

Back to Balance Cleanse

Meal Plan
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Meal	Food	Amount	Calories	Carbohydrates	Protein
Breakfast	Oatmeal	1/2 cup	150	27	6
	Wheat Germ	3 tsp	60	7	4
	Skim milk	1/2 cup	40	6	4
	Cinnamon	to taste			
			250 Calories	40g Carb	14g Pro
Snack	1% Cottage cheese	1/2 cup	80	3	14
	Pineapple	1/2 cup	70	17	
			150 Calories	20g Carb	14g Pro
Lunch	Three bean salad*	3/4 cup	225	34	11
	Pistachios	1/8 cup	80	4	3
			305 Calories	38g Carb	14g Pro
Snack	Apple	1 small	75	20	0
			75 Calories	20g Carb	0g Pro
Dinner	Quinoa Salad*	3/4 cup	220	25.5	6.5
	Greek Yogurt	1 Container	120	18	13
			340 Calories	43.5 g Carb	19.5g Pro
Snack	Skim milk	12 oz	130	18	13.2
			130 Calories	18g Carb	13.2g Pro
			1250		
TOTAL			Calories	179.5g Carb	74.7g Pro
			57% of Calories	24% of Calories	

Note:

- ☒ Recommended calorie intake during cleanse: 1200 – females, 1500 – males
- ☒ * = recipe found under "Recipes"

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