

# Clean Eating Edition

# MEAL PLAN

3 DAYS TO A LIGHTER, HAPPIER YOU!



NOURISHED BY ALYSSA BAUMAN

# Welcome



Welcome to the 3-day Clean Eating Meal Plan!

Easy, repeatable recipes help you cook less and eat oh-so Nourished all three days. You will learn how healthy food helps you feel and look your absolute best in just 3 days.

**Healthy is delicious.**  
**Let's make healthy your habit.**

I became a certified holistic nutritionist because of my fascination with how food affects the body and how the body has the marvellous ability to heal and care for itself when fueled properly. With over 15 years of experience in this field, I will help you every step of the way.

**Alyssa Bauman**  
**#nourishedalyssa**  
**www.Nourished.ca**



# GROCERY LIST

## LEAFY GREENS

- 1 bunch of Kale
- 1 large bunch of Spinach
- 1-2 bunches of Cilantro
- 1 small bunch of Basil
- 1 large Spinach Bunch
- 1 bunch of Celery
- 1 bunch of Green Onions
- Bean Sprouts (optional)
- 2 stalks of Lemongrass

## ROOT VEGES

- 2-3 Carrots
- 3 Sweet Potatoes
- 1 head of Cauliflower
- A hand size of Fresh Ginger
- 2 Cucumbers
- 2 packs of Cherry Tomatoes
- 1-2 Red Bell Peppers
- 3 Onions
- 2 Heads of Garlic
- 1 Jalapeno (optional)
- 3 Limes
- 2-4 Lemons
- 1 large Avocado
- 3 Limes

## PROTEINS

- 2-4 boneless skinless Chicken Breast  
(for vegan, replace with extra firm tofu)
- Hemp Seeds
- Chia Seeds
- Small bag of ground Flax Seeds
- Sliced Almonds
- Pumpkin Seeds
- Chia Seeds
- Small bag of Cashews
- Walnuts
- Organic almond butter or peanut butter



# GROCERY LIST

## DRY GOODS

- Unsweetened Coconut Flakes
- Rolled Oats
- Gluten Free Pasta
- Dried fruit—cherries, raisins, cranberries (your choice, get creative!)
- Dates
- 2 cans of Coconut Milk (full fat)
- Red Curry Paste
- 1 Jar of Roasted Red Peppers
- 24 ounce jar of crushed Tomatoes
- 1 can of chickpeas
- 2 tetra paks (boxed) of Vegetable stock
- Virgin Coconut Oil
- Olive Oil
- Soy Sauce
- Fish Sauce, omit if Vegan
- 2 Tetra packs coconut water
- Choice of Plant Based Milk

