SAMPLE

DHEMMM System
WEIGHT LOSS PLAN
With JJ Smith

EAT CLEAN
COOKBOOK:
EAT CLEAN WITH
100 FLAVORFUL RECIPES

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BREAKFAST
Sweet Potato Waffles

Ingredients:
- 1 1/2 lbs peeled sweet potatoes, grated (about 2 large sweet potatoes)
- 3 whole, large eggs
- 2 tablespoons coconut oil, melted or in liquid state
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Directions:
1. Mix all ingredients together in a mixing bowl. Be sure to mix well so everything is well combined or it won’t cook properly on the waffle maker.
2. Cook in batches on your waffle maker but keep the waffles on the thinner side so they cook well.
3. Remove from waffle maker and serve.
Cinnamon Granola

**Ingredients:**
- 3 cups rolled oats
- 2 Teaspoon cinnamon
- 1/4 cup agave nectar
- 1/2 cup chopped walnuts
- 1/2 cup unsweetened apple sauce

**Directions:**
1. Preheat oven to 325 °F.
2. Put your grains and walnuts in a bowl and mix; then put in all remaining ingredients and whisk them.
3. Pour applesauce and agave nectar into the bowl with grains and blend well until it coats evenly.
4. Spread over a parchment lined baking sheet and bake for 45-60 minutes, stirring every 10 to 15 minutes so it doesn’t burn.
5. When it feels dry and has a golden brown color it is ready. Cool before serving.
Basic Healthy Oatmeal

**Ingredients:**
- 1 and 3/4 cup water
- 1 cup rolled oats
- 1/3 to 1/2 Teaspoon of Stevia powder (sweeten to taste)
- 1/16 teaspoon sea salt (optional)
- Toppings (unsweetened almond milk, berries, almonds, raisins, cinnamon)

**Directions:**
1. Place water and salt in a medium pan and bring to a boil and stir in oats
2. Reduce heat to medium and cook for an additional 5 minutes, stirring as needed
3. Remove from heat, cover and let sit for 4-5 minutes.
4. Sprinkle with stevia and add in any of the topping above.
Veggie Omelet

**Ingredients:**
- 2-organic brown Cage Free Eggs or Egg Whites
- Choose your veggies:
  - Tri-color bell peppers - green, red, yellow, orange, chopped
  - 2 handfuls of spinach
  - Mushrooms
  - Broccoli
  - Diced tomatoes
  - Onions
  - Minced garlic or garlic powder
  - Cayenne pepper
  - Sea Salt
  - Low fat cheese

**Directions:**
1. Cook veggies in olive oil till tender than add to middle of omelet and fold over
Granola Berry Parfait

**Ingredients:**
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1 banana sliced
- 1 and 1/2 cups of Granola
- 1 container of fat-free yogurt

**Directions:**
1. Layer the banana, blueberries/raspberries, yogurt and granola in 2 tall glasses
2. Serve immediately.
Omelet in a Muffin Pan

**Ingredients:**
- 8 large egg(s)
- 1/8 cup(s) water
- 1/2 pound(s) chicken or turkey sausage cooked and cut or crumbled into small pieces
- 1 medium bell pepper(s), red diced
- 1/4 pound(s) asparagus diced (or spinach)
- 1/2 medium onion(s), yellow diced
- 1/4 teaspoon(s) sea salt
- 1/8 teaspoon(s) black pepper freshly ground
- paper muffin liners or coconut oil
*OPTIONAL: sprinkle in a healthy cheese of your choice

**Directions:**
1. Preheat oven to 350 F.
2. Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1 inch of water, so they do not scorch while baking.
3. Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add.
4. Pour mixture into the muffin cups.
5. Bake for 18-20 minutes.
Almond Butter Oatmeal

**Ingredients:**
- 1 cup cooked oats (cooked in unsweetened almond milk)
- 2 Tablespoons almond butter
- 1 Teaspoon cinnamon
- 1 Tablespoon honey

**Directions:**
1. Make sure the oats are warm so everything melts properly.
2. Combine all ingredients in a bowl and mix until well combined.
**Egg White Omelets**

with Asparagus, Red Bell Pepper, Baby Bella Mushrooms and Onions

**Ingredients:**
- 3 egg whites
- 4 asparagus spears steamed
- 1/2 red bell pepper sliced
- 7 sliced baby bella mushrooms
- 3 slices (half) sweet onions
- 1 tsp olive oil
- Sprinkle of low fat mozzarella cheese for garnish.
- Sprinkle of parsley flakes for garnish

