

# Clean Eating Menu Plan - Week 2

## Breakfast - Select 1 per day

2 hard boiled eggs  
1 cup berries  
1 piece whole grain toast

Blend: 1 cup berries, 1 banana  
1/2 cup oats, 1/2 cup peanut butter  
1 cup almond milk and ice

2 pieces whole grain toast  
spread with mashed avocados  
fresh sliced peaches

Whole Grain English muffin  
topped with 1 tbsp peanut butter  
1 cup grapes

Spread peanut butter onto  
a whole grain tortilla  
add a banana, and roll  
Cut into sushi-size pieces

## Snacks - Select 2 per day

1 cup sliced cucumbers

bell pepper, sliced  
with salt

1 oz dark  
chocolate

1 cup  
frozen grapes

1 cup  
Greek yogurt  
with honey

1 hard boiled egg

1/2 cup cottage cheese  
with a clementine orange

A banana

Sliced tomato  
mozzarella &  
balsamic vinegar

## Lunch - Select 1 per day

Chicken Quinoa Soup:  
Boil 2 cups chicken  
broth, 1/3 cup quinoa, 1/2 cup  
cooked chicken for 20 min.

Egg Salad Sandwich:  
Combine 2 hard boiled eggs,  
1/4 cup greek yogurt, squirt of  
mustard, S&P. Add to whole  
grain toast

Quesadillas:  
Whole grain tortilla  
melted cheese  
your choice of veggies

Lettuce Wraps:  
Romaine Lettuce leaves,  
topped with roasted chicken,  
tomatoes and avocados

Turkey Pitas:  
Whole wheat pita stuffed  
with 3 oz cooked turkey,  
spinach leaves, cucumbers  
and hummus

## Dinner - Select 1 per day

Beer-Braised Pot Roast  
Roasted Broccoli

Roasted Chicken Thighs  
Asparagus  
Cheesy Quinoa

Chicken and  
Veggie Soup  
Salad

Pork Chops in Mustard Sauce  
Roasted Potatoes  
& Carrots

Omlettes  
Whole Grain Toast

Leftover Pot Roast  
Patty Melts  
Sweet Potato Fries