



# Back to School MEAL PLANNER

5 Easy Dinners You and Your Family will Love



Jo Schaalman and Jules Peláez

# Welcome!

We're Jo and Jules,  
Co-Founders of the  
Conscious Cleanse!



*Thank you for downloading our Back to School Meal Planner: 5 Easy Dinners You and Your Family will Love!*

It's back to school time and that means it's time to get back into a healthy routine.

We love summer and all the fun-filled activities, but there is something refreshing about getting back into a predictable schedule and family rhythm.

One of our most favorite healthy rituals is family dinner time! That's why we created this 5-day meal planner for quick and easy dinners - so you can spend more quality time with your family and less time stressing about what to feed them.

Inside you'll find five of our favorite dinner meals along with two bonus recipes for our go-to raw salad and roasted veggies. These are the perfect addition to any meal and help fill our plates with veggies, veggies, and more veggies.

On page 8 you'll also find a shopping list for all these meals to make your trip to the grocery store that much easier. Print it out, hit the store, and consider dinners done for the week.

With love and healthy eats,

*Jo & Jules ♥*

Jo Schaalman and Jules Peláez,  
Founders of the Conscious Cleanse

PS - Want to take your health up a notch? Join us for the next LIVE Conscious Cleanse starting September 12. Learn more [HERE](#).



BACK TO SCHOOL



# 5-DAY MEAL PLAN



Say goodbye to stressful family meal planning. We've got you covered. Enjoy this 5-day meal plan as a guide, but feel free to modify it to fit the needs and preferences of your family.

MONDAY	Deconstructed Veggie Burrito - meatless Monday, anyone?
TUESDAY	Ginger Broiled Salmon with a side of Roasted Veggies and Super Big Easy Green Salad
WEDNESDAY	Sweet 'n' Spicy Pull-Apart Chicken with a side of leftover Roasted Veggies and Super Big Easy Green Salad
THURSDAY	Curried Carrot Soup topped with some steamed kale and leftover Sweet 'n' Spicy Chicken
FRIDAY	Lamb Tagine with a side of sautéed spinach



# Deconstructed Veggie Burrito

Yield: 4 servings

## Ingredients:

- 1 1/3 cup of **quinoa**, cooked according to the package directions
- 4 cup of shredded romaine lettuce
- 4 cup of broccoli, chopped
- 2 cups of black beans (if using canned, drain and rinse)
- Pico De Gallo salsa, pre-made from grocery store
- Guacamole, pre-made from grocery store
- **Sea salt** and freshly ground black pepper
- Juice of 1 lime
- Cilantro for garnish

**Instructions:** Using a steamer basket in a large pot filled with 1 inch water, add broccoli, cover, and steam over medium high heat for 2 minutes. In a medium skillet, heat up the black beans and quinoa. Add salt & pepper to taste. Serve everything in a bowl with fresh salsa, romaine lettuce and guacamole. Squeeze lime on top and garnish with cilantro

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# Ginger Broiled Salmon



Yield: 4 servings



## Ingredients:

- 2 TB **coconut oil**
- 1/2 cup water
- 4 tsp minced ginger
- 2 TB Ume plum or **apple cider vinegar**
- 4 (6 oz) wild salmon fillets

**Instructions:** In a small bowl, combine coconut oil, water, ginger, and Ume plum vinegar. Place wild salmon fillets in a shallow baking dish, cover with marinade, and refrigerate for 30 minutes. Preheat the broiler. Remove salmon from the refrigerator, and broil skin side down 3 or 4 inches from the heat source for 6 to 8 minutes. Baste with remaining marinade once or twice while broiling. Use any remaining baking pan juices as a sauce, and serve alongside steamed veggies or with a salad.



# Sweet 'n' Spicy Pull-Apart Chicken



Yield: 5-6 cups

## Ingredients:

- 1 large onion, peeled and sliced thin
- 2 lbs boneless, skinless chicken breasts (about 5-6 breasts)
- 1 ¾ cup chicken or vegetable stock, divided
- 2 tsp **sea salt**, divided
- 1 tsp **paprika**
- ½ tsp **ground coriander**
- ½ tsp **ground cumin**
- 2 ½ tsp **garlic powder**, divided
- ¼ tsp **cayenne pepper**
- 4 large carrots, peeled and sliced into discs (about 2 cups)
- 1 cup water
- 2 TB **blackstrap molasses**
- 2 TB **pure maple syrup** (or honey)
- 1 TB **apple cider vinegar**
- 1 ½ tsp smoked paprika
- ¼ tsp black pepper
- 1 head Bibb lettuce or romaine lettuce
- 1 small cucumber, chopped
- 1 bunch cilantro, chopped
- Juice of 1 lime
- Green onions, chopped (optional)
- Red cabbage (optional)
- Brown mustard (optional)

**Instructions:** Place onion slices on the bottom of the slow cooker. Top with whole chicken breasts. Pour ¼ cup stock over the top. In a small bowl, stir together 1 teaspoon sea salt, paprika, coriander, cumin, ½ teaspoon garlic powder, and cayenne pepper. Sprinkle these spices over chicken and cook on low for 5-6 hours.