**Directions:**
1. Cook veggies in olive oil till tender than add to middle of omelet fold over
Sweet Potato Butter

**Ingredients:**
- 3 cups peeled sweet potatoes, cut into slices about 1/8 to 1/4 inch thick
- 1 cup unsweetened apple juice
- 1 tablespoon molasses
- 1 teaspoon cinnamon or to taste
- 1/4 teaspoon nutmeg
- 1 pinch salt
- Zest of 1 orange
- Honey or maple syrup to taste

**Directions:**
1. Combine all ingredients in a 1 or 1 1/2 quart slow cooker and stir well to combine
2. Cook on low for 6-8 hours, or until the sweet potatoes are completely cooked and soft.
3. Using an immersion blender, blend everything together in your slow cooker until smooth.
4. Stir in honey to taste.
LUNCH / DINNER
Seared Scallops with Vinaigrette Sauce

**Ingredients:**
- 1 pound sea scallops
- 3/4 cup soy milk
- 6 Teaspoon olive oil, divided
- 2 cups frozen green peas
- 2 green onions rinsed and thinly sliced
- 1/4 Teaspoon sea salt, divided
- 1 Teaspoon fresh thyme leaves
- 1 Teaspoon fresh lemon juice
- 2 Teaspoon white wine vinegar
- 1 Teaspoon minced fresh mint
- 1/2 Teaspoon raw honey

**Directions:**
1. Heat a skillet on medium-low and add 1 teaspoon oil and swirl to coat skillet.
2. Add green onions and 1/8 teaspoon salt and cook, stirring occasionally, until onions are softened and just starting to brown.
3. Add thyme, peas and soy milk. Increase heat to medium and cook, stirring, until peas are heated through, about 5 minutes. Remove mixture from heat.
4. Scrape pea-milk mixture into a blender and purée until smooth, adding a bit more milk to thin, if necessary.
5. Heat a large skillet on medium-high. Add 1 teaspoon oil and swirl to coat pan.
6. Add scallops, leaving a bit of space between each to prevent steaming. Sear scallops for about 3 minutes per side, until golden brown and barely firm to the touch. Place scallops to a plate.
7. In a small bowl, whisk together remaining 4 teaspoons of oil, lemon juice, vinegar, 1 teaspoon water, mint, honey and remaining sea salt.
8. To serve, spoon 1/2 cup pea purée onto each of 4 plates and top with 4 scallops.
9. Spoon vinaigrette over top of scallops and serve.
Basic Caesar Salad

Ingredients:
- 1 head of romaine lettuce torn into bite-size pieces
- 1 Tablespoon fresh lemon juice
- 1 Teaspoon apple cider vinegar
- 1 Teaspoon dry mustard
- 1 Teaspoon Worcestershire sauce
- 1 Teaspoon anchovy paste
- 1/4 extra virgin olive oil
- 1/3 cup grated parmesan cheese

Directions:
1. In a large salad bowl, whisk together the garlic, sea salt, oil, lemon juice, vinegar and mustard, Worcestershire sauce, and the anchovy paste
2. Add lettuce and toss to evenly coat
Quinoa Veggie Salad

**Ingredients:**
- 1 cup quinoa
- 2 cups water
- 2 small zucchinis, chopped
- 1 medium carrot, chopped
- 1 small red onion, chopped
- 2 Tablespoons Extra-virgin olive oil
- 2 small squash, chopped
- One fresh lemon squeezed

**Directions:**
1. Roast chopped vegetables in the oven at 300 degrees until tender.
2. Bring the quinoa and water to a boil in a medium pot, reduce the heat and simmer for 10-12 minutes until quinoa is fluffy.
3. Toss everything together in a large dish.
4. Serve warm or at room temperature with a dash of sea salt or fresh lemon juice to taste.
Green Leafy Stir Fry

Ingredients:
- 1 pound of dark leafy veggies (such as collards, kale, spinach, mustard greens, dandelion greens, etc.)
- 2 Tablespoons Peanut oil
- 3 cloves of garlic chopped finely
- 1/2 inch cube of ginger (grated)
- 1 Tablespoon cooking sherry
- 2 Teaspoons of soy sauce
- 1 Teaspoon sesame oil
- Pinch of raw sugar

