



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK ONE MENU PLANS

WEEK ONE INSTRUCTIONS

Please be sure to follow instructions on Clean Sweep of Your Kitchen and Pantry Stock Up. If a recipe calls for one of these items, I will assume that you have it on hand. Items on this stock list were not included in the menu shopping list.

WEEK ONE's shopping list is the most comprehensive. You are purchasing foods for future weeks (one pound of almonds – will be used as snacks spaced out over the length of the program). You are also going to cook a bit in bulk, freeze some servings and use these over the coming weeks. Opt for organic as much as possible.

If there is a recipe that accompanies a meal item you will see (recipe) next to that meal item. Some recipes cook more than one serving and these servings will be used at future meals, noted by (leftover).

The shopping list will call for a couple T of parsley and mint. No need to waste the rest of the bunch. Chop this and add it to your salads, a grain dish or add a few mint sprigs to your smoothie

This is a full week of whole foods cooking – predominantly plant based, gluten free, dairy is greatly limited (aged cheese is included in a few recipes, you can easily pull this if needed), eggs are present, chicken comes in one night, as does fish. Chicken is included in one dinner. If you prefer to go vegetarian starting from the first week, you can replace with ½ cup beans or 3 oz of tofu

From your PANTRY STOCK list, you were instructed to purchase quinoa. Please prepare 1.5 cups cooked (around 2/3 cup dry) quinoa and keep this sealed in a container in your refrigerator. Three recipes call for 'precooked quinoa.' If needed, see VIDEO – PODCAST (tab) video 'HOW TO COOK QUINOA.'



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DAY ONE

Breakfast

GF Vanilla Breakfast Oatmeal and Double Green Smoothie (recipes)

Snack

10 raw almonds + 1 medium pear

Lunch

2/3 cup prepared quinoa salad + 1 cup vegetable dish (from WF or PCC deli)

Snack

10 raw cashews + 1/2 cup apple

Dinner

1 cup Black Bean Soup (recipes), 60 calories Sesame Rice Crackers + 2 T hummus

DAY TWO

Breakfast

150 Calories coconut yogurt + 1/8 cup GF granola + 1/2 cup berries

Snack

1 medium apple + 1 T almond butter

Lunch

1 Cup Black Bean Soup (leftover) with salad: 1.5 cups mixed greens + 1/2 chopped cucumber + 1.5 T Salad Dressing

Snack

100 Calories coconut yogurt + 1 chopped pear

Dinner

1 cup White Bean and Artichoke Salad (recipe) served over 1/2 cup cooked quinoa

DAY THREE

Breakfast

Hot Granola: 1/2 cup GF granola + 1/2 cup unsweetened almond milk + chopped pear (heated in microwave)

Snack

60 calories Sesame Rice Crackers + 2 T hummus

Lunch

1 cup White Bean and Artichoke Salad (leftover) over 1/2 cup pre-cooked quinoa with dash of wheat free tamari and 1 T nutritional yeast

Snack

1 medium apple + 1 T almond butter

Dinner

4 oz Parchment Paper Wild Salmon (recipe), 1.5 cups asparagus & quinoa sauté (recipe)



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DAY FOUR

Breakfast

Quinoa with Poached Egg, Spinach, and Cucumber (recipe)

Snack

10 almonds + 1 medium apple

Lunch

1 cup White Bean, Spinach and Pesto Quinoa Pasta (recipe) + 1 cup sautéed broccoli
60 calories Sesame Rice Crackers + 2

Snack

T hummus

Dinner

Corn Tortilla Wraps Chicken or Bean Wrap (recipe)

DAY FIVE

Breakfast

1 Paleo Banana Carrot Muffin (recipe) and Medium Apple

Snack

10 raw cashews + pear

Lunch

1 cup White Bean, Spinach and Pesto Quinoa Pasta (leftovers) + 1 cup roasted vegetables (recipe)

Snack

1/2 cup berries + dollop of coconut yogurt

Dinner

1 cup Mushroom and Black Bean Tortilla Casserole (recipe) + 1 cup side of sautéed broccoli

DAY SIX

Breakfast

1 Paleo Banana Carrot Muffin (leftover) and Medium Pear

Snack

10 almonds + 1 apple

Lunch

1 cup Mushroom and Black Bean Tortilla Casserole (leftovers) + 1 cup side of sauteed broccoli

Snack

1/2 cup berries + dollop of coconut yogurt

Dinner

1 slice Frittata (recipe) + Spinach Side Salad: 1.5 cups spinach tossed 1/3 avocado with 1.5 T Salad Dressing



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DAY SEVEN

Breakfast

1 Paleo Banana Carrot Muffin (leftover) and 1 medium pear

Snack

10 raw almonds + 1 medium apple

Lunch

1 slice Frittata (leftover) + Spinach Side Salad: 1.5 cups spinach tossed with 1 T Salad Dressing

60 calories rice crackers + 2 T

Snack

hummus

Dinner

1 cup Mushroom and Black Bean Tortilla Casserole (Leftover) + Spinach Side Salad: 1.5 cups spinach tossed with 1/3 avocado with 1.5 T Salad Dressing