

ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## Hot Breakfast Cereal Meal Plan

### FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three dinner recipes that offer ten servings

#### DAY ONE

**Breakfast**

Vanilla Breakfast Oatmeal (recipe)

**Snack**

65 calories coconut yogurt + 60 calories GF granola

**Lunch**

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

**Snack**

3 small carrots + 2 T hummus

**Dinner**

#### DAY TWO

**Breakfast**

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

**Snack**

1 cup berries + 7 cashews

**Lunch**

**Snack**

1 medium apple + 1 oz organic, aged cheese

**Dinner**

#### DAY THREE

**Breakfast**

Vanilla Breakfast Oatmeal (recipe)

**Snack**

65 calories coconut yogurt + 60 calories GF granola

**Lunch**

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

**Snack**

3 small carrots + 2 T hummus

**Dinner**



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## Hot Breakfast Cereal Meal Plan

### FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three dinner recipes that offer ten servings

#### DAY FOUR

**Breakfast**

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

**Snack**

1 cup berries + 7 cashews

**Lunch**

**Snack**

1 medium apple + 1 oz organic, aged cheese

**Dinner**

#### DAY FIVE

**Breakfast**

Vanilla Breakfast Oatmeal (recipe)

**Snack**

65 calories coconut yogurt + 60 calories GF granola

**Lunch**

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

**Snack**

3 small carrots + 2 T hummus

**Dinner**

#### DAY SIX

**Breakfast**

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

**Snack**

1 cup berries + 7 cashews

**Lunch**

**Snack**

1 medium apple + 1 oz organic, aged cheese

**Dinner**



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

*Hot Breakfast Cereal Meal Plan*

**FOUNDATIONS – BUILD YOUR MEAL PLAN**

**Pick three dinner recipes that offer ten servings**

### DAY SEVEN

**Breakfast**

Vanilla Breakfast Oatmeal (recipe)

**Snack**

65 calories coconut yogurt + 60 calories GF granola

**Lunch**

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

**Snack**

3 small carrots + 2 T hummus

**Dinner**