

Clean Eating Menu Plan

Breakfast - Select 1 per day

1 cup gmo-free grits
with 1 tbsp maple syrup
and 1 cup fresh berries

1 whole wheat tortilla
topped with 1 scrambled egg
diced tomatoes, onions and
shredded cabbage (salsa optional)

1 whole wheat english muffin. split
each side topped with 1 piece bacon
1 tomato slice and
1 tbsp Parmesan cheese. Broil until melted

1 cup Greek yogurt
2 tbsp granola
1/4 cup blueberries


2 slices whole wheat toast
1 pan fried egg cooked in 1 tbsp butter
1 banana


Snacks - Select 2 per day

1 cup fresh grapes


1 apple with
2 tbsp peanut butter

1 cup celery with
2 tbsp hummus

2 cups air-
popped popcorn

2 cups carrot
sticks with guacamole

1/2 cup mixed nuts

1 cup green tea
with 1 tbsp honey

1 hard boiled egg

1/2 cup baked tortillas
with salsa

String Cheese

Lunch - Select 1 per day

Taco Salad:
2 cups lettuce, 3 oz
cooked ground beef, 1/4
cup corn kernals, and salsa

Chicken Salad:
2 cups lettuce, 3 oz
grilled chicken breasts,
2 tbsp clean eating dressing

Soup and Salad:
2 cups Amy's Organics
soup with a side salad

Lettuce Wraps:
Romaine Lettuce leaves,
topped with roasted turkey,
cucumbers, tomatoes and hummus

Chicken Avocado Pita:
Whole wheat pita stuffed
with 3 oz grilled chicken,
1/2 smashed avocados and
1/4 cup grapes

Dinner - Select 1 per day

Pineapple & BBQ Meatballs
Brown rice cooked in broth
Steamed broccoli

Balsamic Chicken
Roasted Brussel Sprouts
Baked Sweet Potatoes

Potato and Leek Soup
Fresh Garden Salad
Whole Wheat Rolls

Steak Tacos
Spanish Rice
Sauteed Zucchini

Chicken Salad Sandwiches
Baked Veggie Chips

Cheesy Veggie Quesadillas
Roasted Corn with
Bell Peppers