



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Poached Egg Stack & Chai GF Oats Recipe

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

POACHED EGG STACK WITH AVOCADO, TOMATOES AND QUINOA

SERVES ONE (360 Calories)

- 1 poached or fried egg
- 1/2 avocado, sliced
- 2 medium tomato slices
- 1/2 T aged balsamic vinegar
- 1/3 cup cooked quinoa (not pictured)
- 1/2 T extra virgin olive oil

INSTRUCTIONS

Stack in this order: tomato, quinoa, avocado and egg. Drizzle with balsamic vinegar and olive oil





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OVERNIGHT CHAI GLUTEN FREE OATS

SERVES THREE (360 calories per serving)

- 1 cup GF steel cut oats
- 1 cup hemp milk (140 calories)
- 2 T chia seeds
- 1/4 tsp ground cardamom
- 1/4 tsp vanilla extract
- 1/4 tsp ground ginger or 1 T crystallized ginger
- 1/4 tsp ground cinnamon
- 1 pinch nutmeg
- 1 pinch black pepper
- 1 T real maple syrup
- 1/8 cup shredded coconut
- 15 chopped pistachios



INSTRUCTIONS

Combine oats, hemp milk, chia seeds, cardamom, vanilla, ginger, cinnamon, nutmeg, black pepper, and maple syrup (if using) in glass jar with lid. Stir, close and refrigerate overnight.

In the morning, divide into three servings and divide the toppings (shredded coconut and chopped pistachios) among the three servings.