

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!

WEEK THREE MENU PLAN



Day One

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 soaked almonds + ½ cup berries

Coconut Kale and Roasted Vegetable Soup (leftovers, frozen)

One slice prosciutto wrapped around 1/3 avocado

Arugula Pesto Quinoa Mason Jar Salad (recipe)

Day Two

Breakfast
Snack
Lunch
Snack
Dinner

Warm Belly Oatmeal Breakfast (recipe)

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

Arugula Pesto Quinoa Mason Jar Salad (leftover)

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

Prosciutto Wrapped Dijon Chicken Parchment Paper Packet (recipe)

Day Three

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

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

Arugula Pesto Quinoa Mason Jar Salad (leftover)

1 medium apple + 10 soaked almonds

Prosciutto Wrapped Dijon Chicken Parchment Paper Packet (Leftovers)

Day Four

Breakfast **Warm Belly Oatmeal Breakfast** (recipe)
Snack 10 soaked almonds + 1 medium apple
Lunch **Arugula Pesto Quinoa Mason Jar Salad (leftover)**
Snack Deconstructed guacamole: chop 1/3 avocado with 1/2 cup grape tomatoes, with squeeze of lemon
Cooking Video! 1/2 Prosciutto Wrapped Chicken Breast with Toasted Quinoa and Green Bean Salad With Lemony Hummus Dressing (Recipe)
Dinner

Day Five

Breakfast **Ridiculously Delicious Green Smoothie (recipe)**
Snack 10 soaked almonds + 1/2 cup berries
Lunch **Arugula Pesto Quinoa Mason Jar Salad (leftover)**
Snack One slice prosciutto wrapped around 1/3 avocado
1/2 Prosciutto Wrapped Chicken Breast with Toasted Quinoa and Green Bean Salad With Lemony Hummus Dressing (Leftover)
Dinner

Day Six

Breakfast **Warm Belly Oatmeal Breakfast** (recipe)
Snack 5 soaked almonds + 1 oz aged cheese
Lunch **Slow Cooker Curried Lentil, Chicken and Sweet Potatoes (leftovers, frozen)**
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 Medium apple + 1/2 Carrot, Banana and Raisin Muffin (leftover, frozen)
Lunch **2 cups soup from Local Co-Op or Health Store Deli (frozen)**
Snack 1/2 Carrot, Banana and Raisin Muffin (leftover, frozen)
Dinner **Cucumber, Smashed Avocado and Sprout Stack (Recipe)**

