



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie & Coconut Quinoa Pudding Meal Plan

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

DAY ONE

Breakfast

Green Smoothie Meal Replacement <http://www.cleanandleanrevolution.com/green-smoothie-chart/>

Snack

1 small pear + hard boiled egg

Lunch

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

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner

(Prep Coconut Quinoa Breakfast Pudding)

DAY TWO

Breakfast

Coconut Quinoa Breakfast Pudding (recipe)

Snack

1 small pear + 7 cashews

Lunch

Snack

60 calories rice crackers + 2 T hummus

Dinner

DAY THREE

Breakfast

Green Smoothie Meal Replacement

Snack

1 small pear + hard boiled egg

Lunch

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

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner



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DAY FOUR

Breakfast

Coconut Quinoa Breakfast Pudding (leftovers)

Snack

1 small pear + 7 cashews

Lunch

Snack

60 calories rice crackers + 2 T hummus

Dinner

DAY FIVE

Breakfast

Green Smoothie Meal Replacement

Snack

1 small pear + hard boiled egg

Lunch

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

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner

DAY SIX

Breakfast

Coconut Quinoa Breakfast Pudding (leftovers)

Snack

1 medium apple + 7 cashews

Lunch

Snack

60 calories rice crackers + 2 T hummus

Dinner

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DAY SEVEN

Breakfast

Green Smoothie Meal Replacement

Snack

1 small pear + hard boiled egg

Lunch

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

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner