

MEAL PREP PROGRAM WEEK 1

The only balanced macronutrient meal plan that helps you prep for clean eating success





CPC Prep Plan

- 1. Pre-wash all fruit and veggies with Eat Cleaner Fruit + Veg Wash; chop veggie sticks and prepare salads to descriptions. This will keep everything fresh and crisp all week long! Add nuts and seeds when ready to eat.
- 2. Make marinade for chicken, salmon and veggies: Combine juice of 2 limes, 1 lemon, 1 Tbsp balsamic vinegar and 2 tsp olive oil and whisk together; marinate chicken breasts for at least 2 hours (up to overnight); grill until done. Brush salmon cubes and skewer with grape tomatoes; grill until done. Pick an assortment of seasonal veggies and toss with marinade. Use a grill pan indoors if access to an outdoor grill is unavailable.
- 3. Saute 1 lb of lean ground turkey with ½ chopped red onion and 2 cloves crushed garlic; season with cumin, black pepper and red pepper to taste.
- 4. Cut sweet potatoes into ½" disks and spray with nonstick cooking spray. Bake until done, season with Lo Salt and pepper.
- 5. Peel and chop grapefruit and combine with pomegranate seeds and unsweetened shredded coconut.
- 6. Make mixed green salad with cucumber, zucchini and any other 'greens' you like.
- 7. Make Superfoods salad with Tuscan kale, sweet potato slices, and carrot ribbons (use carrot peeler).
- 8. Prepare Fit bites according to recipe.
- 9. Prepare baked oatmeal according to recipe.
- 10. Pre-cook whole grain couscous or quinoa in ½ water, ½ veggie broth and season with black pepper and no salt.
- 11. Blend ½ cup strawberries, 2 egg whites, 1 cup unsweetened coconut milk and your fave protein powder; you can also add kale, spinach or other fruit.
- 12. If there is no recipe or prep tip for an item, it means you are welcome to use a good quality store bought item or your own recipe. The important part is combining the right types of ingredients in the right amounts.



RECIPE LISTING FOR THIS WEEK:

- Grilled Citrus Chicken Breast
- **2** Grilled Citrus Salmon Skewers
- 3 Grilled Citrus Veggies
- 4 Grapefruit salad with pomegranate seeds and unsweetened coconut
- Mixed green salad with arugula, romaine and seedless cucumber
- 6 Super foods salad w/kale, carrot, sweet potato and sunflower seeds
- Baked oatmeal with Berries and flax
- 8 Protein Shake w/ Egg Whites
- 9 Fill Your Fruit Bowl!!
- 10 Frozen Fit Bites



Avg Calories Per Day : 1585

CPFA Ratio : 41-31-28



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
B R	Baked Oatmeal with Strawberries and Banana 1 Serving	Sprouted Toast with Peanut Butter and Protein Shake 1 Serving	Egg White Scramble with Tomato, Spinach and Avocado. Grapefruit and Pomegranate Seed Salad with Unsweetened Shreded Coconut. 1 Serving	Baked Oatmeal with Strawberries and Banana 1 Serving	Sprouted Toast with Peanut Buter and Protein Shake 1 Serving	Bake Oatmeal with Strawberries and Banan 1 Serving	Sprouted Toast with Peanut and Protein Shake 1 Serving
M S	Fit Bites 1 Serving	Fit Bites 1 Serving	Protein Smoothie with Egg White 1 Serving	Veggie Sticks and Hummus 1 Serving	Fit Bites 1 Serving	Veggie Sticks and Hummus 1 Serving	Greek Yogurt with Brown Rice Topping, Berries, Flax Seed and Shredded Coconut 1 Serving
L	Superfood Salad-1 Serving Grilled Citrus Chicken 1 Serving	Chicken Wrap with Black Bean and Avocado 1 Serving	Superfood Salad - 1 Serving Grilled Citrus Chicken 1 Serving. Healthy Salad Dressing-1 Serving	Grilled Citrus Salmon Skewers-1 Serving. Grilled Veggies - 1 Serving	Superfood Salad Bowl with Ground Turkey, Beans and Couscous 1 Serving	Grilled Chicken Wrap 1 Serving	Superfood Salad Bowl with Ground Turkey, Beans, and Couscous 1 Serving
A S	Greek Yogurt with Brown Rice Topping, Berries, Flax Seed and Shredded Coconut 1 Serving	Veggie Sticks and Hummus 1 Serving	Fit Bites 1 Serving	Greek Yogurt with Brown Rice Topping, Berries, Flax Seed and Shredded Coconut	Veggie Sticks and Hummus - 1 Serving	Protein Smoothie with Egg Whites - 1 Serving	Veggie Sticks and Hummus - 1 Serving
D	Open Faced Veggie Burger 1 Serving Edamame - 1/2 Cup	Grilled Citrus Chicken 1 Serving. Superfood Salad - 1/2 Serving. Sweet Potato Coins 1 Serving	Grilled Citrus Salmon Skewers - 1 Serving Grilled Veggies 2 Serving	Open Faced Veggie Burger 1 Serving Protein Smoothie with Egg Whites - 1 Serving	Grilled Citrus Chicken 1 Serving. Whole Grain Couscous 1/2 Serving. Grilled Chicken - 1 Serving	Grilled Citrus Salmon Skewers - 1 Serving. Whole Grain Couscous 1/2 Serving. Grilled Citrus Veggies 1 Serving	Grilled Citrus Chicken 1 Serving Grilled Citrus Veggies 2 Servings
	1616 Calories; 119 Protein;180 Carbs, 26 Sugars; 46 Dietary; 134 Est Net; 51 Fat; 184 Cholest; 1444 Sodium	1582 Calories; 134 Protein;165 Carbs, 27 Sugars; 47 Dietary; 117 Est Net; 46 Fat; 225 Cholest; 1578 Sodium	1624 Calories; 136 Protein; 158 Carbs, 49 Sugars; 49 Dietary; 108 Est Net; 59 Fat; 210 Cholest; 1384 Sodium	1571 Calories; 108 Protein;174 Carbs, 46 Sugars; 43 Dietary; 130 Est Net; 52 Fat; 141 Cholest; 1659 Sodium	1541 Calories; 121 Protein;167 Carbs, 31 Sugars; 42 Dietary; 125 Est Net; 48 Fat; 246 Cholest; 1535 Sodium	1599 Calories; 131 Protein;158 Carbs, 35 Sugars; 39 Dietary; 119 Est Net; 51 Fat; 235 Cholest; 1180 Sodium	1560 Calories; 131 Protein;172 Carbs, 43 Sugars; 47 Dietary; 124 Est Net; 46 Fat; 211 Cholest; 1318 Sodium