## FROZEN SECTION

- Frozen Blueberries
- Frozen Pineapple
- Frozen Cauliflower

## SPICES

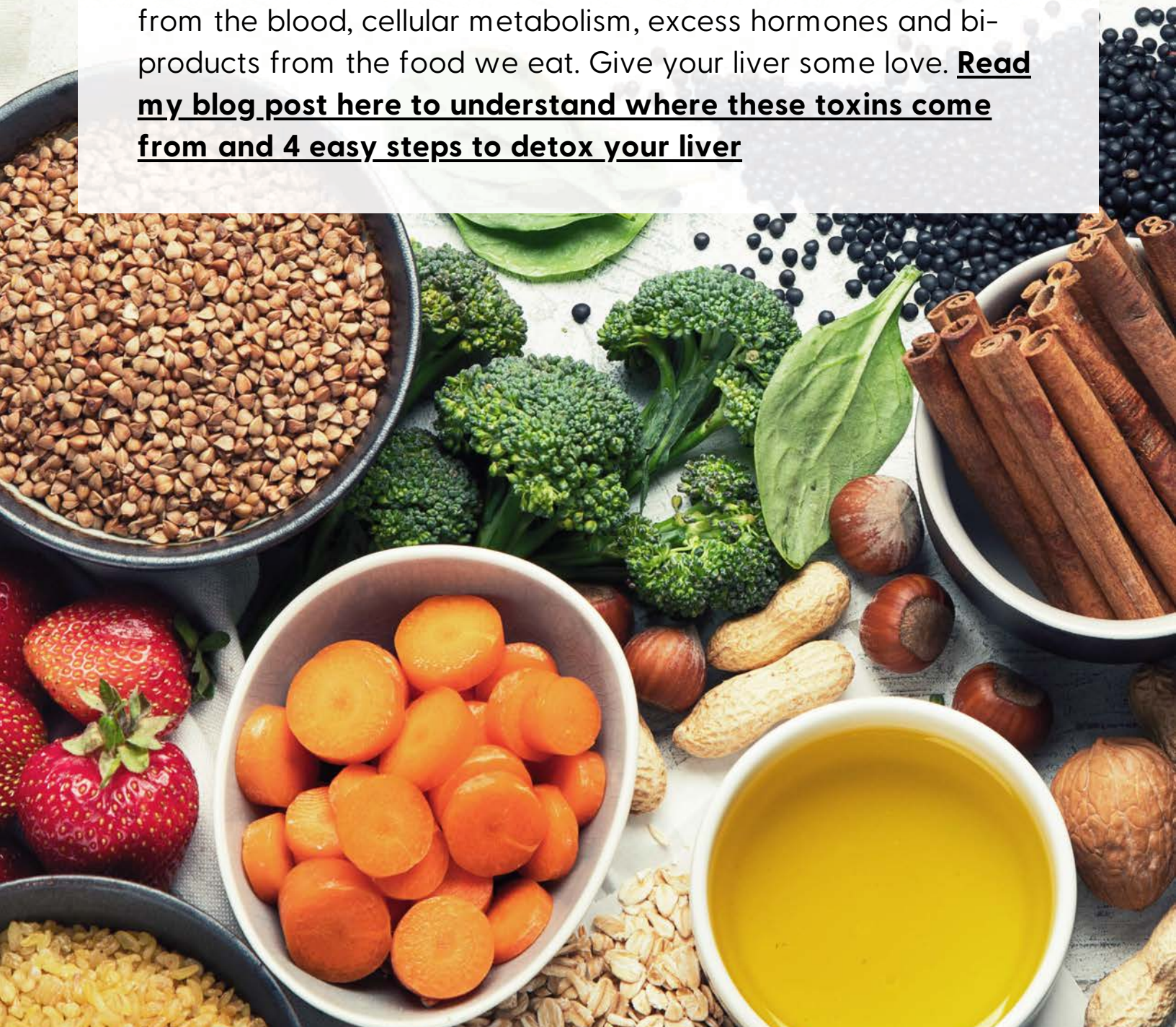
- Vanilla Extract
- Cinnamon
- Curry Powder
- Bay Leafs
- Lime leafs
- Nutritional Yeast (yellow powder)





# Detox thy Liver!

Detoxing is always a huge subject. Besides your heart, your liver is the hardest working organ in your body—it has over 500 vital functions. It is constantly working to clear away toxins, wastes from the blood, cellular metabolism, excess hormones and bi-products from the food we eat. Give your liver some love. **[Read my blog post here to understand where these toxins come from and 4 easy steps to detox your liver](#)**







# CLEAN EATING 101

YOUR 3-DAY MENU

## DAY 1

BREAKFAST

OVERNIGHT SUPERFOOD SENSATION

LUNCH

SWEET POTATO CHICKPEA CURRY

DINNER

THAI CURRY TOM YUM SOUP

SNACK

GREEN GO GO JUICE

## DAY 2

BREAKFAST

CINNAMON TOAST CRUNCH  
GREEN SMOOTHIE

LUNCH

CREAMY ROSÉ PASTA

DINNER

THAI CURRY TOM YUM SOUP

SNACK

GREEN GO GO JUICE

## DAY 3

BREAKFAST

OVERNIGHT SUPERFOOD SENSATION

LUNCH

ALMOND CHICKEN SOUP  
LOADED WITH GREENS

DINNER

CREAMY ROSÉ PASTA

SNACK

PERFECT PROTEIN SMOOTHIE

# BREAKFAST + SNACK RECIPES

## OVERNIGHT SUPERFOOD SENSATION

*1/2 jar per serving*

### INGREDIENTS

- 1/3 cup Hemp seeds
- 1/3 cup Chia seeds
- 1/3 cup Coconut flakes (unsweetened)
- 1 tbsp Cinnamon
- 1 tbsp Rolled oats
- 1 tsp fav unsweetened dried fruit (cherries, raisins, cranberries)
- 1 cup frozen Blueberries
- 1-1.5 cups plant Milk
- 1-2 tbsp fave nuts & seeds: sliced almonds, crushed pecans or walnuts, pumpkin seeds



