

30 Day Clean Eating

Meal Plan

EAT CLEAN, FEEL GREAT!

hi, lovely human!

My name is Arinade Onafowora and I am a coach in the wellness space.

I want to serve in a way that uplifts our human experience and promotes our health in profound but natural ways.

I hope this 30 Day Clean Eating Guide can do just that - especially as we come out of all the festivities.

This guide is designed to improve your overall metabolism and gut health through the power of nutrition!

Over the course of 30 days, you can walk through this easy & enjoyable power-boosting clean eating guide packed with nutrient-rich foods known to support your overall health.

We all need that reset for our mind and bodies as we power into 2024.

So let's get started!

I wish you great health and prosperity.

The logo consists of the word "Arinade" in a flowing, handwritten-style font above the word "LONDON" in a smaller, sans-serif font.

Week 1

S U N D A Y

- B** Fruit salad bowl
- L** Organic chicken salad with avocado
- D** Warm veggie broth with mushrooms

M O N D A Y

- B** Fruit Salad bowl
- L** Hearty pesto chicken salad
- D** Broccoli soup

T U E S D A Y

- B** Berry smoothie
- L** Carrot, celery and potato broth
- D** Baked salmon and asparagus

W E D N E S D A Y

- B** Fruit salad bowl
- L** Tuna lettuce wrap
- D** Veggie brussels sprout soup

T H U R S D A Y

- B** Berry smoothie
- L** Carrot, celery and potato broth
- D** Cashew chicken with a side of black rice

F R I D A Y

- B** Berry smoothie
- L** Organic chicken salad with avocado
- D** Creamy cauliflower soup

S A T U R D A Y

- B** Fruit salad bowl
- L** Tuna lettuce wrap
- D** Sweet potatoes and spinach soup

S H O P P I N G L I S T

P R O D U C E

- 3/4 cup (16g) baby spinach
- 2 avocados
- 1.5 (224g) cups cherry tomatoes
- 2 (182g) cups broccoli
- 3 red or orange bell pepper
- 2 green bell pepper
- 3 yellow onion
- 1 medium red onion
- 3 green onions
- 2 (182g) cups asparagus
- 3 cups portobello mushrooms
- 2 cups brussels sprouts
- 2 cups fresh carrots
- 1 cup celery sticks
- 3 cups sweet potatoes
- 3 cucumbers
- 8 cups (170g) mixed greens
- 1 head romaine lettuce
- 1 large bundle asparagus
- 1 large ginger
- 1 bulb garlic
- 1/2 cup black rice

F R U I T S , M E A T , A N D F I S H

- Fruits in season
- Berries in season (Strawberry, raspberry, blackberry, blueberry and grapes)
- 4 lemons/limes
- 4 oranges
- 1 cup coconut milk
- 6, 4 oz (114g) chicken breasts
- 2, 5 oz (143g) wild caught salmon filets
- 2, 5 oz (142g) fresh tuna
- 2 sliced organic turkey

N U T S A N D P L A N T S E E D S

- Hemp hearts (small package)
- Flax seeds (small package)
- Raw or dry roasted mixed nuts (small package)
- Pumpkin seeds (small package)

M I S C E L L A N E O U S

- Avocado oil
- Coconut oil
- Olive oil
- Fresh coriander
- Pesto sauce
- Tahini
- Jalapeños
- Fresh chilli
- Dried dill and/or chives
- Dried rosemary
- Ground garlic
- Ground ginger
- Onion powder
- Himalayan or sea salt
- Black pepper
- Red pepper flakes
- Fresh thyme leaves
- Honey
- Grilling Skewers

DAILY AVERAGES

Calories: 1,250

Carbohydrate: 39 grams, Protein: 120 grams, Fat: 68 grams

Meal Prep Week 1

- Shop for fruits in season and have a variety throughout the week.
Limit of 3 fruits per fruit salad (example: mangoes, pear and oranges).
- Sprinkle some plant seeds in your berry mix before blending.
Blend a maximum of two berries in one smoothie. Use only water or freshly squeezed oranges as the base.
- Bake chicken breast ahead of time to be had with lunch on Monday and Thursday.
- Pan fry the mushrooms with no oil to get the best flavour before adding them into the stew.
- Home made salad dressings or vinaigrette is advised. This can be made with a blend of lemon juice, honey, black pepper, tahini and coriander.
- Be sure to wash your fruits and veggies thoroughly before consuming.

