

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!

WEEK THREE MENU PLAN



Day One

Breakfast	Ridiculously Delicious Green Smoothie (recipe)
Snack	10 soaked almonds + ½ cup berries
Lunch	Coconut Kale and Roasted Vegetable Soup (leftovers, frozen)
Snack	One slice prosciutto wrapped around 1/3 avocado
Dinner	Arugula Pesto Sprouted Quinoa Mason Jar Salad (recipe)

Day Two

Breakfast	Ridiculously Delicious Green Smoothie (recipe)
Snack	½ Carrot, Banana and Raisin Muffin (leftover, frozen)
Lunch	Arugula Pesto Sprouted Quinoa Mason Jar Salad (leftover)
Snack	½ Carrot, Banana and Raisin Muffin (leftover, frozen)
Dinner	Herbed Chicken Cutlets with Roasted Vegetables (recipe)

Day Three

Breakfast	Ridiculously Delicious Green Smoothie (recipe)
Snack	1/2 cup berries + 60 calories of coconut yogurt, plain unsweetened
Lunch	Arugula Pesto Sprouted Quinoa Mason Jar Salad (leftover)
Snack	1 medium apple + 10 soaked almonds
Dinner	Herbed Chicken Cutlets and Roasted Vegetables (Leftovers)

Day Four

Breakfast

Ridiculously Delicious Green Smoothie (recipe)

Snack

10 soaked almonds + 1 medium apple

Lunch

Arugula Pesto Sprouted Quinoa Mason Jar Salad (leftover)

Snack

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

Dinner

Parchment Paper Salmon with Coconut Green Bean Sauté (Recipe)

Day Five

Breakfast

Ridiculously Delicious Green Smoothie (recipe)

Snack

10 soaked almonds + 1/2 cup berries

Lunch

Arugula Pesto Sprouted Quinoa Mason Jar Salad (leftover)

Snack

One slice prosciutto wrapped around 1/3 avocado

Dinner

Parchment Paper Salmon with Coconut Green Bean Sauté (Leftover)

Day Six

Breakfast

Ridiculously Delicious Green Smoothie (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

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

Cucumber, Smashed Avocado and Sprout Stack (Recipe)