Directions:
1. Slice green into 1 inch wide sections and wash and dry greens.
2. In a large nonstick skillet, heat the peanut oil over medium-high heat and add in the garlic and ginger.
3. Cook, stirring constantly for a few minutes or until stems begin to soften.
Mexican Grilled Shrimp

**Ingredients:**
- 1 pound frozen, pre-cooked shrimp
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 2 tablespoons tomato paste, no sugar added
- 1 tablespoon olive oil

**Directions:**
1. Place all ingredients in a skillet and cook until the shrimp are warmed through, stirring regularly.
Chicken and Brussels Sprouts

**Ingredients:**
- 1 pound Brussels sprouts, cleaned and halved
- 7 ounces chicken breast, baked and cut into small pieces
- 3 shallots, diced
- 2 teaspoons onion powder
- 1 tablespoon garlic powder
- 1/2 cup clean chicken stock or broth
- Salt & pepper to taste

**Directions:**
1. Add all ingredients to a pan and cook over medium heat, covered for about 10 minutes.
2. Remove lid and continue to cook until all liquids have cooked out.
3. If you prefer the Brussels sprouts to be a bit browned, continue to cook without adding liquid for an additional 5-10 minutes.
Quinoa Salad With Cranberries & Pecans

Ingredients:
- 4 cups cooked quinoa, cooked with unsweetened almond milk, cooled*
- 1 cup juice sweetened, dried cranberries
- 1 cup pecan pieces
- 1/2 tsp. cinnamon
- 2 tbsp. honey
- 4 tbsp. fresh lemon juice

Directions:
1. Mix all ingredients together in a medium mixing bowl and serve.
2. Note: When cooking the quinoa, simply substitute the water for almond milk in equal amounts according to package directions.
3. If you find that the quinoa is not completely cooked when the milk has cooked out, simply add in 1/2 cup at a time until the quinoa is fully cooked.
4. Keep the heat on low to medium to avoid burning.
Salmon Caesar Salad

Ingredients:
- 2 5-6 oz. Salmon fillet(s), skin removed
- 1 tsp garlic salt with parsley
- 1/2 tsp lemon pepper
- Half of lemon
- 1 tbsp. extra virgin olive oil
- 2 heads of romaine lettuce, hearts
- 1/2 cup Caesar dressing
- Sprinkles of Parmesan cheese, grated
- Pepper to taste

Directions:
1. Season the salmon with garlic salt and lemon pepper. Cut the lemon into 4 wedges.
2. Heat a sauté pan over medium-high heat, add olive oil and swirl to coat bottom of pan. Carefully place the salmon in pan.
3. Cook for 2-3 minutes until first side is evenly brown and slightly crisp, then turn over. Cook another 4-6 minutes or to desired temperature.
4. While salmon is cooking, tear the lettuce into bite-size pieces and place in a large bowl.
5. Add the Caesar dressing, and Parmesan cheese, toss until all ingredients are well combined.
6. Cut each fillet in half and place both halves on salad.
7. Garnish with lemon and serve.
Mashed Cauliflower

**Ingredients:**
- Medium-sized head of cauliflower, chopped into florets (about 1 1/2 lbs.)
- 3 roasted garlic cloves
- 1 teaspoon fresh thyme leaves
- 1 teaspoon fresh chives, chopped
- salt and pepper, to taste

**Directions:**
1. Fill a large saucepan with about an inch of water, and insert a steamer basket. Bring the water to a boil, and add the cauliflower florets.
2. Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender.
3. Drain the steamed cauliflower, and transfer to the bowl of a large food processor. Add in the roasted garlic cloves and seasonings, and process to your desired texture.
**Baked Halibut**

**Ingredients:**
- 2 5-oz boneless halibut fillets
- 1 Teaspoon extra virgin olive oil
- 1 large garlic cloves, minced
- 2 Teaspoons of lemon zest
- 1/2 lemon (squeezed juice)
- 1 Tablespoon chopped parsley
- Dash of sea salt
- Dash of fresh ground black pepper

**Directions:**
1. Preheat oven to 400°F.
2. In a large nonstick baking dish, add halibut skin side down and drizzle with oil.
3. Top with garlic, lemon zest and 2 tablespoons of juice and parsley, dividing evenly. Season with sea salt and pepper.
4. Bake for 12 to 15 minutes, until halibut flakes easily when tested with a fork.
5. Drizzle with remaining lemon juice and serve
Pea Soup