Week 2

S U N D A Y

- B** Berry smoothie
- L** Sliced chicken and veggies with hummus
- D** Turkey chili with lentil soup

M O N D A Y

- B** Fruit salad bowl
- L** Mediterranean salad with chicken
- D** Sweet potato fries with tomato soup

T U E S D A Y

- B** Berry smoothie
- L** Sticky salmon and rice bowl
- D** Fajita skillet

W E D N E S D A Y

- B** Fruit salad
- L** Smoked salmon salad
- D** Sweet potato and zucchini stew

T H U R S D A Y

- B** Berry smoothie
- L** Warm spiced veggie salad
- D** Cashew chicken with a side of black rice

F R I D A Y

- B** Fruit salad
- L** Sliced chicken and veggies with hummus
- D** Warm veggie broth with mushrooms

S A T U R D A Y

- B** Berry smoothie
- L** Sweet potato and zucchini stew
- D** Turkey chicken salad

S H O P P I N G L I S T

P R O D U C E

- 1 garlic bulb
- 6 cups (128g) arugula or rocket
- 2 cups (42g) mixed greens
- 2 cups (182g) chopped broccoli
- 2 cups (374g) cherry tomatoes
- 1/2 cup (123g) baby carrots
- 3 small yellow onions
- 1 small red onion
- 4 red bell peppers
- 3 avocados
- 1 summer squash
- 1 small bundle asparagus
- 42 ribs celery
- 3/4 cup mushrooms
- 1/4 cup lentils
- 1 vine ripe tomato
- 2 small cucumbers
- 1/2 cup black rice
- 2 organic zucchinis
- 2 green bell pepper
- 1 yellow bell pepper

F R U I T , M E A T , A N D F I S H

- Fruits in season
- Berries in season (Strawberry, raspberry, blackberry and grapes)
- 4 lemons/limes
- 4 oranges
- 12 oz (342g) ground turkey
- 6, 5 oz (142g) chicken breast
- 8 oz (227g) smoked salmon

N U T S A N D P L A N T S E E D S

- Hummus (small container)
- Cashews (small container)
- Sesame seeds (small container)
- Chia seeds (small container)
- Pumpkin seeds (small container)
- Hemp hearts (small container)

M I S C E L L A N E O U S

- Avocado oil
- Olive oil
- Coconut oil
- Tahini
- 14.5 oz (425g) can fire roasted tomatoes
- Tomato paste
- Chilli powder
- Paprika
- Ground cumin
- Cayenne pepper
- Onion powder
- Ceylon cinnamon
- Ground ginger
- Red pepper flakes
- Dried oregano
- Green chilli
- Sea salt
- Black pepper
- Honey
- Jicama wraps (or low carb wraps for fajitas)

DAILY AVERAGES

Calories: 1,165

Carbohydrate: 44 grams, Protein: 114 grams, Fat: 59 grams

Meal Prep Week 2

- Shop for fruits in season and have a variety throughout the week.
Limit of 3 fruits per fruit salad (example: apples, kiwi and pineapples).
- Sprinkle some plant seeds in your berry mix before blending.
Blend a maximum of two berries in one smoothie. Use only water or freshly squeezed oranges as the base.
- Bake and refrigerate enough salmon for lunch on Tuesday and Wednesday.
- Sweet potatoes can be substituted with regular potatoes.
- Bake chicken breast ahead of time to be had with lunch on Friday.
- Home made hummus using chickpeas is a better choice over store bought options.
- Be sure to wash your fruits and veggies thoroughly before consuming.

Week 3

S U N D A Y

- B** Fruit salad
- L** Creamy golden broth soup
- D** Roasted cauliflower green salad

M O N D A Y

- B** Berry smoothie
- L** Lentil, chickpea and potato curry
- D** Lettuce chicken veggie wrap

T U E S D A Y

- B** Fruit salad
- L** Sticky salmon & broccoli with rice
- D** Mushroom and celery soup

W E D N E S D A Y

- B** Berry smoothie
- L** Kale and sweet potato salad
- D** Chicken pepper soup

T H U R S D A Y

- B** Fruit salad
- L** Organic chicken and avocado salad
- D** Creamy cauliflower soup

