

5-Day Clean Crockpot Meal Plan

(Note: There are two options for Wednesday, one is vegetarian for those who would like a meatless night. Also note I always SUGGEST buying organic but do realize it is not always possible. Organic foods are higher quality and chemical free which our bodies breakdown and utilize more effectively)

Monday: Slow Cooker Pulled Pork

Servings: 8 • Size: 3 oz pork + 2 tbsp sauce

Calories: 206 • Fat: 5.5 g • Carb: 12.3 g • Fiber: 0.6 g • Protein: 26.4 g • Sugar: 10.2 g

Sodium: 554.1 mg

Ingredients:

- 2.5 lb organic boneless pork loin roast (center cut, trimmed of all fat)
- 2 tsp organic red wine vinegar
- 2 tsp Hickory liquid smoke
- 1 tsp garlic powder
- 1 tsp sea salt or pink Himalayan sea salt
- 1 cup [Homemade Kansas City BBQ Sauce](#) (recipe below) or an organic sauce of your choice-WITHOUT HIGH-FRUCTOSE CORN SYRUP
- Whole wheat buns or butter lettuce to wrap pork in

Directions:

- Place pork in slow cooker and season with salt, vinegar, garlic powder and liquid smoke.
- Cover and set to high 6 hours.
- Remove pork and transfer onto a large dish; reserve all the liquid into a cup and set aside.
- Shred the pork with two forks and put it back into the slow cooker along with about 3/4 cup of the reserved liquid and the BBQ sauce (for every 3 oz cooked pork, use 2 tbsp BBQ sauce).
- Cook on high one more hour.

**Nutritional info is for pork only, bread is extra. I like to serve this dish with a salad!*

Homemade Kansas Style BBQ Sauce

Servings: 17 • Size: 2 tbsp • Calories: 47.5 • Fat: 0.1 g • Carb: 12.4 g • Fiber: 0.6 g • Protein: 0.6 g • Sugar: 10.3 g
Sodium: 225.6 mg

Ingredients:

- 1 1/3 cups organic tomato sauce
- 1/3 cup organic tomato paste
- 1/3 cup organic honey
- 1/2 cup + 3 tbsp organic red wine vinegar
- 1/4 cup molasses (unsulfured)
- 2 tsp all natural hickory liquid smoke (Colgin)
- 1/2 tsp cayenne pepper
- 1/2 tsp pink himalayan sea salt
- 1/2 tsp coarsely ground black pepper
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 tsp ground cinnamon
- 1/8 tsp chili powder

Directions:

- In a large saucepan combine all the ingredients and simmer over low heat for 25 minutes stirring occasionally.
- Let it cool and store in the refrigerator until ready to use.
- For using on grilled meat, brush onto chicken, pork or beef the last 10 minutes of cooking.

Tuesday: Crockpot Chicken Enchilada Soup

Servings: 6 • Serving Size: 1 1/2 cups + cheese • Calories: 260.9 • Fat: 6.6 g • Protein: 25.4 g • Carb: 29.9 g • Fiber: 6.7 g • Sugar: 4.1 g
Sodium: 572 mg (without salt)

Ingredients:

- 2 tsp olive oil
- 1/2 cup organic onion, chopped
- 3 cloves organic garlic, minced
- 3 cups organic low sodium fat-free chicken broth
- 8 oz can organic tomato sauce
- 1-2 tsp chipotle chili in adobo sauce (or more to taste)
- 1/4 cup chopped organic cilantro (plus more for garnish)
- 15 oz can organic black beans, rinsed and drained
- 14.5 oz can organic petite diced tomatoes
- 2 cups organic frozen corn
- 1 tsp cumin
- 1/2 tsp dried organic oregano
- (2) 8 oz organic skinless chicken breasts (16 oz total)
- 1/4 cup chopped organic scallions, for topping
- 3/4 cup shredded organic reduced fat cheddar cheese
- (optional) fat-free sour cream OR plain greek yogurt

Directions:

- Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft, 3-4 minutes.
- Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil. Add cilantro and remove from heat. Pour into crockpot.
- To the crockpot, add drained beans, diced tomatoes, corn, cumin, oregano and stir.
- Add the chicken breasts; cover and cook on low heat for 4-6 hours.
- Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste. Serve in bowls and top with fat free sour cream, cheese, scallions and cilantro. You can also top with avocado or crushed tortilla chips. Enjoy!

