

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!
WEEK TWO MENU PLAN



Day One

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 raw almonds + ½ cup berries

Sprouted Lentil Mason Jar Salad (Leftovers)

One slice prosciutto wrapped around 1/3 avocado

Cucumber, Smashed Avocado and Sprout Stack (Recipe)

Day Two

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

½ Carrot, Banana and Raisin Muffin (leftover)

Cucumber, Smashed Avocado and Sprout Stack (Leftover)

½ Carrot, Banana and Raisin Muffin (leftover)

Coconut Kale and Roasted Vegetable Soup (recipe)

Day Three

Breakfast
Snack
Lunch
Snack
Dinner

Ridiculously Delicious Green Smoothie (recipe)

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

Sprouted Lentil Mason Jar Salad (Leftovers)

1 medium apple + 10 soaked almonds

Coconut Kale and Roasted Vegetable Soup (Leftovers)

Day Four

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 soaked almonds + 1 medium apple

Sprouted Lentil Mason Jar Salad (Leftovers)

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

Greek Chicken Stew with Cauliflower and Olives (Leftovers, Frozen)

Day Five

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

10 soaked almonds + 1/2 cup berries

Sprouted Lentil Mason Jar Salad (Leftovers)

One slice prosciutto wrapped around 1/3 avocado

Coconut Kale and Roasted Vegetable Soup (Leftovers)

Day Six

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

5 soaked almonds + 1 oz aged cheese

Coconut Kale and Roasted Vegetable Soup (Leftovers)

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

Slow Cooker Curried Lentil, Chicken and Sweet Potatoes (recipe)

Day Seven

Breakfast

Snack

Lunch

Snack

Dinner

Ridiculously Delicious Green Smoothie (recipe)

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

Ridiculously Delicious Green Smoothie (recipe)

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

Slow Cooker Curried Lentil, Chicken and Sweet Potatoes (Leftovers)