

CLEAN[®]

SAMPLE MEAL PLANNER

DAY 1

MORNING SHAKE



MORINGA SMOOTHIE

GET THE RECIPE

SNACK (OPTIONAL)



NO-BAKE MATCHA ENERGY BALLS

GET THE RECIPE

MID-DAY MEAL



EASY SALMON BOWL

GET THE RECIPE

EVENING SHAKE



CHOCOLATE ASHWAGANDHA SMOOTHIE

GET THE RECIPE

DAY 2

MORNING SHAKE



TROPICAL SMOOTHIE BOWL

GET THE RECIPE

MID-DAY MEAL



GRILLED VEGETABLES AND WHITE BEAN SALAD

GET THE RECIPE

EVENING SHAKE



BLACK FOREST SMOOTHIE

GET THE RECIPE

DAY 3

MORNING SHAKE



CHAI SMOOTHIE

GET THE RECIPE

MID-DAY MEAL



ASPARAGUS QUINOA BOWL

GET THE RECIPE

SNACK



BEEF HUMMUS WITH VEGGIES

GET THE RECIPE

EVENING SHAKE



COOKIES & CREAM SMOOTHIE

GET THE RECIPE

DAY 4

MORNING SHAKE



GREEN MILK

GET THE RECIPE

MID-DAY MEAL



THAI FISH

GET THE RECIPE

EVENING SHAKE



ROASTED GREENS SOUP

GET THE RECIPE

DAY 5

MORNING SHAKE



TAHINI MANGO SMOOTHIE

GET THE RECIPE

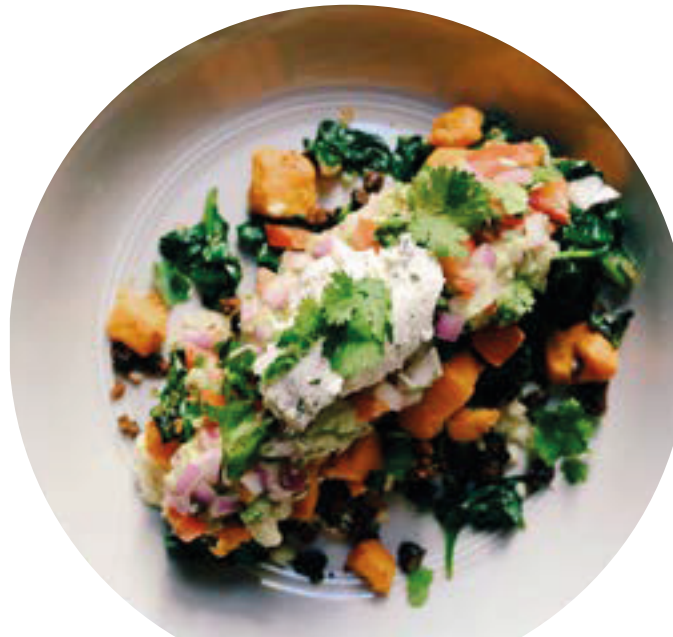
SNACK



TURMERIC ENERGY BITES

GET THE RECIPE

MID-DAY MEAL



BURRITO BOWL

GET THE RECIPE

EVENING SHAKE



PINEAPPLE CILANTRO SMOOTHIE

GET THE RECIPE

DAY 6

MORNING SHAKE



CACAO SMOOTHIE BOWL

GET THE RECIPE

MID-DAY MEAL



MAGICAL KALE SALAD

GET THE RECIPE

EVENING SHAKE



MANGO CARDAMOM SMOOTHIE

GET THE RECIPE

DAY 7

MORNING SHAKE



RASPBERRY SMOOTHIE

GET THE RECIPE

MID-DAY MEAL



WILD RICE BOWL

GET THE RECIPE

SNACK



KALE CHIPS

GET THE RECIPE

EVENING SHAKE



LAVENDER BLUEBERRY SMOOTHIE BOWL

GET THE RECIPE