

Clean Eating for the Picky Eater (3 Day Challenge)

Day 1

Mac and Cheese (from Fixate cookbook)

Yield: 8 servings, approx. 1½ cups each

***This can easily be doubled. Or, as we often do - because I have a husband with a high-protein diet, I usually just double the chicken amount.*

Ingredients:

4 oz. dry whole wheat elbow macaroni (or pasta) - *We usually use lentil or quinoa pasta instead...healthier, GF and doesn't taste differently to us!*

4 tsp. organic grass-fed butter (or organic coconut oil)

2 Tbsp. unbleached whole wheat flour

1½ cups unsweetened almond milk

1¼ cups freshly grated extra-sharp cheddar cheese

3 cups cooked chopped chicken breast, boneless, skinless - *I always put a few chicken breasts in the crockpot the morning I plan to cook this, or the weekend before, if I have time to meal prep. I'll place thawed chicken breasts in the crockpot with a little chicken stock (or broth), salt and pepper, and cook on high for 4 hours or low for 6-8 hours. Then it shreds easily and is ready to be added to the mac and cheese.*

6 cups chopped broccoli florets, steamed - *You can sub any green veggie for this. If there isn't a green veggie that your picky eater likes, I recommend steaming something and blending it to mix it with the cheese sauce portion...particularly if your picky eater has texture issues. I've found with my boys that they will eat broccoli in this dish if it's steamed perfectly (super tender) and chopped into small, small pieces.*

1 tsp. sea salt (or Himalayan salt)

½ tsp. ground black pepper

1. Cook macaroni according to package directions. (Do not use salt or oil if suggested in directions.) Set aside.
2. Melt butter in large saucepan over medium heat.
3. Add flour; cook, whisking constantly, for 1 minute, or until brown (don't let it burn).
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add macaroni, chicken, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.

7. Serve immediately.

Tips and Variations:

- Use quinoa pasta and gluten-free flour if you're following a gluten-free lifestyle.
- Asparagus, green beans or Brussels sprouts can be substituted for broccoli.
- A combination of cheeses like cheddar and Gouda, cheddar and Monterey jack, and cheddar and Asiago can be substituted for sharp cheddar.

Day 2

BBQ Chicken Pizza (from Core de Force eating plan)

(Makes 1 serving) 2 Yellow, ½ Red, ½ Blue, ½ Purple

1 (6½-inch) whole wheat pita - *you can also use whole wheat tortillas; we recently started using sprouted flat bread and sprouted tortillas.*

2 Tbsp. Maple BBQ Sauce - listed below

2 Tbsp. shredded mozzarella cheese

1/3 cup chopped cooked chicken breast - *we've also used ground beef, ground turkey...whatever meat we have available. Rotisserie chicken is another great option for this!*

2 Tbsp. chopped red onion - *we omit this altogether*

1 Tbsp. chopped fresh cilantro - *because I seldom have fresh cilantro, I usually omit this, or use cilantro seasoning.*

1. Preheat oven to 350° F.
2. Place pita on baking sheet. Top with Maple BBQ Sauce, cheese, chicken, and onion.
3. Bake for 10 to 12 minutes, or until cheese is melted.
4. Sprinkle with cilantro; serve immediately.

MAPLE BBQ SAUCE

(Makes 12 servings, about 2 Tbsp. each) ½ Purple

½ cup tomato paste, no sugar added

½ cup water

¼ cup Worcestershire sauce

2 Tbsp. pure maple syrup

2 Tbsp. apple cider vinegar

¼ tsp. garlic powder

¼ tsp. onion powder

¼ tsp. sea salt (or Himalayan salt)

1 tsp. ground black pepper

1. Combine all ingredients in a medium mixing bowl; mix well.
2. Use immediately or store in the refrigerator in an airtight container.

Day 3

Jalapeno and Cheese Burgers (from Core de Force eating plan)

(Makes 4 servings) 1 Green, 1 Red, ½ Blue

1 lb. raw 95% lean ground sirloin

2 small jalapeños, seeds and veins removed, chopped - *we omit these altogether.*

½ cup shredded cheddar cheese

1 Tbsp. Worcestershire sauce

½ tsp. sea salt (or Himalayan salt)

½ tsp. ground black pepper

4 slices medium tomato - *Nick and I eat these but the boys do not. Part of the beauty of layering options and letting people choose the veggies they want.*

4 butter (or Bibb) lettuce leaves - *these are amazing and something I use in replacement of bread or tortillas often! However, Nick is on a different eating plan that allows more carbs, so he usually eats his on sprouted bread, and the boys enjoy the sprouted bread, too, so we always have it available.*

4 slices medium red onion - *no one in our family eats onion, so again, we omit.*

1. Preheat grill or broiler on high. *I've made these in the oven when Nick isn't home or available to cook them on the grill and they are equally delicious!*

2. Combine sirloin, jalapeños, cheese, Worcestershire sauce, salt, and pepper in a large mixing bowl; mix well.

Shape mixture into four patties.

3. Grill or broil patties for 4 to 6 minutes on each side, or until desired doneness.

4. Place each patty on a lettuce leaf. Top with one slice tomato and one slice onion; serve immediately.