

Clean Eating Food Plan

Delicious clean eating plan that shows you higher quality foods to eat with recipes.



Breakfasts Lunches Dinners Desserts Appetizers Smoothies



SlimDownSmart

Introduction

Welcome to the 1-Day Meal Planning Program! This is an extraordinary way to kick start your fat loss journey to success with a simple to follow plan. I'm excited to see how well your results turn out after following our meal plans!

You'll be given 4 meals to eat. These are hearty meals that fill you up. The meals that are planned out for today and the upcoming weeks are packed with protein to keep you fuller for longer during the day.

The meals are laid out accordingly for breakfast, lunch, a snack, and dinner. If you get a late start to the day you can swap snacks and dinners around so you can schedule your meals better. We want you to incorporate this plan to fit your schedule. These meals will help you reduce inflammation, avoid gluten, and boost your energy levels.

You should stick to every meal that is planned out for you to have success. Skipping a meal can cause your blood sugar levels to dip too low and prevent your body from burning fat. If you ever feel hungry after a meal you can increase your portion size. You should never feel hungry following the plan.

The Slim Down Smart team has also included a shopping list to ensure you have everything you need. This way you can save time and be efficient when planning and preparing meals.

You may already have most of the items on the shopping list. Just make sure to double check. When you're grocery shopping we recommend you buy organic produce and poultry to ensure quality.

Fruits and vegetables are recommended to be bought organic unless you're peeling the outer shell or peel off the fruit or vegetable. Meats should be bought organic to remove harmful hormones and antibiotics.

Although we do recommend organic, it's not necessary if you're on a limited budget. We're excited to see your results once you've finished the plan! If you have any questions please contact us so we can help you! <http://slimdownsmart.com/contact>

Matt Green

Nutritionist & Exercise Consultant

1-Day Shopping List

Vegetables

- 1 bag of spinach
- 1 bag of spring mix salad
- 1 bag of green beans
- 1 bell peppers
- 1 onion
- 1 head of broccoli

Nuts, Seeds & Nut Butters

- 1 bag - raw almonds

Eggs

- 1 dozen - eggs

Extras

- 1 box - wild rice
- 1 container - vegetable broth
- 1 container - salsa
- 1 can - black beans
- 1 block of mozzarella cheese

Spices & Salts

- 1 container - cumin
- 1 container - cilantro
- 1 container - garlic powder
- 1 container - cayenne pepper

Oils & Butter

- 1 stick - grass fed butter

1-Day Meal Plan

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper + Mozzarella	Until Satisfied	9am – 10am
Lunch	Serving Size	Time
Veggie Burrito Bowl (Recipe Below)	Until Satisfied	12pm – 1pm
Snack	Serving Size	Time
Raw Almonds	Until Satisfied	2pm – 3pm
Dinner	Serving Size	Time
½ cup Wild Rice, Green Beans, and Broccoli	Until Satisfied	4pm – 6pm

NOTES:

I enjoy making this breakfast as an omelet. Typically I crack the eggs, mix the eggs in a bowl, and cook the eggs over the stovetop with butter. Once egg is cooked, I add in spinach, onion, pepper, and a little cheese on half of the omelet.

Once I fold the omelet over everything melts together. Cook with butter.

The veggie burrito bowl adds some variety into your day with fresh greens. It tastes just like a burrito without the tortilla.

We recommend eating a lot of fibrous foods. They can help improve bowel movements and the excretion of toxins within the gut. Green beans and broccoli also have a lot of fiber and healthful nutrients. You can prepare these 3 foods anyway you like. Mix them all together once cooked.

Veggie Burrito Bowl

Ingredients - Serves: 1

- 1/4 cup Black Beans
- 1/2 cup Spring Salad mix
- 1 teaspoon Vegetable Broth
- 2 tablespoons fresh Salsa
- Pinch of Cumin
- Fresh Cilantro, for garnish
- Pinch of Cayenne
- ½ sliced Onion, for garnish
- Pinch of Garlic powder

Directions

1. Heat black beans with chicken broth, cumin, cayenne, and garlic powder on the stove 5 minutes or until heated. Set aside.
2. Add salad mix to your bowl, and spoon black bean mixture on top. Serve with salsa, cilantro, and green onions on top!

Ready For the Next Step?

Now that you've completed the 1-Day of meal plan, I want to invite you to join us for our 1-Week Meal Plan. You can start following another week of meal plans. These meal plans are very beneficial to your health because they keep you on track.

You'll also enjoy all of the variety we have between recipes and meal options. Follow the link to start the 1-Week Meal Plans today! <http://slimdownsmart.com/f/clean-eating/7days.php>