The 2013 Bon Appetit Food Lover's Cleanse

(All recipe servings are for 4 unless otherwise specified)

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# Day 1

## Breakfast

### *Pomegranate-Walnut Oatmeal*



Cook oatmeal made with ½ cup dried old-fashioned oats (or ¼ cup steel-cut oats) according to package directions; top with ½ cup chopped fruit and 1 Tbsp. each chopped toasted walnuts and pomegranate seeds.

## Lunch

### *Kale Salad with Tuna and White Beans*



Toss 3 oz. canned water-packed albacore tuna with ¾ cup drained white beans and 4 cups slivered kale (we prefer Tuscan kale). Toss with 1½ Tbsp. Sherry Vinaigrette.

If you can’t find the kale, spinach is a good substitute.

### *Sherry Vinaigrette*

Makes ¾ cup

* 1 medium shallot, minced
* 2 tablespoons Sherry vinegar
* 1 tablespoon fresh lemon juice
* 1 teaspoon Dijon mustard
* 9 tablespoons extra-virgin olive oil
* Fine sea salt and freshly ground black pepper

Stir shallot, vinegar, lemon juice, and mustard in a small bowl and let macerate for at least 15 minutes. Gradually whisk in oil (or stir first 4 ingredients in a jar with a lid, add oil, screw on lid, and shake to combine). Season to taste with salt and pepper.

DO AHEAD: Cover and chill in an airtight container for up to 1 week. To freshen the flavour of the dressing after a few days, add a squeeze of fresh lime or lemon juice.

## Snack

### *Apple-Blackberry Smoothie*



Combine ¾ cup apple cider, ½ cup frozen blackberries, and &frac13; cup Greek yogurt in a blender; purée until smooth.

## Dinner

### *Black Cod with Swiss Chard, Olives, and Lemon*

### http://www.bonappetit.com/wp-content/uploads/2012/12/black-cod-with-swiss-chard-olives-and-lemon-940x600.jpg

* 1 lemon, stem removed
* ¼ teaspoon coriander seeds
* ¼ teaspoon cumin seeds
* 2 tablespoons olive oil, divided
* 44-ounce pieces skin-on black cod fillet
* Kosher salt and freshly ground black pepper
* 1 garlic clove, chopped
* ¼ teaspoon (or more) crushed red pepper flakes
* 2 large bunches Swiss chard (about 1 1/2 pound total), ribs and stems removed, leaves torn
* 2 tablespoons oil-cured black olives, pitted, sliced

Special Equipment: A spice mill (optional)

Place lemon in a small saucepan; add water just to cover. Place a small heatproof plate inside the saucepan, on top of the lemon, to keep it submerged. Bring water to a boil; reduce heat and simmer until lemon is very tender when pierced with a knife, about 30 minutes. Drain. Cut lemon in half (to help cool faster); let cool.

Scoop out pulp from both lemon halves and press pulp through a coarse-mesh sieve into a small bowl; discard solids. Finely chop peel and pith and add to pulp. Set aside.

Toast coriander and cumin seeds in a small skillet over medium heat, stirring often, until slightly darkened and fragrant, about 3 minutes. Set aside.

Coarsely grind coriander and cumin seeds in spice mill or with mortar and pestle. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Season fish with spice mixture, salt, and pepper; place skin side down in skillet. Cook until browned and crisp, 5-6 minutes. Turn; cook until just opaque in the center, 2-4 minutes more.

Meanwhile, heat remaining 1 tablespoon oil in a large skillet over medium heat. Add garlic and ¼ teaspoon crushed red pepper flakes; cook, stirring, until fragrant, about 30 seconds. Add chard by the handful, tossing and allowing it to wilt slightly between additions. Season with salt and pepper. Cook, tossing occasionally, until all chard is tender, 5-7 minutes. Set aside.

Mix olives and reserved lemon mixture into chard. Season with salt, pepper, and more crushed red pepper flakes, if desired. Serve fish with chard.

### *Red Quinoa with Pistachios*

* 1 tablespoon olive oil
* 1 shallot, finely chopped
* Kosher salt and freshly ground black pepper
* 1 cup quinoa, preferably red, rinsed well in a fine-mesh sieve
* 1 1/2 cups low-sodium chicken broth or water
* ¼ cup unsalted, shelled raw pistachios, chopped
* 3 tablespoons chopped flat-leaf parsley
* 1 tablespoon chopped fresh mint

Heat oil in a medium saucepan over medium heat. Add shallot, season with salt and pepper, and cook, stirring occasionally, until soft, about 5 minutes. Add quinoa and cook, stirring frequently, until quinoa starts to toast and smell nutty, about 5 minutes. Add chicken broth and bring to a boil.

Stir in quinoa, reduce heat to low, cover, and simmer gently until quinoa is tender, 25-30 minutes (15 if using white quinoa). Remove pan from heat, fluff quinoa with a fork. Cover; let stand for 5 minutes.

Fold pistachios, parsley, and mint into quinoa. Season with salt and pepper.

## Dessert

### *Salted, Seedy Chocolate Bark*

### http://www.bonappetit.com/wp-content/uploads/2013/01/seedy-chocolate-bark-640.jpg

* 1/4 cup raw shelled pumpkin seeds (pepitas)
* 2 tablespoons hemp seeds
* 2 tablespoons sesame seeds
* ¼ teaspoon flaky sea salt or kosher salt
* 8 ounces chopped bittersweet chocolate (at least 70% cacao)

Heat a dry skillet over medium-high heat; add pepitas. Toast, stirring occasionally, until the pumpkin seeds first start to pop, about 1 minute. Pour seeds into a bowl. Toast hemp seeds in the same skillet over medium-high heat, stirring frequently, until fragrant and just starting to turn a pale straw gold, about 45 seconds. Add to bowl with pepitas. Toast sesame seeds in the same skillet over medium-high heat until fragrant and just starting to turn golden, about 45 seconds. Add to bowl with other seeds. Add salt; toss to combine.

Place chocolate in a microwave-safe bowl. Microwave at 50% power for 1 minute. Stir; continue cooking in 30-second bursts, stirring after each, until chocolate is melted.

Pour melted chocolate onto a parchment paper–lined baking sheet; smooth out into a thin even layer (it will not cover the entire sheet pan). Evenly sprinkle seed mixture over chocolate. Let stand at room temperature until set, 2 hours or more. Break into 8 pieces (chocolate may be soft, depending on brand used). Store airtight in refrigerator. Let stand at room temperature for 10 minutes, if desired, before eating.

