

7 Day Clean Eating Meal Plan

The week at a glance · about 85-100g of protein a day

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Day 1	Greek yogurt bowl with berries and walnuts	Tuna and white bean salad	Apple with peanut butter	Sheet-pan salmon, little potatoes, broccoli
Day 2	Scrambled eggs with spinach, buttered toast	Leftover salmon over greens with avocado	Cottage cheese with pineapple or peaches	Turkey chili (tomorrow's lunch too)
Day 3	Overnight oats with Greek yogurt and chia	Leftover chili	Almonds and an orange	Roasted chicken thighs with carrots and onions
Day 4	Greek yogurt and berry smoothie	Leftover chicken and quinoa bowl	Two hard-boiled eggs	Shrimp stir fry over brown rice
Day 5	Yogurt bowl, on repeat	Big Greek salad with chickpeas and feta	Veggies and hummus	Slow-cooker pot roast with potatoes
Day 6	Oatmeal with peanut butter and banana	Leftover pot roast	Cottage cheese, or cheese and a pear	Baked cod with white beans and tomatoes
Day 7	Vegetable omelet with cheese	Sunday's white bean soup	Fruit and a handful of walnuts	Whole roasted chicken, sweet potatoes, salad

Sunday prep, about an hour

Cook a pot of quinoa and a pot of brown rice, boil six eggs, make the white bean soup for Day 7, and wash and chop the vegetables. The week runs itself from there.

The rules of the plan

Protein at every meal. Dinners cook once and feed you twice. Swap any fish for any fish, any bean for any bean. If a day gets away from you, pick up at the next meal.

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The grocery list for the whole week

Produce

- Berries (fresh or frozen)
- Apples, oranges, bananas, pears, lemons
- Spinach and mixed greens
- Broccoli, green beans, carrots
- Cucumbers, tomatoes
- Potatoes, little potatoes, sweet potatoes
- Onions, red onion, garlic
- Avocados

Protein

- Salmon (four portions)
- Frozen shrimp
- Chicken thighs
- A whole chicken
- One chuck roast
- Ground turkey
- Cod
- Eggs (a dozen and a half)

Dairy

- Plain full-fat Greek yogurt (large)
- Cottage cheese
- Milk
- Feta cheese
- Butter
- Cheese for omelets

Pantry

- Oats, chia seeds
- Quinoa, brown rice
- Canned white beans, kidney beans, chickpeas
- Canned diced tomatoes (2)
- Olives, hummus
- Peanut butter, almonds, walnuts
- Olive oil, honey, bread, chili powder