### DIRECTIONS

- 1) Take a 1/2 litre or 500 ml glass jar (medium mason jar) and layer hemp, chia, coconut flakes, cinnamon, oats, dried fruit and cover tightly.
- 2) Give all dry ingredients a nice shake so it's mixed evenly.
- 3) Add frozen blueberries. Give it another lil' shake.
- 4) Slowly add milk and let it seep down. Use a spoon to form a tunnel to help milk get to bottom of jar.
- 5) Once milk is at top of the jar, cover and refrigerate. After about 3 hours, it is ready to eat.
- 6) Dish it into a bowl or eat out of the jar. (1/2 jar is the perfect serving size.) Add nuts and seeds before eating so they don't get soggy.

**TIP:** I find frozen has more flavour. Add nuts + seeds before serving. My kids like it with just a smidge of maple syrup since this recipe has no added sugar. I ease off on the oats as I find it makes me feel really full and sluggish, so I bulk this up with chia seeds and hemp seeds and I absolutely love how these sensational superfood seeds make me feel. **[Find out here why I love chia seeds so much with an awesome snack recipe!](#)**

# BREAKFAST + SNACK RECIPES

## CINNAMON TOAST CRUNCH GREEN SMOOTHIE

2 servings

### INGREDIENTS

- 1/2 cup Coconut water
- 1/2 cup Almond or **HEMP MILK\*\***
- 2 tbsp Hemp seeds
- 1 tbsp ground Flax seeds
- 1 tbsp raw organic Almond Butter
- 1/2 Avocado (optional)
- 1 cup organic Spinach
- 1 tsp ground Cinnamon
- 1 pinch sea Salt
- 2 Dates pitted
- 1/2 tsp pure Vanilla extract



### DIRECTIONS

- 1) Blend all ingredients.
- 2) **\*\*Try my quick Hemp Milk Recipe! (Click Here)**. It is an amazing milk alternative, high in protein and a super cinch to make.

### BENEFITS

Got a cereal craving? This amazing green smoothie tastes as much like the famous cereal as possible, minus the crunch. Try these **fast breakfast/snack recipes on my recipes page!** Have delicious smoothies and bites in a pinch minus the crazy sugar, preservatives, fillers, pesticides, chemicals, etc.

**Sweet cravings got you worked up? Try these sugar swaps (with recipes) on my blog!**



# BREAKFAST + SNACK RECIPES

FEATURED FROM THE A TO B FOUNDATION PLAN!

## GREEN GO GO JUICE

4 servings

### INGREDIENTS

1 handful Spinach  
1 handful Kale  
1 Lemon peeled  
1/4 Cucumber  
1-2 stalks Celery  
1 thumb Ginger peeled  
1-10 leaves Fresh Parsley or Cilantro  
1 cup Frozen Pineapple or Mango  
5-6 cups Coconut water or mix of  
water and Coconut water

### DIRECTIONS

1) Fill blender with  
water/coconut water  
mix.  
2) Add ingredients.  
3) Blend until smooth.



## GREENS, GLORIOUS GREENS!

I love green juice (it's actually a smoothie.) and so will you. **It is the foundation of your day and my A to B Foundation Program (find out more here!).** It is the answer to my every worry (well mostly); therapy in a glass; the secret to healthy eating and if drank on a daily will help with weight loss, elimination, food cravings, stress, better sleep, radiant skin and so much more. If there is one thing to do to be your best self, start drinking a green smoothie on the daily. EVERY. SINGLE. DAY. The intention alone to make this a priority will begin the shift towards a healthier mindset.

