



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## *Yogurt Parfait & Mason Jar Salad Meal Plan*

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

**Pick three dinner recipes that offer seven servings**

#### **DAY ONE**

##### **Breakfast**

Yogurt Parfait (recipe)

##### **Snack**

2 kiwis + 18 pistachios

##### **Lunch**

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

##### **Snack**

3 small celery sticks + 2 T hummus

##### **Dinner**

Mason Jar Salad- Quinoa, Bean with Lemon Tahini Dressing (recipe)

#### **DAY TWO**

##### **Breakfast**

Yogurt Parfait (recipe)

##### **Snack**

1 medium orange + 18 pistachios

##### **Lunch**

Mason Jar Salad- Quinoa, Bean with Lemon Tahini Dressing

##### **Snack**

3 small carrots+ 2 T hummus

##### **Dinner**

#### **DAY THREE**

##### **Breakfast**

Yogurt Parfait (recipe)

##### **Snack**

2 kiwis + 18 pistachios

##### **Lunch**

Mason Jar Salad- Quinoa, Bean with Lemon Tahini Dressing

##### **Snack**

3 small celery sticks + 2 T hummus

##### **Dinner**



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## DAY FOUR

**Breakfast**

Yogurt Parfait (recipe)

**Snack**

1 medium orange + 18 pistachios

**Lunch**

Mason Jar Salad- Quinoa, Bean with Lemon Tahini Dressing

**Snack**

3 small carrots+ 2 T hummus

**Dinner**

## DAY FIVE

**Breakfast**

Yogurt Parfait (recipe)

**Snack**

2 kiwis + 18 pistachios

**Lunch**

Mason Jar Salad- Quinoa, Bean with Lemon Tahini Dressing

**Snack**

3 small celery sticks + 2 T hummus

**Dinner**

## DAY SIX

**Breakfast**

Yogurt Parfait (recipe)

**Snack**

1 medium orange + 18 pistachios

**Lunch**

Mason Jar Salad- Quinoa, Bean with Lemon Tahini Dressing

**Snack**

3 small carrots+ 2 T hummus

**Dinner**

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## DAY SEVEN

**Breakfast**

Yogurt Parfait (recipe)

**Snack**

2 kiwis + 18 pistachios

**Lunch**

**Snack**

3 small celery sticks + 2 T hummus

**Dinner**