

CLEAN EATING WEEKLY FOOD PLANS

&

SHOPPING LISTS





CLEAN EATING WEEKLY FOOD PLAN

WEEK 1	BREAKFAST	LUNCH	DINNER
SUNDAY	Cooked Eggs American Cheese WW English Muffin	Sliced Turkey American Cheese WW Wrap	Grilled Salmon WW Rice Asparagus
MONDAY	Oatmeal Strawberries	Mason Jar Salmon Delight Salad	Grilled Salmon WW Pasta Green Beans
TUESDAY	WW Pancakes Jelly Pecans	Mason Jar Salmon Delight Salad	Mushroom & Pepper WW Pizza
WEDNESDAY	Strawberry Smoothie	Mason Jar Salmon Delight Salad	Turkey Burger WW English Muffin Broccoli
THURSDAY	WW Toast Almond Butter	Mason Jar Salmon Delight Salad	Vegetable Stir Fry Salmon WW Rice
FRIDAY	2 Hardboiled Eggs Avocado & Tomato	Mason Jar Salmon Delight Salad	Grilled Orange Peppers Quinoa Black Beans
SATURDAY	High Fiber Cereal Skim Milk	Sliced Turkey Lettuce & Tomato WW Bread	Grilled Salmon WW Pasta Mozzarella Cheese Balls Spinach & Tomato

Key: WW = Whole Wheat

SNACKS

Apple Slices & Almond Butter	Pita Chips & Hummus
Almonds & Raisins/Craisins	WW Ritz & Cheese
Veggie Sticks & Guacamole	Strawberries
Granola & Greek Yogurt	Trail Mix



SHOPPING LIST WEEK 1

<p>Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> Blueberries<input type="checkbox"/> Apples<input type="checkbox"/> Avocado<input type="checkbox"/> Tomato<input type="checkbox"/> Orange Peppers<input type="checkbox"/> Spinach<input type="checkbox"/> Asparagus<input type="checkbox"/> Green Beans<input type="checkbox"/> Broccoli<input type="checkbox"/> Mushrooms	<p>Protein</p> <ul style="list-style-type: none"><input type="checkbox"/> Sliced Turkey<input type="checkbox"/> Grilled Salmon<input type="checkbox"/> Ground Turkey<input type="checkbox"/> Pecans<input type="checkbox"/> Almonds<input type="checkbox"/> Almond Butter<input type="checkbox"/> Black Beans
<p>DAIRY</p> <ul style="list-style-type: none"><input type="checkbox"/> Eggs<input type="checkbox"/> Munster Cheese<input type="checkbox"/> Mozzarella Cheese Balls<input type="checkbox"/> Skim Milk<input type="checkbox"/> Greek Yogurt	<p>GRAIN</p> <ul style="list-style-type: none"><input type="checkbox"/> Whole Wheat English Muffins<input type="checkbox"/> Whole Wheat Bread<input type="checkbox"/> Whole Wheat Wrap<input type="checkbox"/> Whole Wheat Pasta<input type="checkbox"/> Whole Wheat Rice<input type="checkbox"/> Whole Wheat Pizza Crust or Dough<input type="checkbox"/> Quinoa<input type="checkbox"/> Oatmeal<input type="checkbox"/> High Fiber Cereal<input type="checkbox"/> Granola
<p>SNACKS</p> <ul style="list-style-type: none"><input type="checkbox"/> Pita Chips<input type="checkbox"/> Humus<input type="checkbox"/> Veggie Sticks<input type="checkbox"/> Guacamole<input type="checkbox"/> WW Ritz<input type="checkbox"/> Trail Mix	<p>Oils</p> <ul style="list-style-type: none"><input type="checkbox"/> Extra Virgin Olive Oil<input type="checkbox"/> Red Wine Vinegar



CLEAN EATING WEEKLY FOOD PLAN

WEEK 2	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs Avocado & Tomato WW English Muffin	Grilled Chicken Swiss Cheese WW Wrap	Grilled Chicken WW Rice Asparagus
MONDAY	Oatmeal Banana	Mason Jar Caprese Salad	Grilled Chicken WW Pasta Green Beans
TUESDAY	WW Waffles Jelly Pecans	Mason Jar Caprese Salad	Grilled Chicken WW Pizza
WEDNESDAY	Banana Smoothie	Mason Jar Caprese Salad	Turkey Meatballs Broccoli
THURSDAY	WW Toast Peanut Butter	Mason Jar Caprese Salad	Vegetable Stir Fry Grilled Chicken WW Rice
FRIDAY	2 Hardboiled Eggs Swiss Cheese	Mason Jar Caprese Salad	Grilled Yellow Peppers Quinoa Garbanzo Beans
SATURDAY	High Fiber Cereal Skim Milk	Grilled Chicken Lettuce & Tomato WW Bread	Grilled Chicken WW Pasta Mozzarella Cheese Balls Spinach & Tomato

