

CLEAN

21

SAMPLE WEEK MEAL PLAN

• DAY 1 MEALS:

Egg Omelet made with: 2 whole eggs, 2 egg whites, 1 stalk green onion, 1 cup spinach topped with: 1/4 cup avocado slices and 2 tbsp salsa

3-4 oz. Grilled Chicken

<http://balancedbites.com/content/easy-paleo-recipe-perfectly-grilled-chicken-breast/>
salad made with:

3 cups spinach, 1/4 avocado, 2 stalks of green onion, sliced, 1/2 cup baby carrots, 1/2 cup cucumber slices, 1/4 cup cherry tomatoes and 1-2 tbsp clean ingredient salad dressing (For example, Tessamae's Balsamic Salad Dressing)

1/2 Atlantic salmon fillet

1 cup roasted green beans and mushrooms

1 tbsp almond butter

1 medium green tipped banana

• DAY 2 MEALS:

1 serving banana egg pancakes

2 tbsp almond butter

5 oz. canned (packed in water) albacore tuna, drained, and mixed with mustard, 1/2 avocado, 1 large onion slice and 1/4 cup cherry tomato slices.

served with 2 stalks celery (sticks) and 1/3 cup cucumber slices

4 oz chicken breast

1 serving cauliflower rice

1 serving herb roasted carrots served with mustard

1/4 cup raw almonds

• DAY 3 MEALS:

Omelet made with: 2 eggs, 1-2 egg whites, 1 oz deli sliced turkey, 1 green onion stalk sliced, 1/3 cup mushroom slices, 1/3 cup spinach and 1 oz goat cheese crumbles.

tuna salad: 4 oz water packed albacore tuna (drained), mustard, 1/2 avocado, 1/4 cup cherry tomato slices, served with 2 stalks celery sticks and 1/3 cup cucumber slices

1 halibut fillet (or other white fish)
1 serving cauliflower rice
1 serving steamed carrots with 1/2 tbsp butter or ghee
2 tbsp salsa

2 tbsp almond butter
1 medium green tipped banana

• DAY 4 MEALS:

Cocoa Almond Smoothie made with: 1 cup unsweetened vanilla flavor almond milk, 1 small frozen banana, 1/4 avocado, 1 serving raw cacao powder and 1 serving protein powder (like Great Lakes Gelatin—Collagen Hydrolysate protein powder), 1 tbsp almond butter and ice cubes—mix all in blender.

6 oz grilled chicken
salad made with: 3 cups raw spinach, 2 stalks green onion sliced, 1/4 cup cherry tomatoes, 1/3 cup cucumber slices and 1-2 tbsp Balsamic salad dressing.

1 medium zucchini, spiraled
1/3 cup Baby Bella mushroom slices
1.5 servings organic, no sugar added Marinara sauce
3 oz. organic lean ground beef

2 tbsp almond butter
2 stalks celery



• DAY 5 MEALS:

Cocoa Almond Smoothie (same ingredients as Day 4)

Same lunch as Day 4

Same dinner as Day 4

Snack: 2 tbsp guacamole, celery sticks (2 stalks) and 1/2 cup baby carrots

• DAY 6 MEALS:

1 serving banana egg pancakes

1 tbsp almond butter or ghee

Chicken Lettuce Wraps made with: 2 cups butter lettuce leaves, 4 oz grilled chicken slices, 1/4-1/2 cup avocado sliced and 1.5 servings of mini sweet peppers, sliced, and 1-2 tbsp Tessamae's Zesty Ranch Dressing (or other clean ingredient dressing)

4 oz roasted salmon

1 1/3 cup steamed broccoli

1 serving riced cauliflower (Trader Joes brand frozen cauliflower rice or homemade)

3 oz roasted turkey breast slices (like Applegate organic deli turkey)

1 cup red pepper slices

• DAY 7 MEALS:

Banana egg pancakes

1 tbsp almond butter or ghee

Chicken Lettuce Wraps (same ingredients as Day 6)

Same dinner as Day 6

Same snack as Day 6

