

LEAN AND CLEAN MEAL EXAMPLES

E X A M P L E S	PROTEIN	CARBOHYDRATE	GREEN	OTHER
	Tilapia	Peas	Peas	
	Turkey Burger-99% FF	Whole Grain Bread	Romaine	
	Chicken Breast	Sweet Potato	Romaine	
	Chicken Breast	Brown Rice	Romaine	
	Egg Whites	Whole Grain Bread	Spinach	Hot Sauce
	Whey Protein Powder	Oats, Rice Milk or Skim Milk, and or Fruit, Honey, Dextrose, Stevia	Spinach (option)	Water as base for leaner option
	Whey Protein Powder	Apple		Water
	Egg Whites	Oats-cooked w/fruit (optional)		Cinnamon
	Egg Whites	Brown Rice		
	Beef, Top Round	Brown Rice	Broccoli	
	Beef, Top Round	Sweet Potato	Asparagus	
	Ground Beef, Extra Lean	Sweet Potato	Green Beans	
	Shrimp	Brown Rice	Broccoli	
	(Oat Pancakes)-Egg Whites, Cottage Cheese-FF/LF	Oats, Banana		Cinnamon, Vanilla
	(Protein Pudding) Whey protein	Skim Milk		
	Cottage Cheese-FF/LF	Sweet Potato		
Cottage Cheese-FF/LF	Cottage Cheese-FF			
Greek Yogurt-FF/LF	Fruit and/or Oats			
Ground Beef, Extra Lean	Salsa			