# Day 2

## Breakfast

### *Raspberry-Hazelnut Muesli*



Muesli is a cold porridge of fruit, nuts, and oats that you prepare the night before serving. In this case, the juices of clementines and frozen raspberries are blended with yogurt to make a soft pudding, which gets some toothsome texture the next morning from bits of toasted hazelnuts.

In a small bowl, mix:

* ½ cup frozen raspberries,
* ½ cup old-fashioned oats,
* &frac13; cup unsweetened nonfat yogurt
* ½ of a large apple (skin on, cored, shredded)
* fresh-squeezed juice of 1 clementine or ½ of a navel orange
* a pinch of salt

Cover and chill overnight. In the morning, sprinkle 1 Tbsp. chopped toasted hazelnuts over.

## Lunch

### *Pistachio Quinoa with Spinach and Egg*



Toss 4 cups spinach with 1½ Tbsp. [Smoky Lemon Tahini Dressing](http://www.bonappetit.com/recipe/smoky-lemon-tahini-dressing) (see below).

Top with 1 hard-boiled egg cut into wedges.

Serve alongside 1 cup leftover Pistachio Quinoa at room temperature, with an extra squeeze of lemon juice mixed in, if you like. If you don’t have leftovers, substitute chickpeas or brown rice.

### *Smoky Lemon Tahini Dressing*

Makes 1½ cups

* 1 garlic clove, grated
* ½ cup tahini (sesame seed paste)
* ¼ cup fresh lemon juice
* ¾ teaspoon kosher salt
* 1/8 teaspoon smoked paprika

Purée garlic, tahini, lemon juice, salt, paprika, and 3/4 cup water in a blender until smooth, adding water if needed to thin dressing.

## Snack



### *Bosc Pear with Fresh Goat Cheese and Honey*

Thinly slice 1 Bosc pear. Spread 1 oz. goat cheese, divided, on pear slices; drizzle with ½ tsp. honey.

## Dinner

### *Butternut Squash-Shiitake Ragout*



Makes 6 cups. Click [link](http://www.bonappetit.com/recipe/butternut-squash-shiitake-ragout) for original

* 10 ounces fresh shiitake mushrooms, stems removed and reserved, chopped
* 4 sun-dried tomatoes, not packed in oil (optional)
* 2 tablespoons olive oil
* Kosher salt
* 1 garlic clove, finely chopped
* ½ cup tawny Port, divided
* 1 large onion, chopped
* 1 medium butternut squash, peeled, seeded, cut in 1” cubes
* ¼ cup pomegranate seeds

Combine shiitake stems, sun-dried tomatoes, if using, and 2 cups boiling water in a medium bowl. Let stand for 15 minutes.

Heat oil in a large heavy skillet over medium-high heat. Add mushroom caps; cook until lightly colored, about 2 minutes. Stir in a pinch of salt; the mushrooms will release some water. Cook until liquid is absorbed, about 5 minutes. Add garlic; stir until fragrant, about 1 minute. Pour in 1/4 cup Port and cook, scraping up any browned bits from bottom of skillet, until all liquid is absorbed, about 3 minutes. Stir in onion and a pinch of salt. Cook, scraping up any browned bits from bottom of skillet, until onion is soft, about 5 minutes. Pour in remaining 1/4 cup Port and cook until sauce is glossy and dry, about 3 minutes.

Add butternut squash; stir to coat. Strain the mushroom stem liquid into skillet; discard stems and tomatoes, if using. Bring liquid to a boil. Reduce heat to medium-low, cover skillet, and cook until squash is almost tender, about 10 minutes. Uncover; continue to cook until liquid is reduced and glossy, 5-8 minutes.

Season with salt and garnish with pomegranate seeds.

### *Bulgur with Parsley and Lemon Zest*

Click for [link](http://www.bonappetit.com/recipe/bulgur-with-parsley-and-lemon-zest)

* 1 cup fine bulgur
* ¾ teaspoon (or more) salt
* 2 tablespoons chopped flat-leaf parsley
* 1 tablespoon olive oil
* 2 teaspoons lemon zest

Bring bulgur, 3/4 tsp. salt, and 1 3/4 cups water to a boil in a medium saucepan. Cover, reduce heat to a simmer, and cook until water is absorbed, about 15 minutes. Stir in parsley, olive oil, and lemon zest. Season with salt,or additional lemon juice, if desired.

## Dessert

### Two clementine’s

# Day 3

## Breakfast

### *Smoked Salmon and Avocado on Crisp Crackers*



Smash ¼ of a ripe avocado and spread on 2-3 rye crackers. Top with 1 oz. smoked salmon, divided.

## Lunch

### *Butternut Squash-Shiitake Ragout with Butter Lettuce Salad*



Reheat 1½ cups leftover Butternut Squash-Shiitake Ragout in the microwave or in a small saucepan over medium-low heat (add a splash of water if it seems too thick). Serve alongside a salad of 4 cups butter lettuce and ¼ cup slivered radishes tossed with 1½ Tbsp. Smoky Lemon Tahini Dressing (see above).

## Snack

### *Hard-Boiled Egg with Celery Salt*



## Dinner

### *Yogurt Chicken with Ginger-Coriander Chutney*



Click for [recipe](http://www.bonappetit.com/recipe/yogurt-chicken-with-ginger-coriander-chutney)

*For the Chicken:*

* 1 garlic clove, grated
* 1 cup plain non fat Greek yogurt
* 2 tablespoons olive oil plus more for brushing
* ¼ teaspoon Hungarian hot paprika or cayenne pepper
* 1 teaspoon kosher salt
* 1 ½ pounds skinless, boneless chicken thighs, trimmed and each cut into 2-3 pieces

Whisk together garlic, yogurt, 2 Tbsp. oil, paprika, and salt in a large bowl. Add chicken; toss to coat with marinade. Cover and chill for at least 20 minutes and up to 1 day.

*For the Chutney:*

* 1bunch cilantro, chopped
* 1serrano chile, seeded, minced
* 1/4cupunsweetened flaked organic coconut
* 1 1/2tablespoonsfresh lemon juice
* 1tablespoonchopped peeled ginger
* 3/4teaspoonkosher salt
* Olive oil (for brushing)

Purée cilantro, chile, coconut, lemon juice, ginger, salt, and 1/4 cup water in a blender or food processor until smooth. Set aside.

Place a rack in middle of oven and another rack in top third of oven; preheat to 425°. Lightly brush a rimmed baking sheet with oil. Remove chicken from marinade, shaking off excess. Place in a single layer on prepared sheet.

Bake chicken on middle rack until cooked through, 10-15 minutes. Turn on broiler and move chicken to upper rack. Broil until tops of chicken pieces are browned in spots, about 3 minutes.

