

Clean Eating

ONLINE
EXCLUSIVE!

7-DAY MEALPLAN

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
MORNING	1/2 cup dry oatmeal with 4 egg whites cooked in water, top with 1/2 cup mixed fresh berries; 2 cups H:0	4-6 egg whites scrambled with spinach and tomato; 1 slice dry multi-grain toast; 2 cups H:0; clear black coffee or tea	Whole grain burrito wrap stuffed with leftover Pico de Gallo, egg white omelet; 2 cups clear black coffee or tea	1/2 cup muesli with low-fat soy/skim milk with 1 tbsp each ground flaxseed, bee pollen and wheat germ; 1/2 cup fresh mixed berries; 1 slice dry Ezekiel toast with 1 tbsp almond butter; 2 cups H:0	Whole grain cereal with low-fat unsweetened soy milk and topped with 1 tbsp each ground flaxseed, bee pollen and wheat germ; 1/2 sliced banana; 3-5 hard boiled egg whites; 2 cups H:0; clear black coffee or tea	4 egg whites scrambled and topped with 1/2 cup salsa; 1 piece dry multi-grain toast with 1/4 cup unsweetened applesauce; 2 cups H:0; 1 cup black coffee or tea	Oatmeal with dried cranberries, cinnamon and vanilla; egg whites; clear black coffee or tea, 2 cups H:0
MID-MORNING	1 medium apple, 1 tbsp almond butter; 2 cups H:0	1 cup raw vegetable crudites with low-fat hummus; 2 cups H:0	Strawberry, banana and orange smoothie with 1/4 cup oatmeal, 1 scoop whey protein powder, 1 cup low-fat soy milk	1 pear; handful unsalted raw almonds; 2 cups H:0	5 oz grilled chicken breast in whole grain wrap with mesclun lettuce leaves; 1/2 small red pepper cut into strips	Natural peanut butter, oatmeal banana smoothie with 1 scoop whey protein and 1 cup non-fat unsweetened soy milk	Protein shake with 1 tbsp almond butter, 1/4 cup leftover breakfast cereal and 1 cup low-fat unsweetened soy milk
LUNCH	1 can light water-packed tuna, 1.5 cups spinach leaves, 2 radishes and grated carrot, dressed with lemon or balsamic vinegar; 2 cups H:0 and/or black coffee or tea	3/4 cup low-fat cottage cheese tossed with 1/2 chopped medium apple and handful green grapes, halved; 2 crisp bread; 2 cups H:0	Grilled chicken breast on whole grain wrap with fresh tomato and baby spinach; 1/2 cup low-fat plain yogurt with chopped apple and banana	1 can water-packed salmon tossed with 1/4 cup each chopped celery, green onion and red pepper; 2 Kavli Krisp bread; 1/2 cup low-fat cottage cheese; 2 cups H:0	Spinach and Strawberry Salad*; 2 cups H:0	Potato, Rocket and Tomato Frittata*; 1 piece multi-grain bread; 2 cups H:0	Cucumbers and tomatoes with fresh oregano and lemon juice and olive oil; 3-4 hard boiled egg whites; 1 slice dry multi-grain bread; 2 cups H:0
MID-DAY	Protein shake with 1/4 cup oatmeal, 1 tbsp flaxseed, 1 banana and 1 cup soymilk	3 hard boiled egg whites mashed with hummus on a whole grain wrap; 2 cups H:0	Leftover Risotto tossed with 1 can water-packed tuna; 2 cups H:0, 1 cup clear black coffee or herbal tea	1 Nitrotech bar; 2 cups H:0	1 banana with 1 tbsp almond butter; 2 cups H:0	Handful unsalted raw mixed nuts; 1 medium apple; 2 cups H:0 and/or clear herbal tea	1/2 cup low-fat plain yogurt with 1/2 chopped apple and 1/2 cup muesli mixed together; 1 cup clear green tea or herbal tea
DINNER	Steamed sea bass with mango salsa; 1/2 cup Risotto*; 7 steamed asparagus spears; 1/2 steamed red pepper; 2 cups H:0	Adobo-Rubbed Pork Tenderloin with Pico de Gallo*; sautéed baby spinach; leftover Risotto; 2 cups H:0	Cajun Shrimp Stir-Fry*; 2 cups H:0	Hearty minestrone soup made with cubed chicken or turkey; 1 slice Ezekiel bread; 2 cups H:0, 1 cup clear green tea	Grilled Breast of Chicken Marsala* with grilled carrots; snow peas; 1/2 baked sweet potato, 2 cups H:0	Parchment-baked halibut with pesto, zucchini and carrots over oven-baked rice with roasted tomatoes; 1 glass red wine	Black Eyed Peas and Brown Rice*; grilled salmon skewers; grilled eggplant and zucchini; 2 cups H:0
EVENING SNACK	1 medium apple; 2 cups H:0 and clear herbal tea	Handful unsalted almonds; 1/2 medium apple; 2 cups H:0 and/or clear herbal tea	1/2 cup low-fat plain yogurt with 1/2 sliced banana	1/2 cup cooked oatmeal topped with 1/4 cup unsweetened applesauce; 2 cups H:0 and/or 1 cup clear green or herbal tea	1/2 cup mixed fresh berries; 2 cups H:0 and/or 1 cup clear herbal tea	Ungreased, unbuttered, unsalted air popped popcorn	1 medium apple; 1 cup clear herbal tea and/or 2 cups H:0

* recipes marked with an asterisk are available online at cleaneatingmag.com