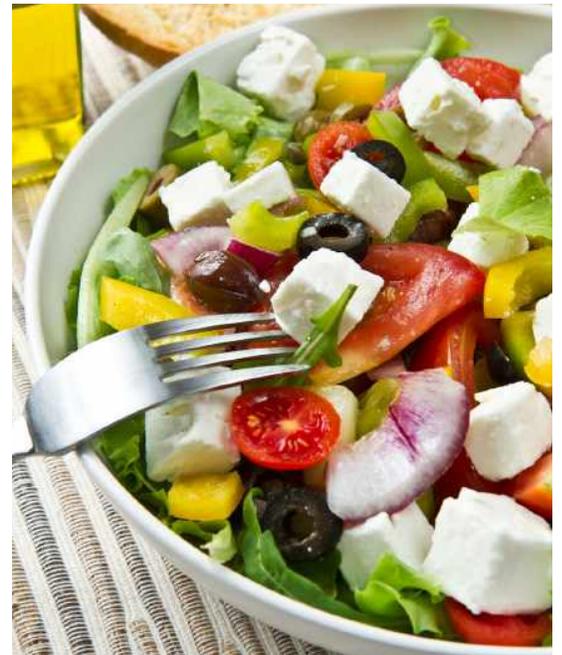


EAT CLEANER



GRILL & CHILL

RECIPE & FOOD SAFETY GUIDE



Summer Vibes

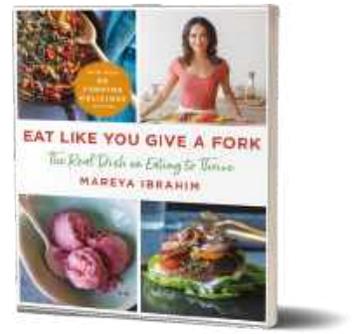




EAT CLEANER

GRILL & CHILL

RECIPE & FOOD SAFETY GUIDE



There's no better time of year to gather and bask in the sun-kissed weather while you enjoy the delights of family, friends, flame and fridge. Yet, with the warm weather comes the perfect breeding ground for harmful bacteria, contaminants and food borne illness - not to mention, our 'new normal' of social distancing. That's why I want to make sure you have all the right information to avoid attracting these unwanted guests at your next gathering so you can enjoy the food, friends and family.

The U.S. Department of Agriculture reports that the risk of food poisoning is highest during the summer months, in part because bacteria thrive in warm, moist environments (like those deviled eggs or spinach salad blistering in the sun).

Handling food outdoors also means more opportunity for contaminants like dirt, germs, and bugs to wreak havoc on your meal and your health. Safe food preparation practices, such as thorough and frequent hand washing, proper refrigeration, and using clean utensils to avoid cross-contamination has never been more important. Also, avoiding buffets and food that may be at risk for contamination from too many hands is something you'll want to avoid.

Does that mean it's time to pack it in and give up barbecues and picnics forever? No way! While outdoor food handling does require a bit more attention to things like cooking temperature and hygiene, you can save yourself and your guests from harmful foodborne pathogens by following these simple guidelines from Chef Mareya, The Fit Foodie and founder of eatcleaner.com.

MUST-HAVE TOOLS

- Separate cutting boards for meat, chicken, seafood and vegetables so you don't cross contaminate
- Marinating trays
- Stainless steel tongs and spatula
- Long-handled fork with thermometer
- Cleaning brush
- Copper liners or foil for the grill
- Steel skewers
- Hand sanitizer, gloves and masks
- Food-grade wipes

TOP TIPS FOR SAFE SUMMER EATING

Avoid the char: Using a moderate fire, avoiding flare ups and char is key to a healthy bbq..

Avoid guesswork: Rely on a thermometer to know the 'doneness' of your foods. Time your proteins and veggies to cook so that everything finishes together; if not, you can keep the oven on low, place cooked foods in a covered tray or foil pan to keep them warm and prevent bugs and contaminants.

Avoid leftovers: If it's been sitting out for longer than two hours without refrigeration, don't take a chance. Bacteria multiplies exponentially in the heat, especially at 90F or higher.

Avoid the self-serve line: Finger food-sized dishes help deter people from dipping into a self-serve bowl to avoid cross contamination. Slider-sized burgers, pre-cut watermelon and fruit salads, pre-portioned salads and bite-sized appetizers are the way to go. Or, opt to have just one person serve each dish, like a cafeteria line. Best to wear your gloves and mask



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Keep It Clean

Everything from hands and preparation surfaces to food and utensils often. Using a high quality, multi-purpose food grade wash like eatCleaner Food Grade Wash, formulated to remove up to 99.99 percent of the residue and bacteria that water can't provides the necessary 'peas' of mind that germs and contaminants are not welcome at your party. Clean the outer surface of melons and other rind vegetables and fruits thoroughly before slicing. eatCleaner Biodegradable Wipes are a great solution for these quick cleaning needs, and do not require rinsing.