### *Black Rice with Apricots and Almonds*

Click for [recipe](http://www.bonappetit.com/recipe/black-rice-with-apricots-and-almonds)

* 1 cup black rice (preferably Lotus Foods Forbidden Rice)
* ¾ teaspoon kosher salt
* ¼ cup chopped dried apricots (preferably California apricots)
* ¼ cup chopped toasted almonds

Bring rice, salt, and 1 3/4 cups water to a boil in a medium saucepan. Reduce heat to low, cover, and cook until rice is tender, about 30 minutes. Fluff with a fork and let stand, covered, for 5 minutes. Stir in apricots and almonds.

### *Carrots with Mint*

Click for [recipe](http://www.bonappetit.com/recipe/carrots-with-mint)

* 3 large carrots, peeled, cut on a diagonal into 1/4' coins
* Kosher salt and freshly ground black pepper
* 2 tablespoons chopped fresh mint
* 2 tablespoons toasted pumpkin seeds (pepitas)

Bring carrots and 1/2 cup lightly salted water to a boil in a small pot. Reduce heat to medium-low, cover, and simmer until the carrots are crisp-tender, 7-9 minutes; drain. Season with salt and pepper. Add mint and pumpkin seeds.

## Dessert

### *Salted, Seedy Chocolate Bark*

1 serving

# Day 4

## Breakfast

### *Black Rice-Coconut Risotto*



In a small saucepan, bring ½ cup cooked black rice (if you don’t have leftover rice, substitute ½ cup old-fashioned oats and add ¼ cup water and a pinch of salt to the pan) and ¾ cup unsweetened almond milk to a boil. Reduce heat and simmer until mixture is thick and porridge-like, about 15 minutes. Stir in 1 tsp. pure maple syrup and top with 1 Tbsp. unsweetened flaked organic coconut.

## Lunch

### *Yogurt Chicken with Pineapple and Arugula*



Reheat 4-6 oz. leftover Yogurt Chicken with Ginger-Coriander Chutney in the microwave. (It’s also good cold, if you prefer it that way.) Serve alongside 1 cup pineapple chunks and 3 cups arugula tossed with 1 Tbsp. Sherry Vinaigrette (see above).

## Snack

### *Celery Sticks with Almond Butter and Smoked Paprika*



Spread 1 Tbsp. almond butter, divided, on 3-4 stalks celery. Sprinkle with a pinch of smoked paprika and a pinch of sea salt

## Dinner

### *Sake-Steamed Clams with Soba Noodles*



[Click](http://www.bonappetit.com/recipe/sake-steamed-clams-with-soba-noodles) for recipe

* 8 ounces soba (Japanese-style) noodles
* Kosher salt
* 1 tablespoon vegetable oil
* 1 bunch scallions, white parts and dark-green parts separated, thinly sliced
* 1 jalapeño, seeded (unless you crave heat), sliced
* 1' piece of ginger, peeled, sliced
* 2 ½ pounds Manila clams, scrubbed
* ¾ cup dry sake

Cook soba noodles in a large pot of boiling salted water, stirring occasionally, until al dente. Drain and rinse in cold water.

Meanwhile, heat oil in a large skillet over medium-high heat. Add white parts of scallions, jalapeño, and ginger. Stir until aromatic, about 1 minute. Add clams; stir to coat and cook for 1 minute, then pour in sake. Cover and cook until clams open, 4—6 minutes (discard any clams that do not open). Using a slotted spoon, transfer clams to a bowl. Discard ginger slices.

Transfer noodles to the clam juices in skillet and cook for 1 minute to warm through. Divide noodles among bowls. Toss clams, along with the scallion greens, back into clam juices. Divide clams and broth evenly among bowls.

### *Bok Choy with Chili-Black Bean Paste*

[Click](http://www.bonappetit.com/recipe/bok-choy-with-chili-black-bean-paste) for recipe

* 1 tablespoon vegetable oil
* 1/2" piece ginger, peeled, minced
* 6 baby bok choy, trimmed, halved lengthwise
* 1 tablespoon chili paste with fermented black beans
* 1/2 teaspoon kosher salt
* 1 clove garlic

Heat oil in a large skillet over medium-high heat. Add ginger and garlic; stir until fragrant, about 30 seconds. Add bok choy and 1/4 cup water; immediately cover skillet. Cook, turning bok choy once, for 3 minutes. Stir in chili paste. Cook 1 minute longer, stirring occasionally; remove from heat and season with salt.

## Dessert

### *Winter Citrus Salad*



Cut peel and white pith from 2 navel oranges, 1 blood orange, and 1 pink grapefruit. Cut between membranes to release segments. Combine segments in a small bowl. Top with 1 Tbsp. chopped toasted almonds and ½ tsp. finely minced fresh rosemary.

# Day 5

## Breakfast

### *Omelet with Fresh Herbs and Goat Cheese*



Make an omelet (or a scramble) with 2 eggs, 1 Tbsp. crumbled soft goat cheese, and assorted chopped herbs, such as parsley, tarragon, mint, and/or chives.

## Lunch

### *Radicchio and Persimmon Salad with Hazelnuts and Goat Cheese*



Toss 4 cups radicchio and 1 Fuyu persimmon (the flat variety), peeled, seeded, and cut into chunks, with 1½ Tbsp. Sherry Vinaigrette. Top with ½ oz. crumbled goat cheese and 2 Tbsp. toasted hazelnuts. You can substitute arugula, spinach, or a good dark salad mix for the radicchio, and use walnuts, pumpkin seeds, or sunflower seeds in place of the hazelnuts. If you didn’t find goat cheese, eat salad with purchased grilled chicken breast.

## Snack

### *Mango Lassi*



A dead-ripe fresh mango is more delicious than any frozen fruit. But if you can’t find one, use frozen mango, which will make a thicker, slushier shake. If your mango isn’t ripe, just add a squeeze of honey to the lassi.

To make, combine ¾ cup mango chunks (frozen or fresh and very ripe), ½ cup Greek yogurt, ¼-1/8; tsp. ancho chile powder, scant 1/8; tsp. salt (optional), and ¼ cup water in a blender; purée until smooth.

