

LEAN & CLEAN NUTRITION

MEAL PLAN WEEK ONE

	MEAL 1	MEAL 2	MEAL 3
MON	oatmeal with diced apple & raisins	bean salad	couscous & spinach stuffed tomatoes
TUE	protein shake with strawberries	wrapped couscous & tomato	pork tenderloin, spinach, grilled squash
WED	oatmeal with flax & chia seeds	protein shake with strawberries and banana	chicken, steamed broccoli, spinach salad
THU	protein shake with strawberries	tuna with avocado, cucumber, tomato salad	black beans & rice, tossed salad
FRI	grapenuts & an orange	lettuce wrapped black beans & rice	shish kabobs with tossed salad