

POPSUGAR.

Clean-Eating Plan

WEEK 1 RUNDOWN:
WHAT TO MAKE, PREP, AND SAVE

PREP DAY	DAY 1	DAY 2	DAY 3
<p>Grocery shop with Week 1 Shopping List</p> <p>Chop & freeze 1/2 banana</p> <p>Grate or shred 2 cups carrots</p> <p>Hard-boil 2 eggs</p> <p>Freeze steak</p>	<p>Breakfast Sunrise smoothie</p> <p>Lunch Avocado tuna salad</p> <p>Snack Pistachio-crust ed pears</p> <p>Dinner Salmon buckwheat bowl with pesto</p> <p>Save:</p> <ul style="list-style-type: none">• 1/2 cup buckwheat for Day 3 lunch• 1/2 salmon for Day 2 lunch• 1/4 cup pesto for Day 2 lunch <p>Freeze:</p> <ul style="list-style-type: none">• 1 cup buckwheat for Day 4 snack + Day 5 lunch <p>Treat Golden milk + dark chocolate</p> <p>Prep:</p> <ul style="list-style-type: none">• Chia pudding for Day 2 breakfast + treats for Day 3 & Day 5	<p>Breakfast Banana-walnut chia pudding</p> <p>Lunch Chopped salad with salmon</p> <p>Snack Hard-boiled egg + nuts</p> <p>Dinner Garlic chicken + potato wedges + broccoli</p> <p>Save:</p> <ul style="list-style-type: none">• 1/2 broccoli for Day 3 dinner• 2/3 chicken for Day 3 lunch + Day 4 lunch <p>Prep:</p> <ul style="list-style-type: none">• Bake 1 potato for Day 4 lunch <p>Treat Dates stuffed with coconut & cacao</p>	<p>Breakfast Avocado sweet potato toast</p> <p>Save:</p> <ul style="list-style-type: none">• 1/2 sweet potato for Day 5 breakfast <p>Prep:</p> <ul style="list-style-type: none">• Soak 1/2 cup cashews <p>Lunch Buckwheat-pistachio chicken salad</p> <p>Snack Chia pudding with blueberries</p> <p>Dinner Broccoli frittata</p> <p>Treat Broiled orange with cashew cream</p> <p>Save:</p> <ul style="list-style-type: none">• 1 tbsp. cashew cream for Day 4 breakfast
DAY 4	DAY 5	DAY 6	DAY 7
<p>Breakfast Flourless pancakes</p> <p>Thaw:</p> <ul style="list-style-type: none">• Buckwheat <p>Lunch Chicken pizza potato</p> <p>Snack Pear-pistachio buckwheat cereal</p> <p>Dinner Mushroom-smothered veggie burger</p> <p>Save:</p> <ul style="list-style-type: none">• 1/2 cup mushrooms for Day 6 breakfast• 2 veggie burgers for Day 5 lunch <p>Treat Drinking chocolate</p>	<p>Breakfast Almond butter sweet potato toast</p> <p>Lunch Veggie burger buckwheat bowl</p> <p>Snack Oatmeal cookie chia pudding</p> <p>Dinner Savory oatmeal</p> <p>Treat Golden milk ice pop + dark chocolate</p> <p>Thaw:</p> <ul style="list-style-type: none">• Steak for Day 6 dinner	<p>Breakfast Mushroom-pepper omelet</p> <p>Lunch Moroccan slaw with turmeric dressing</p> <p>Snack Loaded banana slices</p> <p>Dinner Steak + parsnip fries</p> <p>Save:</p> <ul style="list-style-type: none">• 1/2 steak for Day 7 lunch <p>Treat Chocolate frost</p>	<p>Breakfast Polenta with nuts & fruit</p> <p>Lunch Kale-carrot salad with steak</p> <p>Snack Cinnamon-vanilla smoothie</p> <p>Dinner Marinara tofu bake</p> <p>Treat Raw cinnamon-turmeric macaroons</p>