



BlueSky
FITNESS & HEALTH COACHING

7 DAY CLEAN EATING MEAL PLAN AND RECIPES



The Clean Eating Meal Plan is designed to be family friendly meals for busy, budget-conscious families. There are certain staples that if you simply keep them on hand, will make eating well very easy and more affordable! I list these in **Pantry Stock**. Your first few shopping trips may be more expensive as you develop a stable stocked pantry. There may be many foods you simply do not have yet, but as you accrue them, you'll find it makes weekly shopping way more affordable!

FRIDGE & PANTRY STOCK

*Some foods might be located in more than one category

Grains:	Veggies:	Fruit	Dairy & Nuts/Seeds:	Seasonings:
Brown Rice Oatmeal Quinoa Soba Noodles GF or sprouted grain wraps GF Bread Lentils: Black Beans Pinto Beans Cannelloni Beans Chickpeas	Dark Leafy Greens Celery Cucumber Sweet peppers Zucchini Broccoli Cauliflower Garlic Onion Potatoes Squash Carrots	Apples Berries Pears Grapefruit Grapes Avocado Cherries Mango Plums Melons Pineapple	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt Butter Seeds: Pumpkin, flax, sunflower, sesame, chia Nuts: Almonds, walnuts, Macadamia nuts, cashews, pecans	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Honey Maple Syrup
Proteins	Beverages	Grab N Go Bars	Baking Goods:	Fats
Chicken Turkey Eggs Wild Salmon Grass Feed Beef Wild Halibut Bison Wild Tilapia Skipjack Tuna (less mercury) Hemp Seeds Protein Powder	Herbal Tea Dandelion Root Tea Organic Coffee Unsweetened Cranberry Juice Perrier Water	Think Thin Bars Lara Bars Quest Bars Vega Bars	GF Flour Blend Coconut Flour Baking Soda Baking Powder Raw Honey Grapeseed Oil Nut Butter Coconut Oil Cocoa Olive Oil Vanilla Balsamic Vinegar	Butter Olive Oil Coconut Oil Hempseed Oil Flaxseed Oil Pumpkinseed Oil Grapeseed Oil Nuts/Seeds Avocado

7-DAY CLEAN EATING MEAL PLAN

20 SNACK IDEAS FOR THE FAMILY

Often, we reach for snacks for reasons other than physical hunger. I always recommend that you check in to this space before you grab for food. There is a fun check-in exercise I like to do with my clients called “the broccoli test”. When you think you are hungry ask yourself if you would enjoy eating some raw broccoli with a small amount of dip or do you really want (insert comfort food).

You can tell if you are experiencing physical hunger by the absence of a food craving. Physical hunger is a good thing. It means your metabolism is firing. Feeling physically hungry is ok just don't let yourself become starving. When you go past feeling hungry and move into starving your blood sugar levels drop and the cravings become intense.

I recommend you have an afternoon snack between 3 to 5pm. If you have dinner later than 7 pm perhaps have two snacks - one at 3pm and one at 5pm. You don't want to eat dinner when you are starving because you are more likely to overeat.

1. Almonds, walnuts or cashews (a small palm full is usually a serving)
2. Sunflower seeds and raisins
3. Celery and almond butter (peanut butter or sun butter) 1-2 tbsp
4. Rice chips with hummus
5. Organic Tortilla Chips and salsa or guacamole (for those that just HAVE to have chips).
6. Veggie sticks (celery, carrots, cucumber) and hummus or guacamole
7. Kale chips (make your own) - for recipes visit: AllRecipes.com
8. Zucchini oven chips (make your own)
9. Sweet potato chips or fries (make your own)
10. Apple slices with nut butter or sun butter
11. Pumpkin seeds and dried cranberries
12. Goat yogurt with granola (IF you tolerate dairy. Tip: read labels – avoid high fructose corn syrup and artificial colors & sweeteners)
13. Green smoothie with flax or chia seeds
14. Fresh fruit or fruit salad
15. Make your own trail mix with raw nuts seeds and dried fruit
16. Baby carrots and/or celery, cucumber with hummus
17. Dinner leftovers
18. Salad with a variety of vegetables and olive oil-based dressing
19. For an easy on-the-go snack, check out Lara Bars (get the ones without added sugar).
20. Mixed berries (or mixed berry smoothie with flax seeds or chia seeds)

