



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2013 FALL CLEANSE WEEK FOUR MENU PLAN

DAY TWENTY-TWO

- Breakfast** 150 Calories coconut yogurt + 150 calories GF granola + 2/3 cup berries
- Snack** 7 raw cashews + 1 medium apple
- Lunch** 2/3 cup prepared quinoa salad and 1.5 cups prepared vegetable dish from your local natural foods' store
- Snack** 60 calories rice crackers and 2 T hummus
- Dinner** Grilled Chicken and Lentils with Ginger, Golden Beets and Herbs (recipe)

DAY TWENTY-THREE

- Breakfast** Fall Frittata (leftover – from frozen) and apple
- Snack** 1 small pear + 2 tsp almond butter
- Lunch** Grilled Chicken and Lentils with Ginger, Golden Beets and Herbs (leftovers)
- Snack** 2/3 cup berries and 65 calories coconut yogurt
- Dinner** Curried Red Lentil Soup (recipe)

DAY TWENTY-FOUR

- Breakfast** Green Smoothie
- Lunch** Green Smoothie
- Dinner** Quinoa Salad with Toasted Almonds (recipe)

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DAY TWENTY-FIVE

Breakfast	Green Smoothie
Lunch	Green Smoothie
Dinner	Poached Lemon- Tarragon Salmon Over Asparagus (Recipe)

DAY TWENTY-SIX

Breakfast	Green Smoothie
Lunch	Green Smoothie
Dinner	Stuffed Acorn Squash with Quinoa (recipe)

DAY TWENTY-SEVEN

Breakfast	Muesli with Dried Fruit (recipe)
Snack	9 almonds + 1 apple
Lunch	Quinoa Salad with Toasted Almonds (leftovers)
Snack	2/3 cup berries + 65 calories coconut yogurt
Dinner	Curried Red Lentil Soup (leftovers)



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DAY TWENTY-EIGHT

Breakfast

Hot Granola: 200 calories GF granola + 2/3 cup unsweetened almond milk + chopped small pear (heated in microwave)

Snack

9 raw almonds + 1 medium apple

Lunch

Stuffed Acorn Squash with Quinoa (leftovers)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Mushroom, Kale and Lima Bean Stew (recipe)