

Clean Eating Living Well
Transform Your body to Optimal Health

	1	2	3	4	5	6
	1 Protein, 1 Veggie, 1 Carb	Small Meal	1 Protein, 1 Veggie, 1 Carb	Small Meal	1 Protein 2 Veggie	Small Meal
	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Late
M	Veggie Egg White Scramble With Black Beans	½ Grapefruit with handful Nut Mix	Hummus with Carrots and Celery	Left over Egg White Scramble	4 oz Grilled Chicken Breast Asparagus Salad	Apple With Almond Butter
T	Slice of Ezekiel Toast With Almond Butter & a Banana	Pear with 2 slices of White Cheddar Cheese	Tuna Salad with walnuts, grapes, and apples served on Ezekiel Toast	Laura Bar	Left Over Tuna With Carrot Sticks and Celery Sticks – NO Bread	Left over Veggie Egg White Scramble
W	Oatmeal with Bananas and Walnuts with a ton of Cinnamon	Mix Nuts and an Apple	Homemade Veggie Soup with a side salad	Hummus with Feta Cheese and Olives	Left over Yummy Veggie Soup	Celery With Cream Cheese Or Natural Peanut Butter
T	Egg White Pancake served with Fruit & Greek Yogurt	Oat Bran Pancake with fruit	Left over Veggie Soup served over wild & Brown Rice	Hummus with Veggies Love Cucumbers with Hummus	Left Over Rice Mix with Grilled Veggies (3) different kinds	Hummus with Veggies
F	Veggie Egg White Scramble With Black Beans	Laura Bar	Grilled Cheese Sandwich with Spinach and a pear slice with some berries	Left over Oat Bran Pancake with fruit	Stuffed Portabella Mushroom, full of Veggies & Rice Mix	Mix Nuts and an Apple
Sat	Ezekiel Toast with Natural Peanut Butter and ½ Grapefruit	Orange and 6 Strawberries	Veggie (3 kinds) grilled and topped with Feta Cheese Love Asparagus, Red Peppers And Mushrooms	½ Grapefruit with raw veggies	Left over Veggie (3 kinds) grilled and topped with Feta Cheese	Almond Butter with Celery Sticks
Sun	Pouched Eggs with Ham served on Ezekiel English Muffin with Spinach and Artichokes	Hummus served with Ezekiel Pita Bread or Blue Corn Chips	Left over Spinach and Artichokes added to Left over Rice Mix add in some Marina sauce or fresh tomatoes	Mixed Nuts and 15 red grapes	Grilled Fish Served With Veggies	Left over Dinner Veggies