

Simple Weeknight Suppers That Won't Break the Bank

Clean Eating

Improving your life one meal at a time.

JAN/FEB 2009

New Italian Cuisine

PLUS
55 FAT-BURNING RECIPES TO HIT THE SPOT

MEAT & POTATOES GO HEALTHY

Meals Your Guy Will Beg For P. 60

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Includes 8 Eat-Clean Recipes P. 38

Satisfy Your **SWEET TOOTH**

7 Guilt-Free Desserts That Won't Budge the Scale

Baked Penne With Asparagus & Turkey Meat Sauce P. 52

Slip Down
IN ONLY TWO WEEKS
With Our Easy, No-Fat Meal Plan



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Your Foodie File

We scoured through the countless new food products sent to the CE offices each day to bring you our editors' favorite clean grocery store finds of the season. BY SANDY CORDEIRO

Sweet Spot

If you have a sweet tooth and spend your mornings daydreaming about pouring white sugar on your breakfast cereal, then Equinox Organic Maple Flakes should be a definite buy on your next grocery store run. Made from 100 percent pure maple syrup, a CE-approved sweetener, this completely natural, unrefined and preservative-free topping, rich in potassium, magnesium, iron and calcium, can be added to live up cereal, oatmeal, yogurt, coffee, and even appetizers and entrées (maple salmon anyone?). For tips and tricks on how to use maple flakes when baking, turn to "Sweet Rewards" on p. 54. Also available in Cranberry Maple Flakes. \$5 for 113-gram package, decacer.com



Fresh Find

If your idea of a balanced meal only includes chicken, rice and vegetables, then you should liveen things up. Add Nature's Path Organic Optimum Rebound Cereal to your cupboard. Made with natural and organic ingredients such as rolled oats, roasted soy nuts, wheat bran, brown rice flour, flaxseeds, almonds, sunflower seeds and matcha green tea, Optimum Rebound is a whole-grain food choice for any meal of the day, offering 10 grams of protein and six grams of fiber per ¾-cup serving. Each serving even includes 400 milligrams of omega-3 fatty acids. \$4.80 for 11 oz box, naturespath.com



Fruity Tuity

Instead of reaching for greasy potato chips or a sugary chocolate bar when you feel hunger pangs, nibble on some fruit. Crispy Green has introduced five varieties of Crispy Fruit – apple, apricot, peach, pineapple and pear – to bring a fresh, fun and healthy snack option to store shelves. With no additives or preservatives, Crispy Fruit is 100 percent real fruit pieces that have been freeze-dried to remove water yet keep nutrients in tact. So, you'll only find one ingredient in each and every bag. Eat it straight out of the package to help get you five to 10 servings of fruits and veggies a day. CE staff favorite: Crispy Peaches. \$8 for 6 single-serving bags, crispygreen.com



Wine'd It Up

Clean eaters who steer clear of alcohol can now still take advantage of wine's impressive antioxidant capacity and heart-healthy benefits by sipping on Embodi Fruit Juice Blend. Each of the brand's three non-alcoholic flavors comes packing a grape pomace extract. Made from the skins, seeds and stems of grapes, this red wine extract reportedly delivers the same array of antioxidants, including resveratrol, found in two glasses of red wine. Bonus: The juice comes in an aluminum bottle that shields the antioxidants from damaging light and makes its packaging recyclable. \$2.50, drinkembodi.com