cauliflower (see recipe on page 406 of *Clean Cuisine*)
- Grilled wild salmon
- Pineapple-Coconut Popsicles (found on CleanCuisine.com)
- Glass of wine, water or sparkling mineral water

Week 2

Monday - (Meat Free Mondays)

Breakfast:

- Hot Cinnamon Apple Smoothie (found on CleanCuisine.com)
- Slice of toasted sprouted whole grain bread with almond butter
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Large arugula salad with a drizzle of truffle oil and lemon juice or [Clean Cuisine's Savory Salad Booster](#)
- Oil Free Edamame Hummus-Stuffed Pitas
Puree edamame with avocado, lemon juice, garlic, and a pinch of cayenne pepper. Spread in a split warmed whole-wheat pita (such as Food for Life brand) and fill with shaved fennel and red bell pepper strips.
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Blueberry Banana Smoothie with Kale (found on CleanCuisine.com)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Mexican Style Seared Tempeh with Salsa Verde (see recipe on page 387 of *Clean Cuisine*)
- Steamed black rice
- Baby Carrots roasted in Poblano Chile and Pumpkin Seed Mole Sauce (see recipe on page 355 of *Clean Cuisine*)
To roast baby carrots, preheat oven to 350 degrees. Toss about 2 cups of baby carrots on a rimmed baking sheet with about 3 tablespoons of mole sauce. Season with salt and pepper. Roast for 30 to 35 minutes, until carrots are crisp tender and browned. Serve warm.
- Glass of wine, water or sparkling mineral water
- Chopped mango with a small scoop of dairy-free chocolate coconut-based ice cream (such as Coconut Bliss)

Tuesday

Breakfast:

- Pumpkin Pie Smoothie (see recipe on next page)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Pumpkin Pie Smoothie Recipe

Yields 1 large serving or 2 small servings

- 1 frozen banana, chopped
- ¼ cup raw pecans
- ½ cup ice cold water
- ½ cup organic pumpkin puree (or fresh roasted pumpkin)
- 4 to 5 pitted dates
- Pinch of unrefined sea salt
- 1/16 teaspoon each of cinnamon, allspice, nutmeg and ground cloves
- 5 ice cubes

1. Place all ingredients except for ice cubes in a high speed blender. Process for at least 1 minute, until ingredients are smooth and creamy. Add ice cubes and process again. Drink at once.

Lunch:

- California Cobb Salad
 - On a large bed of chopped romaine lettuce arrange the following ingredients: chopped avocado, chopped hardboiled organic pastured egg, chopped sundried tomatoes, frozen organic corn kernels (thawed), frozen organic edamame beans (thawed), chopped red peppers, and chopped hearts of palm.
- Dress salad with Creamy Herb Dressing (see recipe on page 321 of *Clean Cuisine*)
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Glow Glow Green Smoothie (found on CleanCuisine.com)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Baked Salmon Burgers with Chive “Cream” Sauce (see recipe on page 365 of *Clean Cuisine*) with sliced tomatoes on a toasted sprouted whole grain bun
- Large serving of roasted asparagus
- Glass of wine, water or sparkling mineral water
- Raspberries with shredded unsweetened coconut and shredded dark dairy-free chocolate (such as “Beyond Organic Chocolate” with flaxseeds. Go to GoBeyondFoods.com to learn more.)

Wednesday

Breakfast:

- Ezekiel 4:9 Sprouted Whole Grain Cereal (Cinnamon Raisin)
- Chopped apple
- 1-Minute Pecan Nut Milk (see recipe on page 306 of *Clean Cuisine*)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Large serving of steamed spinach drizzled with extra virgin olive oil
- Easy Quinoa Salad:
Toss cooked whole grain quinoa with a drizzle of olive oil and a splash of red wine vinegar. Stir in 1 chopped hardboiled organic pastured egg, capers, kidney beans, sliced black olives, chopped bell peppers and cucumber, lemon juice and chopped parsley. Sprinkle on 2 tablespoons of freshly grated Parmesan (optional)
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Mango Spice Cake Super Green Smoothie (see recipe on page 345 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Slow Cooker African Peanut, Red Lentil and Turkey Stew (see recipe on page 379 of *Clean Cuisine*)
- Large watercress salad with Garlic-Herb Salad Booster (see recipe on page 319 of *Clean Cuisine*) or [Clean Cuisine's Savory Salad Booster](#)
- Gluten-Free Chewy Flourless Chocolate Cookies (found on [CleanCuisine.com](#))

Thursday

Breakfast:

