

TheKitchenShed
Clean Eating 30
Day Challenge
Week 3

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

copyright

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							