## Dinner

### *White Bean Chili with Winter Vegetables*

[Click](http://www.bonappetit.com/recipe/white-bean-chili-with-winter-vegetables) for recipe

* 1 tablespoon olive oil
* 2 leeks, white and 1' of pale-green part, diced
* 4 garlic cloves, finely chopped
* 2 large carrots, peeled, cut into 1/4' cubes
* 2 large or 3 medium parsnips, peeled, halved lengthwise if large (remove woody center, if needed), cut into 1/4' cubes
* 1–1 ½ tablespoons ground ancho chiles
* 1 teaspoon ground cumin
* ½ teaspoon dried oregano
* 2 teaspoons kosher salt plus more for seasoning
* 1 ¼ cups dried cannellini (white kidney) beans, soaked overnight (to yield about 3 cups) or two 15-oz. cans cannellini beans, rinsed
* Cilantro leaves (optional)
* 1 ripe avocado, peeled, chopped

Heat oil in a large pot over medium-low heat. Add leeks, garlic, and 2 Tbsp. water. Cook until leeks are softened, about 5 minutes. Add carrots and parsnips; stir to coat. Cook, stirring often, until just beginning to soften, about 2 minutes. Add ground chiles, cumin, oregano, and 2 tsp. salt. Stir until fragrant, about 1 minute. Fold in beans. Add 5 cups water and bring to a boil. Reduce heat and simmer to allow flavors to meld, about 30 minutes (if using soaked beans, cook until tender, which may take a few more minutes). Season with salt.

Garnish with cilantro leaves, if desired, and chopped avocado.



### *Arugula Salad with Orange Slices and Sherry Vinaigrette*

2 cups of arugula per person, tossed with slices from one orange and 1Tbsp. of the sherry vinaigrette.

## Dessert

### *One pear*

# Day 6

## Breakfast

### *Orange Breakfast Bulgur with Pumpkin Seeds*



In a small saucepan, combine ½ cup plain cooked bulgur (if you don’t have leftover cooked bulgur, substitute ½ cup old-fashioned oats and add ¼ cup water and a pinch of salt to the pan), ½ cup unsweetened almond milk, 1 tsp. honey, and 1 tsp. finely grated orange zest; bring to a boil. Reduce heat and simmer until bulgur absorbs all liquid, about 10 minutes. Sprinkle with 1 Tbsp. toasted shelled pumpkin seeds (pepitas).

## Lunch

### White Bean Chili with Spinach and Pear Salad



Reheat 1 ½ cups leftover White Bean Chili with Winter Vegetables. Toss 4 cups spinach and 1 small pear, cored and cut into ¼” slices, with up to 1 ½ Tbsp. Sherry Vinaigrette. Top with 2 Tbsp. toasted shelled pumpkin seeds (pepitas). If you don’t have leftovers, top salad with 1 hard-boiled egg and ¼ cup shelled edamame.

## Snack

### Applesauce and Hazelnuts



¾ cup applesauce and 10 toasted hazelnuts

## Dinner

### Confetti Lentils with Sockeye Salmon



[Click](http://www.bonappetit.com/recipe/confetti-lentils-with-sockeye-salmon) for recipe

*Lentils*

* 2 tablespoons olive oil
* 2 medium carrots, peeled, shredded on a box grater
* 1 medium celery root, peeled, shredded on box grater
* 1 medium onion, shredded on a box grater
* 2 teaspoons kosher salt plus more for seasoning
* 1¼ cups French green lentils

Heat oil in a large heavy pot over medium heat. Add carrots, celery root, onion, and 2 tsp. salt. Cook, stirring occasionally, until vegetables have softened, about 5 minutes. Stir in lentils. Pour in 3 3/4 cups boiling water and bring to a boil once more. Reduce heat to low and simmer, stirring occasionally, until lentils are tender but retain their shape, 20-30 minutes. Season with more salt, if desired. (Do not drain excess liquid; lentils remain tender better if stored in their cooking liquid.) To serve, use a slotted spoon or mesh strainer.

*Salmon*

* 46-oz. fillets wild sockeye salmon with skin
* ½ teaspoon kosher salt
* 1 tablespoon olive oil

Meanwhile, preheat oven to 350°. Season salmon fillets with salt. Heat oil in a large ovenproof skillet over medium-high heat. Place fillets, skin side down, in skillet. Cook until skin is crisp and lightly browned, then turn fillets over and place skillet in oven. Roast until salmon is just opaque in center, about 5 minutes.

### Mixed Greens Salad with Smoky Lemon Tahini Dressing

## Dessert

### Salted, Seedy Chocolate Bark

1 oz. serving

# Day 7

## Breakfast

### Tropical Fruit Salad with Almond Milk



Mix ½ sliced banana, ½ cup fresh mango chunks, ½ cup pineapple chunks (fresh or unsweetened, canned), and 1 Tbsp. toasted unsweetened flaked organic coconut in a small bowl. Serve with a glass of unsweetened almond milk, dusted with ground cinnamon.

## Lunch

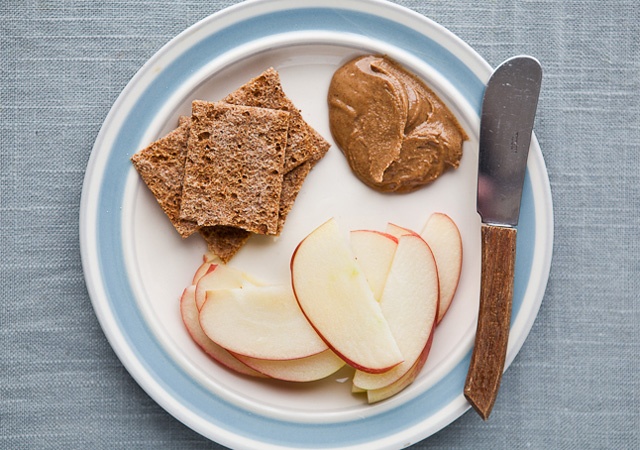
### Salmon with Kale, Radicchio, and Pomegranate Seeds



Crumble 3 oz. leftover salmon from Confetti Lentils with Sockeye Salmon into flakes; toss with 4 cups mixed radicchio and slivered kale and up to 1½ Tbsp. Sherry Vinaigrette. Top with 2-3 Tbsp. pomegranate seeds. You can substitute spinach or arugula or a good dark salad mix for the radicchio-kale mixture, and replace the pomegranate seeds with ¼ cup orange or tangerine segments. If you don’t have leftover salmon, swap in water-packed canned albacore tuna or 1-2 oz. smoked salmon.

## Snack

### Thin Rye Crackers with Almond Butter and Apple



Spread 1 Tbsp. almond butter, divided, on 3 rye crackers.