Wednesday: Slow Cooker French Dip Sandwiches with Caramelized Onions

(TWO OPTIONS: BEEF OR VEGETARIAN see both below)

Servings: varies • Size: 1 sandwich (see below) Calories: 308 • Fat: 9 g • Carb: 31 g • Fiber: 1 g • Protein: 29 g • Sugar: 1 g
Sodium: 620 mg • Cholest: 40 mg

Ingredients:

For The Beef:

- 3--4 lb organic lean beef round roast, trimmed
- 1 tbsp organic minced garlic, minced
- 1 tbsp fresh organic rosemary (or 1 tsp dry)
- 1 tbsp fresh organic thyme (or 1 tsp dry)
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 to 3 (14.5 oz) cans organic low-sodium beef broth
- 1 tsp Worcestershire sauce
- 10 whole peppercorns
- 1 bay leaf
- 1/2 large organic onion, cut into chunks

For the Caramelized Onions (makes about 1 cup):

- 1/2 tablespoon extra-virgin olive oil
- 3 large organic onions, thinly sliced
- 1/2 tsp pink Himalayan sea salt

For the Peppers (makes about 2 cups):

- 1 large organic red bell pepper, cored, seeded and sliced into strips
- 1 large organic green bell pepper, cored, seeded and sliced into strips

For the Sandwich:

Provolone or Mozzarella Slices

Whole wheat baguette or rolls, cut into 2 oz pieces

Directions:

- In a small bowl mix garlic, rosemary, thyme, salt and pepper. Rub the spice mixture onto all sides of the roast, then place in the slow cooker.
- Pour the broth into the side of the roast until it just cover the meat. If the broth doesn't cover the roast you can add water and top with onions. Add the Worcestershire sauce, peppercorns and bay leaf to the broth. Cover and cook on low until the meat flakes apart easily with a fork, about 9 to 12 hours, depending on the size of your roast.
- An hour before the meat is done, prepare the onions and peppers. In a large nonstick skillet heat the oil over medium heat. Add the onions and salt and cook until golden, stirring often, reducing heat as needed if the onions are burning or browning too quickly, about 30 to 35 minutes. Add 1 tbsp to the pan if it becomes too dry. The onions should turn golden and the flavor should be sweet. Transfer to a serving bowl, then add the peppers to the skillet and cook stirring often until soft, 8 to 10 minutes.
- Remove the meat from the slow cooker to a cutting board and shred with a fork or slice with a knife. Strain the broth through a fine sieve then place in a gravy separator to remove any fat. Pour 1/4 cup broth into each small ramekin.
- Preheat the oven to broil. Split the bread open and top with 2 ounces of beef. Top with onions, peppers and cheese and broil until the cheese melts. Place on a plate with broth for dipping.
- Nutrition based on: 2 oz whole wheat baguette, 2 oz cooked beef round, 1/4 cup beef broth, 1 slice cheese, onions & peppers.

OR VEGETARIAN OPTION:

Crock Pot Creamy Tomato Soup

Servings: 6 • Size: 1-1/2 cups Calories: 177 • Fat: 10 g • Carb: 17 g • Fiber: 3 g • Protein: 8 g • Sugar: 8 g
Sodium: 600 mg • Cholest: 21 mg

Ingredients:

- 1 tbsp olive oil
- 1 cup finely diced organic celery
- 1 cup finely diced organic carrots
- 1 cup finely diced organic onions
- 28 oz can organic whole plum tomatoes, with juice

- 1 tsp organic thyme
- 1/4 cup fresh organic basil
- 3 1/2 cups organic reduced sodium chicken broth (or vegetable for vegetarians)
- organic Parmesan or Romano cheese rind (optional)
- 1 bay leaf
- 2 tablespoons organic unsalted butter
- 2 tablespoons flour
- 1/3 cup organic grated Pecorino Romano cheese
- 1 3/4 cups organic reduced fat (2%) milk, warmed
- Pink himalayan sea salt, to taste
- black pepper, to taste

Directions:

- Heat a large skillet over medium heat, then add the oil, celery, carrots and onions; cook 5 to 6 minutes, or until golden. Add to slow cooker.
- Pour the juice of the tomatoes into the slow cooker, then roughly crush the tomatoes with your hands; add to slow cooker. Then add chicken (or vegetable broth), the cheese rind (if using) thyme, basil, and bay leaf.
- Cover and cook on LOW for 6 hours, until the vegetables get soft and the flavors blend. Remove the cheese rind and, using an immersion blender, blend the soup until smooth (or you can carefully do this in small batches in the blender).
- Melt the butter over low heat in a large skillet and add the flour. Stir constantly with a whisk for 4 to 5 minutes. Slowly whisk in about 1 cup of the hot soup, then add the 1 3/4 cups of warmed milk and stir until smooth. Pour back into the slow cooker and stir, add the grated Pecorino cheese and adjust salt and pepper, to taste.
- Cover and cook on low 30 more minutes.

