

5 DAY CLEAN EATING MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|--|--|---|--|
| BREAKFAST | Lemon Water Unsweetened Beverage of Choice Overnight Oats (2 options) with Fresh Berries | Lemon Water Unsweetened Beverage of Choice Scrambled Eggs with Spinach & Roasted Red Peppers/Whole Grain Toast with Nut Butter | Lemon Water Unsweetened Beverage of Choice Whole Grain Toast with Nut Butter Sliced Banana | Lemon Water Unsweetened Beverage of Choice Banana Oat Pancakes with Berries | Lemon Water Unsweetened Beverage of Choice Whole Grain Avocado Toast with Eggs |
| LUNCH | Harvest Minestrone | Lentil Salad | Roasted Cauliflower & Brussel Sprout Salad | Roasted Sweet Potato, Carrot & Quinoa Salad with Feta | Curried Chicken Salad over Greens or on Multigrain Bread |
| DINNER | Pork Ragu over Pasta/Wilted Spinach | Chicken Tikka Masala over Brown Rice/Roasted Cauliflower & Brussel Sprouts* | Asian Sheet Pan Salmon with Broccoli & Quinoa** | Honey Balsamic Chicken*** over Mashed Sweet Potatoes | Bison Chili w/Fixings |

SNACKS

Plain Yogurt with Berries & Struseli, Hummus & Veggies, Guacamole & Siete Chips, Cheese & “clean” crackers, Cottage Cheese with Fruit, Smoothies, Nuts & Seeds

TIPS

Use your weekend

Pork Ragu and Minestrone Soup can be cooked over the weekend - it will give you a nice jump start to the week! Monday night you will just have to make the polenta.

Prep anything else you have time for over the weekend - most of the meals will last a few days in the refrigerator.

Purchase pre-chopped veggies to save time

Onions, garlic, peppers, broccoli, cauliflower, brussel sprouts

Make ahead

*Roast extra cauliflower and brussel sprouts to use for salad

**Cook extra quinoa for salad

***Roast some extra chicken on the side for chicken salad /Chop peppers for the next day's chili