Key: WW = Whole Wheat

SNACKS

Apple Slices & Peanut Butter	Pita Chips & Hummus
Almonds & Raisins/Craisins	WW Ritz & Cheese
Veggie Sticks & Guacamole	Bananas
Granola & Greek Yogurt	Trail Mix



SHOPPING LIST WEEK 2



<p>Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> Bananas<input type="checkbox"/> Apples<input type="checkbox"/> Avocado<input type="checkbox"/> Tomato<input type="checkbox"/> Yellow Peppers<input type="checkbox"/> Spinach<input type="checkbox"/> Asparagus<input type="checkbox"/> Green Beans<input type="checkbox"/> Broccoli<input type="checkbox"/> Mushrooms	<p>Protein</p> <ul style="list-style-type: none"><input type="checkbox"/> Grilled Chicken<input type="checkbox"/> Ground Turkey<input type="checkbox"/> Pecans<input type="checkbox"/> Almonds<input type="checkbox"/> Natural Peanut Butter<input type="checkbox"/> Garbanzo Beans
<p>DAIRY</p> <ul style="list-style-type: none"><input type="checkbox"/> Eggs<input type="checkbox"/> Swiss Cheese<input type="checkbox"/> Mozzarella Cheese Balls<input type="checkbox"/> Skim Milk<input type="checkbox"/> Greek Yogurt	<p>GRAIN</p> <ul style="list-style-type: none"><input type="checkbox"/> Whole Wheat English Muffins<input type="checkbox"/> Whole Wheat Bread<input type="checkbox"/> Whole Wheat Wrap<input type="checkbox"/> Whole Wheat Pasta<input type="checkbox"/> Whole Wheat Rice<input type="checkbox"/> Whole Wheat Pizza Crust or Dough<input type="checkbox"/> Quinoa<input type="checkbox"/> Oatmeal<input type="checkbox"/> High Fiber Cereal<input type="checkbox"/> Granola
<p>SNACKS</p> <ul style="list-style-type: none"><input type="checkbox"/> Pita Chips<input type="checkbox"/> Humus<input type="checkbox"/> Veggie Sticks<input type="checkbox"/> Guacamole<input type="checkbox"/> WW Ritz<input type="checkbox"/> Trail Mix	<p>Oils</p> <ul style="list-style-type: none"><input type="checkbox"/> Extra Virgin Olive Oil<input type="checkbox"/> Red Wine Vinegar



CLEAN EATING WEEKLY FOOD PLAN

WEEK 3	BREAKFAST	LUNCH	DINNER
SUNDAY	Hardboiled Eggs Munster Cheese WW Toast	Sliced Turkey Munster Cheese WW Bread	Grilled Steak WW Pasta Broccoli
MONDAY	Oatmeal Blueberries	Mason Jar Tossed Salad	Grilled Steak WW Rice Asparagus
TUESDAY	WW Pancakes Jelly Walnuts	Mason Jar Tossed Salad	Cauliflower Pizza
WEDNESDAY	Blueberry Smoothie	Mason Jar Tossed Salad	Turkey Meatballs Green Beans
THURSDAY	WW English Muffin Peanut Butter	Mason Jar Tossed Salad	Vegetable Stir Fry Grilled Steak WW Rice
FRIDAY	Cooked Eggs Avocado & Tomato	Mason Jar Tossed Salad	Grilled Red Peppers Quinoa Cannellini Beans
SATURDAY	High Fiber Cereal Skim Milk	Sliced Turkey Munster Cheese WW Wrap	Grilled Steak WW Pasta Mozzarella Cheese Balls Spinach & Tomato

Key: WW = Whole Wheat

SNACKS

Apple Slices & Peanut Butter	Pita Chips & Hummus
Almonds & Raisins/Craisins	WW Ritz & Cheese
Veggie Sticks & Guacamole	Blueberries
Granola & Greek Yogurt	Trail Mix



