



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie and Hot Granola Recipes
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three-four dinner recipes that offer ten servings

HOT GRANOLA WITH PEAR AND ALMOND MILK

SERVES ONE (360 Calories)

200 calories Gluten Free (GF) granola

2/3 cup unsweetened almond milk

chopped pear



INSTRUCTIONS

Combine ingredients in small glass bowl. Heat for 45 seconds to 1 minute in the microwave and let stand 1 minute.