



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

ONE WEEK MENU PLAN- FLAVORFUL CHICKEN

DAY ONE

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) + 2/3 cup berries

Lunch

1 cup prepared quinoa salad and 1 1/2 cup prepared vegetable salad from local natural foods' store deli

Snack

60 calories rice crackers + 2 T hummus

Dinner

Cumin Chicken with Black Beans (recipe)

DAY TWO

Breakfast

10-minute Energizing Oatmeal (recipe)

Snack

1 medium apple + 2 tsp almond butter

Lunch

Cumin Chicken with Black Beans (leftovers)

Snack

2/3 cup berries + 65 calories coconut yogurt

Dinner

Stuffed Chicken with Roasted Broccoli and Potatoes (recipe)

DAY THREE

Breakfast

10-minute Energizing Oatmeal (leftovers)

Snack

60 calories rice crackers + 2 T hummus

Lunch

Stuffed Chicken with Roasted Broccoli and Potatoes (leftovers)

Snack

65 Calories coconut yogurt (made from coconut) + 2/3 cup berries

Dinner

Cannellini Bean Stew (recipe) double this recipe to make four servings



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

ONE WEEK MENU PLAN- FLAVORFUL CHICKEN

DAY FOUR

Breakfast

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

Snack

1 apple + 2 tsp almond butter

Lunch

Stuffed Chicken with Roasted Broccoli and Potatoes (leftovers)

Snack

2/3 cup berries + 65 calories coconut yogurt

Dinner

Sesame-Lime Chicken Salad (recipe)

DAY FIVE

Breakfast

10-minute Energizing Oatmeal (recipe)

Snack

60 calories rice crackers + 2 T hummus

Lunch

Sesame-Lime Chicken Salad (leftovers)

Snack

2/3 cup berries + 65 calories coconut yogurt

Dinner

Cumin Chicken with Black Beans (leftovers)

DAY SIX

Breakfast

10-minute Energizing Oatmeal (leftovers)

Snack

1 apple + 2 tsp almond butter

Lunch

Cannellini Bean Stew (leftover)

Snack

2/3 cup berries + 65 calories coconut yogurt

Dinner

Stuffed Chicken with Roasted Broccoli and Potatoes (leftovers)

ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

ONE WEEK MENU PLAN- FLAVORFUL CHICKEN

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

Cannellini Bean Stew (leftover)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Cumin Chicken with Black Beans (leftovers)