



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie and Hot Granola 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

65 calories plain coconut yogurt + 60 calories GF granola

Lunch

1.5 cups soup from local natural foods' store deli with 60 calories rice crackers + 2 T hummus

Snack

1 medium apple + 9 almonds

Dinner

DAY TWO

Breakfast

Hot Granola With Pear and Almond Milk (recipe)

Snack

1 cup berries + 7 cashews

Lunch

Snack

3 small carrots + 2 T hummus

Dinner

DAY THREE

Breakfast

Green Smoothie Meal Replacement

Snack

65 calories plain coconut yogurt + 60 calories GF granola

Lunch

1.5 cups soup from local natural foods' store deli with 60 calories rice crackers + 2 T hummus

Snack

1 medium apple + 9 almonds

Dinner



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DAY FOUR

Breakfast

Hot Granola With Pear and Almond Milk (recipe)

Snack

1 cup berries + 7 cashews

Lunch

Snack

3 small carrots + 2 T hummus

Dinner

DAY FIVE

Breakfast

Green Smoothie Meal Replacement

Snack

65 calories plain coconut yogurt + 60 calories GF granola

Lunch

1.5 cups soup from local natural foods' store deli with 60 calories rice crackers + 2 T hummus

Snack

1 medium apple + 9 almonds

Dinner

DAY SIX

Breakfast

Hot Granola With Pear and Almond Milk (recipe)

Snack

1 cup berries + 7 cashews

Lunch

Snack

3 small carrots + 2 T hummus

Dinner



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DAY SEVEN

Breakfast

Green Smoothie Meal Replacement

Snack

65 calories plain coconut yogurt + 60 calories GF granola

Lunch

1.5 cups soup from local natural foods' store deli with 60 calories rice crackers + 2 T hummus

Snack

1 medium apple + 9 almonds

Dinner