**Find out 5 ways to fit Green Smoothies into busy lives and why it's so good for you!**

# BREAKFAST + SNACK RECIPES

## MOST PERFECT PROTEIN SMOOTHIE

2 servings

### INGREDIENTS

1 1/2 cups Almond milk (unsweetened)

1/4 cups Hemp seeds

2 tbsp Chia seeds

1/2 packet Frozen acai (optional)

1/2 cups Frozen blueberries

1/2 cups Frozen cauliflower

1 tsp Cinnamon

1 tsp Vanilla extract

3-4 Ice cubes

2-3 Dates



### DIRECTIONS

1) Add the almond milk to the blender first, then the other ingredients. Blend until smooth.

### BENEFITS

Filled with detox-supportive fiber, chia seeds, this smoothie provides the best plant source of those fabulous Omega-3s ! They protect your heart, brain, skin, joint health and are known to aid in weight loss. Aside from the basics like cutting sugar and refined carbs completely, these tried and true tricks will help those pants fit a lil looser in no time. **Seriously, follow these effective weight-loss tips for a week and see the difference yourself.**

If you're ready to make a solid change with a full makeover of your diet and lifestyle and kick the never-ending unhealthy cycle from your life **then just message me here.** I'll be happy to give you a solid plan to help you become a stronger, healthier version of yourself (inside and out)!





# LOOKING FOR MORE ENERGIZING BREAKFASTS?

Check out more [Nourishing Breakfasts on the blog](#). Also, bake [these Wheat Free, To-Die-For Blueberry Muffins](#) for the perfect snack or on-the-go breakfast.



# LUNCH + DINNER RECIPES

## SWEET POTATO CHICKPEA CURRY

4 servings

### INGREDIENTS

1 cup Sweet potatoes (diced in cubes)  
3 cloves Garlic (minced)  
2 tsp Ginger (minced)  
1 24 ounce jar of crushed tomatoes  
1 tbsp Curry powder  
1 cup Cooked chickpeas  
1 tbsp Coconut oil  
3 cups Cauliflower  
1 bunch Kale (chopped)  
1-2 cups Vegetable stock  
1 Onion (diced)  
1 Bay leaf  
1 Small jalapeno (optional) Cilantro (chopped)  
Squeeze of lime



### DIRECTIONS

- 1) Heat the coconut oil in a large pot over medium heat.
- 2) Add the onions and cook slowly. Cook until translucent, about 6-7 minutes.
- 3) Add the curry powder and bay leaf and cook, stirring often, for 3 more minutes.
- 4) Add the garlic, ginger and jalapeno to the pot. 5) Stir and cook until fragrant, constantly stirring to avoid burning the garlic.
- 6) Add the sweet potatoes and cauliflower to the pot and stir.
- 7) Season with lots of salt and pepper and add the crushed tomatoes.
- 8) Add 1 cup of vegetable stock—maybe more later.
- 9) Stir and bring to a boil. Lower the heat and simmer. Cook until the potatoes are just tender, about 40 minutes.
- 10) Add the chickpeas and diced kale, and simmer until greens have wilted. Check to adjust salt and pepper and more curry. Garnish with chopped cilantro and a squeeze of lime. Savour.

# LUNCH + DINNER RECIPES

FEATURED FROM THE GLOW-UP CHALLENGE E-BOOK!

## CREAMY ROSÉ PASTA

4 servings

### INGREDIENTS

- 1 cup Olive oil
- 6-8 cups Cherry Tomatoes, halved
- 2 Red Peppers, sliced thinly
- 4 cloves Garlic, sliced
- 1 cup Cashews (soaked for at least 15 minutes)
- 1 cup fresh Basil, ripped
- 2 tbsp Nutritional Yeast
- 2 tsp sea Salt
- 2 large roasted Red Peppers (from a glass jar. Different than the tomato mixture above).
- 1 Package gluten-free Pasta