F R I D A Y

- B** Berry smoothie
- L** Coconut pasta and turkey bowl
- D** Broccoli potato soup

S A T U R D A Y

- B** Fruit salad
- L** Avocado, shrimp & corn salad
- D** Roasted tomato and basil soup

S H O P P I N G L I S T

P R O D U C E

- 1 cup (22g) baby spinach
- 4 (85g) cups mixed greens
- 2 cups arugula/rocket
- 2 cups kale
- 2 small red onions
- 2 small yellow onions
- 3 bell peppers
- 2 cups cauliflower
- 4 small avocados
- 1 cup chickpeas
- 4 cucumbers
- 2 lemons / limes
- 2 cups butter beans
- 8 oz lentils
- 2 ribs celery
- 1 cup organic corn
- 3 oz gluten free pasta
- 2 cups cherry tomatoes
- 1 cup potatoes
- 1 cup broccoli florets
- 2 cups mushrooms
- 2 cups sweet potatoes

F R U I T , M E A T , A N D F I S H

- Fruits in season
- Berries in season (Strawberry, raspberry, blackberry, blueberry and grapes)
- Unsweetened almond milk (small container)
- 1 cup coconut milk
- 8 oz (227g) cooked shrimp
- 6 oz (112g) organic turkey
- 10 oz (250g) skinless chicken breasts

N U T S A N D P L A N T S E E D S

- Hemp seeds
- Chia seeds
- Sesame seeds
- Flax seeds
- Cashews (small container)

M I S C E L L A N E O U S

- Avocado oil
- Olive oil
- 2/3 cup (80g) almond flour
- Cumin spices
- Ground cinnamon
- Garam masala
- Paprika
- Tahini
- Onion powder
- Dried dill
- Fresh coriander
- Chili powder
- Ground cumin
- Ground cayenne pepper
- Dried rosemary
- Black pepper
- Grilling skewers
- Fresh basil
- 14.5oz (425g) canned fire roasted tomatoes
- 6 oz can (170g) tomato paste
- Honey

DAILY AVERAGES

Calories: 1,280

Carbohydrate: 34 grams, Protein: 119 grams, Fat: 73 grams

Meal Prep Week 3

- **Shop for fruits in season and have a variety throughout the week.**
Limit of 3 fruits per fruit salad (example: watermelon, cantaloupe and fig).
- **Sprinkle some plant seeds in your berry mix before blending.**
Blend a maximum of two berries in one smoothie. Use only water or freshly squeezed oranges as the base.
- **Bake chicken ahead of time to be had with lunch on Thursday.**
- **Home made salad dressings or vinaigrette is advised. This can be made with a blend of lemon juice, honey, black pepper, tahini and coriander.**
- **Be sure to wash your fruits and veggies thoroughly before consuming.**

Week 4

S U N D A Y

- B** Berry smoothie
- L** Tuna lettuce wrap
- D** Baked salmon and asparagus

M O N D A Y

- B** Fruit salad
- L** Carrot, celery and potato broth
- D** Cashew chicken with a side of black rice

T U E S D A Y

- B** Berry smoothie
- L** Sweet potato and zucchini stew
- D** Fajita skillet

W E D N E S D A Y

- B** Fruit salad
- L** Chicken salad lettuce wraps
- D** Broccoli potato soup

T H U R S D A Y

- B** Berry smoothie
- L** Sweet potatoes and spinach soup
- D** Chicken sheet pan

F R I D A Y

- B** Fruit salad
- L** Sticky salmon and steamed potatoes
- D** Mushroom pepper soup

S A T U R D A Y

- B** Berry smoothie
- L** Organic chicken salad and avocado
- D** Lentil, chickpea and potato curry

S H O P P I N G L I S T

P R O D U C E

- 2.5 cups broccoli
- 2 small yellow onion
- 3 medium red onions
- 5 cups mixed greens
- 1 cup baby spinach
- 1 large bundle of asparagus
- 1 lemon
- 1/2 cup (75g) cherry tomatoes
- 2 small avocados
- 1 organic zucchini
- 4 bell peppers
- 1/2 mushrooms
- 1/2 cup black rice
- 2 tbsp green olives
- 8 oz lentils
- 3 cucumbers
- 1 cup broccoli florets
- Jicama wraps (or use romaine lettuce)
- 1 head romaine lettuce
- 2 Green onions
- 2 large carrots
- 2 cups sweet potatoes

