



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## 2013 FALL CLEANSE WEEK TWO MENU PLAN

### DAY EIGHT Wednesday

- Breakfast** 150 Calories coconut yogurt, plain + 150 calories GF granola + 2/3 cup berries  
**Snack** 65 Calories coconut yogurt + 1 small pear, chopped  
**Lunch** Fall Chicken and Vegetable Hash (leftovers)  
**Snack** one medium apple + 7 cashews  
**Dinner** Creamy Broccoli- White Bean Soup (recipe)

### DAY NINE

- Breakfast** Muesli with Dried Fruit (recipe)  
**Snack** 1 medium apple + 2 tsp almond butter  
**Lunch** Creamy Broccoli- White Bean Soup (leftover)  
**Snack** 2/3 cup berries and 65 calories coconut yogurt  
**Dinner** Sweet Potato Hash (leftovers) with sliced avocado

### DAY TEN

- Breakfast** Green Smoothie Meal Replacement  
**Lunch** Green Smoothie Meal Replacement  
**Dinner** Poached Salmon Ginger Rice Bowl (recipe)



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## 2013 FALL CLEANSE WEEK TWO MENU PLAN

### DAY ELEVEN

**Breakfast** Green Smoothie Meal Replacement  
**Lunch** Green Smoothie Meal Replacement  
**Dinner** 3 oz Precooked Chicken Breast from Deli (no recipe) with Ginger Rice Bowl Vegetables (leftovers)

### DAY TWELVE

**Breakfast** Green Smoothie Meal Replacement  
**Lunch** Green Smoothie Meal Replacement  
**Dinner** Fall Frittata (recipe) + apple

### DAY THIRTEEN

**Breakfast** Hot Granola: 200 calories GF granola + 2/3 cup unsweetened almond milk + chopped pear (heated in microwave)  
**Snack** 2/3 cup berries and 65 calories coconut yogurt  
**Lunch** Fall Frittata (leftover) + apple  
**Snack** 60 calories rice crackers + 2 T hummus  
**Dinner** Asparagus, Shiitake, Pea Sauté (recipe)



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## 2013 FALL CLEANSE WEEK TWO MENU PLAN

### DAY FOURTEEN

**Breakfast**

Muesli Cereal (recipe)

**Snack**

1 small pear + 2 tsp almond butter

**Lunch**

Asparagus, Shiitake, Pea Sauté (leftover)

**Snack**

60 calories rice crackers + 2 T hummus

**Dinner**

Lentil and Sweet Potato Stew (leftover, frozen)