After chicken has been cooking for about 4 ½ hours, begin the sauce by adding 1 1/2 cup stock and water to medium saucepan. Add carrot slices and bring to a boil. Simmer for about 15-20 minutes or until carrots are soft enough to skewer with a fork.

Meanwhile, in a large bowl, mix together molasses, maple syrup (or honey), apple cider vinegar, 2 teaspoon garlic powder, 1 teaspoon sea salt, smoked paprika, and black pepper.

Being careful to reserve broth, drain softened carrots. Add cooked carrots to a food processor fitted with an S-blade, along with 4 tablespoons of carrot broth. Blend until creamy. Add blended carrots (about 1 cup), as well as 1 tablespoon carrot broth to large bowl with sauce ingredients and mix well with a spatula or spoon.

At the 5-hour mark, check to make sure the chicken is cooked (there should be no pink flesh and an inserted thermometer should read 160 – 165 degrees F). If chicken needs more time, allow it to cook for another 30-45 minutes. If the chicken is cooked, add sauce to slow cooker and use two forks to shred the chicken and mix in the sauce. Let cook for another 10 minutes.

Spoon ½ cup filling onto 1 lettuce leaf and top with cucumber, cilantro, a squeeze of lime juice, or any optional topping. Roll or fold in half, and serve.

Store in refrigerator for up to 5 days or in freezer for 2 months.

Variation: For more heat, add ¼ – ½ teaspoon crushed red pepper flakes to chicken while it cooks.