F R U I T , M E A T , A N D F I S H

- Fruits in season
- Berries in season (Strawberry, raspberry, blackberry, blueberry and grapes)
- 4 lemons/limes
- 4 oranges
- 1 cup coconut milk
- Unsweetened almond milk (small container)
- 2 oz wild caught salmon filet
- 5 oz chicken breast
- 2 oz fresh tuna
- 2 oz organic chicken

N U T S , A N D P L A N T S E E D S

- Hemp seeds (small container)
- Chia seeds (small container)
- Dry roasted or raw mixed nuts (small container)
- Pumpkin seeds (small container)

M I S C E L L A N E O U S

- Avocado oil
- Olive oil
- Dried rosemary
- Ground cinnamon
- Garlic salt
- Ground cumin
- Chili powder
- Onion powder
- Crushed red pepper flakes
- Dried thyme
- Dried dill
- Ground ginger
- Fresh ginger
- Fresh garlic
- Sea salt
- Black pepper
- Vanilla extract
- Almond flour (small container)
- Tahini
- Grilling Skewers

DAILY AVERAGES

Calories: 1,235

Carbohydrate: 39 grams, Protein: 114 grams, Fat: 69 grams

Meal Prep Week 4

- Shop for fruits in season and have a variety throughout the week. Limit of 3 fruits per fruit salad (example: blackberries, blueberries and grapes).
- Sprinkle some plant seeds in your berry mix before blending. Blend a maximum of two berries in one smoothie. Use only water or freshly squeezed oranges as the base.
- Slice red onion and cucumbers ahead of time to be had throughout the week in lunches and dinners. Cucumbers store well soaked in water in the refrigerator.
- Cashew sauce recipe: blend soaked cashews, fresh garlic, fresh ginger spices and lemon juice.
- Be sure to wash your fruits and veggies thoroughly before consuming.

**cold,
smooth
& tasty
juices.**

BRIGHT SUNSHINE

WEEK 1

OPTION 1

- 2 yellow bell peppers
- 5 oranges
- 2 carrots
- 1 lemon
- 1 thumb size ginger

OPTION 2

- 1 handful of spinach
- 3 kale leaves
- 2 cucumbers
- 2 celery stalks
- 4 green apples

INSTRUCTIONS

1. Wash all ingredients with a fruit & veggie wash solution.
2. Use a cold pressed juicer if possible.
3. Serve your juice immediately after juicing,
4. Store any left over juice in glass tight bottle & refrigerate.

GREEN WITH ENVY

WEEK2

OPTION 1

- 2 whole cucumbers
- 1 hand full kale leaves
- 1 head of broccoli
- 2 handfuls of spinach
- 1 small whole pineapple

OPTION 2

- 3 celery stalks
- 1 cucumber
- 3 pears
- 1 hand full mint
- 1 hand full parsley
- 1 lemon

INSTRUCTIONS

1. Wash all ingredients with a fruit & veggie wash solution.
2. Use a cold pressed juicer if possible.
3. Serve your juice immediately after juicing,
4. Store any left over juice in glass tight bottle & refrigerate.

IMMUNITY BOOST

WEEK 3

OPTION 1

- 1 whole pineapple
- 5 oranges
- 2 lemons or 1 Lime
- 1 thumb size ginger
- 3 garlic cloves
- 1 green jalapeño

OPTION 2

- 4 oranges
- 3 carrots
- 1 red sweet potato
- 1 thumb size ginger
- 3 thumb size turmeric

INSTRUCTIONS

1. Wash all ingredients with a fruit & veggie wash solution.
2. Use a cold pressed juicer if possible.
3. Serve your juice immediately after juicing,
4. Store any left over juice in glass tight bottle & refrigerate.

RELAX & HYDRATE

WEEK 4

OPTION 1

- 1 whole watermelon
- 3 red apples
- 1 cup of strawberries
- 1 hand full of mint
- 1 whole cucumber

OPTION 2

- 5 pears
- 3 red apples
- 2 whole cucumbers
- 4 small radishes
- 1 red pointy pepper

INSTRUCTIONS

1. Wash all ingredients with a fruit & veggie wash solution.
2. Use a cold pressed juicer if possible.
3. Serve your juice immediately after juicing,
4. Store any left over juice in glass tight bottle & refrigerate.