



Clean Eating Menu Plan

Breakfast - Select 1 per day

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|---|--|---|
| 1 whole grain english muffin topped with 1 egg
1 cup grapes | Blend: 1 banana, 1/2 c blueberries
1/2 cup yogurt and 1/2 cup oats with ice | Whole Grain English muffin topped with 1 tbsp peanut butter
1 cup grapes |
| 2 eggs cooked with 1 cup spinach, 1 & p on a whole wheat tortilla | | Cook 1 cup oats, add in cocoa nibs, fresh berries and nuts |

Snacks - Select 2 per day

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|----------------------------------|---------------------------------|---------------------------|----------------------------------|
| A fresh peach, sliced and pitted | 1 cup Greek yogurt with granola | 1 cup air-popped popcorn | 1 cup fresh berries |
| 1 oz dark chocolate | 1 hard boiled egg | celery sticks with hummus | Small salad with hard boiled egg |

Lunch - Select 1 per day

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| Quinoa & Turkey
Whole grain tortilla
sautéed chicken
your choice of veggies | Chicken & Potato
Whole grain pasta
sautéed chicken
your choice of veggies | Lettu & Shrimp
Bacon & Lettuce Wraps
topped with tomato slices
honey and avocado | Lettu & Avocado
Whole grain pasta
sautéed chicken
your choice of veggies |
| Chicken & Potato
on Fry
Roasted Brown Rice
on Fry | Quinoa & Turkey
Stuffed Peppers
Roasted Tomato Chips | Roasted & Lettuce
Quinoa Casserole
Fresh Garden Salad | Quinoa & Turkey
Stuffed Peppers
Roasted Tomato Chips |

sabadi. Krishna reddy

Basic Diet Plans

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