

14-DAY CLEAN-EATING MEAL PLAN: 1,200 CALORIES

Week 1

Week 2

	Breakfast Aim for 250 - 300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 250 - 300 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cal.
Day 1	1 serving Muesli with Raspberries	1 medium orange	4 cups White Bean & Veggie Salad	1 medium apple	4 cups Kale Salad with Beets & Wild Rice; 1 serving Balsamic-Dijon Chicken
Day 2	1 serving Avocado-Egg Toast	1 medium pear	1 serving Spinach & Feta Turkey Meatballs with Herbed Quinoa	1 medium orange	1 serving cup Squash & Red Lentil Curry over 1/2 cup Easy Brown Rice
Day 3	1 serving Muesli with Raspberries	1 medium orange	1 serving Spinach & Feta Turkey Meatballs with Herbed Quinoa	12 almonds	1 serving Tilapia with Stir-Fried Green Beans over 1 cup Easy Brown Rice
Day 4	1/2 cup rolled oats, cooked in 1 cup milk; 1 medium plum	1 medium apple	1 serving Spinach & Feta Turkey Meatballs with Herbed Quinoa	1 medium banana	1 serving Sheet-Pan Chicken & Brussels Sprouts; 1 1/2 cups mixed greens dressed with 2 Tbsp. Lemon-Tahini Dressing
Day 5	2 servings Peanut Butter-Banana Cinnamon Toast	1/2 cup raspberries	1 serving Spinach & Feta Turkey Meatballs with Herbed Quinoa	1 medium apple	1 serving Pork Chops with Garlicky Broccoli
Day 6	1/2 cup rolled oats, cooked in 1 cup milk and topped with 1 medium plum, chopped, and a pinch of cinnamon	1 medium pear	1 serving Veggie & Hummus Sandwich	1 medium orange	1 serving Cauliflower Rice-Stuffed Peppers; 2 cups mixed greens dressed with 1 Tbsp. Citrus Vinaigrette
Day 7	2 cups Jason Mraz's Avocado Green Smoothie	1 clementine	2 1/4 cup Tomato, Cucumber & White-Bean Salad with Basil Vinaigrette and 1 slice sprouted-grain bread, toasted and topped with 1 Tbsp. hummus	1 plum	1 1/2 cups Spicy Cabbage Soup; 2 cups No-Cook Black Bean Salad
Day 8	1 serving Scrambled Eggs with Vegetables	1/4 cup hummus and 1 cup sliced cucumber	1 serving Veggie & Hummus Sandwich	1 plum	1 serving Kale Salad with Quinoa & Chicken
Day 9	2 cups Jason Mraz's Avocado Green Smoothie	1 clementine	1 1/2 cups Spicy Cabbage Soup; 2 cups No-Cook Black Bean Salad	3/4 cup Kiwi & Mango with Fresh Lime Zest	1 cup riced cauliflower, 1 serving Soy-Lime Roasted Tofu and 2 cups Colorful Roasted Sheet-Pan Veggies topped with 1 Tbsp. Citrus Vinaigrette
Day 10	1 serving Peanut Butter-Banana Cinnamon Toast	1 cup raspberries	1 serving Chicken & Apple Kale Wraps	1 plum 8 almonds	1 serving Panko-Crusted Pork Chops with Slaw
Day 11	1 serving Avocado-Egg Toast	1 cup raspberries	1 serving Kale Salad with Quinoa & Chicken	1 medium apple	1 serving Salmon & Asparagus with Lemon-Garlic Butter Sauce over 1 cup Basic Quinoa
Day 12	1 serving Peanut Butter-Banana Cinnamon Toast	1 clementine 8 almonds	1 1/2 cups Spicy Cabbage Soup; 2 cups mixed greens with 1 Tbsp. Citrus Vinaigrette and 2 Tbsp. Sunflower Seeds	1 hard-boiled egg with salt and pepper	1 serving Spaghetti Squash & Meatballs
Day 13	1 cup nonfat plain strained yogurt, 1/4 cup muesli and 1/4 cup blueberries	2 clementines	1 serving Veggie & Hummus Sandwich	1 medium apple	1 serving Zucchini Noodles with Avocado Pesto & Shrimp
Day 14	1 serving Avocado-Egg Toast	2 clementines	2 1/4 cup Tomato, Cucumber & White-Bean Salad with Basil Vinaigrette; 1 slice sprouted-grain bread topped with 2 Tbsp. hummus	1 plum	1 serving Fish with Coconut-Shallot Sauce over 1/2 cup Basic Quinoa; 2 cups mixed greens with 1 Tbsp. Citrus Vinaigrette