# Super Big Easy Salad

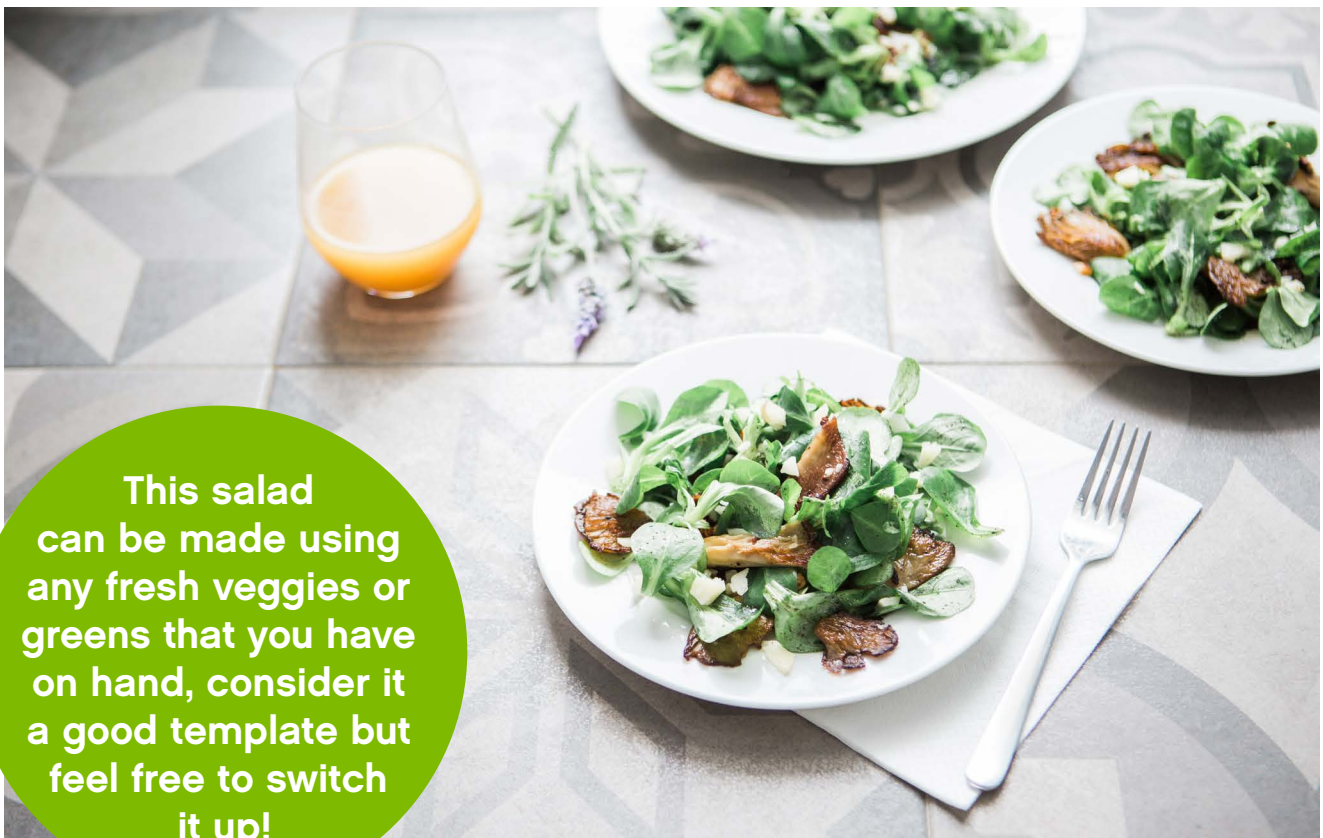
Yield: 8 servings



## Ingredients:

- 6 large fistfuls spinach, arugula, romaine, or a combination
- 2 cups radishes, cucumbers, carrots, sprouts, fresh herbs, or your favorite mixed vegetables
- 4 TB hemp seeds, ground flaxseeds, walnuts, cashews, or your favorite seeds or nuts
- 4 TB freshly squeezed lemon juice
- 4 TB **hemp seed oil** or **flaxseed oil**
- **Sea salt**, to taste
- Freshly ground black pepper, to taste

**Instructions:** In a large bowl, combine spinach, mixed vegetables, and hemp seeds. In a small bowl, combine lemon juice, hemp seed or flaxseed oil, sea salt, and black pepper to make dressing. Toss salad with dressing and serve.



This salad can be made using any fresh veggies or greens that you have on hand, consider it a good template but feel free to switch it up!



# Curried Carrot Soup



Yield: 8 bowls



## Ingredients:

- 3 TB. **coconut oil**
- 2 tsp. **curry powder**
- 8 medium carrots, peeled and sliced thin
- 4 medium stalks celery, chopped
- 1 medium yellow onion, coarsely chopped
- 5 cups vegetable broth
- 1 TB. freshly squeezed lemon juice
- 2 tsp. **sea salt**
- Freshly ground black pepper

**Instructions:** In a medium saucepan over low heat, cook coconut oil and curry powder, stirring, for 2 minutes. Stir in carrots, celery, and yellow onion; toss to coat; and cook, stirring frequently, for 10 minutes. Stir in vegetable broth, bring to a boil, reduce heat to low, and simmer for 10 minutes or until vegetables are very tender. Allow to sit for 1 minute, and skim grease from top of soup if necessary. In a blender, and working in batches of no more than 2 cups, purée soup. Return soup to the pot, and heat through. Season with lemon juice, sea salt, and black pepper, and serve.

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# Roasted Veggie Medley

Yield: 8 servings

## Ingredients:

- 2 small butternut squash, cubed
- 2 head broccoli, chopped into small florets
- 2 rutabaga, sliced
- 2 bunch carrots, sliced lengthwise
- 4 red peppers, seeded and sliced
- 2 red onion, quartered
- **Salt** and freshly ground black pepper, to taste

## Balsamic Marinade:

- ½ cup **olive oil**
- 4 TB balsamic vinegar
- 3 TB fresh rosemary, chopped
- 2 TB fresh thyme, chopped
- **Sea salt** to taste
- Freshly ground black pepper to taste

**Instructions:** Preheat oven to 450 degrees F. To make the marinade, whisk together olive oil, vinegar, rosemary, thyme, salt, and pepper in a small bowl.

In a large bowl, combine the squash, broccoli, rutabaga, carrots, and red bell peppers. Separate the red onion quarters into pieces, add them to the medley.

Toss vegetables with Balsamic Marinade until they are coated. Line a baking pan with parchment paper and spread veggies into a single layer. Roast for 35 to 40 minutes. Stir every 10 minutes until vegetables are cooked through and browned.



