

5 Day Clean Meal Plan



I designed this meal plan to help you kick start the new year with healthy eating habits and nutrient rich food that will make you feel amazing! These are simple recipes that are just as delicious as they are nutritious, because I believe it's important to enjoy the food you are eating. The best part is, that you can come back to this meal plan anytime you want to reset your eating habits or need inspiration for meal ideas. Everything is gluten and dairy free! Plus, I also included some substitutes for anyone that is vegan.

On the next page you will find the 5 day Meal Plan (recipes are linked), followed by a grocery list for you to complete before you do your shopping for the week! Enjoy!

Download and save this document for future use!



5 Day Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	<u>High Protein Chia Pudding</u>	<u>Rainbow Nourish Bowl</u>	<u>Salmon with Garlicky Kale</u> (replace salmon with tempeh for vegan option)	<u>Almond Joy Stuffed Dates</u>
TUESDAY	<u>High Protein Chia Pudding</u>	<u>Rainbow Nourish Bowl</u>	<u>Salmon with Garlicky Kale</u> (replace salmon with tempeh for vegan option)	Berries + handful of nuts and seeds
WEDNESDAY	<u>Creamy Green Protein Smoothie</u>	<u>Breakfast Tacos</u> (replace eggs with tofu for vegan option)	<u>Stuffed Acorn Squash</u>	<u>Almond Joy Stuffed Dates</u>
THURSDAY	<u>Creamy Green Protein Smoothie</u>	<u>Rainbow Nourish Bowl</u>	<u>Stuffed Acorn Squash</u>	Berries + handful of nuts and seeds
FRIDAY	<u>Breakfast Tacos</u> (replace eggs with tofu for vegan option)	<u>Rainbow Nourish Bowl</u>	<u>Stuffed Acorn Squash</u>	<u>Almond Joy Stuffed Dates</u>

