



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Hearty Smoothie & Fall Frittata Meal Plan FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

DAY ONE

Breakfast

Hearty Fruit and Oat Smoothie (recipe)

Snack

1 medium apple + 7 cashews

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

2/3 cup berries + 1 oz slice aged cheese

Dinner

(Prep Fall Frittata)

DAY TWO

Breakfast

Fall Frittata + 1 small pear

Snack

1 medium apple + 7 cashews

Lunch

Snack

2/3 cup berries + 1 oz slice aged cheese

Dinner

DAY THREE

Breakfast

Fall Frittata + 1 small pear

Snack

2/3 cup berries + 1 oz slice aged cheese

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

1 medium apple + 7 cashews

Dinner



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DAY FOUR

Breakfast

Fall Frittata + 1 small pear

Snack

1 medium apple + 7 cashews

Lunch

Snack

2/3 cup berries + 1 oz slice aged cheese

Dinner

DAY FIVE

Breakfast

Hearty Fruit and Oat Smoothie (recipe)

Snack

2/3 cup berries + 1 oz slice aged cheese

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

1 medium apple + 7 cashews

Dinner

DAY SIX

Breakfast

Fall Frittata + 1 small pear

Snack

1 medium apple + 7 cashews

Lunch

Snack

2/3 cup berries + 1 oz slice aged cheese

Dinner



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DAY SEVEN

Breakfast

Fall Frittata + 1 small pear

Snack

2/3 cup berries + 1 oz slice aged cheese

Lunch

1.5 cups soup from natural food store with 60 calories rice crackers and 2 T hummus

Snack

1 medium apple + 7 cashews

Dinner