### DIRECTIONS

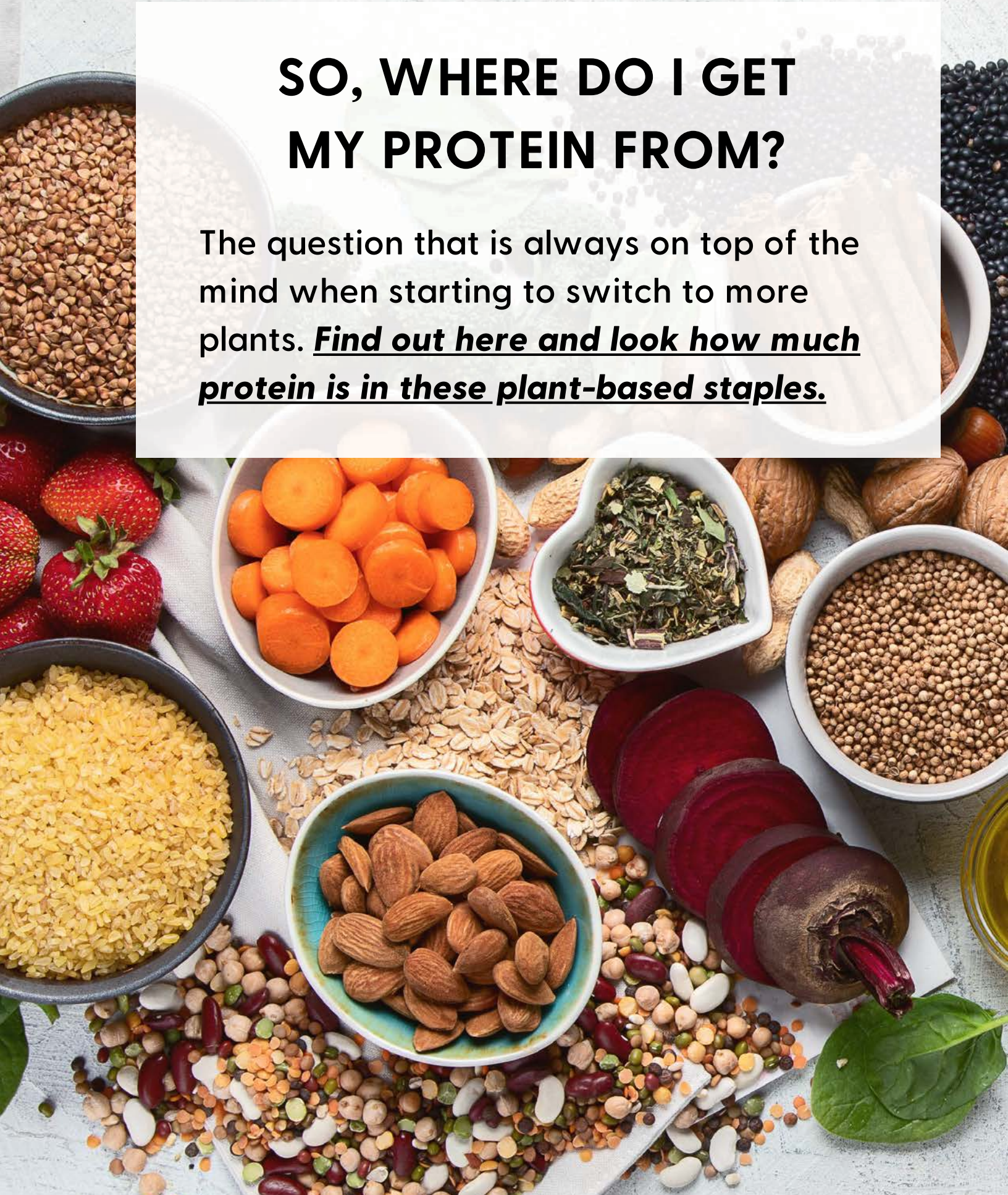
- 1) Coat tomatoes and peppers with 3 tbsp of olive oil, half the garlic and salt and mix well.
- 2) Sauté 30 or so minutes until tomatoes and peppers are blistering and watering. And set to low.
- 3) Drain cashews. Add the water into a large pot, saltwater and boil.
- 4) Once boiled, add pasta.
- 5) Add cashews, roasted (jarred) red peppers, nutritional yeast, salt, 1/3 cup water and remaining garlic and olive oil to blender and blend until smooth.
- 6) Once pasta is done, drain but make sure to reserve a little bit of pasta water.
- 7) Add pasta back to the pot, add tomatoes and peppers, salt, pepper and pour sauce slowly to coat.
- 8) Don't add all sauce. If you want more, you can add it later.
- 9) Add basil and mix.
- 10) Salt and pepper to taste.

