



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

### WEEK FOUR MENU PLANS

#### WEEK FOUR INSTRUCTIONS

If there is a recipe that accompanies a meal item you will see (recipe) next to that meal item. Some recipes cook more than one serving and these servings will be used at future meals, noted by (leftover). If an item is from WEEK ONE or WEEK TWO or WEEK THREE and has been placed in the freezer, I will note it as (from freezer).

This is a full week of whole foods cooking – 99.9% plant based and is gluten free

Eggs are present in two recipes (Paleo muffins, replace with Ener-G egg replacement)

If you would like to replace the tofu in the Brown Rice and Tofu Stir Fry replace this with ½ cup white beans per serving.

\*Please note, there is an organic spinach recall. Please check the member site discussion FORUM for more information on which brands to avoid. Though spinach is included in these recipes, you can replace spinach with arugula, kale or mixed greens (that don't include spinach).

\*Be sure to read WEEK FOUR PANTRY CHECK LIST. I will assume you have these items on hand.



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## WEEK FOUR MENU PLANS

### DAY TWENTY-TWO

- Breakfast** GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipes)
- Snack** 10 cashews + 1 medium apple
- Lunch** Mason Jar Salad + 2.5 T Salad Dressing
- Snack** 1/2 cup berries + dollop of coconut yogurt
- Dinner** 1 cup Energizing Protein Salad (from freezer, heat in microwave)

### DAY TWENTY-THREE

- Breakfast** Paleo Apple Coconut Muffin (leftover) + Double Green Smoothie
- Snack** 10 almonds + 1 medium apple
- Lunch** Mason Jar Salad + 2.5 T Salad Dressing
- Snack** 60 calories rice crackers + 2 T hummus
- Dinner** 1/2 Stuffed Acorn Squash (recipe) + spinach salad: 1.5 cups spinach + 1.5 T salad dressing

### DAY TWENTY-FOUR

- Breakfast** GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipes)
- Snack** 10 cashews + 1 medium apple
- Lunch** 1/2 Stuffed Acorn Squash (leftover) + spinach salad: 1.5 cups spinach + 1.5 T salad dressing
- Snack** 1/2 cup berries + dollop of coconut yogurt
- Dinner** 1.5 cup Red Lentil and Sweet Potato Stew (from freezer)



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

### WEEK FOUR MENU PLANS

#### DAY TWENTY-FIVE

**Breakfast**

Hot Granola: 1/2 cup gluten free granola + ½ cup unsweetened almond milk + chopped pear (heated in microwave)

**Snack**

10 almonds + 1 medium apple

**Lunch**

Corn Tortilla Bean Wrap (Week One Recipe - no chicken)

**Snack**

60 calories rice crackers + 2 T hummus

**Dinner**

1.5 cups Brown Rice Tofu Stir Fry (Recipe)

#### DAY TWENTY-SIX

**Breakfast**

Paleo Apple Coconut Muffin (leftover) + Double Green Smoothie

**Snack**

10 cashews + 1 medium apple

**Lunch**

1.5 cups Brown Rice Tofu Stir Fry (leftover)

**Snack**

60 calories rice crackers + 2 T hummus

**Dinner**

2 cups Kale and Roasted Vegetable Soup (recipe)

#### DAY TWENTY-SEVEN

**Breakfast**

GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipes)

**Snack**

10 almonds + 1 medium apple

**Lunch**

2 cups Kale and Roasted Vegetable Soup (leftover)

**Snack**

1/2 cup berries + dollop of coconut yogurt

**Dinner**

Avocado and Black Bean Tacos (recipe)



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## WEEK FOUR MENU PLANS

### DAY TWENTY-EIGHT

- |                  |  |
|------------------|--|
| <b>Breakfast</b> | 100 Calories Organic dairy or coconut yogurt + 1/4 cup GF granola + 1 pear diced |
| <b>Snack</b>     | 10 cashews + 1 medium apple  |
| <b>Lunch</b>     | Avocado and Black Bean Tacos (leftover)  |
| <b>Snack</b>     | 60 calories rice crackers + 2 T hummus   |
| <b>Dinner</b>    | 1.5 cup Red Lentil and Sweet Potato Stew (from freezer)                          |