Ingredients:
- 10 ounces of fresh peas (Frozen is ok also)
- 1 medium avocado, halved and pitted
- 1 cup water
- 1 cup unsweetened almond milk
- 2 Tablespoons lime juice
- 1/2 Teaspoon chili powder
- Pinch of sea salt

Directions:
1. In food processor, blend all ingredients until smooth, heat and serve.
2. Sprinkle pepper to taste.
Almond Crusted Baked Chicken

**Ingredients:**
- 3 medium, raw chicken breasts
- 2 egg whites
- 1 cup of almonds
- 1/4 cup Parmesan cheese
- 1 Teaspoon thyme
- 2 Teaspoon oregano
- 1 Teaspoon sea salt

**Directions:**
1. Preheat oven to 350 °F.
2. Add almonds, oregano, parmesan cheese, sea salt and thyme to the food processor and process until there is an evenly textured consistency.
3. Put chicken on one plate and the egg whites on another plate and the mixture on a third plate.
4. Gently roll the chicken in egg whites, then in the mixture, and put it right on the parchment lined baking sheet.
5. Bake for about 30 minutes.
Sautéed Tomatoes and Spinach

**Ingredients:**
- 2 plum tomatoes, seeded and diced
- 1 bunch of spinach (~6 cups loosely packed)
- 2 Tablespoons Grapeseed oil
- 1 small onion chopped finely
- 3 garlic cloves (minced)
- 2 Teaspoons fresh ginger
- 1/2 Teaspoon sea salt
- 1/2 Lemon

**Directions:**
1. Heat a large skillet over medium-high heat and sauté the onions in the oil for 2 minutes.
2. Add in the ginger, garlic and sea salt and sauté for another 30 seconds.
3. Add in the tomatoes and sauté for about 2 minutes.
4. Add in the spinach and cook until the spinach is wilted; Add splashes of water so that the spinach doesn’t burn.
5. Sprinkle in lemon juice and serve.
Glazed Salmon

**Ingredients:**
- 4 salmon fillets
- 1/4 cup tamari soy sauce
- 2 Tablespoons raw honey
- 1 Tablespoon rice vinegar
- 1 Tablespoon ground ginger
- 1/4 Teaspoon cayenne pepper
- 1/8 Teaspoon ground pepper

**Directions:**
1. In a large bowl, combine the soy sauce, honey, vinegar, ginger, cayenne and black pepper.
2. Add the salmon and marinate in a food storage bag for 2 hours
3. Preheat the broiler and place salmon on a broiler rack about 8 to 10 minutes, until it’s flaky with a fork.
Pineapple Peppered Mahi-Mahi

**Ingredients:**
- 4 4-oz boneless, skinless mahi mahi fillets
- 1 cup whole-wheat couscous
- 2 and 1/3 cups low-sodium chicken broth, divided
- 2 Teaspoon extra-virgin olive oil
- 1/4 Teaspoon sea salt and fresh ground black pepper
- 2 cups chopped fresh pineapple
- 1 red bell pepper, diced
- 2 Tablespoon chopped fresh chives

**Directions:**
1. In a small saucepan, bring 1 1/3 cups broth to a boil on high heat. Stir in couscous. Remove from heat immediately, cover and let sit for 5 minutes, until liquid is absorbed.
2. Meanwhile, in a large skillet, heat olive oil on medium-high.
3. Season both sides of mahi mahi with sea salt and black pepper. Add mahi mahi to skillet and cook for 1 minute per side, until golden. Remove from pan and set aside.
4. Add pineapple and bell pepper to skillet and cook on medium-high for 2 minutes, until soft, stirring occasionally.
5. Stir in cooked couscous, remaining 1 cup broth and chives and mix well.
6. Arrange mahi mahi on top of couscous mixture, cover with foil and cook for 2 minutes, until mahi mahi is tender and steaming under foil.
Collard Greens With Turkey Sausage

**Ingredients:**
- 1/2 Teaspoon Chile powder
- 1/2 Teaspoon paprika
- 1/4 Teaspoon sea salt
- 1/8 Teaspoon of ground black pepper and cayenne pepper
- 3 medium shallots, thinly sliced
- 1 Tablespoon extra-virgin olive oil, divided
- 2 lean fresh turkey sausages with the casings removed
- 1 pound of collard greens, stems removed and leaves chopped

