

Meals maker



7-DAY CLEAN EATING MEAL PLAN

WEEK 1

WEEK 1

Introduction



THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

PEANUT BUTTER, BANANA,
STRAWBERRY AND
CINNAMON SANDWICH

Lunch:

PASTA WITH BRUSSELS
SPROUTS

Dinner:

BAKED SALMON AND
STEAMED GREEN BEANS

DAY 2

Breakfast:

TURMERIC OATMEAL

Lunch:

BEETS, CARROTS AND
LENTILS

Dinner:

CHICKEN AND
CAULIFLOWER TOPPED
WITH OLIVES

DAY 3

Breakfast:

SMOKED SALMON AND EGG
SANDWICH

Lunch:

TOMATO, CUCUMBER AND
WHITE BEAN SALAD

Dinner:

CAULIFLOWER RICE AND
CAJUN SHRIMP

DAY 4

Breakfast:

TOFU AND EGG
SANDWICH

Lunch:

SALMON CARPACCIO

Dinner:

VEGGIE SALAD

DAY 5

Breakfast:

YOGURT, BLUEBERRIES,
STRAWBERRIES AND
BANANA

Lunch:

SWEET POTATO BLACK
BEAN BOWLS

Dinner:

CHICKEN WITH BRUSSELS
SPROUTS

DAY 6

Breakfast:

EGG, CHEESE AND VEGGIE
MUFFINS

Lunch:

TOFU, CAULIFLOWER AND
POTATOES

Dinner:

SPICED QUINOA AND
SALMON

DAY 7

Breakfast:

STRAWBERRY, PARSLEY
AND SMASHED AVOCADO
TOAST

Lunch:

TOMATO AND ARTICHOKE
SANDWICH

Dinner:

CHEESY TUNA STUFFED
BELL PEPPERS

WEEKLY Notes



PEANUT BUTTER, BANANA, STRAWBERRY AND CINNAMON SANDWICH

Prep Time: 15 min.

Cook Time: 0 min.

Total Time: 15 min.

Nutritional Information For 1 Serving	
Total Fat: 10 grams	Protein: 12 grams
Fiber: 7 grams	Carbohydrates: 43 grams
Sodium: 339 milligrams	Sugar: 14 grams
Total Calories	296

Ingredients:

4 slices whole-grain bread
2 tablespoons peanut butter
1 banana, sliced
½ cup strawberries, sliced
1 teaspoon cinnamon powder

Instructions:

1. Toast the bread if desired.
2. Place the bread on a large serving plate.
3. Then spread the peanut butter on one toast.
4. Layer on the banana slices and strawberries.
5. Dust with cinnamon powder.
6. Close the sandwich and serve.



DAY 1 *Lunch*



PASTA WITH BRUSSELS SPROUTS



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21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:

1 teaspoon cinnamon powder

Day 1 Lunch:

olive oil
¼ teaspoon salt
1 teaspoon pepper
¼ tablespoon red pepper flakes

Day 1 Dinner:

olive oil
1 tablespoon ginger powder
1 tablespoon sesame seed oil
¼ cup reduced-sodium soy sauce

Day 2 Breakfast:

1 teaspoon turmeric powder

Day 2 Lunch:

2 tablespoons olive oil
¼ teaspoon salt
2 teaspoons pepper

Day 2 Dinner:

olive oil
1 teaspoon salt
¼ tablespoon pepper
¼ tablespoon paprika powder

Day 3 Breakfast:

olive oil
¼ teaspoon salt
1 teaspoon dried oregano

Day 3 Lunch:

3 tablespoons balsamic vinegar
olive oil
¼ teaspoon salt
1 teaspoon pepper

Day 3 Dinner:

olive oil
1 teaspoon salt
1 teaspoon pepper
1 tablespoon Cajun powder

Day 4 Breakfast:

olive oil
1 teaspoon pepper
¼ teaspoon salt
1 teaspoon turmeric powder
¼ tablespoon garlic powder

Day 4 Lunch:

olive oil
2 teaspoons pepper

Day 4 Dinner:

olive oil
1 teaspoon salt
1 tablespoon dried oregano
2 tablespoons balsamic vinegar

Day 5 Dinner:

Day 6 Lunch:

olive oil
¼ teaspoon salt
¼ tablespoon pepper
¼ tablespoon dried oregano

Day 6 Dinner:

olive oil
¼ teaspoon salt
¼ tablespoon pepper

Day 7 Breakfast:

1 tablespoon balsamic vinegar
1 teaspoon pepper
1 teaspoon dried oregano

Day 7 Lunch:

olive oil

Day 7 Dinner:

¼ teaspoon salt
1 tablespoon pepper
1 tablespoon hot sauce



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WEEK 1

GROCERY LIST



Produce:

- 1 garlic head
- 1 small jalapeño pepper
- 1 red onion
- 1 large sweet potato
- 1 lime
- 1 potato
- 3 bananas
- 2 red beets
- 3 onions
- 3 avocados
- 3 cucumbers
- 4 bell peppers
- 7 tomatoes
- 7 lemons
- 1 large container of strawberries
- 1 small container of blueberries
- 1 container of parsley leaves
- 1 bag of Brussels sprouts
- 1 bag of green beans
- 1 large head of cauliflower
- 1 small bag of arugula leaves
- 2 bags of kale

Refrigerated:

- 12 eggs
- 1 (12 ounce) container of crumbled Feta cheese
- 1 container milk of choice
- 1 (1 pound) block of tofu
- 1 (8 ounce) container of...

Seafood:

- 1 pound salmon fillet
- ¼ pound of shrimp
- 1 (1 pound) package of smoked salmon

Meat & Poultry:

- 1 pound chicken breast, boneless and skinless

Canned & Packaged:

- 1 loaf of bread
- 1 (16 ounce) container of peanut butter
- 1 (16 ounce) box of whole-grain elbow shaped pasta
- 1 (16 ounce) bag of oats
- 1 (16 ounce) bag of lentils
- 1 (16 ounce) jar of basil spread
- 1 (4 ounce) jar of capers
- 1 (8 ounce) can of low-sodium white beans
- 1 (16 ounce) bottle of balsamic vinegar
- 1 (16 ounce) bag of quinoa
- 1 (5 ounce) jar of pitted black olives
- 1 (15 ounce) can of low-sodium black beans
- 1 (14 ounce) bottle of roasted artichoke hearts
- 2 (5 ounce) cans of tuna
- 1 (8 ounce) bottle of honey



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