



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie & Breakfast Larabar Meal Plan
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three dinner recipes that offer ten servings

DAY ONE

Breakfast

Green Smoothie Meal Replacement (<http://www.cleanandleanrevolution.com/green-smoothie-chart/>)

Snack

1/2 LaraBar

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

1/2 LaraBar

Dinner

DAY TWO

Breakfast

Green Smoothie Meal Replacement

Snack

1/2 LaraBar

Lunch

Snack

1/2 LaraBar

Dinner

DAY THREE

Breakfast

Green Smoothie Meal Replacement

Snack

1/2 LaraBar

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

1/2 LaraBar

Dinner



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DAY FOUR

Breakfast Green Smoothie Meal Replacement
Snack 1/2 LaraBar
Lunch
Snack 1/2 LaraBar
Dinner

DAY FIVE

Breakfast Green Smoothie Meal Replacement
Snack 1/2 LaraBar
Lunch 1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus
Snack 1/2 LaraBar
Dinner

DAY SIX

Breakfast Green Smoothie Meal Replacement
Snack 1/2 LaraBar
Lunch
Snack 1/2 LaraBar
Dinner



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DAY SEVEN

Breakfast

Green Smoothie Meal Replacement

Snack

1/2 LaraBar

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

1/2 LaraBar

Dinner