

28 DAY MEAL PLAN

(Feel free to adjust and swap around menu based on your preference)

WEEK 1

	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast	Green protein smoothie	Superfood Oatmeal	Green protein smoothie	Superfood Oatmeal	Green protein smoothie	Superfood Oatmeal	Banana Pancakes
Lunch	Tuna Wraps	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Eat Out Using the Clean Eating Guide Guidelines	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks

WEEK 2

	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast	Raspberry coconut Smoothie	Chocolate overnight oats	Raspberry coconut Smoothie	Chocolate overnight oats	Raspberry coconut Smoothie	Chocolate Overnight Oats	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Quinoa Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Crunchy Kale Salad	Shrimp Pad Thai (leftovers)
Dinner	Chicken Quinoa Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Eat Out Using the Clean Eating Guide Guidelines	Shrimp Pad Thai	Beef & Broccoli
Snack	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole

WEEK 3

	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Banana Pancakes
Lunch	Tuna Wraps	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Eat Out Using the Clean Eating Guide Guidelines	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites

WEEK 4

	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Quinoa Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Crunchy Kale Salad	Shrimp Pad Thai (leftovers)
Dinner	Chicken Quinoa Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Eat Out Using the Clean Eating Guide Guidelines	Shrimp Pad Thai	Beef & Broccoli
Snack	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies

GROCERY LISTS

GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil and olive oil are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Tahini, Almond Flour, Chia Seeds, Oats, Quinoa, and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend to buy these in bulk and before heading to the grocery store check if you already have them in your pantry.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case I encourage you to use the extra vegetables in other meals or use it as dipping vegetables if hummus is your planned snack for the week.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28 Day Meal Plan. If not then finding single servings may be best.
5. Bananas! There are always bananas needed in smoothies every week so if you buy too many or they are on sale feel free to stock up and freeze them.
6. Many of these recipes call for fresh herbs like parsley and basil. To save money, it's a good idea to get these two herbs as a small plant. They are very easy to maintain and don't cost much.
7. Use any excess vegetables to snack on during the week when you are hungry.
8. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.

Fruits & Vegetables

3 Bananas
1 1/2 Cup of Berries
5 Avocados
1 Lemon
4 Cups of Kale
7 Cups of Spinach
2 Sweet Potatoes
1 Small Spaghetti Squash
2 Red Bell Peppers
1 Small Head of Broccoli
1 Small Head of Cauliflower
1 Carrot
10 Stalks of Asparagus
1 Cucumber
2 Stalks of Celery
1/4 Cup of Green Onions
1 Red Onion
3 Onions
5 Cloves of Garlic

Meat, Eggs & Seafood

32 oz of Chicken Breast
5 Eggs
4 Slices of Bacon
8 oz Beef Sirloin Strips
12 oz Salmon Filet
1 Can of Tuna

Grains, Beans & Legumes

1 1/2 Cup of Gluten Free Oatmeal
2 Brown Rice Tortilla Wraps (may substitute for whole wheat)
3/4 Cup of Brown Rice
1 Can of Chickpeas

Nuts & Seeds

1 3/4 Cups of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

1/2 Cup of Almond Flour
1/2 Cup of Shredded Coconut
8 Medjool Dates

2 Tbsp of Raw Cacao Powder

Condiments

Organic Coconut Oil

Extra Virgin Olive Oil

6 Cups of Almond Milk

1 Can of Coconut Milk

1 Can of Diced Tomatoes

1/4 Cup + 1 Tbsp of Tahini

Herbs & Spices

Sea Salt

Ground Black Pepper

Ground Cinnamon

Ground Paprika

Garlic Powder

Onion Powder

Cayenne Powder

Ground Turmeric

Ground Cumin

Ground Ginger

Extra

3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 1

Fruits & Vegetables

2 Bananas
3 Cups of Raspberries
4 Avocados
2 Limes
1 Lemon
2 Cups of Kale
2 Cups of Spinach
4 Cups of Broccoli
2 Zucchini
1 Red Bell Pepper
8 Carrots
1 Cucumber
1 Tomato
10 Mushrooms
2 Cups of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

16 oz of Chicken Breast
450 g of Ground Turkey
8 oz Beef Sirloin Strips
450 g of Ground Beef
8 oz of Shrimps

Grains, Beans & Legumes

1 1/2 Cup of Gluten Free Oatmeal
12 oz of Brown Rice Noodles
1/2 Cup of Brown Rice

