



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## *Rise and Shine Quinoa & Parfait Recipes*

### FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

#### **RISE AND SHINE QUINOA**

SERVES ONE (360 calories per serving)

- 2/3 cup cooked quinoa
- 1/2 cup fresh blueberries
- 3 T chopped toasted walnuts
- 2 tsp drizzle real maple syrup
- 1/4 tsp cinnamon

#### **INSTRUCTIONS**

Warm cooked quinoa and add remaining ingredients.  
Serve immediately.





ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

*Rise and Shine Quinoa & Parfait Recipes*

**FOUNDATIONS – BUILD YOUR MEAL PLAN**

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

## **YOGURT PARFAIT**

SERVES ONE (360 calories)

150 calories plain yogurt: coconut  
(made from coconut) OR  
Amonde (made from almonds) or cow  
150 calories GF granola  
2/3 cup berries

## **INSTRUCTIONS**

Layer and enjoy!

