

Clean Eating 101 Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Very berry chia yogurt	B: Oatmeal with fresh fruit	B: Creamy berry green shake	B: Oatmeal with fresh fruit	B: Creamy berry green shake	B: GTGO Gluten Free Pancakes	B: Egg muffins
S: 1 salmon patty with 1 cup cubed cantaloupe	S: 1 whole hard boiled egg and 1 small peach	S: 1 apple and 2 tbsp raw pumpkin seeds	S: 1 red pepper sliced with 2 tbsp GTGO Avocado and Goat Cheese Dip	S: ½ cup 2% plain Greek yogurt	S: 1 salmon patty with 1 small pear	S: ½ cup 2% plain Greek yogurt
L: Turkey burger with 1 cup kale coleslaw	L: Tuna Nicoise salad and ½ cup chickpeas	L: Thai beef with stir-fried vegetables	L: GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles	L: Lemon basil chicken with spinach salad	L: Quick turkey chilli over 1 cup steamed veggies	L: Turkey spinach sandwich with kale and cabbage coleslaw
S: 2 Ryvita crackers with 2 tbsp GTGO Avocado and Goat Cheese Dip	S: 4 stalks celery and 1.5 tsp peanut butter	S: 2 Ryvita crackers with 2 tbsp hummus	S: 1 whole egg and 1 small apple	S: 2 Ryvita crackers with 2 tbsp GTGO Avocado and Goat Cheese Dip	S: 1 whole hard-boiled egg and 1 small pear	S: 2 tbsp hummus with 1 cup raw red pepper
D: Thai beef with stir-fried vegetables	D: GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles	D: Mexican turkey and black bean salad	D: Lemon basil chicken breast with 1 cup steamed broccoli	D: Quick turkey chilli over 1 cup steamed veggies	D: Grilled halibut with cilantro garlic butter and asparagus	D: GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles

Legend:

B: Breakfast S: Snack

L: Lunch

D: Dinner