

Clean Eating Meal Plan #18

	Breakfast	Lunch	Dinner	SNACKS
Mon	Homemade Granola, Fruit	Pasta Salad - baby tomatoes, feta, black olives, cucumber, mayo, red onion & balsamic vinegar	Mexican Zucchini Boats & Salad	Carrot Muffins Fruit Slices
Tues	Protein Smoothie	Chicken Salad Wraps	Creamy Beef with Pasta Shells	Carrot Muffins Celery and Peanut Butter
Wed	Creamy Oats, Fruit	Cheese and Tomato Sandwiches (Sourdough)	Chicken and Pineapple Skewers with salad	Trail Mix Veggie Sticks (carrot and celery)
Thurs	Scrambled Egg on Toast	Cous Cous Salad (Cous cous, chopped carrots, cucumber, chicken, pineapple)	Homemade Chicken Chow Mein	Popcorn Fruit Slices
Fri	Homemade Granola, Fruit	Tuna Salad Pockets	Shrimp Pad Thai	Veggie Sticks, hummus Cheese and Crackers
Sat	Banana Pancakes	Snack Platter: Cheese, crackers veggie sticks, hummus	Creamy Chicken and Mushroom, Rice and Broccoli	DESSERT: Warm Chocolate Brownies with (not healthy) ice Cream
Sun	Savory Mince and Poached Egg on Toast		Sheet Pan Lemon and Garlic Chicken, Green Beans, Brown Rice	DESSERT: Crepes with caramelised banana, Cinnamon, brown sugar and lemon