



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie & Mason Jar Salad Meal Plan
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three dinner recipes that offer seven servings

DAY ONE

Breakfast

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

Snack

1 medium apple + 1 oz organic, aged cheese

Lunch

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

Snack

1 cup berries + 7 cashews

Dinner

Mason Jar Salad- Chickpea Salad (Recipe)

DAY TWO

Breakfast

Green Smoothie Meal Replacement

Snack

1 medium apple + 1 oz organic, aged cheese

Lunch

Mason Jar Salad- Chickpea Salad

Snack

1 cup berries + 7 cashews

Dinner

DAY THREE

Breakfast

Green Smoothie Meal Replacement

Snack

1 medium apple + 1 oz organic, aged cheese

Lunch

Mason Jar Salad- Chickpea Salad

Snack

1 cup berries + 7 cashews

Dinner



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DAY FOUR

Breakfast

Green Smoothie Meal Replacement

Snack

1 medium apple + 1 oz organic, aged cheese

Lunch

Mason Jar Salad- Chickpea Salad

Snack

1 cup berries + 7 cashews

Dinner

DAY FIVE

Breakfast

Green Smoothie Meal Replacement

Snack

1 medium apple + 1 oz organic, aged cheese

Lunch

Mason Jar Salad- Chickpea Salad

Snack

1 cup berries + 7 cashews

Dinner

DAY SIX

Breakfast

Green Smoothie Meal Replacement

Snack

1 medium apple + 1 oz organic, aged cheese

Lunch

Mason Jar Salad- Chickpea Salad

Snack

1 cup berries + 7 cashews

Dinner



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DAY SEVEN

- Breakfast** Green Smoothie Meal Replacement
- Snack** 1 medium apple + 1 oz organic, aged cheese
- Lunch**
- Snack** 1 cup berries + 7 cashews
- Dinner**