



## 5 Day Clean Eating Meal Plan (Sample)

### Monday

Breakfast - granola cereal(recipe below!) with milk(any kind) and blueberries

Snack - sliced apple with nut butter

Lunch - Egg salad(recipe below!) on Triscuits with cheddar slices

Snack - popcorn

Dinner - Fajitas on whole wheat tortillas, with fresh guacamole

### Tuesday

Breakfast - scrambled eggs with cheese, plus plain oatmeal drizzled with honey and cinnamon

Snack - Greek yogurt topped with blueberries and homemade granola

Lunch - Peanut butter and jelly(all fruit spread) on whole wheat bread, raisins and banana

Snack - grapes and carrots

Dinner - Chicken and veggie stir fry served with brown rice

### Wednesday

Breakfast - whole wheat or gluten free waffles with fruit

Snack - smoothie

Lunch- salad with greens, favorite veggies, and chicken or tuna

Snack - celery with nut butter

Dinner - homemade whole wheat pizza(recipe below!), with favorite toppings!

### Thursday

Breakfast - scrambled eggs, and a slice of whole wheat toast with smashed avocado, salt and pepper

Snack- Greek yogurt with berries and granola

Lunch - Hummus and cheese in a whole wheat pita with carrots and apples

Snack - homemade trail mix (wholewheat pretzels, dried apricots, and sunflower seeds)

Dinner - baked fish, smashed potatoes, steamed veggies

### Friday

Breakfast - whole wheat waffles and sliced pears sprinkled with cinnamon

Snack - smoothie with fruits and veggies

Lunch - hard boiled eggs, Triscuits, carrots with hummus

Snack - homemade trail mix (popcorn, raisins, sunflower seeds)

Dinner - Greek fajitas - whole wheat pitas stuffed with sautéed chicken, diced cucumbers, diced tomatoes, feta, and homemade tzatziki sauce.