

# CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!  
WEEK TWO MENU PLAN



## Day One

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Warm Belly Oatmeal Breakfast** (recipe)

10 raw almonds + ½ cup berries

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

One slice prosciutto wrapped around 1/3 avocado

**Cucumber, Smashed Avocado and Sprout Stack** (Recipe)

## Day Two

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Ridiculously Delicious Green Smoothie** (recipe)

½ Carrot, Banana and Raisin Muffin (leftover, frozen)

**Cucumber, Smashed Avocado and Sprout Stack** (Leftover)

½ Carrot, Banana and Raisin Muffin (leftover, frozen)

**Coconut Kale and Roasted Vegetable Soup** (recipe)

## Day Three

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Warm Belly Oatmeal Breakfast** (recipe)

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

**Coconut Kale and Roasted Vegetable Soup** (Leftovers)

1 medium apple + 10 soaked almonds

**Coconut-Red Curry Chicken In Parchment** (recipe)

### **Day Four**

Breakfast

**Ridiculously Delicious Green Smoothie** (recipe)

Snack

10 soaked almonds + 1 medium apple

Lunch

**Coconut-Red Curry Chicken In Parchment** (leftover)

Snack

Deconstructed guacamole: chop 1/3 avocado with 1/2 cup grape tomatoes, with squeeze of lemon

Dinner

**Greek Chicken Stew with Cauliflower and Olives** (Leftovers, Frozen)

### **Day Five**

Breakfast

**Warm Belly Oatmeal Breakfast** (recipe)

Snack

10 soaked almonds + 1/2 cup berries

Lunch

**Carrot, Banana and Raisin Muffin** (leftover, frozen) + pear with 1 T nut butter

Snack

One slice prosciutto wrapped around 1/3 avocado

Dinner

**Coconut Kale and Roasted Vegetable Soup** (Leftovers)

### **Day Six**

Breakfast

**Ridiculously Delicious Green Smoothie** (recipe)

Snack

5 soaked almonds + 1 oz aged cheese

Lunch

**Coconut Kale and Roasted Vegetable Soup** (Leftovers)

Snack

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

Dinner

**Slow Cooker Curried Lentil, Chicken and Sweet Potatoes** (recipe)

### **Day Seven**

Breakfast

**Warm Belly Oatmeal Breakfast** (recipe)

Snack

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

Lunch

**Greek Chicken Stew with Cauliflower and Olives** (Leftover, frozen)

Snack

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

Dinner

**Slow Cooker Curried Lentil, Chicken and Sweet Potatoes** (Leftovers)