7 Day Clean Eating Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Chocolate Peanut Butter Shake	B: Very Berry Flax Yogurt	B: Creamy Green Berry Shake	B: 2 Egg Muffins	B: Nutty Chocolate Yogurt	B: Coffee Banana Morning Shake	B: Whole Grain Bread, Lox & Cream Cheese
S: 1 apple + 3oz tuna	S: 1 salmon patty with 1 small peach	S: 1 whole hardboiled egg + 1 small pear	S: Yogurt with 10 walnuts	S: 1 cracker with 2 slices of oven roasted turkey meat with 1 tsp avocado	S: 1 salmon patty with 1/2 cup cubed cantaloupe	S: Yogurt with 10 walnuts
L: Tossed Chicken Salad	L: Turkey Spinach Sandwich	L: Green Salad with Salmon + 1 serving nuts/seeds	L: Turkey Chilli	L: Speedy Tuna Salad + 1/2 cup beans	L: Tasty Turkey Salad	L: Tuna Nicoise Salad
S: 1 cracker with 1 tbsp light cream cheese	S: 2 tbsp hummus with 1/2 raw red pepper + 2oz 4% cheese	S: 2 Ryvita crackers with 4 slices of oven roasted turkey meat with 2 tbsp avocado	S: 5 Brown Rice Crackers with 2 tsp light cream cheese + 4oz cheese	S: 1 whole hard boiled egg + 1/2 large pear	S: 5 Brown Rice Crackers with 2 tsp hummus & 1 oz low fat feta	S: 1 small apple + 2 tsp peanut butter
D: Grilled Salmon with dijon mustard sauce + 1 cup berries	D: Greek spinach salad with chicken	D: Mexican Turkey & Black Bean Salad	D: Salsa Snapper	D: Thai Beef with Stir-Fried Vegetables	D: Grilled Chicken & Green Beans	D: White Bean Salad

Legend: B: Breakfast S: Snack L: Lunch D: Dinner



BREAKFASTS:

CHOCOLATE PEANUT BUTTER SHAKE

Ingredients:

- 1 scoop protein powder
- 1 cup unsweetened almond chocolate milk
- 1 tbsp natural creamy peanut butter
- 1 cup blueberries
- 1 tbsp of chia seeds (whole or ground)

Instructions:

Combine in blender and blend until smooth.

VERY BERRY FLAX YOGURT

Ingredients:

- 1 cup plain Greek yogurt
- ½ cup raspberries
- ½ cup blueberries
- 1 tbsp ground chia seeds

Instructions:

Mix all ingredients.

CREAMY BERRY GREEN SHAKE

INGREDIENTS:

- ½ cup frozen mixed berries
- ½ small frozen banana
- 2 handfuls of spinach (you can't taste it)
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tbsp ground chia seeds

INSTRUCTIONS:

Combine all ingredients and blend for 90 seconds



EGG MUFFINS

Makes 12 muffins

INGREDIENTS:

- 6 whole eggs
- 1 cup of egg whites
- ½ cup shredded cheddar cheese
- ½ tbs olive oil
- 1 cup broccoli, finely ground
- 1 cup mushroom, finely chopped
- ½ cup onion, chopped

INSTRUCTIONS:

- Preheat oven to 350 degrees
- Grease muffin tin (use oil mister) and set aside
- Using a cuisinart or blender, pulse the raw broccoli until it's finely ground, set aside
- Chop mushrooms and onions
- Heat frying pan to medium heat and add oil. Sautee mushrooms and onions until tender. Mix mushrooms and onion mixture in with broccoli. Stir to combine.
- Using a tablespoon spoon vegetable mixture into the bottom of each muffin tin.
- Combine whole eggs with liquid whites and cheese. Wisk until combined.
- Pour egg mixture over vegetables until ¾way full.
- Bake for 15 – 20 minutes or until firm. Reheat 2 muffins in the microwave for breakfast.