SHOPPING LIST WEEK 3



<p>Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> Strawberries<input type="checkbox"/> Apples<input type="checkbox"/> Avocado<input type="checkbox"/> Tomato<input type="checkbox"/> Red Peppers<input type="checkbox"/> Spinach<input type="checkbox"/> Asparagus<input type="checkbox"/> Green Beans<input type="checkbox"/> Broccoli<input type="checkbox"/> Shredded Carrots<input type="checkbox"/> Mushrooms	<p>Protein</p> <ul style="list-style-type: none"><input type="checkbox"/> Sliced Turkey<input type="checkbox"/> Grilled Steak<input type="checkbox"/> Ground Turkey<input type="checkbox"/> Walnuts<input type="checkbox"/> Almonds<input type="checkbox"/> Almond Butter<input type="checkbox"/> Cannellini Beans
<p>DAIRY</p> <ul style="list-style-type: none"><input type="checkbox"/> Eggs<input type="checkbox"/> Munster Cheese<input type="checkbox"/> Mozzarella Cheese Balls<input type="checkbox"/> Skim Milk<input type="checkbox"/> Greek Yogurt	<p>GRAIN</p> <ul style="list-style-type: none"><input type="checkbox"/> Whole Wheat English Muffins<input type="checkbox"/> Whole Wheat Bread<input type="checkbox"/> Whole Wheat Wrap<input type="checkbox"/> Whole Wheat Pasta<input type="checkbox"/> Whole Wheat Rice<input type="checkbox"/> Whole Wheat Pizza Crust or Dough<input type="checkbox"/> Quinoa<input type="checkbox"/> Oatmeal<input type="checkbox"/> High Fiber Cereal<input type="checkbox"/> Granola
<p>SNACKS</p> <ul style="list-style-type: none"><input type="checkbox"/> Pita Chips<input type="checkbox"/> Humus<input type="checkbox"/> Veggie Sticks<input type="checkbox"/> Guacamole<input type="checkbox"/> WW Ritz<input type="checkbox"/> Trail Mix	<p>Oils</p> <ul style="list-style-type: none"><input type="checkbox"/> Extra Virgin Olive Oil<input type="checkbox"/> Red Wine Vinegar



CLEAN EATING WEEKLY FOOD PLAN

WEEK 4	BREAKFAST	LUNCH	DINNER
SUNDAY	Hardboiled Eggs Avocado & Tomato	Grilled Chicken Mozzarella Cheese WW Wrap	Grilled Shrimp WW Rice Asparagus
MONDAY	Oatmeal Apple	Mason Jar Paradise Salad	Grilled Shrimp WW Pasta Green Beans
TUESDAY	WW Waffles Jelly Walnuts	Mason Jar Paradise Salad	Broccoli & Tomato WW Pizza
WEDNESDAY	Apple Smoothie	Mason Jar Paradise Salad	Turkey Meatballs Broccoli
THURSDAY	WW English Muffin Almond Butter	Mason Jar Paradise Salad	Vegetable Stir Fry Grilled Shrimp WW Rice
FRIDAY	Scrambled Eggs Mozzarella Cheese WW Toast	Mason Jar Paradise Salad	Grilled Yellow Peppers Quinoa Kidney Beans
SATURDAY	High Fiber Cereal Skim Milk	Grilled Chicken Mozzarella Cheese WW Bread	Grilled Shrimp WW Pasta Mozzarella Cheese Balls Spinach & Tomato

Key: WW = Whole Wheat

SNACKS

Apple Slices & Peanut Butter	Pita Chips & Hummus
Almonds & Raisins/Craisins	WW Ritz & Cheese
Veggie Sticks & Guacamole	Fruit Salad
Granola & Greek Yogurt	Trail Mix



SHOPPING LIST WEEK 4



<p>Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> Apples<input type="checkbox"/> Blueberries<input type="checkbox"/> Mango<input type="checkbox"/> Avocado<input type="checkbox"/> Tomato<input type="checkbox"/> Yellow Peppers<input type="checkbox"/> Spinach<input type="checkbox"/> Asparagus<input type="checkbox"/> Green Beans<input type="checkbox"/> Broccoli<input type="checkbox"/> Mushrooms	<p>Protein</p> <ul style="list-style-type: none"><input type="checkbox"/> Grilled Salmon<input type="checkbox"/> Grilled Chicken<input type="checkbox"/> Ground Turkey<input type="checkbox"/> Walnuts<input type="checkbox"/> Natural Peanut Butter<input type="checkbox"/> Kidney Beans
<p>DAIRY</p> <ul style="list-style-type: none"><input type="checkbox"/> Eggs<input type="checkbox"/> Mozzarella Cheese<input type="checkbox"/> Mozzarella Cheese Balls<input type="checkbox"/> Skim Milk<input type="checkbox"/> Greek Yogurt	<p>GRAIN</p> <ul style="list-style-type: none"><input type="checkbox"/> Whole Wheat English Muffins<input type="checkbox"/> Whole Wheat Bread<input type="checkbox"/> Whole Wheat Wrap<input type="checkbox"/> Whole Wheat Pasta<input type="checkbox"/> Whole Wheat Rice<input type="checkbox"/> Whole Wheat Pizza Crust or Dough<input type="checkbox"/> Quinoa<input type="checkbox"/> Oatmeal<input type="checkbox"/> High Fiber Cereal<input type="checkbox"/> Granola
<p>SNACKS</p> <ul style="list-style-type: none"><input type="checkbox"/> Pita Chips<input type="checkbox"/> Humus<input type="checkbox"/> Veggie Sticks<input type="checkbox"/> Guacamole<input type="checkbox"/> WW Ritz<input type="checkbox"/> Trail Mix<input type="checkbox"/> Almonds	<p>Oils</p> <ul style="list-style-type: none"><input type="checkbox"/> Extra Virgin Olive Oil<input type="checkbox"/> Red Wine Vinegar

