



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

ONE WEEK MENU PLAN- SEAFOOD

DAY ONE

Breakfast

Vanilla Breakfast Oatmeal (recipe)

Snack

60 calories rice crackers + shy 1 oz cheese

Lunch

1 cup prepared quinoa salad and 1.5 cup prepared vegetable salad from local natural foods' store deli

Snack

1 orange + 18 pistachio nuts

Dinner

Spiced Cod with Broccoli-Quinoa Pilaf (recipe)

DAY TWO

Breakfast

150 Calories coconut yogurt, plain + 150 calories GF granola + 2/3 cup berries (Yogurt Parfait Recipe)

Snack

1 apple + 2 tsp almond butter

Lunch

Spiced Cod with Broccoli-Quinoa Pilaf (leftovers)

Snack

1 orange + 18 pistachio nuts

Dinner

Chunky Gazpacho with Sautéed Shrimp (recipe)

DAY THREE

Breakfast

Vanilla Breakfast Oatmeal (recipe)

Snack

60 calories rice crackers + shy 1 oz cheese

Lunch

Chunky Gazpacho with Sautéed Shrimp (leftovers)

Snack

1 apple + 2 tsp almond butter

Dinner

Bean and Chicken Sausage Stew (recipe)

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ONE WEEK MENU PLAN- SEAFOOD

DAY SEVEN

Breakfast

Vanilla Breakfast Oatmeal (recipe)

Snack

1 orange + 18 pistachio nuts

Lunch

Salmon-Ginger Rice Bowl (leftover)

Snack

60 calories rice crackers + shy 1 oz cheese

Dinner

Chunky Gazpacho with Sautéed Shrimp (leftovers)