**Directions:**
1. In a small bowl, mix together Chile powder, paprika, salt, black pepper and cayenne.
2. Heat 2 teaspoons oil in a large sauté pan on medium-high.
3. Add shallots and cook, stirring frequently, for 3 minutes, until softened.
4. Heat remaining 1 olive oil in pan. Add sausage and cook, breaking up meat with a wooden spoon, for about 3 minutes, until browned.
5. Stir remaining spice mixture and collard greens into pan. Cover and cook for 2 minutes.
6. Remove lid, stir and cook for 2 more minutes. Add shallot mixture back to pan, stir and cook for 1 more minute, until heated through. Serve immediately.
Collard Green Stew with Black-Eyed Peas

Ingredients:
- 8 cups of collard greens, cleaned and chopped
- 1 can cooked black-eyed peas, rinsed and drained
- 1 can no-salt-added diced tomatoes
- 4 cups low-sodium vegetable broth
- Ground black pepper, to taste

Directions:
1. Bring broth and 2 cups water to a boil in a large saucepan on high heat.
2. Add collard greens, cover and simmer for 15 minutes.
3. Add tomatoes and return to a simmer.
4. Cover and cook until tomatoes are tender.
5. Stir in black-eyed peas and simmer until heated through, about 2 minutes.
6. Season with pepper, to taste, and serve immediately.
Collards and Black Eyed Peas

**Ingredients:**
- 1 large bunch collard greens
- 1 and 1/2 cup cooked black eyed peas
- 2 garlic cloves, minced
- 2 Tablespoons extra virgin olive oil
- 1/2 onion diced
- Dash of apple cider vinegar

**Directions:**
1. Chop collard greens into bite-size pieces
2. In large pot over medium heat, sauté garlic and onion in olive oil until soft.
3. Add collard greens and stir until they wilt
4. Add extra water as needed to prevent collards from burning
5. Add black-eyed peas and vinegar and continue cooking for 3-4 minutes to heat throughout.
6. Season to taste with sea salt and pepper and serve.
Citrus Grilled Chicken

**Ingredients:**
- 1 orange
- 1 lime
- 2 tablespoons extra virgin olive oil
- 1 teaspoon minced garlic
- 2 (6 ounce) boneless, skinless chicken breasts
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

**Directions:**
1. Zest orange and lime into a large bowl.
2. Squeeze orange juice into bowl.
3. Add oil, garlic and chicken, tossing to coat.
4. Cover and refrigerate 30 minutes.
5. Prepare grill or grill pan over medium-high heat.
6. Remove chicken from marinade, and sprinkle with salt and pepper.
7. Cook chicken 6 minutes per side or until done.
SNACKS/DESSERTS
Strawberry Maple Almond Delight

**Ingredients:**
- 1 lb. strawberries, cleaned and sliced
- 1/4 cup chopped, raw almonds
- 1/4 tsp. ground cinnamon
- Juice of 1/2 a lemon
- 1/2 tsp. pure vanilla extract
- 1 tbsp. maple syrup

**Directions:**
1. In a large mixing bowl, combine all ingredients and stir well to combine.
Kale Chips

**Ingredients:**
- 1 bunch of kale
- 1 teaspoon seasoned salt
- 1 tablespoon olive oil (extra virgin is fine)

**Directions:**
1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale.
3. Drizzle kale with olive oil and sprinkle with seasoning salt.
4. Bake until the edges brown but are not burnt, 10 to 15 minutes.
Oatmeal Cookies
w/ Raisins, Coconut, Nuts, or Chocolate Chips

**Ingredients:**
- 2 ripe bananas (mashed)
- 1 cup quick-cooking oats (uncooked)
- 1/4 cup raisins, coconut, chopped nuts or chocolate chips (pick 1 or 2 of these add-in ingredients)

**Directions:**
1. Heat oven to 350 degrees
2. In a bowl, combine mashed bananas, oats and your add-in ingredient(s)
3. Spoon tablespoons of mixture onto cookie sheet
4. Bake 15-20 minutes or until edges are brown not burnt, 10 to 15 minutes.
Banana Strawberry Ice Cream

**Ingredients:**
- 4 cups sliced, frozen bananas
- 2 cups frozen strawberries
- 1/2 cup almond milk (unsweetened, vanilla almond milk is ideal)

**Directions:**
1. Place all ingredients into a blender and blend until you have a “soft serve” consistency in your ice cream. Be sure to stir with a spatula frequently.
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