- Shredded Wheat Cereal with:
Chopped pecans
Chopped apricots
Chopped dried apples
- 1 Minute Macadamia Nut Milk (see recipe on page 306 of *Clean Cuisine*)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Perfect Baked Potatoes Stuffed with Steamed Broccoli Florets and Hummus (see recipe on page 323 of *Clean Cuisine* for "Perfect Baked Potatoes")
- Roasted Zucchini OR Roasted Zucchini Soup with Tarragon and Lime (see recipe on page 332 of *Clean Cuisine*)
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Blueberry Ginger Cocktail SuperGreen Smoothie (see recipe on page 345 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Summer Panzanella Salad with Pan-Seared Salmon and Organic Corn (see recipe on page 391 of *Clean Cuisine*)
- Glass of wine, water or sparkling mineral water
- Sliced peaches
- Almond Butter Cacao Truffles (such as Two Moms in the Raw brand)

Friday

Breakfast:

- Cooked hot millet with cinnamon
- Fresh chopped apple
- 1-Minute Pecan Nut Milk (see recipe on page 306 of *Clean Cuisine*)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Smoky Tex-Mex Slow-Cooked Vegetarian Chili (see recipe on page 338 of *Clean Cuisine*) or [“Fig Food Co.” Tuscan White Bean Soup](#)
- Chopped romaine lettuce salad with red peppers, carrots, radishes, and pecans. Drizzle with lemon juice and avocado oil or extra virgin olive oil
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- It’s Easy Being Green SuperGreen Smoothie (see recipe on page 349 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- River House-Style Baked Grouper with Brandied Bread Crumbs in Parchment (see recipe on page 397 of *Clean Cuisine*)
- Gingered Brussels Sprout Hash with Golden Raisins (see recipe on page 414 of *Clean Cuisine*)
- Glass of wine, water or sparkling mineral water
- Key Lime, Blueberry & Coconut Cloud Custards (see recipe on page 434 of *Clean Cuisine*)

Saturday:

Breakfast:

- Oil-Free Granola (such as “Blueberry” by Two Moms in the Raw)
- Fresh chopped peaches
- Homemade hemp milk (see recipe on page 306 of *Clean Cuisine*) or store bought hemp milk (such as Pacific Naturals)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Garlic and Carrot Soup (see recipe on page 334 of *Clean Cuisine*)
- Asian Chopped Salad:
Combine the following ingredients on a large cutting board and use a mandolin (or knife) to chop: baby spinach leaves, romaine lettuce, snow peas, carrots, red onions, orange slices, and extra firm tofu cubes. Put chopped ingredients in a large serving bowl. In a small bowl, whisk together 2 teaspoons toasted sesame oil, ¼ teaspoon raw honey, 1 teaspoon rice wine vinegar, ¼ teaspoon 5 Spice Powder and a dash of soy sauce. Drizzle vinaigrette on top of salad, toss ingredients together and add sesame seeds.
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Citrus Splashy SuperGreen Smoothie (see recipe on page 344 of *Clean Cuisine*)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Petite grass-fed filet mignon
- Olive oil and Kale Mashed Potatoes (see recipe on page 420 of *Clean Cuisine*)
- So Easy Eggplant Pizzas (see recipe on page 416 of *Clean Cuisine*)
- Glass of wine, water or sparkling mineral water
- Pumpkin Custard (see recipe on page 432 of *Clean Cuisine*)

Sunday

Breakfast:

- Spaghetti Squash and Veggie Omelet (found on CleanCuisine.com)
- Green Tea or Coffee with a little organic pastured milk or pastured cream

Lunch:

- Curried Kale Chips (see recipe on page 402 of *Clean Cuisine*)
- “Clean Cuisine” Quesadilla (see recipe on page 341 of *Clean Cuisine*) filled with smashed black beans, shredded carrots and 2 tablespoons of shredded organic cheese
- Sparkling mineral water (such as San Pellegrino) or green tea (try it iced)

Snack:

- Glow Glow Green Smoothie (found on CleanCuisine.com)
- *Optional snack: If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/raw seeds and fruit or half of a No-Milk Shake (see recipes on pages 310-314 of Clean Cuisine)*

Dinner:

- Large mixed green salad with cucumbers, grape tomatoes, red onions and a drizzle of extra virgin olive oil and balsamic vinegar
- Blake's Seafood Thai Chowder (see recipe on page 396 of *Clean Cuisine*)
- Glass of wine, water or sparkling mineral water
- Dairy Free Chocolatey Cupcake with Vegan Frosting (found on CleanCuisine.com)