



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

*Yogurt Parfait & Larbar Meal Plan*  
**FOUNDATIONS – BUILD YOUR MEAL PLAN**  
**Pick three-four dinner recipes that offer ten servings**

### VEGETABLE

- 12 small carrots

### FRUIT

- 4 2/3 cups berries
- 7 medium apples

### NATURAL FOODS STORE

- 6 cups soup
- 1 container hummus
- 7 Larabars

### GRAINS & PASTA

- 2 cups GF granola (1050 calories worth)

### DAIRY & NONDAIRY ALTERNATIVES

- 53 oz coconut yogurt (plain and unsweetened, So Delicious brand)