

# CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!

WEEK ONE MENU PLAN



## Day One

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Ridiculously Delicious Green Smoothie** (recipe)

10 raw almonds + ½ cup berries

**2 cups GF (Gluten Free) soup from local natural foods store deli, fresh**

One slice prosciutto wrapped around 1/3 avocado

**Cumin Chicken With Black Beans** (recipe)

## Day Two

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Warm Belly Oatmeal Breakfast** (recipe)

1 medium apple + 1 T almond butter

**Cumin Chicken With Black Beans** (leftovers)

5 cashews + 1 oz. of aged cheese

**Spring Pea and Romaine Mason Jar Salad** (Recipe)

## Day Three

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Ridiculously Delicious Green Smoothie** (recipe)

1/2 cup berries + 60 calories of coconut yogurt, plain unsweetened

**Spring Pea and Romaine Mason Jar Salad** (Leftovers)

1 medium apple + 1 T almond butter

**Cumin Chicken With Black Beans** (leftovers) Wrapped in a PaleoWrap or heated Corn Tortilla

#### **Day Four**

Breakfast

Snack

Lunch

Snack

Dinner

**Warm Belly Oatmeal Breakfast** (recipe)

10 almonds + 1 medium apple

**Spring Pea and Romaine Mason Jar Salad** (Leftovers)

Deconstructed guacamole: 1/3 avocado + 1/2 grape tomatoes chopped, squeeze of lemon

**Coconut-Red Curry Salmon In Parchment** (recipe) **Cooking Video Included!**

#### **Day Five**

Breakfast

Snack

Lunch

Snack

Dinner

**Ridiculously Delicious Green Smoothie** (recipe)

10 raw cashews + 1/2 cup berries

**Spring Pea and Romaine Mason Jar Salad** (Leftovers)

One slice prosciutto wrapped around 1/3 avocado

**Coconut-Red Curry Salmon In Parchment** (leftovers)

**Make Carrot, Banana Raisin Muffins** (recipe)

#### **Day Six**

Breakfast

Snack

Lunch

Snack

Dinner

**Warm Belly Oatmeal Breakfast** (recipe)

1/2 Carrot, Banana and Raisin Muffin (leftover)

**Spring Pea and Romaine Mason Jar Salad** (Leftovers)

1/2 Carrot, Banana and Raisin Muffin (leftover)

**Cumin Chicken With Black Beans** (frozen) Wrapped in a PaleoWrap or heated Corn Tortilla

#### **Day Seven**

Breakfast

Snack

Lunch

Snack

Dinner

**Ridiculously Delicious Green Smoothie** (recipe)

10 almonds + 1 apple

**Carrot, Banana Raisin Muffins** (leftovers) + pear + 1 T nut butter

1/2 cup berries + 60 calories of coconut yogurt, plain unsweetened

**Greek Chicken Stew with Cauliflower and Olives** (Recipe)