Clean Eating Meal Plan

DAY	BREAKFAST: SHAKE	LUNCH: MEAT OR VEGETARIAN	DINNER: SHAKE OR SOUP
1	Becky's Morning Shake	Fish Tacos Vegetarian Burrito	Pumpkin Pie Smoothie Pumpkin Coconut Stew
2	Keepin' It Smooth Shake	Mango and Chicken with Wild Rice Braised Pear with Quinoa and Butternut Squash with Hearty Salad	Spice It Up Shake Mushroom Soup
3	Favorite Green Shake	Steamed Burgers with Kim-chee and Hearty Salad Lentil and Brown Rice Burger with Hearty Salad	Albert's Favorite Shake White Velvet Soup
4	Morning Mocha Shake	Miso Glazed Salmon with Butternut Squash Fries and Steamed Bok Choy Sauteed Greens and Beans	Sexy Cilantro Shake Creamy Winter Beet Soup
5	Mango Peach Lassi Shake	Sweet and Sour Chicken with Mixed Greens Nori Rolls with Cashew Pate with Vegan Coconut, Pumpkin And Red Lentil Soup	Brilliantly Beet Smoothie Fennel and Apple Soup
6	Sweet Green Smoothie	Kefta Kabobs with Lamb and Grilled Veggies Baked Falafel with Tahini Sauce and Greek Salad	Peach Apple Cobbler Shake Spicy Kabocha Coconut Soup
7	Euro Nut Shake	Asian Turkey Lettuce Wrap Bean, Rice and Avocado Lettuce Wrap	Kaya's Favorite Shake Ginger Carrot Soup