



5 DAY CLEAN FOOD WEIGHT LOSS MEAL PLAN

SAMPLE Day 1

Breakfast

- 1 Grapefruit
- ½ cup Oatmeal (½ cup raw = 1 cup prepared)
- 1 cup Skim Milk or 1% Milk
- 1 Bottled Water (or 8-16oz)

SNACK

- 1 Low-fat Yogurt

LUNCH

- Wrap Sandwich---1 Low Carb Wrap, lettuce, sliced tomato, 2-3oz Chicken (breast)
- 1 cup raw vegetables
- Bottle of Water and/or Green Tea

SNACK

- 1 small Apple

DINNER

- 2 cups Salad Greens (Spinach, Romaine or Spring Mix)—Cucumber, Broccoli, Cherry Tomatoes, Carrots
- 3-4ozs. Baked Chicken Breast or Turkey Breast (SKINLESS)
- ½ cup Brown Rice or Wild Rice (NOT FLAVORED)
- 1 cup Broccoli or other green Veggie (Steamed or Boiled)
- 1 Bottled Water and/or Green Tea

SNACK

- PROTEIN SHAKE

SAMPLE DAY 2

BREAKFAST

1 cup KASHI Cereal or Fiber One (**less than 200 calories per cup**)

1 cup Skim Milk or 1% Milk

1 cup Strawberries

1 Bottled Water (or 8-16oz)

SNACK

1 –cup raw Veggies

1 Bottled Water (or 8-16oz)

LUNCH

2 cups Salad Greens (Spinach, Romaine or Spring Mix)---3-4 oz Tuna, Broccoli, Cucumbers, Tomatoes,
Carrots, Flax Seeds or Sliced Almond
NO DRESSING (Seasonings and/or Lemon Juice)

1 piece of Fruit

1 Bottle of Water (or 8-16oz)

Green Tea

SNACK

PROTEIN SHAKE

DINNER

1-2 filets of White Fish (BROILED OR BAKED)

½ Sweet Potato (Nutmeg, Cinnamon, Butter Substitute Spray and/or SLENDA)

1 cup Green Veggie (Steamed, Grilled or Boiled)

1 Bottled Water and/or Green Tea

SNACK

1 cup Berries (Strawberries, Blueberries, Raspberries and/or Black Berries)

SAMPLE DAY 3

BREAKFAST

4 Egg Whites (Boiled or Scrambled)

2-4 pieces Turkey Bacon

1 piece **LIGHT** Whole Wheat Toast (PLAIN)

1 Bottled Water (or 8-16 oz)

SUPPLEMENTS: 1 Multivitamin and Vitamin C

1 Flax Seed Pill

SNACK

1 small Apple

12-18 Almonds (PLAIN OR LIGHTLY SALTED)

1 Bottled Water (or 8-16 oz)

LUNCH

1 ½ cups Stir-fry ---2-3 oz Chicken, Broccoli, Sugar Snap Peas, Sweet Onion, White Mushrooms

(Use 1tbsp Olive Oil and Seasonings)

½ cup Brown or Wild Rice (unflavored)

1 Bottled Water (or 8-16oz) and/or Green Tea

SNACK

1 Low-Fat Yogurt

DINNER

3-4ozs Chicken Breast (baked, boiled or grilled) SKINLESS

1 cup Green Veggies or 8 Asparagus Spears

½ Grapefruit

1 Bottled Water and/or Green Tea

SNACK

PROTEIN SHAKE

SAMPLE DAY 4

BREAKFAST

½ cup Oatmeal (½ cup raw = 1 cup prepared)

1 cup berries (Strawberries, blueberries, raspberries, and/or blackberries)

1 Bottled Water

SNACK

1-cup Salad Greens---2-3 oz Tuna, Broccoli, Tomatoes, Cucumbers

(**NO DRESSING**, only Lemon Juice or seasonings)

(Greens = Spinach, Spring Mix or Romaine)

1 Bottled Water and/or Green Tea

LUNCH

Chicken Salad: 2 oz of chicken mixed with 1 tbsp plain lowfat yogurt, ½ cup diced celery and
diced green pepper. Served on Romaine Lettuce leaves. (Season according to taste)

2 pieces Whole Wheat Melba Toast (unsalted)

1 small Apple

1 Bottled Water (or 8-16oz) and/or Green Tea

SNACK

1-cup Raw Veggies

DINNER

1 grilled Salmon filet

½ Sweet Potato (Nutmeg, Cinnamon, Butter Substitute Spray and/or SLENDA)

1 cup Green Veggies or 8 Asparagus Spears

1 Bottled Water and/or Green Tea

SAMPLE DAY 5

BREAKFAST

PROTEIN SHAKE---1-cup Light Soy Milk, ½ cup fresh frozen Strawberries (unsweetened),
1 scoop Whey Protein (Vanilla or Chocolate), Optional SPLENDA

SNACK

4 Egg Whites (Boiled)
1 small Apple
1 Bottled Water (or 8-16oz)

LUNCH

Low Carb Chicken Quesadilla---low carb shell, 2-3oz Chicken Breast, mushrooms, sweet onions and
pepper s (orange or red)(use 1 tsbp to sautee), 2oz low fat cheese
Condiments: 2 tsbp SALSA and/or 2 tsbp FAT FREE Sour Cream
1 Bottled Water (or 8-16oz) and/or Green Tea

SNACK

1 Low Fat Yogurt

DINNER

3oz Broiled Shrimp (approx. 8-12 x-large) with garlic, pepper and sea salt
½ cup Brown or Wild Rice
1 cup Steamed or Boiled Green Beans (FRESH)
½ cup Chunked Pineapples
1 Bottled Water (or 8-16oz) and/or Green Tea

SNACK

1-cup raw veggies

**SAMPLE MEAL PLAN ONLY. PLEASE CONSULT A PHYSICIAN OR REGISTERED DIETICIAN BEFORE
ATTEMPTING ANY NEW DIET AND EXERCISE PROGRAMS.**