## Dinner

### Tunisian-Style Poached Eggs in Red Pepper Sauce

[Click](http://www.bonappetit.com/recipe/tunisian-style-poached-eggs-in-red-pepper-sauce) for recipe

* 2 tablespoons olive oil
* 1 medium red onion, chopped
* 2 garlic cloves, finely chopped
* 4 red bell peppers, cored, cut lengthwise into 1/2”-wide strips
* 1 ½ teaspoons kosher salt, divided, plus more for seasoning
* 1 large tomato, cored, grated using the large holes on a box grater
* 1 tablespoon(or more) harissa paste
* 4 large eggs
* 1 teaspoon white wine vinegar or apple cider vinegar
* Flaky sea salt, such as Maldon

Heat oil in a large skillet over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add garlic; stir until fragrant, about 1 minute. Add peppers and 1 tsp. kosher salt and cook, stirring often, until peppers are wilted, 5—8 minutes. Add tomato, 1 Tbsp. harissa, and 1 cup water; reduce heat to medium-low and cook, stirring often and adding more water if too dry, until peppers are soft, 15—20 minutes. Season with kosher salt and more harissa, if desired. Keep warm.

Meanwhile, fill a large skillet with water. Add vinegar and 1/2 tsp. kosher salt; bring to a simmer. Crack each egg into a teacup, then slide each one into the water; reduce heat to low. Poach eggs until whites are set and yolks are gently set, 3—4 minutes.

Divide pepper sauce among four warm bowls and top each with an egg. Season egg with flaky sea salt.

[](http://www.flickr.com/photos/hasselbrink/8335746572/)

### Chickpeas with Leeks, Spinach, and Smoked Paprika

[Click](http://www.bonappetit.com/recipe/chickpeas-with-leeks-spinach-and-smoked-paprika) for recipe

* 1 tablespoon olive oil
* 1 leek, white and light-green parts only, thinly sliced
* ½ teaspoon kosher salt plus more for seasoning
* 1 garlic clove, finely chopped
* 1 15-oz. can chickpeas, rinsed
* ½ teaspoon smoked paprika
* 1 bunch spinach, trimmed, thoroughly washed

Heat oil in a large skillet over medium heat. Add leek and 1/2 tsp. salt and cook until beginning to soften, about 3 minutes. Add garlic; stir for 1 minute. Add chickpeas and paprika and stir to coat. Add spinach and 2 Tbsp. water; cover skillet. Cook until spinach is wilted, about 2 minutes. Stir; season with salt.[](http://www.flickr.com/photos/hasselbrink/8335746572/)

## Dessert

### Two clementines

# Day 8

## Breakfast

### Hot Multigrain Cereal with Blueberries, Almonds, and Sage



The flavor of sage is a beautiful complement to blueberries. Try sprinkling a little chopped sage over the berries in your morning oatmeal.

Cook ¼ cup ground hot cereal (such as Bob’s Red Mill 10 Grain Hot Cereal Mix) according to package directions; add ½ cup blueberries, 1-2 tsp. chopped toasted almonds, and ¼ tsp. chopped fresh sage (optional).

## Lunch

### Chickpeas and Greens with Arugula-Date Salad



Warm 3/4-1 cup leftover Chickpeas with Leeks, Spinach, and Smoked Paprika. Serve alongside a salad of 2 cups arugula, 2 sliced pitted Medjool dates, and up to 1 Tbsp. Sherry Vinaigrette. If you don’t have leftovers, toss drained chickpeas or white beans into the salad instead.

## Snack

### Mango Lassi

See recipe above.

## Dinner

### Chicken Breasts with Cranberry Agrodolce



[Click](http://www.bonappetit.com/recipe/chicken-breasts-with-cranberry-agrodolce) for recipe

*Agrodolce*

* 2 teaspoons vegetable oil
* 1 medium red onion, chopped
* Kosher salt
* 1 Granny Smith apple, peeled, cored, chopped
* 2 cups fresh (or frozen, thawed) cranberries
* 2 tablespoons pure maple syrup
* 1 tablespoon balsamic vinegar

*Chicken*

* 2 large bone-in, skin-on chicken breasts, each cut in half crosswise
* Kosher salt
* 1 garlic clove, minced
* 8 fresh sage leaves (optional)
* Freshly ground black pepper
* 1 teaspoon vegetable oil

Heat 2 tsp. oil over medium heat in a large saucepan. Add onion and a pinch of salt and cook, stirring occasionally, until the edges of the onion pieces become translucent, about 8 minutes. Stir in apple, cranberries, syrup, and vinegar. Increase heat to high and cook until cranberries begin to pop, about 5 minutes. Reduce heat to medium-low and cook until apples are soft, 8-10 minutes. Serve warm or at room temperature. DO AHEAD: Agrodolce can be made a day ahead. Cover and chill. Return to room temperature before serving.

Preheat oven to 425°. Loosen the skin on each piece of chicken, leaving it connected around the edges. Rub some salt and minced garlic under skin onto the breast meat. Tuck 2 sage leaves, if using, under skin of each piece of chicken. Season skin with salt and pepper.

Heat a large ovenproof skillet over medium-high heat. Brush pan with oil; lay chicken pieces, skin side down, in skillet. Cook until skin is golden brown, 7-8 minutes. Turn chicken pieces over and transfer to oven. Cook until meat is fully cooked, 15-18 minutes. Let rest for 5 minutes before serving topped with agrodolce.

### Warm Brussels Sprout Slaw with Mustard Seeds and Walnuts

[Click](http://www.bonappetit.com/recipe/warm-brussels-sprout-slaw-with-mustard-seeds-and-walnuts) for recipe

* 1 tablespoon olive oil
* 2 tablespoons brown mustard seeds
* 2 large shallots, sliced
* ¾ teaspoon kosher salt, divided, plus more for seasoning
* 1 ½ pounds Brussels sprouts, trimmed, shredded
* 2 tablespoons fresh lemon juice
* ½ cup walnuts, toasted, chopped

Heat oil in a large skillet over medium-high heat. Add mustard seeds and cook, stirring frequently, until seeds begin to pop. Add shallots and 1/4 tsp. salt and toss to coat. Lower heat to medium and cook, stirring frequently, until lightly browned, 4 minutes. Add shredded Brussels sprouts and 1/2 tsp. salt and toss to coat. Pour in 1/3 cup water, reduce heat to medium, and cook until sprouts are crisp-tender, about 4 minutes. Stir in lemon juice and toss to coat. Season with more salt, if desired. Toss in walnuts and serve.

