



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2014 JANUARY CLEANSE WEEK FOUR MENU PLAN

DAY ONE Wednesday

Breakfast	Paleo Muffin + small pear
Snack	1 medium apple + 9 Spiced Nuts (leftover)
Lunch	Mason Jar Salad – Chickpea Salad (leftover)
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Cannellini Bean Stew (frozen)

DAY TWO Thursday

Breakfast	Hot Granola: 200 calories Gluten Free (GF) granola + 2/3 cup unsweetened almond milk + chopped pear (heated in microwave)
Snack	1 medium apple + 9 Spiced Nuts (leftover)
Lunch	Butternut Squash-Apple Soup (frozen)
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Lentil Salad with Quinoa and Maple-Balsamic Vinaigrette (frozen)

DAY THREE Friday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Energizing Protein Power Salad (frozen)



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DAY FOUR Saturday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Cannellini Bean Stew (frozen)

DAY FIVE Sunday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Mason Jar Salad – Quinoa, Bean with Lemon Tahini Dressing (recipe)

DAY SIX Monday

Breakfast	Paleo Muffin + 2/3 cup berries
Snack	1 apple + 9 Spiced Nuts (leftover)
Lunch	Mason Jar Salad – Quinoa, Bean with Lemon Tahini Dressing (leftovers)
Snack	2/3 cup berries + 65 calories coconut yogurt
Dinner	Butternut Squash-Apple Soup (frozen)



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DAY SEVEN Tuesday

Breakfast

150 Calories coconut yogurt, plain + 150 calories GF granola + 2/3 cup berries

Snack

1 medium apple + 9 Spiced Nuts (leftover)

Lunch

Mason Jar Salad – Quinoa, Bean with Lemon Tahini Dressing (leftover)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Cannellini Bean Stew (frozen)