CPC Shopping List

Get stocked for success! Here's the shopping list. You can add or modify as needed. IMPORTANT REMINDERS

1) We list everything you'll use for the week, so be sure to compare your shopping list to what's already in your pantry before you go shopping.

2) If the specific size of a pre-packaged item is not listed, you can buy the smallest version. Wherever possible, we indicate how much you'll use during the week so you don't end up buying more than you need.









PASTAS, GRAINS AND CEREALS:

1 package whole grain couscous

FREEZER SECTION:

- 1 small package frozen berries
- Package of veggie burgers

CANNED FOODS:

- 1 15 oz can of black beans
- 1 quart low sodium chicken or vegetable broth
- 1 small jar of pesto (or make your own)

CONDIMENTS/SAUCES:

- 1 container powdered peanut butter
- 1 container coconut oil or grapeseed oil (high heat cooking)
- 1 16 oz bottle of canola oil
- 1 can of non-stick non fat olive oil cooking spray
- 1 bottle of balsamic or red wine vinegar (for green salads)
- 1 small bottle of low-sodium soy sauce or tamari
- 1 small bottle of mirin (rice cooking wine)
- 1 small bottle of sesame oil
- 1 small bag Stevia or approved







RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 1 cup steel cut oats
- 2. 1 cup coconut milk, unsweetened
- 3. 3 scoops protein powder
- 4. 2 large egg whites
- 5. 1/2 tsp baking powder
- 6. 3/4 tsp cinnamon
- 7. Dash of sea salt
- 8. 1 tsp vanilla extract
- 9. 1/2 cup strawberries
- 10. 1 small banana
- 11. 1/2 cup slivered almonds



Baked Oatmeal with Strawberries And Banana

Servings: 4



- 1. Preheat the oven to 375f. lightly spray a 8" x 8" or 9" x 9" ceramic baking dish with non-stick cooking spray; set aside.
- 2. Dissolve the protein powder in milk.
- 3. In a large mixing bowl, whisk together milk, egg, and vanilla extract. Add dry ingredients only.
- 4. Pour mixture into baking dish and layer fruits and almond on the top.
- 5. Bake the oatmeal for about 30 minutes, or until the top is golden and brown and the oatmeal has set. enjoy it warm.

RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 4 egg whites
- 2. 1 cup spinach, chopped
- 3. 1/2 tomato tomato, chopped
- 4. 1/4 avocado, sliced

Egg White with Tomato, Spinach and Avocado

Servings: 1



- 1. Chop tomato or use cherry tomatoes.
- 2. In a non-stick skillet, saute vegetables until tender.
- 3. Add egg whites to vegetable mixture. Cook egg whites stirring as needed until thoroughly cooked. Add salt and pepper for taste.
- 4. Serve scrambled egg whites with slices of fresh avocado.



RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 1 clove garlic, raw
- 2. 2 tbsp lemon juice
- 3. 1 tbsp ground flax seed
- 4. 1 tbsp sesame oil

FIT Dressing

Servings: 4



- 1. You can vary this dressing to suit your taste by adding other herbs and spices such as basil, tarragon, rosemary, dill, dijon mustard. the important point is to used fresh, unrefined oils to get the maximum benefits from the essential fatty acids.
- 2. In a small bowl, whisk together all ingredients. Make a double batch to last the week.



RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 2 tbsp vanilla protein powder
- 2. 1 cup coconut milk, unsweetened
- 3. 2 large egg whites
- 4. 1 cup crushed ice
- 5. 1/2 cup strawberries

Protein Smoothie with Egg Whites

Servings: 1



Recipe instructions:

1. Blend all ingredients until smooth. Enjoy cold.



RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 2 cups kale
- 2. 1/4 cup carrot
- 3. 1/4 sweet potato
- 4. 1 tbsp unsalted sunflower seeds
- 5. 1/2 cup black beans

Superfoods Salad

Servings: 4



- 1. Chop kale. slice carrots and sweet potato length wise into thin slices. You can use a vegetable peeler to make them paper thin if you'd like.
- 2. Combine all ingredients in a bowl and toss them together. Serve cold.



RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 4 sweet potatoes
- 2. Extra virgin olive oil cooking spray
- 3. Dash of sea salt or Kosher salt
- 4. 1 dash black pepper

Sweet Potato Coins

Servings: 8



- 1. Pre-heat the oven to 375f.
- 2. Slice potatoes into 1/2" rounds.
- 3. Spray a baking sheet with cooking spray and layer the potato "coins" on top. spray coins with cooking spray.
- 4. Bake for 45 minutes or until golden and tender. Server warm.



RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 2 natural or organic chicken breasts
- 1 lemon, juiced
- 2 limes, juiced
- 1 tbsp balsamic vinegar
- 2 tsp olive oil
- Dash of sea salt or Kosher salt
- Dash of black pepper

Grilled Citrus Chicken

Servings: 4



- Pre-heat the oven or the grill to 375f.
- Combine lime, lemon, vinegar, olive oil, salt, and pepper in a bowl and whisk them together.
- 3. Pour marinate over chicken. Let it marinate for 2 hour or over night.
- Bake or grill for 20 minutes or until cooked trough. Serve warm.



RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 1 lb wild salmon
- 2. 16 cherry tomatoes
- 3. 1 lime, juiced
- 4. 1/2 lemon, juiced
- 5. 2 tbsp balsamic vinegar
- 6. 1 tsp olive oil

MEAL PREP

Grilled Citrus Salmon Skewers

Servings: 3



- 1. Pre-heat grill or oven at 375f.
- 2. Cut salmon into 1" cubes.
- 3. Whisk lime, lemon, vinegar, and olive oil together. add salt and pepper for flavor.
- 4. Assemble skewers with salmon and cherry tomatoes.
- 5. Brush with additional marinade.
- 6. Grill skewers for 5 minutes on each side. Serve hot or warm with a salad.

RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 4 medium zucchini
- 2. 4 medium summer squash
- 3. 4 cups brussel sprouts
- 4. 40 spears asparagus
- 5. 1 cup cherry tomatoes
- 6. 2 limes, juiced
- 7. 1 lemon, juiced
- 8. 2 tsp olive oil
- 9. 1 tbsp balsamic vinegar



Grilled Citrus Veggies

Servings: 8



- 1. Pre-heat the oven or grill to 375f.
- 2. Slice zucchini and summer squash length wise. cut brussel sprouts and tomatoes in half.
- 3. Whisk lime, lemon, vinegar and olive oil together. add salt and black pepper for taste.
- 4. Spray cooking sheet with non-stick spray.
- 5. Brush them with marinade.
- 6. Bake or grill for 30 minutes or until golden and tender. Serve warm or cold.

RECIPE LISTING FOR CLEANER PLATE CLUB

INGREDIENTS

- 1. 8 oz. (about 1 packed cup)
- 2. Chopped dates
- 3. 1/4 cup Stevia powder
- 4. 1/4 cup pumpkin puree
- 5. 1 Tbsp. flax meal
- 6. 1 ½ tsp pumpkin pie spice
- 7. Pinch of sea salt
- 8. 1 cup old fashioned oats
- 9. 1 cup unsweetened coconut flakes
- 10. 1 cup sunflower seeds

MEAL PREP

FIT Bites

Servings: 12



- 1. Combine the dates, stevia, pumpkin puree, flax meal, pumpkin pie spice and salt in a food processor, and pulse until smooth and combined.
- 2. Transfer the mixture to a large bowl, and stir in the oats, coconut flakes and sunflower seeds until evenly combined. Cover and refrigerate for at least 30 minutes.
- 3. Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls, about 1". Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.
- 4. Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator especially helps the energy bites hold their shape.)

RECIPE LISTING FOR CLEANER PLATE CLUB

Grapefruit And Pomegranate Seed Salad with Unsweetened Shredded Coconut

Servings: 4

INGREDIENTS

- 1. 1 medium pink grapefruit
- 2. 1 pomegranate pomegranate
- 3. 1 fruit orange
- 4. 1 tbsp shredded coconut, unsweetened



- 1. Peel grapefruit and cut it into bite sizes.
- 2. Remove pomegranate seeds from pomegranate. you can also buy pomegranate seeds ready to use.
- 3. In a mixing bowl combine fruits and coconut, add the juice of one orange or 1/4 cup of orange juice. mix well. Serve it cold.

