



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

### *Maple-Pecan Breakfast Quinoa Meal Plan*

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

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

#### **DAY ONE**

##### **Breakfast**

Maple-Pecan Breakfast Quinoa (recipe)

##### **Snack**

½ Larabar + ½ medium apple

##### **Lunch**

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

##### **Snack**

½ Larabar + ½ medium apple

##### **Dinner**

#### **DAY TWO**

##### **Breakfast**

Maple-Pecan Breakfast Quinoa (leftovers)

##### **Snack**

½ Larabar + ½ medium apple

##### **Lunch**

##### **Snack**

½ Larabar + ½ medium apple

##### **Dinner**

#### **DAY THREE**

##### **Breakfast**

Maple-Pecan Breakfast Quinoa (recipe)

##### **Snack**

½ Larabar + ½ medium apple

##### **Lunch**

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

##### **Snack**

½ Larabar + ½ medium apple

##### **Dinner**



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#### **DAY FOUR**

##### **Breakfast**

Maple-Pecan Breakfast Quinoa (leftovers)

##### **Snack**

½ Larabar + ½ medium apple

##### **Lunch**

##### **Snack**

½ Larabar + ½ medium apple

##### **Dinner**

#### **DAY FIVE**

##### **Breakfast**

Hearty Fruit and Oat Smoothie (recipe)

##### **Snack**

½ Larabar + ½ medium apple

##### **Lunch**

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

##### **Snack**

½ Larabar + ½ medium apple

##### **Dinner**

#### **DAY SIX**

##### **Breakfast**

Maple-Pecan Breakfast Quinoa (recipe)

##### **Snack**

½ Larabar + ½ medium apple

##### **Lunch**

##### **Snack**

½ Larabar + ½ medium apple

##### **Dinner**



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### **DAY SEVEN**

**Breakfast**

Maple-Pecan Breakfast Quinoa (leftovers)

**Snack**

½ Larabar + ½ medium apple

**Lunch**

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

**Snack**

½ Larabar + ½ medium apple

**Dinner**