



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Rise and Shine Quinoa & Parfait Meal Plan

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

DAY ONE

Breakfast

Rise and Shine Quinoa (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

1.5 cups soup from natural food store with 3 small carrots and 2 T hummus

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner

DAY TWO

Breakfast

Rise and Shine Quinoa (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner

DAY THREE

Breakfast

Yogurt Parfait (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

1.5 cups soup from natural food store with 3 small carrots and 2 T hummus

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner



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DAY FOUR

Breakfast

Rise and Shine Quinoa (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner

DAY FIVE

Breakfast

Rise and Shine Quinoa (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

1.5 cups soup from natural food store with 3 small carrots and 2 T hummus

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner

DAY SIX

Breakfast

Yogurt Parfait (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner



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DAY SEVEN

Breakfast

Rise and Shine Quinoa (recipe)

Snack

1 medium orange + 3 macadamia nuts

Lunch

1.5 cups soup from natural food store with 3 small carrots and 2 T hummus

Snack

60 calories GF granola + 18 pistachios (eat dry from baggie)

Dinner