



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## *Hot Granola Meal Plan*

### **FOUNDATIONS – BUILD YOUR MEAL PLAN**

**Pick three-four dinner recipes that offer ten servings**

#### **DAY ONE**

**Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

**Snack**

65 calories coconut yogurt + 1 cup berries

**Lunch**

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

**Snack**

3 small celery sticks + 2 T almond butter

**Dinner**

#### **DAY TWO**

**Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

**Snack**

65 calories coconut yogurt + 1 cup berries

**Lunch**

**Snack**

3 small carrots+ 2 T hummus

**Dinner**

#### **DAY THREE**

**Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

**Snack**

65 calories coconut yogurt + 1 cup berries

**Lunch**

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

**Snack**

3 small celery sticks + 2 T almond butter

**Dinner**



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#### DAY FOUR

**Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

**Snack**

65 calories coconut yogurt + 1 cup berries

**Lunch**

**Snack**

3 small carrots+ 2 T hummus

**Dinner**

#### DAY FIVE

**Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

**Snack**

65 calories coconut yogurt + 1 cup berries

**Lunch**

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

**Snack**

3 small celery sticks + 2 T almond butter

**Dinner**

#### DAY SIX

**Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

**Snack**

65 calories coconut yogurt + 1 cup berries

**Lunch**

**Snack**

3 small carrots+ 2 T hummus

**Dinner**

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#### **DAY SEVEN**

##### **Breakfast**

Hot Granola with Pear and Almond Milk (recipe)

##### **Snack**

65 calories coconut yogurt + 1 cup berries

##### **Lunch**

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

##### **Snack**

3 small celery sticks + 2 T almond butter

##### **Dinner**