NUTTY CHOCOLATE YOGURT

INGREDIENTS:

- 1 tsp cocoa powder
- 1 cup plain Greek yogurt
- 1 tsp coconut sugar
- 8 raw almonds, crushed

INSTRUCTIONS:

- Mix and enjoy.



COFFEE BANANA MORNING SHAKE

Ingredients:

- 1 small frozen banana
- 1 cup unsweetened almond milk
- 1 cup coffee, cooled (decaf is ok too)
- 1 tsp cinnamon
- 1 scoop protein powder

Instructions:

Combine all ingredients in a blender and blend for about 90 seconds.

WHOLE GRAIN BREAD, LOX & CREAM CHEESE

Ingredients:

- 1 slice Gluten-free bread
- 1 tbsp cream cheese
- 3 ounces smoked wild salmon
- Sliced red tomatoes & cucumbers

Instructions:

Spread cream cheese on bread. Add lox and veggies.

LUNCH:**TOSSED CHICKEN SALAD****Ingredients:**

- 4 oz. grilled chicken breast (plain)
- 2 cups tossed lettuce with 4 slices tomato, ½ cup cucumber, ¼ cup peppers
- 1 tsp extra virgin olive oil with balsamic vinegar
- ½ cup lentils

Instructions:

Cut chicken breast into cubes. In a bowl, combine chicken cubes, lentils, salad, extra virgin olive oil and balsamic vinegar and toss thoroughly.

TURKEY SPINACH SANDWICH**Ingredients:**

- 4 oz. nitrate free oven roasted turkey breast (4-5 slices)
- 2 slices of Stonemill bread
- 1 cup raw spinach
- 3 slices of tomato
- 4 slices of cucumber
- handful of alfalfa sprouts
- 2 tbsp avocado
- 1 tb spoon fat honey mustard salad dressing

Instructions:

Using 2 slices of Stonemill bread spread avocado on both sides of the bread. Drizzle 1 tbsp of non fat honey mustard dressing on top of the avocado. Place the roast turkey on 1 slice of bread. Top with spinach, tomato, cucumber and sprouts. Close the sandwich and enjoy.

GREEN SALAD WITH SALMON**Ingredients:**

- 3 oz canned pink salmon
- 1 tbsp low fat mayonnaise
- 3 cups leaf lettuce
- 1 cup chopped mixed vegetables
- 1 tbsp non-fat Italian dressing
- 1 Ryvita Cracker

Instructions:



Drain salmon. Mix salmon and mayonnaise in a large bowl. Place mixed green lettuce on a plate. Scoop salmon on top of salad and top with salad dressing. Enjoy with cracker.

QUICK TURKEY CHILLI

Ingredients:

- 1 tsp extra virgin olive oil
- 4 oz lean ground turkey
- ¼ cup chopped onion
- ½ cup canned red kidney beans
- 1 tsp chilli powder
- ½ tsp garlic powder
- 1 tsp ground black pepper
- 1 cup canned stewed tomatoes

Instructions:

Heat oil in a large non-stick pan over medium heat. Add ground turkey and sauté for 5 minutes or until lightly browned. Stir often. Add onions, kidney beans, chilli powder, garlic powder, pepper and stewed tomatoes. Simmer for approximately 20 minutes. Place in a bowl and serve.

