



Clean Eating

HEALTHY FIVE DAY MEALS

M / W / F

Breakfast	Mushroom omelette, fresh strawberries, cottage cheese, freshly squeezed fruit juice
Lunch	Chef salad, turkey bacon, fruit smoothie
Dinner	Salmon, dill sauce, asparagus, protein powder, snap peas

T / T H

Breakfast	Turkey bacon, chicken scramble, freshly squeezed fruit juice
Lunch	Chicken salad, salad greens, vegetable soup, protein powder
Dinner	Halibut, honey sauce, quinoa, snap peas, zucchini, garlic chicken