

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!

WEEK ONE MENU PLAN



WEEK ONE MEAL PLAN INSTRUCTIONS

Organic is inferred with the meal plans and shopping list. Opt for organic as much as your budget will allow.

This plan is gluten free, low in grains, moderate in healthy fats and loaded with color (fruits and vegetables). You will prepare these foods in a way that will help your body access the most nutrients (increase the bioavailability).

The meal plans are 1450 calories per day. If you need to adjust your calories up, please read, [**ADJUSTING CALORIES**](#).

Why Cook and Prep Nightly?

- You can create 30 days' worth of smoothies in under 30 minutes. Check out *Three Ways to Pre-Prep Your Ridiculously Delicious Green Smoothie* video
- You'll make mason jars salads once, to eat all week
- Most of the recipes create multiple servings

On the meal plans, (*recipe*) indicates that you will prepare this meal from a recipe. If a fresh leftover serving is used at a future meal, this is noted by (*leftover*). If a frozen leftover serving is used at a future meal, this is noted by (*leftover, frozen*).

At the bottom of each recipe, you will find information on suitable substitutions and how to divide the recipe and store it for future meals.

Kick Off Your Day with a Green Smoothie

Each morning you will kick off your day with a green smoothie. I have offered a basic recipe to get you started. You may also use any smoothie recipe from the RECIPE & MEAL PLANS section on the site, or build your own custom smoothie using this "[**GREEN SMOOTHIE CHART**](#)"

The green smoothie ingredients have been added at the end of the shopping list. These are the basics and they will create a balanced green smoothie

Soaking & Sprouting

In this meal plan you will be introduced to sprouting. You will be instructed to soak lentils overnight on day three and then sprout them for two days. You will use these in a recipe on the fifth day of this meal plan.

Shopping List Ingredients

I have included snacks in this meal plan. If you want to eat a different snack(s), simply choose your snack from the snack list and update your shopping list accordingly.

I have tried to make this shopping list as simple and straight forward as possible (as much as I can with a whole foods, fresh prep meal plan) – you will see “1 jar of minced garlic” on the shopping list instead of ‘whole head of garlic.’ This is to save you time. If you want to buy fresh garlic and chop it, feel free!

Each week you will see ‘coconut yogurt, plain’ included in the meal plans, as a part of breakfast and many snacks. This is yogurt made from coconuts. It is dairy free. You will find this at Whole Foods and many other natural foods stores. So Delicious is the brand widely available. You are welcome to replace this with full fat, plain cow yogurt. One of my favorites is Brown Cow full fat, cream on the top plain yogurt.

The week one shopping list is the most expensive of the four weeks. In that, you will see a jar of extra virgin coconut oil, apple cider vinegar, jar of minced garlic and pesto and parchment paper, etc., listed. These items will carry forward and will be used each week of the challenge - you won’t need to buy them again. In the future weeks, I have *italicized* those items that you should still have on hand from week one.

Before you go shopping, take a look to see what you already have on hand (you likely have sea salt, pepper and red pepper flakes, etc).

Happy Eating!