

# THE 7 DAY CLEAN EATING PLAN

**++Bonus Recipes  
with Simple  
Ingredients and  
Instructions!**



**the BEHAN PROTOCOL**  
FOR BETTER BACK AND SPINE HEALTH

# Lemon Basil Pork Chops

Makes 4 Servings

## Ingredients

cooking spray (coconut or avocado is best)

3 tbsp chopped basil

3 tbsp chopped parsley

1 garlic clove, crushed

1 tsp grated lemon zest

1 tsp olive oil

4 rib or loin pork chops, each about 1 inch thick

Sea salt and freshly ground pepper to taste



## Directions

Prepare grill. Lightly coat the grill rack with cooking spray.

In a small bowl, mix together the basil, parsley, garlic, lemon zest, and olive oil. Set 1 tbsp of seasoning mix aside. Coat the pork chops with the seasoning mix, pressing it into the meat on both sides.

Grill the chops for 12 to 14 minutes, turning the meat several times until it is cooked through and tender. Sprinkle the reserved tbsp of seasoning on the chops, and add salt and pepper to taste.

Serve the pork chops with your favorite vegetables.

# Balsamic Asparagus & Steak Salad

Makes 4 Servings

## Ingredients

1 lb flank steak

1 lb asparagus, ends trimmed

1 tbsp red onion, minced

1 tbsp extra virgin olive oil

4 tsp balsamic vinegar

1 clove garlic, minced

Sea salt, to taste (optional)

Freshly ground black pepper, to taste



## Directions

Bring a medium pot of water to boil. Add asparagus and boil 3 min. Drain and rinse under cold water immediately. Dry thoroughly.

Heat a grill until hot. Cut flank steak into 4 steaks, trimming away excess fat (if desired). Season with salt and pepper. Place on grill. Grill for 4 to 5 minutes per side or until steak is done to your preference.

Once steak is cooked, set aside and let rest about 10 minute, then cut each piece into strips.

Mix all other ingredients together. Toss asparagus with balsamic mixture and arrange on plate. Top with steak slices.

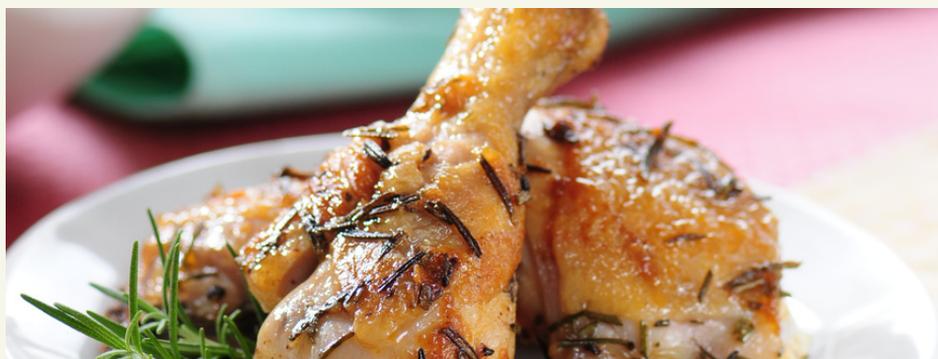
Serve chilled or at room temperature.

# Rosemary Chicken & Mushroom Glaze

Makes 2 Servings

## Ingredients

- 4 boneless, skinless chicken breasts (4-6 oz each)
- 4 tbsp coconut oil, divided
- 2 cloves garlic, minced
- 2 tsp fresh rosemary leaves or 2 tsp dried rosemary
- 2 tsp hazelnuts, chopped
- 10 white button or cremini mushrooms, sliced
- sea salt and black pepper, to season chicken breasts and mushroom mixture



## Directions

Season chicken breasts with sea salt and black pepper.

Heat a large skillet over medium heat. Add 1 tbsp coconut oil when pan is hot. Add chicken breasts and cook until there is no pink in the center and set aside.

In a different heated pan add remaining coconut oil. When pan is hot, add rosemary, hazelnuts, and garlic. Simmer together for 5 minutes. Add mushrooms and cook for another 5 minutes, or until mushrooms are browned. Season with sea salt and black pepper if desired.

Pour mushroom mixture over chicken and heat through.

# Carrot, Sweet Potato & Ginger Soup

## Ingredients

- 1 large onion, chopped
- 2 tbsp fresh ginger, chopped
- 1 celery stalk
- 1 tbsp coconut oil
- 2 lbs carrots, chopped
- 1 sweet potato, peeled and  
chopped
- 6 cups vegetable stock
- $\frac{1}{4}$  cup cilantro, chopped
- Freshly ground black pepper to  
taste



## Directions

In a large pot over medium heat, sauté onion, ginger, and celery in coconut oil until onion has softened, about 5 minutes.

Add carrots, sweet potato and broth. Bring to a boil. Reduce heat and simmer about 15 minutes or until carrots and sweet potato are cooked.

Puree in a blender or food processor. Return to pot and stir in cilantro and pepper. Add water if needed to reach desired consistency

# Mellow Cranberry Smoothie

Makes 2 Servings

## Ingredients

1/2 cup frozen cranberries

1 medium frozen banana,  
peeled and sliced

2 clementines, peeled,  
seeded, and broken into  
sections

2 dates, pitted (or substitute 2  
tbsp sweetener of your  
choice)

1/2 cup cranberry juice (or  
water)

1/4 tsp vanilla extract

1/4 tsp ground cinnamon

1/2 cup ice

Optional: Splash of sparkling  
water



## Directions

Combine cranberries, banana slices, clementine sections, dates (or sweetener), cranberry juice (or water), vanilla, cinnamon and ice in a blender and puree until perfectly smooth.

Divide between two tall glasses and, if desired, stir a good splash of sparkling water into each.

Serve immediately.