



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2014 JANUARY CLEANSE WEEK ONE MENU PLAN

DAY ONE Wednesday Jan 29th

Breakfast	150 Calories coconut yogurt, plain + 150 calories GF granola + 2/3 cup berries
Snack	7 raw cashews + 1 medium apple
Lunch	1 cup prepared quinoa salad and 1.5 cup prepared vegetable salad from local natural foods' store deli
Snack	1/3 cup prepared quinoa salad
Dinner	Chicken With Brussels's Sprouts And Mustard Sauce (recipe)

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 + 2 tsp almond butter
Lunch	Chicken With Brussels's Sprouts And Mustard Sauce (leftovers)
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Garlicky White Bean and Kale Soup (recipe)

DAY THREE Friday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Garlicky White Bean and Kale Soup (leftover)



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DAY FOUR Saturday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Greek Stew With Cauliflower And Olives (recipe)

DAY FIVE Sunday

Breakfast	Green Smoothie Meal Replacement Green Smoothie Meal Replacement
Lunch	*Make Paleo Muffins for breakfast this week (recipe)
Dinner	Chicken With Brussels's Sprouts And Mustard Sauce (leftovers)

DAY SIX Monday

Breakfast	Paleo Muffin + 2/3 cup berries
Snack	1 apple + 2 tsp almond butter
Lunch	Garlicky White Bean and Kale Soup (leftovers)
Snack	2/3 cup berries + 65 calories coconut yogurt
Dinner	Greek Stew With Cauliflower And Olives (leftovers)



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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 + 2 tsp almond butter

Lunch

Greek Stew with Cauliflower and Olives (leftovers)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Garlicky White Bean and Kale Soup (leftovers)