

2-Week Clean-Eating Plan

Week Two Menu

	Breakfast	Lunch	Snack	Dinner	Treat
Day Eight	PB&J Oatmeal Bar 	Protein Plate	Lemon-Chia Energy Bite	Kale Pesto on Cod + Roasted Veggies 	Chocolate-Coconut Cookies
Day Nine	Chia Pudding	Kale White Bean Salad + Cod 	PB&J Oatmeal Bar	Lentil Bolognese on Zoodles	Broiled Maple Grapefruit 
Day Ten	Egg Mug + Avocado 	Lentil Veggie Salad	Turkey Roll-Ups + Apple	Garlic-Lemon Shrimp on Zoodles 	Chocolate-Coconut Cookies
Day Eleven	Chia Pudding 	Garlic-Lemon Shrimp on Zoodles	PB Cookie Dip + Apple 	Tofu + Veggies With Peanut Sauce	Frozen PB-Chocolate Bites 
Day Twelve	PB&J Oatmeal Bar	Turkey-Veggie-Quinoa Wrap	Lemon-Chia Energy Bite 	Steak + Brussels Sprouts + Quinoa Pilaf	Broiled Maple Grapefruit
Day Thirteen	Chia-Coconut Confetti Banana 	Tofu Brussels Sprouts Salad	PB Cookie Dip + Apple	Citrus Chickpea Salad ▶ 	Chocolate-Coconut Cookies
Day Fourteen	Veggie Hash 	Avocado Egg Salad + Quinoa Pilaf 	PB&J Oatmeal Bar	Roasted Veggie Tofu Stacks 	Frozen PB-Chocolate Bites