



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Poached Egg Stack & Chai GF Oats Meal Plan

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

DAY ONE

Breakfast

Poached Egg Stack with Avocado, Tomatoes and Quinoa (recipe)

Snack

Soft boiled egg + 1 medium apple

Lunch

1 cup prepared quinoa salad and 1.5 cups soup from local natural foods' store deli

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner

(Prep Overnight Chai Gluten Free Oats)

DAY TWO

Breakfast

Overnight Chai Gluten Free Oats

Snack

Soft boiled egg + 1 medium apple

Lunch

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner

DAY THREE

Breakfast

Overnight Chai Gluten Free Oats

Snack

Soft boiled egg + 1 medium apple

Lunch

1 cup prepared quinoa salad and 1.5 cups soup from local natural foods' store deli

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner



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DAY FOUR

Breakfast

Overnight Chai Gluten Free Oats

Snack

Soft boiled egg + 1 medium apple

Lunch

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner

(Prep Overnight Chai Gluten Free Oats)

DAY FIVE

Breakfast

Overnight Chai Gluten Free Oats

Snack

Soft boiled egg + 1 medium apple

Lunch

1 cup prepared quinoa salad and 1.5 cups soup from local natural foods' store deli

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner

DAY SIX

Breakfast

Overnight Chai Gluten Free Oats

Snack

Soft boiled egg + 1 medium apple

Lunch

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner



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DAY SEVEN

Breakfast

Overnight Chai Gluten Free Oats

Snack

Soft boiled egg + 1 medium apple

Lunch

1 cup prepared quinoa salad and 1.5 cups soup from local natural foods' store deli

Snack

60 calories rice crackers + 1.5 T tapenade

Dinner