



DAY ONE Wednesday

Breakfast	Paleo Muffin + small pear
Snack	7 raw cashews + 1 medium apple
Lunch	1 1/2 cups soup from natural whole foods deli with 60 calories rice crackers and 2 T hummus
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Curried Red-Lentil Soup With Dried Cherries And Cilantro (Recipe) makes five servings

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	1 cup prepared quinoa salad and 1.5 cup prepared vegetable salad from local natural foods' store deli
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Greek Stew with Cauliflower and Olives (frozen)

DAY THREE Friday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Lentil Salad with Quinoa and Maple-Balsamic Vinaigrette (recipe)



DAY FOUR Saturday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Curried Red-Lentil Soup With Dried Cherries And Cilantro (leftover)

DAY FIVE Sunday

Breakfast	Green Smoothie Meal Replacement
Lunch	Green Smoothie Meal Replacement
Dinner	Butternut Squash-Apple Soup (recipe)

DAY SIX Monday

Breakfast	Paleo Muffin + 2/3 cup berries
Snack	1 apple + 2 tsp almond butter
Lunch	Curried Red-Lentil Soup With Dried Cherries And Cilantro (leftover)
Snack	2/3 cup berries + 65 calories coconut yogurt
Dinner	Lentil Salad with Quinoa and Maple-Balsamic Vinaigrette (leftover)



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

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

Butternut Squash-Apple Soup (leftover)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Lentil Salad with Quinoa and Maple-Balsamic Vinaigrette (leftover)