



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Yogurt Parfait & Larabar Meal Plan

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), Amonde (made from almonds) or cow

150 calories GF granola

2/3 cup berries

INSTRUCTIONS

Layer and enjoy!

