



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2013 FALL CLEANSE WEEK ONE MENU PLAN

DAY ONE Wednesday

- Breakfast** Hot Granola: 200 calories Gluten Free (GF) granola + 2/3 cup unsweetened almond milk + chopped pear (heated in microwave)
- Snack** 65 Calories coconut yogurt (made from coconut) + 1 small pear, chopped
- Lunch** 1 cup prepared quinoa salad and 1.5 cup prepared vegetable salad from local natural foods' store deli
- Snack** 7 raw cashews + 1 medium apple
- Dinner** Shaved Carrot Salad with Baked Tofu (recipe)

DAY TWO

- Breakfast** 150 Calories coconut yogurt, plain + 150 calories GF granola + 2/3 cup berries
- Snack** 1 medium apple + 2 tsp almond butter
- Lunch** Shaved Carrot Salad with Baked Tofu (leftovers)
- Snack** 2/3 cup berries and 65 calories coconut yogurt
- Dinner** Lentil and Sweet Potato Stew (recipe) use if can't have smoothie tomorrow

DAY THREE Friday

- Breakfast** Green Smoothie Meal Replacement
- Lunch** Green Smoothie Meal Replacement
- Dinner** Poached Salmon, Spinach and Chickpea (recipe)



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DAY FOUR

Breakfast

Green Smoothie Meal Replacement

Lunch

Green Smoothie Meal Replacement

Dinner

Lentil and Sweet Potato Stew (leftovers)

DAY FIVE

Breakfast

Green Smoothie Meal Replacement

Lunch

Green Smoothie Meal Replacement

Dinner

Naked Chicken Fajita Bowl with Yogurt Avocado Sauce (recipe)

DAY SIX

Breakfast

Muesli with Dried Fruit (recipe)

Snack

1 apple + 2 tsp almond butter

Lunch

Naked Chicken Fajita Bowl with Yogurt Avocado Sauce (leftover)

Snack

2/3 cup berries + 65 calories coconut yogurt

Dinner

Sweet Potato Hash (recipe) with Yogurt Avocado Sauce (leftover)



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DAY SEVEN

Breakfast

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

Snack

1 medium apple + 2 tsp almond butter

Lunch

Sweet Potato Hash with Yogurt Avocado Sauce (leftover)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Fall Chicken and Vegetable Hash (recipe)