Thursday: Crockpot Italian Turkey Meatballs

Servings: 6 • Size: 4 meatballs with sauce • Calories: 200.4 • Fat: 8.1 g • Carbs: 12.6 •
Fiber: 0.6 • Protein: 17.3 g • Sugar: 4.4
Sodium: 427.5 mg

Ingredients:

- 20 oz (1.3 lb) ground turkey breast 93% lean
- 1/4 cup organic whole wheat seasoned breadcrumbs
- 1/4 cup organic [Reggiano Parmigiano](#) cheese, grated
- 1/4 cup organic parsley, finely chopped
- 1 organic egg
- 1 large organic clove garlic, crushed
- 1 tsp pink Himalayan sea salt + fresh pepper

For the sauce:

- 1 tsp olive oil
- 4 organic cloves garlic, smashed
- 28 oz can organic crushed tomatoes
- 1 bay leaf
- pink himalayan sea salt and fresh pepper to taste
- 1/4 cup fresh chopped organic basil or parsley

** I like to use rice pasta or whole wheat pasta*

Directions:

- In a large bowl, combine ground turkey, breadcrumbs, egg, parsley, garlic and cheese. Using clean hands, mix all the ingredients and form small meatballs, about 1/8th cup each.
- In a small saute pan, heat olive oil over medium heat. Add garlic and saute until golden, being careful not to burn.
- Pour crushed tomatoes into the crock pot with bay leaf. Add garlic and oil.
- Drop meatballs into the sauce, cover and set crock pot to low, 4 to 6 hours. When meatballs are ready, adjust salt and pepper to taste and add fresh chopped basil or parsley.

Serve with ricotta, over pasta or enjoy with French bread. Makes about 24 meatballs, 2 tbsp each.

Friday: Easy Crockpot Chicken and Black Bean Taco Salad

Servings: 4 • Size: 1 salad

Calories: 290 • Fat: 9 g • Carb: 20 g • Fiber: 8 g • Protein: 34 g • Sugar: 1 g

Sodium: 521 mg • Cholesterol: 69 g

Ingredients:

- 2 (16 oz total) organic skinless, boneless chicken breasts
- 1 tablespoon reduced sodium taco seasoning
- 1/2 teaspoon cumin
- 1 cup canned organic black beans, rinsed
- 1 cup organic salsa

For the Salad:

- 6 cups organic chopped romaine or red leaf
- 1/4 cup organic reduced Mexican cheese blend
- 1/2 cup [zesty avocado cilantro buttermilk dressing](#) (recipe below)

Directions:

- Place the chicken in the slow cooker and season with taco seasoning and cumin. Pour the beans over the chicken and top with salsa.
- Cover and cook on LOW for 4 hours, or until the chicken is tender and easily shreds with 2 forks. Shred the chicken and combine with the beans and sauce, keep warm until ready to eat. Makes 3 1/2 cups.
- To make the salad, place 1 1/2 cups lettuce on each plate, top with 3/4 cup chicken and bean mixture, 1 tbsp cheese and 2 tablespoons [zesty avocado buttermilk dressing](#).

Zesty Avocado Cilantro Buttermilk Dressing

Servings: 6 • Serving Size: 3 1/2 tbsp • Calories: 64.9 • Fat: 4.8 g • Protein: 1.8 g • Carb: 5.1 g • Fiber: 2.2 g • Sugar: 1.9

Sodium: 128.8 mg

Ingredients:

- 3/4 cup organic low-fat buttermilk
- 1 small jalapeno, seeds removed, leave them in if you want it spicy

- 1/4 cup of fresh cilantro
- 1 medium haas avocado
- 1 organic clove garlic
- 2 tbsp chopped scallion
- juice of 1 lime
- 1/8 tsp cumin
- 1/4 tsp fresh ground pepper
- 1/2 tsp pink Himalayan sea salt

Directions:

- Combine all the ingredients in a blender and blend until smooth. For a thinner dressing add more buttermilk, for a thicker dip use less.