

TheKitchenShed
Clean Eating 30
Day Challenge
Week 3

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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| Breakfast 7.30am | Porridge with Medjool Dates and Pecans | Porridge with Blueberries and Maple Syrup | Eggs and Breakfast Beans Recipe to come | Homemade Granola BLOG RECIPE | Toasted Rye Bread with Houmous and a Smoothie | Homemade Granola BLOG RECIPE | Toasted Rye Bread with Coconut Oil Fried Egg and an Apple |
| Snack 10am | 2 Tbsp of Houmous with 1 Carrot and 1/4 Cucumber | Coconut Oil Fried Egg with Tamari Sauce and Parsley | Clean Oat Bar | Pecan Pie Bar BLOG RECIPE | Pesto Scrambled Eggs and Salad | Pecan Pie Bar BLOG RECIPE | 2 Tbsp of Houmous with 1 Celery Stick and 1 Carrot |
| Lunch 12.30pm | Freezer Leftover Turkey Chilli with Salad and Avocado BLOG RECIPE | Toasted Rye Bread with Homemade Houmous, Kale Pesto & Salad BLOG RECIPES | Leftover Pesto Chicken with Wholegrain Rice and Salad | Leftover Turkey Fried Rice | Chicken Avocado Salad with Cashew Nuts | Toasted Rye Bread with Avocado and Chicken & Cucumber Slices | Leftover Curried Parsnip Soup |
| Snack 3pm | Clean Oat Bar | Pecan Pie Bar BLOG RECIPE | 2 Tbsp of Houmous with 1 Carrot and 1/4 Cucumber | 2 Tbsp of Houmous with 1 Celery Stick and 1 Carrot | Clean Oat Bar | 2 Tbsp Houmous with 2 Celery Sticks and 6 Cherry Tomatoes | 1 sliced Apple & 1 sliced Plum sprinkled with Cinnamon and Pecans |
| Dinner 5.30pm | Slow Cooker Pulled Pork with Sweet Potatoes and Salad BLOG RECIPE | Slow Cooker Pesto Chicken with Wholegrain Rice and Salad BLOG RECIPE | Turkey Fried Rice BLOG RECIPE | Mexican Turkey and Bean Fajitas in Homemade Tortilla Wraps BLOG RECIPE | Spelt pasta with Kale Pesto, Chicken and Spinach BLOG RECIPE | Curried Parsnip & Butter Bean Soup BLOG RECIPE | Pork Steaks with Sweet Potatos and Roasted Vegetables |
| Snack/Dessert - optional by 7pm | | | | | | | |