### Sweet Potatoes with Jalapeño and Cilantro

[Click](http://www.bonappetit.com/recipe/sweet-potatoes-with-jalape-o-and-cilantro) for recipe

* 1 ½ pounds sweet potatoes, scrubbed, cut in 3/4” wedges
* 1 tablespoon olive oil
* ½ teaspoon kosher salt plus more for seasoning
* 3 tablespoons chopped cilantro leaves
* 2 teaspoons minced seeded jalapeño
* Juice of 1 lime

Preheat oven to 400°. Toss sweet potatoes with oil and ½ tsp. salt on a rimmed baking sheet; spread out in a single layer. Roast, turning once, until tender and lightly browned, 25—30 minutes.

Toss potatoes with cilantro, jalapeño, and lime juice. Season with more salt, if desired.

## Dessert

### Salted, Seedy Chocolate Bark

1 oz. serving

# Day 9

## Breakfast

### Smoked Salmon and Avocado on Crisp Crackers



Smash ¼ of a ripe avocado and spread on 2-3 rye crackers. Top with 1 oz. smoked salmon, divided.

## Lunch

### Chicken and Frisée Salad with Sweet Potatoes



Toss 4 cups frisée and 1 Bosc pear, cored and sliced, with up to 1 Tbsp. Sherry Vinaigrette. Top with 1/3 cup leftover Sweet Potatoes with Jalapeño and Cilantro and 4 oz. leftover chicken from Chicken Breasts with Cranberry Agrodolce, serving a spoonful of the agrodolce alongside. (The chicken can be reheated in the microwave or served cold.) If you don’t have chicken leftover, use purchased grilled chicken breast and add 1 Tbsp. dried cranberries to the salad.

## Snack

### Almonds and Orange

10 toasted almonds and 1 navel orange

## Dinner

### Thai-Flavored Green Curry with Sweet Potato, Green Beans, and Chicken



[Click](http://www.bonappetit.com/recipe/thai-flavored-green-curry-with-sweet-potato-green-beans-and-chicken) for recipe

* 1 tablespoon vegetable oil
* 1 medium onion, quartered, thinly sliced
* 2 tablespoons green Thai curry paste (preferably Thai and True brand)
* 1 cup canned unsweetened coconut milk
* 1 large sweet potato, scrubbed, quartered, cut into 1/2” chunks
* 3 cups trimmed green beans, cut in 2” pieces
* 1 large skinless, boneless chicken breast, cut in 1” pieces
* Kosher salt
* 20 basil leaves, preferably Thai (optional)

Heat oil in a large pot over medium heat. Add onion; cook, stirring often, until onion begins to soften, about 2 minutes. Add curry paste; stir for 1 minute. Whisk in coconut milk and 1 cup water. Add sweet potato and cook, uncovered, until sauce thickens to a creamy consistency, about 10 minutes. Stir in green beans, cover, and cook for 2 minutes. Fold chicken into mixture, cover, and cook until sweet potato is tender and chicken is just cooked through, about 4 minutes. Season with salt. Turn off heat and toss basil leaves, if using, into the curry.

### Simple Red Rice

[Click](http://www.bonappetit.com/recipe/simple-red-rice) for recipe

* 1 cup Bhutanese red rice
* ½ teaspoonsalt

Rinse rice in cool water; drain. Bring rice, salt, and 1 1/2 cups water to a boil in a medium saucepan. Reduce heat to low, cover, and simmer until water is absorbed, about 20 minutes. Remove from heat. Fluff with a fork, re-cover, and let stand for 5 minutes before serving.



## Dessert

### Two clementines

# Day 10

## Breakfast

### Pomegranate-Walnut Oatmeal



Cook oatmeal made with ½ cup dried old-fashioned oats (or ¼ cup steel-cut oats) according to package directions; top with ½ cup chopped fruit and 1 Tbsp. each chopped toasted walnuts and pomegranate seeds.

## Lunch

### Thai Curry with Pineapple



Reheat 1½ cups leftover Thai-Flavored Green Curry with Sweet Potato, Green Beans, and Chicken and 1 cup Simple Red Rice in the microwave. Serve alongside 1½ cups fresh pineapple chunks. If you don’t have leftovers, you could serve a quick salad of 4 cups spinach tossed with 1½ Tbsp. Smoky Lemon Tahini Dressing and topped with 1 hard-boiled egg and ¼ cup shelled edamame.

## Snack

### Apple-Blackberry Smoothie



Combine ¾ cup apple cider, ½ cup frozen blackberries, and &frac13; cup Greek yogurt in a blender; purée until smooth.

## Dinner

### Miso-Marinated Flank Steak

### http://www.bonappetit.com/wp-content/uploads/2013/01/flank-steak-arugula-slaw-640.jpg

[Click](http://www.bonappetit.com/recipe/miso-marinated-flank-steak) for recipe

* ¼ cup white miso (fermented soybean paste)
* 2 teaspoons Dijon mustard
* 1 teaspoon grated peeled ginger
* 1 teaspoon kosher salt
* 1 garlic clove, grated
* 2 tablespoons vegetable oil plus more for brushing
* 1 ½ pound grass-fed beef flank steak
* Flaky sea salt, such as Maldon, and freshly ground black pepper

Whisk together miso, mustard, ginger, kosher salt, garlic, and 2 Tbsp. oil into a paste. Smear on both sides of steak. Wrap well in plastic and chill for at least 30 minutes and up to overnight.

Arrange a rack in upper third of oven and preheat to 450°. Brush a baking sheet with oil. Remove steak from marinade, shaking off excess, and place on prepared sheet. Roast, turning once, until cooked to medium, about 13 minutes. Turn on broiler; cook steak, watching closely to prevent burning, until deep brown, about 1 minute per side. Let rest for 10 minutes. Thinly slice against the grain.

### Purple Cabbage, Beet, and Apple Slaw

[Click](http://www.bonappetit.com/recipe/purple-cabbage-beet-and-apple-slaw) for recipe

* 1 shallot, finely chopped
* 1 teaspoon red or white wine vinegar
* 2 cups shredded red cabbage
* 1 large cooked beet, peeled, grated
* 1 large crisp apple (preferably Honeycrisp), grated (do not peel)
* ¼ cup dried cranberries
* 2 tablespoons Sherry Vinaigrette (see recipe)
* Juice of 1 lemon

Combine shallot and vinegar in a small bowl; let soak for at least 10 minutes.

Mix cabbage, beet, apple, cranberries, Sherry Vinaigrette, and macerated shallot in a large bowl. Season generously with lemon juice and salt.

## Dessert

### Salted, Seedy Chocolate Bark

1 oz. serving

# Day 11

## Breakfast

### Fried Egg with Arugula and Chili Sauce



A little heat can be nice in the morning.

Serve one fried egg over some arugula; top with a little flaky sea salt and a drop or six of Sriracha (or harissa) chili sauce.

