



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2014 JANUARY CLEANSE WEEK THREE MENU PLAN

DAY ONE Wednesday

Breakfast	Paleo Muffin + small pear
Snack	7 raw cashews + 1 medium apple
Lunch	Curried Red-Lentil Soup With Dried Cherries And Cilantro (frozen)
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Energizing Protein Power Salad (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	Lentil Salad with Quinoa and Maple-Balsamic Vinaigrette (frozen)
Snack	2/3 cup berries and 65 calories coconut yogurt
Dinner	Energizing Protein Power Salad (leftover)

DAY THREE Friday

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



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DAY FOUR Saturday

Breakfast

Green Smoothie Meal Replacement

Green Smoothie Meal Replacement

Lunch

*Make Spiced Nuts (recipe) to add to snacks this week

Dinner

Energizing Protein Power Salad (leftover)

DAY FIVE Sunday

Breakfast

Green Smoothie Meal Replacement

Lunch

Green Smoothie Meal Replacement

Dinner

Mason Jar Salad – Chickpea Salad (recipe) make four servings

DAY SIX Monday

Breakfast

Paleo Muffin + 2/3 cup berries

Snack

1 apple + 9 Spiced Nuts (leftover)

Lunch

Mason Jar Salad – Chickpea Salad (leftover)

Snack

2/3 cup berries + 65 calories coconut yogurt

Dinner

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

Snack

60 calories rice crackers + 2 T hummus

Dinner

Curried Red-Lentil Soup With Dried Cherries And Cilantro (frozen)