







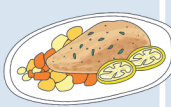
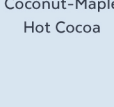


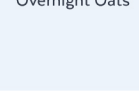
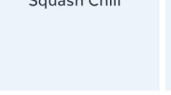
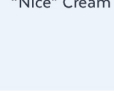

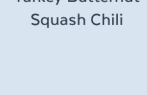
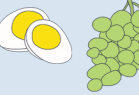


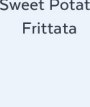
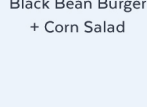




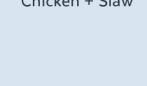

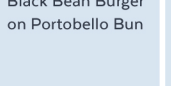




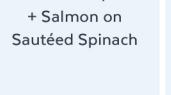


2018

2-Week Clean-Eating Plan

Week One Menu

	Breakfast	Lunch	Snack	Dinner	Treat
Day One	Southwestern Stuffed Pepper With Egg 	Avocado Tuna Salad 	Almond Butter on Pear Slices 	Black Bean Burger + Parsnip Fries 	Dark Chocolate + Herbal Tea 
Day Two	Apple Cinnamon Overnight Oats 	Bulgur Edamame Salad 	Tomato-Salad-Stuffed Avocado 	Lemon Chicken + Roasted Veggies 	Coconut-Maple Hot Cocoa 
Day Three	Warm Bulgur Cereal With Pear 	Chicken, Corn, and Avocado Spinach Salad 	Apple Cinnamon Overnight Oats 	Turkey Butternut Squash Chili 	Piña Colada "Nice" Cream 
Day Four	Banana Cinnamon Overnight Oats 	Turkey Butternut Squash Chili 	Hard-Boiled Egg + Grapes 	Sweet Potato Frittata 	Almond Cacao Truffles 
Day Five	Sweet Potato Frittata 	Black Bean Burger + Corn Salad 	Cinnamon Almond Butter on Banana Slices 	Chicken + Slaw in Lettuce Cups 	Piña Colada "Nice" Cream 
Day Six	Chocolate Almond Smoothie 	Chicken + Slaw 	Edamame 	Black Bean Burger on Portobello Bun 	Almond Cacao Truffles 
Day Seven	Apple French Toast 	Corn, Avocado, and Edamame Salad 	Cinnamon Almond Butter on Banana Slices 	Butternut Squash + Salmon on Sautéed Spinach 	Honey-Ginger-Lemon Popcorn 