

TheKitchenShed
Clean Eating 30
Day Challenge
2017
Week 1
copyright

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 7.30am	<u>Apple Pie Porridge</u>	<u>Spicy Scrambled Eggs with Cherry Tomatoes & Wholegrain Toast</u>	<u>Spiced Pear Porridge</u>	<u>Bonfire Fried Eggs with Wilted Spinach & Cherry Tomatoes & Wholegrain Toast</u>	<u>Berry Kiwi Porridge</u>	<u>American Pancakes with Berries</u>	<u>Goats Cheese & Basil Omelette with an Apple & Ginger Smoothie</u>
Snack 10am	2 Dark Ryvita Crackers with 2 Tablespoons Goats Cheese & Cherry Tomatoes	Veggie sticks & 2 Tablespoons Houmous	1 Wholegrain Rice Cake topped with 1 Tablespoon Houmous	Sliced Apple with 1 Tablespoon Nut Butter	2 Dark Ryvita Crackers with 2 Tablespoons Goats Cheese & Cherry Tomatoes	20 grams Unsalted Nuts and 2 Medjool Dates	1 Wholegrain Rice Cake topped with Nut Butter
Lunch 12.30pm	<u>Houmous & Chickpea Salad</u>	<u>Leek & Potato Soup with 4 Dark Ryvita Crackers</u>	<u>Tuna & Basil Wrap</u>	<u>Super Salad with Goats Cheese & Lentils</u>	<u>Chicken & Apple Salad</u>	<u>Ultimate Clean Eating Sandwich</u>	<u>Quinoa Funfetti Salad</u>
Snack 3pm	2 Boiled Eggs	Sliced Apple with 1 Tablespoon Nut Butter	20 grams Unsalted Nuts and 2 Medjool Dates	Veggie sticks & 2 Tablespoons Houmous	1 Wholegrain Rice Cake topped with 1 Tablespoon Nut Butter	Veggie sticks & 2 Tablespoons Houmous	20 grams Unsalted Nuts and 2 Medjool Dates
Dinner 5.30pm	<u>Leek & Potato Soup with Wholegrain Bread</u>	<u>Mexican Turkey Taco Mince with Wrap or Wholegrain Rice & Salad</u>	<u>Organic Beef & Mushroom Bolognese with Wholegrain Spaghetti</u>	<u>Slow Cooked Chicken with Sweet Potato Mash & Veggies</u>	<u>Chicken Noodle Soup</u>	<u>Summertime Salmon Quinoa and Salad</u>	<u>Jacket Sweet Potatoes with Apricot Beans & Salad</u>
Snack/Dessert - optional by 7pm							