

7 DAY Clean Eating Meal Plan



A simple 1 week meal plan to help you on the *Clean Eating* path. Here's to your health!

by Healthy. Happy. Smart.



1 SUNDAY

BREAKFAST: Poached eggs, salt/pepper with steamed kale
LUNCH: 2-3 cups salad veggies of your choice with oil + vinegar dressing (no sugar)
DINNER: Vegetable Soup
SNACK: Larabar and/or unsalted nuts/seeds

2 MONDAY

BREAKFAST: Green Smoothie
LUNCH: 1/2 cup hummus + sliced veggies
DINNER: Tuna salad lettuce wraps
SNACK: Unsalted nuts/seeds + orange



3 TUESDAY

BREAKFAST: 2 scrambled eggs, 1/4 sliced avocado, 1/2 sliced tomato
LUNCH: Leftover vegetable soup (from Monday)
DINNER: Burrito bowls: Brown rice, black beans, guacamole, diced tomatoes and onion. + hot sauce.
SNACK: Apple slices with 2 TBSP almond butter

4 WEDNESDAY

BREAKFAST: Banana, natural peanut butter, unsweetened cocoa + no sugar almond milk Smoothie
LUNCH: Avo, tomato, cucumber salad w/ balsamic, salt/pepper/garlic
DINNER: Veggie and Tofu/chicken Stir-fry (cooked with sesame oil, tamari, garlic, onion, pepper and ginger)
SNACK: Larabar and/or unsalted nuts/seeds

5 THURSDAY

BREAKFAST: Soft or Hard boiled eggs and apple slices
LUNCH: 2-3 cups salad veggies of your choice w/ oil + vinegar dressing
DINNER: Roasted chicken breast with 1 cup veggies
SNACK: Celery stalks with peanut butter

6 FRIDAY

BREAKFAST: Fruit + greens smoothie
LUNCH: Leftover veggie and tofu/chicken stir fry (from Wednesday)
DINNER: Grilled salmon w/ steamed cauliflower
SNACK: Dark Chocolate chips + sunflower seeds

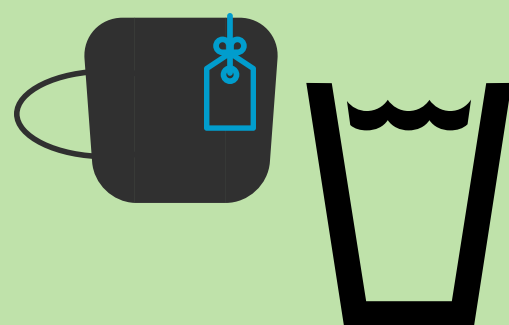


7 SATURDAY

BREAKFAST: Veggie + egg scramble
LUNCH: Roasted veggies over salad greens with hummus
DINNER: Baked sweet potato topped with cheese + veggies
SNACK: Cucumber slices with guacamole dip

* DRINK UP!

Avoid any sugary + junky drinks like soda or store bought juice. Drink tons of water and fresh brewed tea.



* EXTRA SNACKS!

If you still feel hungry, feel free to have: raw veggies, larabars, nuts/seeds, or fruit.

* Seek the advice of your doctor before starting any new dietary regimens.

www.HealthyHappySmart.com