# Lamb Tagine

Yield: 6 servings



## Ingredients:

- 2 tsp **Ras El Hanout** (a Moroccan spice mix, in the spice section of gourmet grocers)
- $\frac{3}{4}$  tsp smoked paprika
- 1 tsp ginger, freshly grated
- 2 cloves garlic, chopped
- 1 TB **coconut oil**
- 1 lb boneless lamb shoulder, cut into 1" pieces
- 2 cups chicken or vegetable stock
- 1 medium onion, diced finely
- 3 carrots, peeled and chopped into 1" pieces
- $\frac{1}{2}$  delicata squash peel on, seeds removed, cut into 1" pieces\*
- $\frac{1}{2}$  lemon, seeds removed, cut into a small dice
- 1 bunch cilantro stems (bottom portion of the bunch), finely chopped, plus leaves for garnish
- $\frac{1}{2}$  cup pitted green olives, rinsed
- 1 pomegranate, seeded, optional garnish
- **Sea salt**, to taste
- Black pepper, to taste



**Instructions:** In a medium skillet over medium heat add Ras El Hanout and smoked paprika. Toast until fragrant. Add to crockpot along with fresh ginger and garlic.

In the same skillet heat coconut oil until melted and pan is hot. Season lamb pieces with sea salt and pepper. Add to skillet and brown on each side. Add to the crockpot.

Take a splash of the chicken stock and deglaze your pan with it. Pour that into the crockpot as well.

Finish by adding the onion, carrots, squash, lemon, cilantro stems, olives, and stock to the crockpot, giving one final stir. Cover and cook on low for 8 hours or until lamb is fork-tender and liquid has reduced. Season to taste with sea salt and black pepper.

Serve over cauliflower rice or steamed kale. Top with cilantro leaves for garnish.

\*To make this recipe cleanse-friendly, simply omit the delicata squash or substitute it with parsnips, turnips, or other hardy vegetables like Brussels sprouts.







# SHOPPING LIST

Note: feel free to modify as needed to suit the needs and tastes of your family, this list will work for a family of 4-6

## PRODUCE

- 2 limes
- 3 lemons
- 1 pomegranate (optional)
- 2 heads romaine lettuce
- 1 head bibb lettuce
- 1 large tub of your choice mixed greens (spinach, arugula, romaine, etc.)
- 2 cucumbers
- 4 red bell peppers
- 1 bunch celery
- 1 garlic bulb
- 1 bunch green onions (optional)
- 1 head red cabbage (optional)
- 4 crowns broccoli
- 2 rutabagas
- 5 lbs carrots
- 1 bunch radishes
- 2 red onions
- 3 large yellow/brown onions
- 1 large piece fresh ginger root (about 3")
- 1 delicata squash
- 2 small butternut squash
- 1 small bunch rosemary
- 1 small bunch thyme
- 3 bunches cilantro

## MISC.

- Pico de Gallo salsa
- Freshly made guacamole

## PANTRY

- Around ½ cup quinoa, dry
- 1 can of black beans (or around 1 cup of dry beans)
- 1 can/jar pitted green olives
- Coconut oil
- Olive oil
- Hemp seed oil or flaxseed oil
- Brown mustard (optional)
- Balsamic vinegar
- Apple cider vinegar
- ¼ to ½ cup hemp seeds, flaxseeds, walnuts, or your favorite nuts or seeds
- 1 32 oz carton chicken stock
- 2 32 oz cartons vegetable stock
- Paprika
- Coriander
- Cumin
- Garlic powder
- Cayenne
- Pure maple syrup or honey
- Blackstrap molasses
- Curry powder
- Ras El Hanout spice mix
- Sea salt
- Black pepper

## MEAT

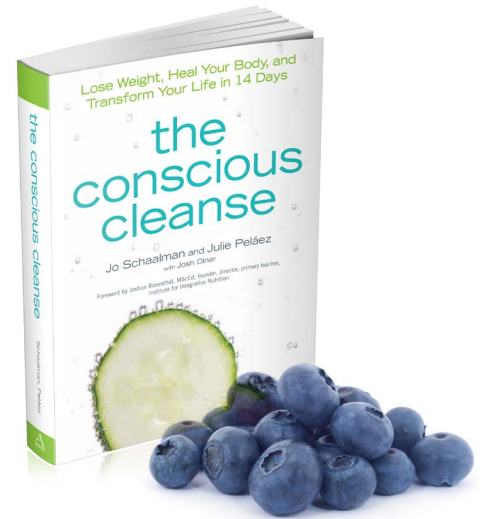
- 4 salmon fillets (4 to 6 oz each)
- 1 lb boneless lamb shoulder
- 2 lbs boneless, skinless chicken breasts (about 5-6 breasts)



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With love and vibrant veggies,

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