



**2013 FALL CLEANSE
WEEK THREE MENU PLAN**

DAY FIFTEEN Wednesday

- Breakfast** Fall Frittata (leftover, frozen) and apple
- Snack** 65 Calories coconut yogurt + 1 small pear, chopped
- Lunch** 2/3 cup prepared quinoa salad and 1.5 cups prepared vegetable dish from your local natural foods' store
- Snack** 7 raw cashews + 2/3 cup berries
- Dinner** Two Bean Chili (recipe)

DAY SIXTEEN

- Breakfast** 150 Calories coconut yogurt + 150 calories GF granola + 2/3 cup berries
- Snack** 1 medium apple + 2 tsp almond butter
- Lunch** Two Bean Chili (leftovers)
- Snack** 1 small pear, chopped and 65 calories coconut yogurt
- Dinner** Creamy Cauliflower Soup (recipe)

DAY SEVENTEEN

- Breakfast** Green Smoothie
- Lunch** Green Smoothie
- Dinner** Creamy Cauliflower Soup (leftovers)



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

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DAY EIGHTEEN

Breakfast	Green Smoothie
Lunch	Green Smoothie
Dinner	Poached Moroccan Salmon with Quinoa and Carrots (recipe)

DAY NINETEEN

Breakfast	Green Smoothie
Lunch	Green Smoothie
Dinner	Cauliflower Rice Stir Fry (recipe)

DAY TWENTY

Breakfast	Muesli with Dried Fruit (recipe)
Snack	9 almonds + 1 medium apple
Lunch	Cauliflower Rice Stir Fry (leftovers)
Snack	2/3 cup berries + 65 calories coconut yogurt
Dinner	Roasted Asparagus and Eggs (recipe) with Quinoa and Carrots (leftovers)



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DAY TWENTY-ONE

Breakfast

Hot Granola: 200 calories GF granola + 2/3 cup unsweetened almond milk + chopped small pear (heated in microwave)

Snack

7 raw cashews + 1 medium apple

Lunch

Lentil Sweet Potato Stew (leftovers, frozen)

Snack

60 calories rice crackers + 2 T hummus

Dinner

Two Bean Chili (leftovers, frozen)