SPEEDY TUNA SALAD

Ingredients:

- 5 oz canned albacore flaked light tuna in water
- 2 tbsp diced celery
- 1 tbsp light mayonnaise
- ½ sliced raw sweet red pepper
- 1 small pear
- ½ tbsp chopped onion
- 2 tbsp chopped carrots
- 3 cups romaine lettuce
- ½ cup peeled and sliced cucumber
- 1 tbsp balsamic vinegar

Instructions:

Combine lettuce and vegetables in a bowl and add dressing (olive oil and balsamic vinegar). In another bowl, add tuna, onions, celery, carrots and mayonnaise. Mix until it is completely combined. Arrange salad on plate and top with a scoop of tuna salad and serve. Enjoy with fruit for desert.



TASTY TURKEY SALAD

Ingredients:

- 4 oz raw ground turkey
- 1 tsp extra virgin olive oil
- 1/2 cup broccoli florets
- 1/2 cup slice raw sweet and red pepper
- 1/2 tsp balsamic vinegar
- 2 tsp minced garlic
- 2 floz filtered water
- 1/4 tsp ground oregano
- 1/4 tsp dried basil
- 1/2 tsp paprika
- 1 cup shredded cabbage
- 1/2 tsp Worcestershire sauce
- 1 tbsp tomato paste
- 1 /4 tsp dried tarragon
- 1/4 tsp dried parsley
- 1/8 tsp chilli powder
- 1/4 tsp dried dill weed

Instructions:

Combine oil, ground turkey, broccoli, cauliflower, peppers strings, balsamic vinegar, Worcestershire sauce, minced garlic, tomato paste, water and other spices in a non-stick pan. Cook until turkey is browned and vegetables are tender. Cover and simmer for 5 minutes until mixture is hot, stirring occasionally to blend flavours. Arrange shredded cabbage on a large plate. Spoon ground turkey and vegetables onto cabbage. Sprinkle with salt and pepper to taste.

TUNA NICOISE SALAD

Ingredients:

- 1 small boiled potato
- 4oz canned tuna in water
- 1/4 cup peeled and sliced cucumber
- 1 hard boiled egg
- 1/2 tsp chopped parsley
- 1 tsp olive oil
- 1/8 tsp mustard
- 3 cups romaine lettuce
- 1/4 cup green beans

- ½ red tomato
- 1/8 tsp minced garlic
- 2 tsp red wine vinegar
- 1 ½ tsp lemon juice
- ½ tsp chopped scallions or spring onions

Instructions:

Cook potato, uncovered, in salted water until tender when pierced with a fork. Drain, peel and slice. Combine with chopped green onion and dash of salt and pepper; set aside. Snip the ends off the green beans. Cook green beans in salted water, covered, until crisp, yet tender, drain. Arrange lettuce, green beans, tuna, potato slices, cucumber slices, tomato wedges and egg slices on a plate. For dressing, mix garlic, parsley, onion, vinegar, lemon juice, mustard and oil in a small bowl. Drizzle dressing over salad. Serve chilled.

DINNER:**GRILLED SALMON WITH DIJON MUSTARD SAUCE****Ingredients:**

- 3 oz raw salmon fillet
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 tsp extra virgin olive oil
- 1 tbsp dried pine nuts
- 1 tsp dried dill weed
- 1 cup broccoli florets
- 6 medium spears raw asparagus
- 1 small baked sweet potato with skin

Instructions:

Preheat grill or oven. Rinse fillet with cold water. Squeeze lemon juice over fillet and season to taste. To make the sauce, mix mustard, oil, lemon and pine nuts in a bowl. Grill the fish on high heat. Pour sauce over fish and serve with steamed broccoli, asparagus and sweet potato.

GREEK SPINACH SALAD WITH CHICKEN**Ingredients:**

- 3 cups raw spinach
- 5 oz grilled chicken breast
- ½ cup chopped or sliced red tomato
- ½ cup sliced raw onion
- ½ cup peeled and sliced cucumber
- 4 black pitted olives
- 1 tsp olive oil
- 1 tbsp balsamic vinegar
- ½ cup blueberries
- 1 lemon wedge

Instructions:

Mix spinach, tomatoes, sliced onions, cucumbers and olives in a large bowl. Top with grilled chicken and oil and vinegar salad dressing. Enjoy with fruit for dessert.

