



- Brown rice or quinoa
- unsweetened almond milk
- chocolate protein powder (no sucralose, no soy) OR Shakeology
- extra virgin olive oil
- balsamic vinegar
- almonds, raw unsalted (need equivalent of ¾ cup)
- fresh chicken breasts (approx 6 for chicken salsa, baked chicken, & grilled chicken)
- 2, 4oz salmon filets (more if you're feeding your family too. Look for wild caught! Alaskan wild caught is the best in my opinion!)
- 1 pkgs 93% ground turkey
- garlic hummus (small container)
- 0% plain greek yogurt
- corn tortillas
- 2 jars 16oz salsa (look for some without sugar added!)
- whole wheat hamburger buns (organic or all natural if you can, gluten free if needed!)
- tomato (1 small, optional for burgers and salads)
- onion
- blueberries (frozen are ok, but look for unsweetened!)
- celery
- lettuce or spinach (enough for 4 salads and to top 1 sandwich and 1 burger. No iceberg lettuce, look for romaine, or green or red leaf)
- broccoli (need equivalent of 1 cup)
- green beans (need equivalent of 1 cup)
- zucchini (2)
- lemon (3-4)
- apples (3 medium)
- good salad veggies: tomatoes, onion, cucumber, peppers, etc...whatever you like for a salad or to top your tacos!
- black beans (optional for salsa chicken)

Check your pantry/fridge for all the ingredients to the right, as well as the below spices, etc.:

- Mustard, or other condiment for burgers other than ketchup or mayo
- Garlic cloves
- Garlic powder
- Onion powder
- Basil
- Oregano
- Black pepper
- Thyme
- Sea salt

- Zest of one
- 2 cloves gar
- 1 Tbsp fresh
- 1 tsp. pepp
- 1/2 tsp. sea

Directions:

1. Preheat oven
2. Whisk together lemon zest, and pepper,
3. Place chicken dish and pop making sure them.
4. Bake for about (depending until juices r

Salsa Chicken

Ingredients:

- 2 chicken b
- 1 16 oz jar s
- black beans
- chopped ka

Directions:

4. Place chicken crockpot. C 6hrs

5-day clean-eating menu

Monday

- Breakfast: ½ c. oatmeal or steel cut oats with handful of blueberries
- Snack: celery with 2 tbs. hummus
- Lunch: Protein smoothie or Shakeology with unsweetened almond milk
- Snack: ½ c. yogurt, handful blueberries
- Dinner: 4 oz broiled salmon ½ c. brown rice or quinoa, ½ c. steamed green beans
- Snack: Hot green tea

Tuesday

- Breakfast: ½ c. oatmeal or steel cut oats with handful of blueberries
- Snack: apple & ¼ c. almonds
- Lunch: Salmon (leftover salmon), on an unlimited veggie salad with ½ tbs. olive oil and vinegar
- Snack: Protein smoothie or Shakeology with unsweetened almond milk
- Dinner: 4 oz lemon chicken, ½ c. brown rice or quinoa, 1 c. steamed broccoli
- Snack: Hot green tea

Wednesday

- Breakfast: Protein smoothie or Shakeology with unsweetened almond milk
- Snack: ½ c. Greek yogurt, handful of blueberries
- Lunch: Chicken (leftover chicken), on an unlimited veggie salad with ½ tbs. olive oil and vinegar
- Snack: celery with 2 tbs. hummus
- Dinner: 4 oz grilled chicken, ½ c. brown rice or quinoa, ½ c. steamed green beans
- Snack: Hot green tea

“The food you eat can either be the safest

&

most powerful form of medicine.