

TheKitchenShed Clean Eating 30 Day Challenge Week 4 copyright							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 7.30am	Porridge with Mixed Nuts and Maple Syrup	Maple Pecan Crunch with Blueberries BLOG RECIPE	Eggs and Breakfast Beans Recipe to come	Toasted Rye Bread with Coconut Oil Fried Egg and an Apple	Maple Pecan Crunch with Raspberries BLOG RECIPE	Maple Pecan Crunch with Blueberries BLOG RECIPE	Clean Eating Birthday Fry Up!
Snack 10am	Houmous and Veggie Sticks	Veggie Sticks and Houmous	Clean Oat Bar	Pecan Pie Bar BLOG RECIPE	Veggie Sticks and Houmous	Pecan Pie Bar BLOG RECIPE	Medjool Dates and Pecans
Lunch 12.30pm	Rye Bread with Boiled Eggs and Salad	Leftover Salmon Quinoa	Vegetable & Bean Soup BLOG RECIPE	Leftover Vegetable & Bean Soup	Chicken Avocado Rye Bread with Cashew Nuts	Rye Bread with Avocado and Boiled Eggs with Salad	Birthday Lunch Out
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	Boiled Egg and an Apple	2 Tbsp Houmous with 2 Celery Sticks and 6 Cherry Tomatoes	Clean Oat Bar
Dinner 5.30pm	Summertime Salmon Quinoa and Salad BLOG RECIPE	Turkey Cranberry Meatballs with Sweet Potatoes and Salad BLIG RECIPE	Quinoa with Roasted Vegetables and Feta Cheese recipe to come	Slow Cooker Whole Chicken with Roasted Vegetables BLOG RECIPE	Chicken Noodle Soup and Homemade Bread BLOG RECIP	Apricot Beans, Sweet Potatoes and Roasted Vegetables BLOG RECIPE	Birthday Dinner Out
Snack/Dessert - optional by 7pm							Clean Eating Birthday Cake