

# THE EAT CLEAN, FIVE DAY, FIVE MINUTE *meal plan*



	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
<b>BREAKFAST</b>	<a href="#">1 Poached Egg</a> <a href="#">Turkey Breakfast Patties</a> over Spinach	<a href="#">Chef Art's Smart Start</a> <a href="#">Blueberry Oatmeal</a>	<a href="#">Spinach &amp; Feta Omelette</a>	<a href="#">Huevos Rancheros</a>	<a href="#">Mediterranean Poached Eggs with 1 Slice</a> <a href="#">Whole Grain Toast</a>
<b>SNACK 1</b>	Apple with Peanut Butter	Handful of Almonds	<a href="#">Broccoli with Extra Virgin Olive Oil &amp; Sea Salt</a>	Celery with Peanut Butter	Applesauce
<b>LUNCH</b>	<a href="#">Tabbouleh &amp; Weeknight Chicken</a>	<a href="#">Farmhouse Chopped Salad</a>	<a href="#">Cauliflower, Leek &amp; Fennel Soup</a>	<a href="#">Mediterranean Salad to Go</a>	<a href="#">Turkey Burger/Whole Wheat Pita</a>
<b>SNACK 2</b>	<a href="#">Edamame</a>	<a href="#">Cinnamon Apple</a>	<a href="#">Chocolate, Peanut Butter Fondue with Apple &amp; Banana</a>	<a href="#">Parmesan Popcorn</a>	<a href="#">Berry Chia Parfait</a> (1/2 serving)

<b>DINNER</b>	<a href="#">Salsa Verde Shrimp Tacos</a>	<a href="#">Halibut With Spinach &amp; Tomatoes</a>	<a href="#">Salmon &amp; Kale</a>	<a href="#">Turkey Meatballs over Dark Leafy Greens with Tomato Sauce &amp; Nicoise Olives</a>	<a href="#">Kale Caesar with Lobster Tail</a>
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## Nutrition Facts

1 servings per container	
<b>Serving size</b>	(1516g)
Amount per serving	
<b>Calories</b>	<b>1510</b>
	% Daily Value*
Total Fat 72g	92%
Saturated Fat 11g	55%
Trans Fat 0g	
Polyunsaturated Fat 8g	
Monounsaturated Fat 37g	
Cholesterol 365mg	122%
Sodium 1220mg	53%
Total Carbohydrate 147g	53%
Dietary Fiber 29g	104%
Total Sugars 41g	
Includes 1g Added Sugars	2%
<b>Protein 78g</b>	
Vitamin D 1mcg	6%
Calcium 403mg	30%
Iron 13mg	70%
Potassium 2526mg	50%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	(1422g)
Amount per serving	
<b>Calories</b>	<b>1570</b>
	% Daily Value*
Total Fat 83g	106%
Saturated Fat 11g	55%
Trans Fat 0g	
Polyunsaturated Fat 21g	
Monounsaturated Fat 42g	
Cholesterol 155mg	52%
Sodium 930mg	40%
Total Carbohydrate 136g	49%
Dietary Fiber 37g	132%
Total Sugars 44g	
Includes 9g Added Sugars	18%
<b>Protein 89g</b>	
Vitamin D 5mcg	25%
Calcium 635mg	50%
Iron 16mg	90%
Potassium 2390mg	50%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	(1359g)
Amount per serving	
<b>Calories</b>	<b>1150</b>
	% Daily Value*
Total Fat 65g	83%
Saturated Fat 17g	85%
Trans Fat 0g	
Polyunsaturated Fat 11g	
Monounsaturated Fat 32g	
Cholesterol 530mg	177%
Sodium 1660mg	72%
Total Carbohydrate 79g	29%
Dietary Fiber 13g	46%
Total Sugars 24g	
Includes 0g Added Sugars	0%
<b>Protein 67g</b>	
Vitamin D 2mcg	10%
Calcium 489mg	40%
Iron 9mg	50%
Potassium 2319mg	50%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	(1278g)
Amount per serving	
<b>Calories</b>	<b>1450</b>
	% Daily Value*
Total Fat 90g	115%
Saturated Fat 17g	85%
Trans Fat 0g	
Polyunsaturated Fat 15g	
Monounsaturated Fat 73g	
Cholesterol 375mg	125%
Sodium 2790mg	121%
Total Carbohydrate 104g	38%
Dietary Fiber 22g	79%
Total Sugars 23g	
Includes 0g Added Sugars	0%
<b>Protein 62g</b>	
Vitamin D 2mcg	10%
Calcium 664mg	50%
Iron 15mg	80%
Potassium 1311mg	30%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	(888g)
Amount per serving	
<b>Calories</b>	<b>1380</b>
	% Daily Value*
Total Fat 72g	92%
Saturated Fat 25g	125%
Trans Fat 0g	
Polyunsaturated Fat 15g	
Monounsaturated Fat 25g	
Cholesterol 440mg	147%
Sodium 2580mg	112%
Total Carbohydrate 111g	40%
Dietary Fiber 10g	36%
Total Sugars 38g	
Includes 9g Added Sugars	18%
<b>Protein 81g</b>	
Vitamin D 2mcg	10%
Calcium 747mg	60%
Iron 13mg	70%
Potassium 1893mg	40%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4