Clean Eating

NUTRIENTS: Calories: 1,373,

Fat: 74 g, Sat. Fat: 17 g, Carbs: 73 g,

Fiber: 27 g, Sugars: 24 g, Protein: 116 g,

Sodium: 2,066 mg, Cholesterol: 415 mg



LOW CARB LOW CARB LOW CARB HIGH CARB BREAKFAST: Denver Omelette: BREAKFAST: Tropical Smoothie: BREAKFAST: 1 serving Breakfast **BREAKFAST:** 1 serving Breakfast Pockets (p. 57; save leftovers) In a medium nonstick skillet, heat Pockets (leftovers, p. 57) Blend 1 cup each coconut water ½ tbsp olive oil. Add ½ each green and spinach, ½ peeled orange, Matcha Latte: Heat 1 cup Matcha Latte: Heat 1 cup and red bell pepper, chopped, 1/2 cup each frozen mango and almond milk. To a large mug, almond milk. To a large mug, 1 green onion, chopped, and pineapple, ½ tbsp chia seeds and add 1 tsp matcha powder, add 1 tsp matcha powder, 2 slices chopped ham and sauté 2 scoops collagen until smooth. 1/2 tbsp coconut oil and 2 scoops 1/2 tbsp coconut oil and 2 scoops for 3 minutes. In a bowl, whisk collagen. Add hot milk and whisk collagen. Add hot milk and whisk LUNCH: Okonomiyaki 2 eggs and 2 egg whites. Pour with a handheld electric whisk (or in Pancakes (p. 50; save leftovers) with a handheld electric whisk (or in beaten eggs over veggies and a blender) until smooth. If desired, a blender) until smooth. If desired, **DINNER:** Lemongrass Chicken cook until bottom is set. Sprinkle sweeten with a few drops liquid sweeten with a few drops liquid Satays & Shrimp Fried Rice top of eggs with 1 tbsp shredded monkfruit. cheddar cheese and pinch (p. 52; save leftovers) LUNCH: Cauliflower Fish LUNCH: Chicken Donair Plate black pepper. Flip and cook for Cakes with Coconut Chutney (leftovers, p. 56) 1 to 2 minutes more. (p. 56; save leftovers) LUNCH: Chicken Donair Plate **DINNER:** Spicy Chicken Fajitas **DINNER:** Spicy Chicken Fajitas (p. 56; save leftovers) (leftovers, p. 58) (p. 58; eat ½, save leftovers) **DINNER:** Cauliflower Fish Cakes with Coconut Chutney (leftovers, p. 56) NUTRIENTS: Calories: 1,192, NUTRIENTS: Calories: 1,189, NUTRIENTS: Calories: 1,333, NUTRIENTS: Calories: 1,440, Fat: 68 g, Sat. Fat: 23 g, Carbs: 49 g, Fat: 74 g, Sat. Fat: 20 g, Carbs: 43 g, Fat: 75 g, Sat. Fat: 21 g, Carbs: 56 g, Fat: 51 g, Sat. Fat: 14 g, Carbs: 136 g, Fiber: 18 g, Sugars: 12 g, Protein: 105 g, Fiber: 15 g, Sugars: 18 g, Protein: 98 g, Fiber: 22 g, Sugars: 16 g, Protein: 118 g, Fiber: 28 g, Sugars: 45 g, Protein: 112 g, Sodium: 397 mg, Cholesterol: 1,876 mg Sodium: 1,668 mg, Cholesterol: 708 mg Sodium: 2,035 mg, Cholesterol: 467 mg Sodium: 2,237 mg, Cholesterol: 798 mg

LOW CARB	LOW CARB	LOW CARB	HIGH CARB
DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST: 1 serving Breakfast Pockets (leftovers, p. 57) Matcha Latte: Heat 1 cup almond milk. To a large mug, add 1 tsp matcha powder, ½ tbsp coconut oil and 2 scoops collagen. Add hot milk and whisk with a handheld electric whisk (or in a blender) until smooth. If desired, sweeten with a few drops liquid monkfruit. LUNCH: Flank Steak with Chimichurri Sauce & Roasted Carrots (p. 58; eat ½, save leftovers) DINNER: Chicken Donair Plate (leftovers, p. 56)	BREAKFAST: Denver Omelette: In a medium nonstick skillet, heat ½ tbsp olive oil. Add ½ each green and red bell pepper, chopped, 1 green onion, chopped, and 2 slices chopped ham and sauté for 3 minutes. In a bowl, whisk 2 eggs and 2 egg whites. Pour beaten eggs over veggies and cook until bottom is set. Sprinkle top of eggs with 1 tbsp shredded cheddar cheese and pinch black pepper. Flip and cook for 1 to 2 minutes more. LUNCH: Cauliflower Fish Cakes with Coconut Chutney (leftovers, p. 56) DINNER: Chicken Donair Plate (leftovers, p. 56)	BREAKFAST: 1 serving Breakfast Pockets (leftovers, p. 57) Matcha Latte: Heat 1 cup almond milk. To a large mug, add 1 tsp matcha powder, ½ tbsp coconut oil and 2 scoops collagen. Add hot milk and whisk with a handheld electric whisk (or in a blender) until smooth. If desired, sweeten with a few drops liquid monkfruit. LUNCH: Cauliflower Fish Cakes with Coconut Chutney (leftovers, p. 56) DINNER: Flank Steak with Chimichurri Sauce & Roasted Carrots (leftovers, p. 58)	BREAKFAST: Tropical Smoothie: Blend 1 cup each coconut water and spinach, ½ peeled orange, ½ cup each frozen mango and pineapple, ½ tbsp chia seeds and 2 scoops collagen until smooth. LUNCH: Okonomiyaki Pancakes (leftovers, p. 50) DINNER: Lemongrass Chicken Satays & Shrimp Fried Rice (leftovers, p. 52)

NUTRIENTS: Calories: 1,232,

Fat: 67 g, Sat. Fat: 19 g, Carbs: 66 g,

Fiber: 23 g, Sugars: 20 g, Protein: 103 g,

Sodium: 1,907 mg, Cholesterol: 345 mg

NUTRIENTS: Calories: 1,440,

Fat: 52 g, Sat. Fat: 14 g, Carbs: 136 g, Fiber: 28 g, Sugars: 45 g, Protein: 112 g,

Sodium: 2,237 mg, Cholesterol: 798 mg

NUTRIENTS: Calories: 1,189,

Fat: 74 g, Sat. Fat: 20 g, Carbs: 43 g,

Fiber: 15 g, Sugars: 19 g, Protein: 98 g,

Sodium: 1,668 mg, Cholesterol: 708 mg

^{*} Meal Plan is based on an individual weighing 140 pounds. Remember that macro targets are approximate and may vary slightly, especially when adding in snacks. Your numbers may be different based on your macro calculations.