1/2 Cup of Quinoa
1/2 Cup of Chickpeas

Nuts & Seeds

1/2 Cup + 2 Tbsp of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds

Baking Supplies

3 Tbsp of Raw Cacao Powder
3 Tbsp of Maple Syrup

Condiments

3 1/2 Cup of Coconut Milk
3 Cups of Almond Milk
1/4 Cup of Tomato Paste
3/4 Cup of Coconut Aminos
1/4 Cup + 3 Tbsp of Almond Butter
1 Tbsp of Tahini
Herbs & Spices
Herb Mix Seasoning

Extra

3 Servings of Vanilla Protein Powder
3 Servings of Chocolate Protein Powder

GROCERY LIST - WEEK 2

Fruits & Vegetables

3 Bananas
1 1/2 Cup of Mixed Berries
7 Avocados
1 Lemon
4 Cups of Kale
7 Cups of Spinach
2 Sweet Potatoes
1 Small Spaghetti Squash
3 Red Bell Peppers
1 Small Head of Broccoli
1 Small Head of Cauliflower
1 Carrot
10 Stalks of Asparagus
1 Cucumber
2 Stalks of Celery
6 Mushrooms
1/4 Cup of Green Onions
2 Red Onions
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

32 oz of Chicken Breast
9 Eggs
4 Slices of Bacon
8 oz Beef Sirloin Strips
12 oz Salmon Filet
1 Can of Tuna

Grains, Beans & Legumes

2 Brown Rice Tortilla Wraps
3/4 Cup of Brown Rice
3/4 Cup of Granola

Nuts & Seeds

1 Cup of Walnuts

Baking Supplies

1 Cup of Dried Apples
1/2 Cup of Almond Flour
1/4 Cup + 2 Tbsp of Raw Cacao Powder
8 Medjool Dates

Condiments

1 Can of Coconut Milk
3 Cups of Almond Milk
1 Can of Diced Tomatoes
1 Tbsp of Tahini

Extra

3 Servings Chocolate Protein Powder
3 Cups of Greek Yogurt

GROCERY LIST - WEEK 3

Fruits & Vegetables

4 Bananas
3 Cups of Blueberries
2 Avocados
1 Lemon
2 Cups of Kale
3 1/2 Cups of Spinach
3 Tbsp of Fresh Basil
1 Head of Broccoli
2 Zucchini
1 Red Bell Pepper
2 Carrots
1 Cucumber
4 Tomatoes
10 Mushrooms
2 Cups of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

16 oz of Chicken Breast
9 Eggs
450 g of Ground Turkey
8 oz Beef Sirloin Strips
450 g of Ground Beef
8 oz of Shrimps

Grains, Beans & Legumes

1 Cup of Gluten Free Oatmeal
12 oz of Brown Rice Noodles
1/2 Cup of Brown Rice
1/2 Cup of Quinoa
1/2 Cup of Chickpeas

Nuts & Seeds

1/4 Cup of Almonds
1/4 Cup of Pumpkin Seeds

Baking Supplies

1/2 Cup of Coconut Chips

Condiments

3 Cups + 1/2 Cup of Coconut Milk

1/4 Cup of Tomato Paste

3/4 Cup of Coconut Aminos

1/4 Cup of Almond Butter

1 Tbsp of Tahini

Extra

3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 4

Fruits & Vegetables

4 Bananas
3 Cups of Blueberries
2 Avocados
1 Lemon
2 Cups of Kale
3 1/2 Cups of Spinach
3 Tbsp of Fresh Basil
1 Head of Broccoli
2 Zucchini
1 Red Bell Pepper
2 Carrots
1 Cucumber
4 Tomatoes
10 Mushrooms
2 Cups of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

16 oz of Chicken Breast
9 Eggs
450 g of Ground Turkey
8 oz Beef Sirloin Strips
450 g of Ground Beef
8 oz of Shrimps

Grains, Beans & Legumes

1 Cup of Gluten Free Oatmeal
12 oz of Brown Rice Noodles
1/2 Cup of Brown Rice
1/2 Cup of Quinoa
1/2 Cup of Chickpeas

Nuts & Seeds

1/4 Cup of Almonds
1/4 Cup of Pumpkin Seeds

Baking Supplies

1/2 Cup of Coconut Chips

Condiments

3 Cups + 1/2 Cup of Coconut Milk

1/4 Cup of Tomato Paste

3/4 Cup of Coconut Aminos

1/4 Cup of Almond Butter

1 Tbsp of Tahini

Extra

3 Servings of Vanilla Protein Powder

Happy Clean Eating!!

Source: Physical Medicine & Chiropractic Centers