**TIP: The leftover sauce is easily frozen to use again.**



# SO, WHERE DO I GET MY PROTEIN FROM?

The question that is always on top of the mind when starting to switch to more plants. ***Find out here and look how much protein is in these plant-based staples.***





# LUNCH + DINNER RECIPES

## ALMOND SOUP LOADED WITH GREENS

4 servings

### INGREDIENTS

- 2 cups Chicken stock or vegetable broth
- 1/2 Yellow Onion diced
- 1 clove Garlic minced
- 2 cups large Sweet Potato peeled and diced
- 8 oz. Chicken breast, boneless and skinless (or extra firm tofu)
- 1/2 cup smooth organic Almond Butter
- 1 cups Kale chopped
- 2 tbsp fresh Ginger minced
- Coarse Salt and freshly ground Black pepper
- 1 Lime cut into wedges



### DIRECTIONS

- 1) Combine the stock, onion, garlic, and sweet potato in a stockpot and bring to a boil.
- 2) Reduce the heat to a simmer and add the chicken, if not using chicken, skip this step.
- 3) Cover and simmer for 20 minutes until the chicken is cooked through.
- 4) In a small bowl, whisk together the almond butter and 1/2 cup of the soup mixture into a thick paste.
- 5) Add ginger to the soup and bring to a boil, then add tofu and reduce the heat and simmer, covered, for 5 minutes.
- 6) Stir in the almond butter paste.
- 7) Season with salt and pepper.
- 8) Ladle the soup into bowls, and squeeze with a lime wedge.

**TIP: This soup is easily veganized using extra-firm tofu. Double and Freeze!**

# LUNCH + DINNER RECIPES

FEATURED FROM THE A TO B FOUNDATION PLAN!

## THAI TOM YUM SOUP

4 servings

### INGREDIENTS

- 2 14 oz. cans Coconut milk
- 1 tbsp Thai Red curry paste
- 2 Chicken breasts or 1 package extra-firm tofu, cubed
- 2 cups bone Broth or veggie Broth
- 1 handful Bean sprouts
- 2 stalks Lemongrass
- 2 Limes (zest and juice)
- 1 thumb fresh Ginger
- 1 Carrot (shredded)
- 2 kefir Lime leaves
- 1 bunch Cilantro roots
- 1 box brown Rice Noodles
- 1 bunch Cilantro leaves
- 2 Green Onions (sliced)
- 1 handful leafy Greens
- 1 dash Soy sauce+2 tbsp Fish sauce, omit if vegan



### DIRECTIONS

- 1) Scoop the thick coconut cream from the top one cans into a large stockpot set over medium-high heat.
  - 2) Melt the cream, add the curry paste and stir for a few minutes until they begin to sizzle.
  - 3) Add the cilantro roots and chicken (or tofu) and sauté until the chicken is cooked through (or tofu seems nicely cooked), about 5 minutes.
  - 4) Add the coconut milk from both cans along with the bone broth, carrot, lime leaves, lemongrass, fish sauce and lime zest and juice. Grate the frozen ginger into it.
  - 5) Simmer for 20 minutes or so. Stir in the bean sprouts. Add the rice noodles, gently pushing them beneath the surface of the broth. Turn off the heat and let stand until the noodles soften about 5 minutes.
- TIP: Rice noodles don't need to cook like pasta; they just need to rehydrate in hot liquid.**
- 6) Remove the lemongrass stalks and Kefir lime leaves. Stir in most of the cilantro leaves.
  - 7) Taste and season with soy sauce as needed.
  - 8) Ladle into large bowls and garnish with the green onions, leafy greens and remaining cilantro leaves



A top-down view of a white bowl with a black rim, filled with ramen. The bowl contains yellow noodles in a light-colored broth, topped with sliced mushrooms, cubed white tofu, and a generous amount of bean sprouts. A red chili powder or sriracha is sprinkled over the ingredients. A portion of seaweed is visible on the left side of the bowl. The bowl is placed on a light-colored, textured surface.

# WANT MORE NOURISHING BOWLS TO COZY UP TO?

Check out more [Nourishing Bowls on my blog](#). Also, try this superfood powerhouse [Miso Ramen Soup with Shitake Mushrooms](#) for those cold nights. YUM!





