

# 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

### **Ridiculously Delicious Green Smoothie (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

Snack

Lunch

Snack

Dinner

#### **Ridiculously Delicious Green Smoothie (recipe)**

10 soaked almonds + 1 medium apple

#### **Zucchini Pasta Mason Jar Salad (leftovers)**

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

#### **Butternut Squash and White Bean Soup (leftovers)**

#### **Day Five**

Breakfast

Snack

Lunch

Snack

Dinner

#### **Ridiculously Delicious Green Smoothie (recipe)**

10 soaked almonds + 1/2 cup berries

#### **Zucchini Pasta Mason Jar Salad (leftovers)**

One Slice Prosciutto wrapped around 1/3 avocado

#### **Tilapia and Cucumber Sprouted Quinoa (recipe)**

#### **Day Six**

Breakfast

Snack

Lunch

Snack

Dinner

#### **Ridiculously Delicious Green Smoothie (recipe)**

5 soaked almonds + 1 oz aged cheese

#### **Tilapia and Cucumber Sprouted Quinoa (leftover)**

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

#### **Coconut Kale and Roasted Vegetable Soup (Leftovers, frozen)**

+ 1 cup Cultured Veggie Salad (recipe)

#### **Day Seven**

Breakfast

Snack

Lunch

Snack

Dinner

#### **Ridiculously Delicious Green Smoothie (recipe)**

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

#### **Ridiculously Delicious Green Smoothie (recipe)**

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

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

+ 1 cup Cultured Veggie Salad (leftovers)