

Clean Eating Meal Plan #16

	Breakfast	Lunch	Dinner	SNACKS
Mon	Homemade Granola, Fruit	Cous Cous Salad (olives, cucumber, tomato, salami)	Mushroom and Spinach Pasta, Salad (a no chicken version of this recipe)	Fruit Slices Bliss Balls
Tues	Creamy Oats, Banana, Maple Syrup	Spicy Tuna Wraps	Italian Chicken Bake	Veggie Sticks, hummus Choc Banana Muffins
Wed	Breakfast Muffins	Thai Noodle Salad	Ground Beef Curry, Rice, Tomato and cucumber salad	Fruit Slices Yogurt
Thurs	Avocado on Toast	Beef Curry Sandwiches	Beef Skewers, Potato Bake, Salad	Popcorn Piece of fruit
Fri	Yogurt and Fruit Pots	Ham, lettuce and tomato sandwiches	Teriyaki Chicken Stirfry	Choc Banana Muffins Veggie sticks (carrot)
Sat	Bacon and Egg Toasted Sandwiches	Tuna Pasta Salad	Chicken Noodle Soup	Fruit Choc Chia Pudding
Sun	Spinach Quiche	Leftovers	Slow Cooker Beef Stew	Date Loaf