



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Carrot, Banana, Raisin Muffin Meal Plan FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

DAY ONE

Breakfast

Carrot, Banana, Raisin Muffin (recipe) + 1 medium apple

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

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

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner

DAY TWO

Breakfast

Carrot, Banana, Raisin Muffin + 1 small pear

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner

DAY THREE

Breakfast

Carrot, Banana, Raisin Muffin + 1 medium apple

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

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

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner



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DAY FOUR

Breakfast

Carrot, Banana, Raisin Muffin + 1 small pear

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner

DAY FIVE

Breakfast

Carrot, Banana, Raisin Muffin + 1 medium apple

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

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

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner

DAY SIX

Breakfast

Carrot, Banana, Raisin Muffin + 1 small pear

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner



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DAY SEVEN

Breakfast

Carrot, Banana, Raisin Muffin + 1 medium apple

Snack

2/3 cup berries + 65 calories coconut (plain, unsweetened) yogurt

Lunch

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

Snack

60 calories sesame rice crackers + 2 T hummus

Dinner