## Lunch

### *Steak with Slivered Kale and Apples*



Toss 4-6 oz. leftover Miso-Marinated Flank Steak, sliced, with 4 cups slivered kale, 1 small apple, cored and cut into ¼” slices, and up to 1½ Tbsp. Sherry Vinaigrette. If you don’t have leftover meat, substitute tofu or chicken breast from the deli counter or the salad bar.

## Snack

### *Avocado on Rye Crisp*

Smash ¼ of a ripe avocado and spread on 2-3 rye crackers. Sprinkle with sea salt, lime juice, and crushed red chile flakes to taste.



## Dinner

### *Vegetable Pot-au-Feu*



[*Click*](http://www.bonappetit.com/recipe/vegetable-pot-au-feu) *for recipe*

* 2 large carrots, peeled, cut on a diagonal into 2” pieces
* 2 large leeks, white and light-green parts only, cut on a diagonal into 2” pieces
* 2 large or 3 medium parsnips, peeled, halved lengthwise if large (remove woody center, if needed), cut on a diagonal into 2” pieces
* ½ medium head of savoy cabbage, cut into 4 wedges, each with some core attached
* 2 flat-leaf parsley sprigs plus 1 tablespoon chopped for garnish
* 5 cups homemade chicken stock or low-sodium canned chicken broth
* Kosher salt and freshly ground black pepper

Place carrots, leeks, parsnips, cabbage, parsley sprigs, and stock in large heavy pot. Bring to a boil; reduce heat to low, cover, and simmer until vegetables are tender but not falling apart, about 20 minutes.

Season with salt and pepper.

Garnish with chopped parsley

### *Soft Thyme-Scented Polenta*

[*Click*](http://www.bonappetit.com/recipe/soft-thyme-scented-polenta) *for recipe*

* 1 teaspoon salt plus more for seasoning
* 2/3 cup polenta (coarse cornmeal; not quick-cooking)
* 1 tablespoon fresh thyme leaves
* Freshly ground black pepper
* 1 peeled garlic clove, smashed

Bring 1 tsp. salt and 4 cups water to a boil in a medium saucepan. Whisk in polenta and thyme; return to a boil. Reduce heat to low and simmer, stirring occasionally, until polenta is soft, 25—30 minutes. Season with salt and pepper. Rub serving bowl with garlic clove before transferring polenta.

## Dessert

### *One pear*

# Day 12

## Breakfast

### Raspberry-Hazelnut Muesli



Muesli is a cold porridge of fruit, nuts, and oats that you prepare the night before serving. In this case, the juices of clementines and frozen raspberries are blended with yogurt to make a soft pudding, which gets some toothsome texture the next morning from bits of toasted hazelnuts.

In a small bowl, mix ½ cup frozen raspberries, ½ cup old-fashioned oats, 1/3 cup unsweetened nonfat yogurt, ½ of a large apple (skin on, cored, shredded), fresh-squeezed juice of 1 clementine or ½ of a navel orange, and a pinch of salt in a small bowl. Cover and chill overnight. In the morning, sprinkle 1 Tbsp. chopped toasted hazelnuts over.

## Lunch

### Pot-au-Feu with Egg and Olives



Reheat 1½ cups Vegetable Pot-au-Feu in the microwave or in a small saucepan over medium-low heat. Serve alongside 1 hard-boiled egg and 2 Tbsp. black olives. If you don’t have leftover Vegetable Pot-au-Feu, substitute a veggie-heavy salad, like slivered red cabbage, broccoli, and carrots tossed with 1½ Tbsp. Smoky Lemon Tahini Dressing.

## Snack

### Celery Sticks with Almond Butter and Smoked Paprika



Spread 1 Tbsp. almond butter, divided, on 3-4 stalks celery. Sprinkle with a pinch of smoked paprika and a pinch of sea salt.

## Dinner

### Coriander-Orange Pork Tenderloin



[Click](http://www.bonappetit.com/recipe/coriander-orange-pork-tenderloin) for recipe

* 1 tablespoon orange zest
* 2 teaspoons coriander seeds, crushed
* 1 teaspoon fine sea salt
* 1 teaspoon plus 1 tablespoon olive oil, divided
* 1 teaspoon paprika
* 11–1 1/4-lb. pork tenderloin, trimmed

Mix orange zest, coriander seeds, salt, oil, and paprika in a small bowl to make a thick paste. Rub all over pork. Let stand at room temperature for at least 20 minutes, or cover and chill up to overnight. Before cooking, let pork sit at room temperature for 20 minutes.

Preheat oven to 425°. Heat remaining 1 Tbsp. olive oil in a large ovenproof skillet over medium-high heat. Cook tenderloin, turning occasionally to thoroughly brown all over, 8-10 minutes. Transfer skillet to oven and cook until an instant-read thermometer inserted into center of tenderloin registers 140°, 5-10 minutes.

### Shaved Vegetable and Walnut Salad

[Click](http://www.bonappetit.com/recipe/shaved-vegetable-and-walnut-salad) for recipe

* 2 large Belgian endive, very thinly sliced lengthwise
* 1 large Bosc pear, quartered, cored, very thinly sliced lengthwise
* 4—5 small inner stalks from celery heart, very thinly sliced crosswise, leaves reserved
* ¼ cup chopped toasted walnuts
* ¼ cup Sherry Vinaigrette (see recipe)
* Kosher salt and freshly ground black pepper
* Fresh lemon juice

Toss endive, pear, celery and leaves, and walnuts with Sherry Vinaigrette in a large bowl. Season with salt, pepper, and lemon juice.

### Sage Roasted Squash

[Click](http://www.bonappetit.com/recipe/roasted-squash) for recipe

* 1 ½ pounds Delicata squash, halved, seeded, sliced crosswise into 1/4' semicircles (do not peel)
* 2 tablespoons olive oil
* 1 teaspoon kosher salt

Preheat oven to 425°. Toss squash with olive oil and salt. Arrange in a single layer on a rimmed baking sheet and roast until squash is tender and lightly browned at the edges, 25–30 minutes.

## Dessert

### One navel orange

# Day 13

## Breakfast

### *Greek Yogurt with Dates, Sesame, and Toasted Quinoa*



Here we take a tip from Seattle’s Sitka & Spruce, where the delicious house-made yogurt is topped with toasted quinoa. The toasting is easy to do, even early in the morning—and it’s a little exciting: As you toast the quinoa in a dry pan, it pops madly, like miniature popcorn.