Separate Your Plate

Make sure to keep high-risk foods like raw meat and fish, uncooked vegetables and leafy greens separate from cooked food. Use a clean plate for each new food item, and be sure to avoid potential cross-contamination by cleaning or using new utensils for each new dish. If you are cutting foods, take care to use a different cutting board for each and clean your knives thoroughly. eatCleaner Biodegradable Wipes are food-grade, and can be used on hands, surfaces and utensils.

Time and Temp

Heat is the enemy of raw and cooked foods, especially those with animal protein. If you're planning a picnic or barbecue away from home, make sure to pack plenty of ice in a cooler and once people are done eating, promptly move perishables out of the sun. Perishable food should never sit out for more than two hours and if the temperature is above 90°F, one hour is the max. You can set a timer on your smart phone to keep track. To avoid exposure to bugs and debris, keep food covered at all times. Pro Tip: To keep food extra chilled, place a baking pan within a larger baking pan and secure with a piece of putty; fill larger pan within 1 inch of top with water and freeze; stack foods within smaller baking pan.

Watch the Burn

While it might taste good to have a little char on your food, it's not necessarily good for you. Soak rosemary branches in water for 30 minutes and place on top of your cooked meats and veggies. Rosemary can help combat the free radicals created by that char that can also be cancer causing. Adding fresh rosemary can also help with preventing bacteria infection from foodborne pathogens, not to mention infusing fabulous flavor and aroma to foods.

PARTY SIZED

SIPS AND BITES TO SOCIALIZE



WATERMELON 'PIZZA' POPS



GRILLED CORN ON A STICK



**FRUIT AND CITRUS SPARKLING
WATER MASON JARS**



SLIDER-SIZED BURGERS

DREAMY, CREAMY GUAC DIP

D I V E I N



Servings: 6

INGREDIENTS

- 1 cup plain Greek yogurt
- 2 avocados, flesh and pit removed
- 1 tsp sea salt
- 1 tsp ground black pepper
- 1/4 cup red onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1 clove garlic, crushed
- 1 lime, juiced plus 1 tsp zest, grated



Directions:

1. Blend avocado flesh and Greek yogurt with a fork until smooth; use a stick blender or regular blender for maximum creaminess.
2. Add remaining ingredients and blend. Adjust seasonings as desired. Serve with cut veggies or as a topping for GRILLED CHICKEN.

MELON & MINT SALAD

B A L L S O ' F U N !



Servings: 6

INGREDIENTS

- 4 cups honeydew melon
- 4 cups watermelon
- 4 cups cantaloupe
- 2 tbsp fresh mint
- 1/2 lime
- 1 mandarin orange

Directions:

1. Using a melon baller or a teaspoon, carve melons into bite size balls
2. Mince fresh mint
3. Add melons to a large bowl. Squeeze fresh lime and orange over melons. Add mint. Mix all ingredients, and refrigerate.

CLASSIC GREEK SALAD

C O O L A N D F R E S H



Serves 6

INGREDIENTS

2 cups romaine lettuce
2 cups baby spinach
1/2 cup tomatoes, diced
1/2 seedless cucumber
1/8 large red onion
1 oz feta cheese
1/3 cup mixed olives

Dressing

3 Tablespoons Extra Virgin Olive Oil
1 Tablespoon Balsamic Vinegar
1 teaspoon ground oregano
1/2 teaspoon black pepper

Directions:

1. Chop and combine all salad ingredients in a large bowl.
3. Whisk together dressing ingredients and toss with salad.

QUINOA BERRY ALMOND SALAD

S W E E T & S U N N Y



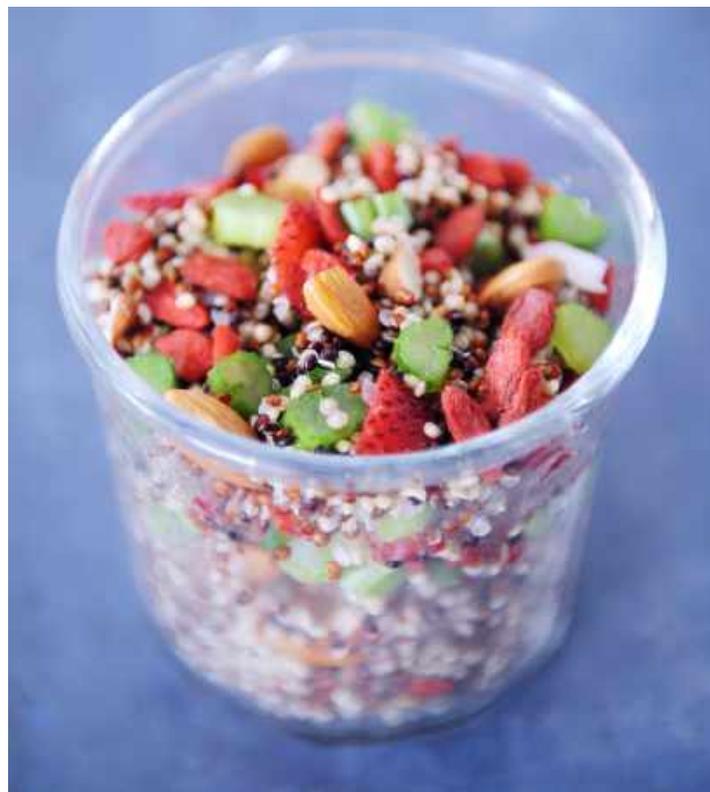
Serves 6

INGREDIENTS

- 1/2 cup dry quinoa
- 2 cups strawberries, sliced
- 1/2 cup chopped apricot or mango
- Stevia for taste
- 1 tsp balsamic vinegar
- 1 tbsp fresh lime juice
- Pinch of sea salt
- 1 cup raw almonds, chopped fine in a food processor
- 1 tbsp mint

Directions:

1. In a small sauce pan, bring 1 cup of water to a boil. Add quinoa and cook over medium heat for about 20 minutes or until quinoa is cooked tender. You can also cook in a rice cooker (one of my favorite hacks). Cool thoroughly.
2. Meanwhile, chop the fruit and mint and place in a large bowl.
3. Whisk the balsamic vinegar, lime juice, salt, stevia, and mint in a small bowl.
4. Fluff cooked quinoa with a fork; add to large bowl and toss gently with fruit.
5. Toss with dressing and chill in the fridge for at least 30 minutes before serving.



GRILLED CITRUS SESAME SALMON

GO WILD WITH IT



Serves 3-4

INGREDIENTS:

- 1 pound wild caught salmon
- 2 tablespoons lemon juice
- 2 tablespoons coconut amino acids or low sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon sesame oil
- Optional: Lemon wedges to garnish



DIRECTIONS:

- 1) Whisk together lemon juice, coconut amino acids or soy sauce, honey and sesame oil. Divide marinade in half.
- 2) Place wild-caught salmon fillet in a shallow dish and pour half of marinade over the top. Let sit for at least 1 hour refrigerated.
- 3) Oil an outdoor grill and heat to medium heat, about 350F. Grill salmon until flesh is opaque, about 5 minutes for every inch of thickness on each side. You can also use a grill pan to cook salmon on the stovetop as an alternative to an outdoor grill.
- 4) Pour reserved marinade over the top before serving and a sprinkle of optional multi-colored sesame seeds. Try with a side of steamed mixed veggies and lemon wedges.

ROSEMARY GARLIC LEMON CHICKEN & VEGGIE SKEWERS

P O R T A B L E P R O T E I N



Serves 6

INGREDIENTS

- 2 Lbs. boneless chicken thighs, cubed
(Option: Tempeh for vegan swap or salmon for pescatarian swap)
- 4 bell peppers
- 1 fresh lemon
- 2 red onions
- 1/2 lb Cherry tomatoes
- 1 tbsp fresh rosemary, minced
- 3 cloves fresh garlic
- 1 tsp ground black pepper
- 2 tsp olive oil



Directions

1. Soak wooden skewers into water from 10 to 30 minutes
2. Cut the chicken into 1" cubes.
3. Dice bell peppers and onion into 2" chunks
4. Assemble skewers with chicken, onion, cherry tomato and bell pepper.
5. Marinate skewers for 30 minutes to overnight
6. Pre-heat a skillet or outdoor grill to medium-high heat. Cook skewers 8 minutes on each side or until chicken is thoroughly cooked (165F degrees internal temperature)

FROZEN FRUITY POPS

B E A K I D A L W A Y S



Serves 6

1 lbs. Mixed fruit, including strawberries, blueberries, kiwi and melons
4 cups Lemonade (no sugar added);
can also use sparkling lemonade

You'll also need: Popsicle Molds
If you don't have these, no prob!
Just use clear cups and a popsicle stick.

Directions

1. Wash and clean fruit with eatCleaner Fruit + Veggie Wash
2. Chop into thin slivers; blueberries can remain whole
3. Fill popsicle mold with several pieces of fruit; top with lemonade, leaving enough room for holder. Freeze until solid and lick away!



BECAUSE RINSING ISN'T ENOUGH



Created By Chef Marissa, The Fit Foodie, author, diet and nutritionist.

Most people just rinse their produce with water, but that's not an effective cleaner - especially since most fruit and vegetables are sprayed, fertilized, waxed, touched by over 30 sets of hands.

Eat right with eatCleaner®: the only all-natural, patented line of products that's proven to be over 99% more effective than rinsing with water alone.

- Lifts pesticides, wax and heavy metals
- Won't leave an aftertaste or smell on food
- Removes dirt and soil that can carry harmful bacteria
- Biodegradable, vegan, non-GMO and made in the USA
- Available in a powder, spray or wipes for at home and on the go
- Can extend produce freshness up to 5x longer, saving you money



Wipes



Soak



Spray

FIND THE FULL LINE AT WWW.EATCLEANER.COM