

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!

WEEK ONE MENU PLAN



Day One

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 raw almonds + ½ cup berries

2 cups GF (Gluten Free) soup from local natural foods store deli, fresh

One slice prosciutto wrapped around 1/3 avocado

Spring Pea and Romaine Mason Jar Salad (Recipe)

Day Two

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

1 medium apple + 1 T almond butter

Spring Pea and Romaine Mason Jar Salad (Leftovers)

5 cashews + 1 oz. of aged cheese

Greek Chicken Stew with Cauliflower and Olives (Recipe)

Day Three

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

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

Spring Pea and Romaine Mason Jar Salad (Leftovers)

1 medium apple + 1 T almond butter

Greek Chicken Stew with Cauliflower and Olives (Leftover)

***Soak Lentils Overnight & Sprout Them for Two Days**

Day Four

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 almonds + 1 medium apple

Spring Pea and Romaine Mason Jar Salad (Leftovers)

Deconstructed guacamole: 1/3 avocado + 1/2 grape tomatoes chopped, squeeze of lemon

Parchment Paper Halibut and Grilled Sweet Potato with Pesto (Recipe)

Day Five

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 raw cashews + 1/2 cup berries

Carrot, Banana and Raisin Muffin (recipe) and Medium Pear

One slice prosciutto wrapped around 1/3 avocado

Parchment Paper Halibut and Grilled Sweet Potato with Pesto (Leftovers)

Day Six

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 almonds + 1 apple

Spring Pea and Romaine Mason Jar Salad(Leftovers)

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

Sprouted Lentil Mason Jar Salad (Recipe)

Day Seven

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

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

Greek Chicken Stew with Cauliflower and Olives (Leftovers)

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

Ridiculously Delicious Green Smoothie (recipe)