

Sample Clean Eating Menu

Day 1

Breakfast

2c spinach sautéed

2 eggs scrambled

½ ounce cheddar cheese

Snack

Green smoothie (almond milk, protein powder, ½ c fruit, 2 cups kale or spinach, ice, water)

Lunch

Salad (2 cups lettuce, 1 cup assorted veggies, homemade dressing)

5 oz chicken breast

Snack

Apple

1 tablespoon natural peanut butter

Dinner

1 cup green beans

4 – 5 oz Ranch turkey burger patty

½ c quinoa

Day 2

Breakfast

Smoothie (almond milk, protein powder, ½ banana, 1T peanut butter, 2 cups kale or spinach, ice, water)

Snack

2 hard boiled eggs

Lunch

1 cup cucumber with red wine vinegar and dill

5 oz. canned tuna with onions and celery

Snack

12 almonds

½ cup raspberries

6 oz. Plain Greek yogurt sweetened with 1 t honey

Dinner

Spaghetti squash with marinara sauce and homemade meatballs

1 cup Roasted cauliflower