

# CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN!  
WEEK TWO MENU PLAN



## Day One

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Warm Belly Oatmeal Breakfast** (Recipe)  
10 Raw Almonds + ½ Cup Berries  
**Greek Chicken Stew With Cauliflower And Olives** (Leftover)  
One Slice Prosciutto Wrapped Around 1/3 Avocado  
**Silky Celeriac And Basil Soup** (Recipe, With Cooking Video!)

## Day Two

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Ridiculously Delicious Green Smoothie** (Recipe)  
½ Carrot, Banana And Raisin Muffin (Leftover, Frozen)  
**Silky Celeriac And Basil Soup** (Leftovers)  
½ Carrot, Banana And Raisin Muffin (Leftover, Frozen)  
**Cucumber, Smashed Avocado And Sprout Stack** (Recipe)

## Day Three

Breakfast  
Snack  
Lunch  
Snack  
Dinner

**Warm Belly Oatmeal Breakfast** (Recipe)  
1/2 Cup Berries + 60 Calories Of Coconut Yogurt, Plain Unsweetened  
**Cucumber, Smashed Avocado And Sprout Stack** (Leftovers)  
1 Medium Apple + 10 Soaked Almonds  
**Spinach Stuffed Portobello Bowls** (Recipes, With Cooking Video!)

### **Day Four**

Breakfast

**Ridiculously Delicious Green Smoothie** (Recipe)

Snack

10 Soaked Almonds + 1 Medium Apple

Lunch

**Spinach Stuffed Portobello Bowls (Leftovers)**

Snack

Deconstructed Guacamole: Chop 1/3 Avocado With 1/2 Cup Grape Tomatoes, With Squeeze Of Lemon

Dinner

**Greek Chicken Stew With Cauliflower And Olives** (Leftovers, Frozen)

### **Day Five**

Breakfast

**Warm Belly Oatmeal Breakfast** (Recipe)

Snack

10 Soaked Almonds + 1/2 Cup Berries

Lunch

**Carrot, Banana And Raisin Muffin** (Leftover, Frozen) + Pear With 1 T Nut Butter

Snack

One Slice Prosciutto Wrapped Around 1/3 Avocado

Dinner

**Silky Celeriac And Basil Soup** (Leftovers, Frozen)

### **Day Six**

Breakfast

**Ridiculously Delicious Green Smoothie** (Recipe)

Snack

5 Soaked Almonds + 1 Oz Aged Cheese

Lunch

**Silky Celeriac And Basil Soup** (Leftovers, Frozen)

Snack

1/2 Cup Berries + 60 Calories Of Coconut Yogurt, Plain Unsweetened

Dinner

**Coconut Kale And Roasted Vegetable Soup** (Recipe)

### **Day Seven**

Breakfast

**Warm Belly Oatmeal Breakfast** (Recipe)

Snack

1/2 Carrot, Banana And Raisin Muffin (Leftover, Frozen)

Lunch

**Greek Chicken Stew With Cauliflower And Olives** (Leftover, Frozen)

Snack

1/2 Carrot, Banana And Raisin Muffin (Leftover, Frozen)

Dinner

**Coconut Kale And Roasted Vegetable Soup** (Leftovers)