# The Motivation

## A Dose of Monthly Inspiration

# You Got This

WHOLE FOOD + SIMPLE INGREDIENTS + EASY PREP = AMAZING FLAVOURS.  
THIS IS HOW FOOD SHOULD TASTE.

Easy as A to B. Sometimes? I know it can be overwhelming to manage your health and your family's health on a consistent basis. That's why I devised The Motivation.

The Motivation is a monthly subscription service providing tips, tools and strategies to keep you inspired to stay on track nourishing yourself and the FamJam. Each month you will receive access to themed, curated and unique content that will help you stay focused and connected to your healthy habits.

Month by month, we will be adding to, building on and reinforcing the infrastructure of your core health—think stronger, healthier and more radiant. **Remember ... It is the small, yet daily decisions that lead to change.**

**The Motivation is your Reminder.**

NOURISHED BY ALYSSA B

# What's Next?

Want consistent results? Check out how you can become a health warrior!



## The Motivation A Dose of Monthly Inspiration

### The Motivation Newsletter

What's included:

- Motivation and essential how-to content
- Curated links for each theme
- Easy, Repeatable recipes
- Reminders to make these principles part of your day-to-day



## The A—B Foundation

### A to B Foundation Plan

4 Week Custom Meal Plan  
includes:

- A unique approach to self-direction and individualized support.
- Boost Your Knowledge
- Learn to listen to your body
- Build your Healthy Habits



## 1 on 1 Session With Alyssa Bauman

### The Personalization

An hour of direct coaching with various sessions.

- Embark on a new health journey
- Refresh your current routine,
- Understand your goals and current roadblocks
- Incorporate new, simple habits
- Support your overall nutrition and wellness path.

## *The Glow-Up Challenge*

### The Glow-Up Challenge (Coming Soon!)

Your guide to a more radiant self with a 2 Week Glow-Up Challenge! Learn how to prevent those pesky skin problems and get that glow on!

- Your 2 Week Meal Plan
- Printable Calendar + Grocery List
- Pro Tips for the best skin ever
- Valuable Nutrition for glowing skin



# Testimonials



LISTEN

"Alyssa saved my life. Sounds dramatic - but it's true. With a sketchy family health history and a terrible relationship with food, I was slowly packing on pounds and losing sight of me. As we started planning our family, there was a sense of purpose to have a healthy, happy pregnancy and set the right foundation to ensure a positive trajectory. I now understand my challenges. They are personal, and run deep, but with the guidance and support of Alyssa I have become my priority and have never felt better - both before, during and post pregnancy. The best part is the opportunity to instill a healthy foundation for my daughter - I'm exceptionally grateful."

**JENNIFER P, TORONTO, ON**



TRUST

"I have had a chronic thyroid issue for years. I finally got the courage up to get some help. I signed up with Alyssa and her 6-month program. She taught me lifestyle changes like how to eat healthier and reduce the junk that I have been consuming for years which has caused my problem. I am now more physically active, feel so much better and haven't had to take the awful meds I was prescribed. I feel like I have a new lease on life and am so grateful."

**JULIE ALVAREZ, SAN FRANCISCO, CA**



KNOW

"Working with Alyssa has changed my and my families lives for the better forever. I never knew what to feed my girls. She has given me the inspiration to make the lifestyle changes I need to get my family back on a healthy track. I never would have thought but I have both my little girls in the kitchen asking for the 'yummy' food we made together with Alyssa. And not only do they chug her green go-go juice everyday, but they ask for it. We have always been a vegetarian family and after Alyssa came in, I finally feel confident we are getting all the nutrients we need. Alyssa has transformed our lives and we are so lucky to have worked together."

**STEPHANIE M, RICHMOND, BC**



FEEL

# Thank you

Thank you for joining me on your road to a healthier you! As a thank you, I have a special offer for my subscribers!

**Take 20% off any program. Let's get you started NOW.**  
**Use Code: WELCOME21**

Was this meal plan helpful for you? Please tag me on Instagram using **#nourishedbyalyssa** so I can see your love!

Did you know having a professional nutritionist on your side will not only help keep you accountable but boost YOUR progress?  
Click below to join now.

**JOIN TODAY!**

Get weekly Inspiration!

Get the Latest Recipes!

**NOURISHED BY ALYSSA B**