



Clean & Lean Revolution

ONE WEEK MENU PLAN- FLAVORFUL CHICKEN

VEGETABLES

- 1/2 bunch broccoli (about 1/2 pound)
- 16 carrots
- 6 cups fresh spinach leaves
- 1 pound red new potatoes (about 10)
- 1 small head romaine lettuce, (about 4 cups)
- 2 scallions
- 1 bunch fresh cilantro (or replace with bunch of fresh parsley)
- 1 bunch fresh flat-leaf parsley
- 1 jalapeño pepper
- 1/2 cup chopped red onion
- 1/4 red chili pepper (such as jalapeño or serrano)

FRUIT

- 1 1/4 cups cherry tomatoes
- 3 small pears
- 1 Lime
- 4 Medium apples (Fuji, Gala, or Honeycrisp)

FROZEN

- 1 1/2 cups frozen corn kernels
- 4 cups frozen mixed berries

CONDIMENTS, DRESSING, OILS

- Jar of Minced Garlic
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Red Wine Vinegar
- Toasted Sesame Oil



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CONDIMENTS, DRESSING, OILS (Continued)

- 1 tsp Honey
- 2 T real maple syrup
- 1 jar roasted red peppers

MEATS, POULTRY, AND FISH

- 1 - One pound rotisserie chicken, meat shredded (about 2 cups)
- 2 boneless, skinless chicken breast halves
- 8 thin chicken cutlets (about 1 1/2 pounds)

NATURAL FOODS STORE DELI

- 1 container hummus
- 1 cup prepared quinoa salad (from deli)
- 1 1/2 cups prepared vegetable salad (from deli)

BAKING & COOKING

- 1 container of toasted sesame seeds
- Sea Salt
- Black Pepper
- 2 bay leaves
- 2/3 cup sliced almonds
- 1/4 tsp cayenne pepper
- 1 tsp cinnamon
- 1/2 tsp ground cumin
- 1/4 cup raisins (or chopped apricots)
- Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)

CANNED FOODS & SOUPS

- 2 14.5-ounce can low-sodium chicken broth
- 2 15-ounce cans (3 cups) black beans



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

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CANNED FOODS & SOUPS (Continued)

- 4 15-ounce cans cannellini or other white beans

GRAINS & PASTA

- 3 cups Gluten Free (GF) granola
- 2 cup Gluten Free (GF) steel cut oats
- 2 containers of sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- 32 oz coconut yogurt, plain (made from coconut, So Delicious brand) OR 32 oz organic full fat plain cow yogurt
- 2 ounces Feta, crumbled (1/2 cup)
- 1/2 cup (1.5 ounce) grated Parmesan
- 1 box unsweetened almond milk