MEXICAN TURKEY AND BLACK BEAN SALAD

**Ingredients:**

1 tsp olive oil
4 oz lean ground turkey
1/3 cup chopped raw green pepper
1/3 cup chopped raw sweet pepper
1/4 cup chopped onion
1/2 tsp minced garlic
1/2 cup black beans
1/4 cup mild or medium salsa
3 cups leaf lettuce

Instructions:

Heat oil over medium- high heat in a non stick skillet. Sauté all vegetables with garlic, a dash of cayenne pepper and 1/4 tbsp dried basil. Add turkey and cook until it browns. Drain thoroughly. Add salsa and black beans and warm through. Add salt, pepper and hot sauce, if desired. Serve over mixed green salad.

SALSA SNAPPER**Ingredients:**

4 oz raw snapper
1/4 cup medium green chilli salsa
1 tsp extra virgin olive oil
1 oz reduced fat Monterey jack cheese, shredded
1 small baked sweet potato with skin

Instructions:

Heat oven to 400F. Spread olive oil in a shallow baking pan. Place fish fillet in pan. Spoon salsa over fish. Bake fish for 10 to 12 minutes. Spread shredded cheese evenly on top. Bake for 2 to 3 minutes more, until cheese is bubbly. Serve with baked sweet potato.

THAI BEEF WITH STIR FRY VEGGIES**Ingredients:**

3 oz broiled top sirloin beef
1/2 cup raw snow peas
1/2 cup sliced raw sweet red pepper
1 tbsp teriyaki sauce
1/2 tbsp reduced fat creamy peanut butter
1/8 tsp cornstarch
1 tsp sesame oil
1 cup frozen stir fry vegetable blend

½ cup pineapple chunks in its own juice

Instructions:

Preheat oven to 400F. Cut up beef into strips. Place beef in the center of a piece of aluminium foil, ensuring that foil is large enough to fit all ingredients and to secure edges by folding. Place snow peas and peppers on top of beef. In a small bowl, mix together teriyaki sauce, peanut butter and cornstarch. Pour mixture over and vegetables. Fold up sides and ends of the foil to seal. Place package on a baking sheet in the oven and cook for 10 to 15 minutes, or until beef and vegetables are done. Serve with vegetables stir-fried in sesame oil. Enjoy with fruit for dessert.

GRILLED CHICKEN AND GREEN BEANS**Ingredients:**

4 oz raw boneless skinless chicken breast
1 tsp extra virgin olive oil
1 small baked sweet potato with skin
½ cup green beans

Instructions:

Preheat grill and grill chicken until fully cooked. Serve with green beans and sweet potato. Drizzle with olive oil.

WHITE BEAN SALAD**Ingredients:**

½ cup canned white beans
1/2 cup light extra firm tofu (substitute 4oz of animal protein – optional)
¼ cup chopped or sliced red tomato
2 tbsp chopped onion
2 tbsp parsley
1 oz low fat mozzarella cheese
1 tbsp lemon juice
1 tsp olive oil
1 tsp balsamic vinegar
¼ tsp minced garlic
1/8 tsp dried thyme
1 dash ground black pepper

Instructions:

In a large bowl, combine beans cubed tofu, tomatoes, onions, parsley and cubed cheese. In another bowl, mix oil, vinegar, lemon juice, minced garlic, thyme and pepper. Add to bean mixture and toss.



LIVE A HEALTHY LIFESTYLE



I hope you enjoyed my 7 days of healthy eating and you are now on the road to eating cleaner for life!



Yours in Health, Kathryn xo

P.S. Come join my facebook group “Fit Fabulous and Free” if you haven’t already!
www.facebook.com/groups/fitfabandfee