Toast 1 Tbsp. uncooked quinoa and 1 tsp. sesame seeds in a dry skillet over medium-high heat, stirring constantly, until the quinoa darkens slightly, about 1½ minutes; let cool. Stir toasted mixture and 2 chopped pitted Medjool dates into ½ cup Greek yogurt.

## Lunch

### *Pork with Spinach and Carrot Salad*



Serve 4-6 oz. leftover Coriander-Orange Pork Tenderloin (cold or reheated gently in the microwave), alongside ½ cup shredded carrots and 4 cups spinach tossed with up to 1½ Tbsp. Smoky Lemon Tahini Dressing. If you don’t have pork, toss canned water-packed albacore tuna or ¾ cup chickpeas with the salad.

## Snack

### *Hard-Boiled Egg with Celery Salt*

## Dinner

### *Butternut Squash and Tomato Soup*



[Click](http://www.bonappetit.com/recipe/butternut-squash-and-tomato-soup) for recipe

* 2 tablespoons olive oil, divided
* 1 medium butternut squash, halved, seeded
* 2 garlic cloves, peeled
* 1 onion, chopped
* 2 teaspoons grated peeled ginger or 1/2 teaspoon dried ground ginger
* 2 teaspoons kosher salt plus more for seasoning
* ½ teaspoon ground turmeric
* 128-oz. can whole peeled tomatoes, drained
* 1 ½ cups low-sodium chicken broth
* Freshly ground black pepper

Preheat oven to 400°. Brush a baking sheet with 1 Tbsp. oil. Place squash halves, cut side down, on baking sheet and tuck a garlic clove under the hollow of each half. Roast until squash is tender all the way through, about 45 minutes. When cool, scoop out squash flesh and reserve, along with roasted garlic. Discard squash skins. DO AHEAD: Squash and garlic can be roasted 1 day ahead. Cover and chill.

Heat remaining 1 Tbsp. oil in a large heavy pot over medium heat. Add onion; cook until softened, about 5 minutes. Stir in ginger, 2 tsp. salt, and turmeric. Cook until fragrant, about 30 seconds. Add roasted squash and garlic cloves and stir to coat. Add tomatoes and chicken broth; bring to a boil. Reduce heat and simmer to allow flavors to meld, about 20 minutes.

Using an immersion blender, purée soup until smooth. (Alternatively, allow soup to cool slightly and purée in small batches in a blender.) Season with salt and pepper.

### Escarole Salad

[Click](http://www.bonappetit.com/recipe/escarole-salad) for recipe

* 1 small shallot, finely chopped
* 1 anchovy fillet packed in oil, chopped
* 3 tablespoons olive oil
* 1 tablespoon Sherry vinegar
* ¼ teaspoon Dijon mustard
* ¼ teaspoon kosher salt
* Pinch of freshly ground black pepper
* 1 head escarole, leaves torn (about 8 cups)
* 1 tablespoon chopped toasted almonds

Whisk shallot, anchovy, oil, vinegar, mustard, salt, and pepper in a large bowl. Add escarole and toss to coat. Garnish with almonds.

## Dessert

### *One pear*

# Day 14

## Breakfast

### *Hot Multigrain Cereal with Blueberries, Almonds, and Sage*



The flavor of sage is a beautiful complement to blueberries. Try sprinkling a little chopped sage over the berries in your morning oatmeal.

Cook ¼ cup ground hot cereal (such as Bob’s Red Mill 10 Grain Hot Cereal Mix) according to package directions; add ½ cup blueberries, 1-2 tsp. chopped toasted almonds, and ¼ tsp. chopped fresh sage (optional).

## Lunch

### *Butternut Squash and Tomato Soup with Avocado-Radicchio-Salmon Salad*

[](http://www.flickr.com/photos/hasselbrink/8335745936/)

Reheat 1 cup Butternut Squash and Tomato Soup; serve alongside a salad of 3-4 cups slivered radicchio and ¾ diced ripe avocado tossed with 1½ Tbsp. Smoky Lemon Tahini Dressing. Top salad with 1-2 oz. smoked salmon slices. If you don’t have leftover soup, add some raw carrots, sliced thin or shredded, to the salad.[](http://www.flickr.com/photos/hasselbrink/8335745936/)

## Snack

### *Walnuts and Pear*

6-8 toasted walnut halves and 1 pear

## Dinner

### *Charmoula-Rubbed Mahi-Mahi*



[Click](http://www.bonappetit.com/recipe/charmoula-rubbed-mahi-mahi) for recipe

* ½ cup finely chopped fresh cilantro
* ¼ cup olive oil
* ½ teaspoon ground cumin
* ½ teaspoon paprika, sweet or smoked
* ½ teaspoon kosher salt
* Juice of 1 lime
* 1 small garlic clove, grated
* 46-oz. mahi-mahi fillets

Stir together cilantro, oil, cumin, paprika, salt, lime juice, garlic, and 1 Tbsp. water (alternatively, pulse ingredients in a food processor for a smoother texture and a slightly more intense herbal flavor). Rub mixture onto the mahi-mahi fillets and chill for at least 15 minutes and up to 1 hour.

Preheat oven to 425°. Place marinated fish on a rimmed baking sheet. Roast until fish is just opaque in center, 10–15 minutes.

### *Shallot Bulgur*

[Click](http://www.bonappetit.com/recipe/shallot-bulgur) for recipe

* 1 tablespoon olive oil
* 2 shallots, finely chopped
* ¾ teaspoon kosher salt plus more to taste
* 1 cup fine bulgur

Heat oil in a small saucepan over medium heat. Add shallots and 3/4 tsp. salt. Cook, stirring occasionally, until shallots are quite soft and translucent, about 10 minutes. Add bulgur; stir to coat, then add 1 3/4 cups water. Bring to a boil; reduce heat to simmer, cover, and cook until bulgur is tender and all water is absorbed, about 15 minutes.

### *Olive and Orange Salad*

[Click](http://www.bonappetit.com/recipe/olive-and-orange-salad) for recipe

* ¼ red onion, thinly sliced
* 3 oranges, peel and white pith removed, halved lengthwise, cut in 1/4' semicircles
* ¼ cup thinly sliced Kalamata olives
* 1 tablespoon extra-virgin olive oil
* Tbsp. extra-virgin olive oil Flaky sea salt, such as Maldon, and freshly ground black pepper

Soak onion in cold water for 5 minutes; drain well. Press between double layers of paper towel to remove excess water (and some pungency). Toss onion, orange slices, olives, and olive oil in a medium bowl. Season with salt and pepper.

## Dessert

### *Salted, Seedy Chocolate Bark*

1 oz. serving

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