

**SURVIVE THE SEASON: WEEKNIGHT SLOW-COOKER MEALS!**

# Clean Eating

*Improving your life one meal at a time.*

NOVEMBER/DECEMBER 2013

## 83 QUICK & COZY WINTER MEALS

- A Southern Holiday Spread
- Appetizers for a Crowd
- Dips & Spice Blends
- 30-Minute Meals

**YOUR  
DIY  
GUIDE**  
TO PICKLING  
LIKE THE  
TOP CHEFS!

**A CREAMY  
TORTILLA  
CASSEROLE  
WITH HALF  
THE FAT!**  
P. 35

**7 WAYS TO  
GO MEATLESS  
MORE OFTEN!**

**BIG SUPERMARKET SAVINGS  
5 WORKWEEK MEALS FOR \$55!**



**14 DAYS TO  
SUPER  
HEALTHY  
(AND SLIM!)**  
P. 75

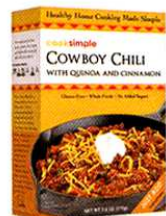
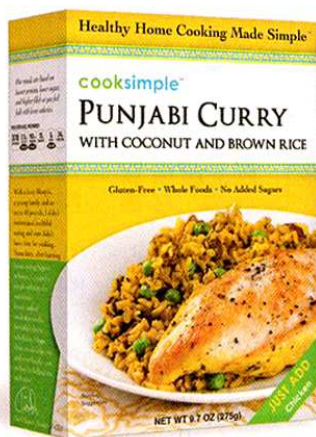
**PLUS:  
THE PROS  
OF TAKING  
PROBIOTICS**

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"THE NEW ORLEANS JAMBALAYA IS THE PERFECT QUICK SOLUTION FOR BUSY WEEKNIGHTS – IT TAKES JUST 30 MINUTES TO MAKE! ADD SOME CHICKEN, SHRIMP, SAUSAGE AND TOMATOES TO THE MIX, AND YOU GET A SPICY, SATISFYING MEAL THAT TASTES SO AUTHENTIC YOU'LL THINK YOU'RE IN LOUISIANA!"

– LAURA SCHOBER, RESEARCH & COPY CHIEF

**AIN'T NO HAMBURGER HELPER**

Whether you're whipping up Cooksimple's spicy, quinoa-laced Cowboy Chili or their hearty New Orleans Jambalaya, all you need is a protein and some veggies for a wholesome, speedy meal that's clean as a whistle!

\$5, [thehealthypantry.com](http://thehealthypantry.com)



**OH, OLIVE**

At the *Clean Eating* office, we're suckers for Food Should Taste Good's Olive tortilla chips. Thanks to black, Kalamata and green olives baked into each chip, they lend extra oomph to nachos and dips and are completely sugar-free!

\$4, [foodshouldtastegood.com](http://foodshouldtastegood.com)

"OLIVES ARE ONE OF MY FAVORITE SNACKS – GREENS, KALAMATAS, CASTELVETRANO – AND THESE CRUNCHY, ROUND TORTILLAS HIT THE SPOT HARD! I LOVE THAT A SERVING IS A MERE 140 MILLIGRAMS OF SODIUM, FAR LESS THAN WHEN I EAT A DOZEN OLIVES."

– JESSICA POLLACK, ONLINE EDITOR

# Foodie Favorites

These simple, feel-good products save time in the kitchen and help curb naughty snacking habits!

BY JESSICA POLLACK AND LAURA SCHOBER

**BEST OF BOTH WORLDS**

Kick unhealthy cravings to the curb with DAVIDS TEA Sugar and Spice, an all-natural brew with the scent and flavor of oven-baked spice cake. This black tea's tantalizing combination of sweet and savory notes include apple, clove, cinnamon, carrot, orange and vanilla.

\$7.50, [davidstea.com](http://davidstea.com)



"I CAN'T GET ENOUGH OF THIS TEA'S SWEET AND SPICY FLAVORS! DON'T LET ITS NAME MISLEAD YOU – IT CONTAINS NO ADDED SUGAR SO YOU CAN DRINK UP WITHOUT ANY GUILT. I'LL DEFINITELY HAVE THIS FLAVOR ON HAND FOR FRIENDS AND FAMILY THIS HOLIDAY SEASON!"

– ALICIA REWEGA, EDITOR-IN-CHIEF

**STAY CLASSY, VEGANS**

Who says that just because you're vegan you can't eat rich pâtés and creamy ricottas? Brooklyn's The Regal Vegan says just the opposite – their preservative-free Faux Gras (a pâté of lentil, walnuts and miso) and Basilicotta (cashew-based "ricotta cheese") are both addictively delicious.

\$8 to \$9, [regalvegan.com](http://regalvegan.com)



"VERY CONVINCING! THE BASILICOTTA HAS CASHEWS THAT TASTE LIKE RICOTTA. IT'S RATHER STIFF BUT STILL EASILY SPREADABLE, AND IT HAS A BASIL FLAVOR REMINISCENT OF PESTO, WHICH I LOVE. A TOTAL HIT IN MY BOOKS!"

– BIANCA DIPIETRO, GRAPHIC DESIGNER