

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!
WEEK FOUR MENU PLAN



Day One

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 raw almonds + ½ cup berries

Cucumber, Smashed Avocado and Sprout Stack (leftover)

One slice prosciutto wrapped around 1/3 avocado

Zucchini Pasta Mason Jar Salad (recipe)

Day Two

Breakfast
Snack
Lunch
Snack
Dinner

Warm Belly Oatmeal Breakfast (recipe)

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

Zucchini Pasta Mason Jar Salad (leftover)

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

Slow Cooker Curried Lentil, Chicken and Sweet Potatoes (leftovers, frozen)

Day Three

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

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

Zucchini Pasta Mason Jar Salad (leftovers)

1 medium apple + 10 soaked almonds

Butternut Squash and White Bean Soup (recipe)

Day Four

Breakfast

Warm Belly Oatmeal Breakfast (recipe)

Snack

10 soaked almonds + 1 medium apple

Lunch

Zucchini Pasta Mason Jar Salad (leftovers)

Snack

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

Dinner

Butternut Squash and White Bean Soup (leftovers)

Day Five

Breakfast

Ridiculously Delicious Green Smoothie (recipe)

Snack

10 soaked almonds + 1/2 cup berries

Lunch

Zucchini Pasta Mason Jar Salad (leftovers)

Snack

One Slice Prosciutto wrapped around 1/3 avocado

Dinner

Zucchini "Pasta" with Pesto, Tomatoes and Pine Nuts (recipe) COOKING VIDEO!

Day Six

Breakfast

Warm Belly Oatmeal Breakfast (recipe)

Snack

5 soaked almonds + 1 oz aged cheese

Lunch

Zucchini "Pasta" with Pesto, Tomatoes and Pine Nuts (leftover)

Snack

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

Dinner

Coconut Kale and Roasted Vegetable Soup (Leftovers, frozen)

Day Seven

Breakfast

Ridiculously Delicious Green Smoothie (recipe)

Snack

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

Lunch

Ridiculously Delicious Green Smoothie (recipe)

Snack

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

Dinner

Slow Cooker Curried Lentil, Chicken and Sweet Potatoes (leftovers, frozen)