



COOLER 1 MEAL PLAN

Here are some Eat-Clean menus and grocery lists to show you how you might choose to eat throughout the week. They are simply suggested guidelines. Just make sure to follow the Eat-Clean Principles and you'll be fine. Adjust portion sizes accordingly.

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GROCERY LIST

WHOLE GRAINS

- Cream of Wheat
- Millet
- Oats

PRODUCE

- Apples
- Asparagus
- Bok choy
- Broccoli
- Celery
- Cherry tomatoes
- Cucumbers
- Green beans
- Kale
- Lemons
- Pears
- Radishes
- Romaine lettuce
- Spinach
- Sprouts
- Sweet potatoes
- Tomatoes
- Zucchini

PROTEINS

- Bison
- Chicken
- Cod
- Eggs
- Elk
- Protein powder
- Quinoa
- Tilapia
- Tuna loin
- Water-packed, canned tuna

MISC.

- Balsamic vinegar
- Herbal tea

	BREAKFAST BOOSTER	MIDMORNING MUNCH	LUNCHTIME REFUEL	MID-AFTERNOON PICK-ME-UP	DINNERTIME DELIGHT
DAY 1	Oatmeal topped with flaxseed and bee pollen; scrambled egg whites; distilled water or herbal tea.	Grilled chicken breast; steamed green beans; distilled water.	½ sweet potato; romaine lettuce topped with grilled chicken breast, sprouts and squirt of lemon juice; distilled water.	Protein shake made with water and 1 scoop protein powder; 1 pear; distilled water.	Baked cod; ½ sweet potato; steamed bok choy; distilled water.
DAY 2	Millet topped with flaxseed and bee pollen; scrambled egg whites; distilled water or herbal tea.	½ apple; water-packed canned tuna; distilled water.	½ sweet potato; spinach topped with grilled chicken breast, radishes, cucumbers and dash balsamic vinegar; distilled water.	Water-packed canned tuna; cherry tomatoes; distilled water.	Roasted turkey breast; ½ sweet potato; steamed asparagus; distilled water.
DAY 3	Oatmeal topped with flaxseed and bee pollen; scrambled egg whites; distilled water or herbal tea.	1 pear; roasted turkey; distilled water.	Grilled chicken breast with ½ sweet potato; green beans; distilled water.	Roasted turkey breast; raw, sliced radishes; distilled water.	Grilled bison tenderloin; ½ sweet potato; steamed, sliced zucchini; distilled water.
DAY 4	Cream of Wheat cereal topped with bee pollen and flaxseed; hardboiled egg whites; distilled water or herbal tea.	½ pear; protein shake made with water and 1 scoop protein powder; distilled water.	Bison tenderloin with ½ sweet potato; broccoli; distilled water.	Grilled chicken breast; sliced cucumber, raw, sliced radishes; ½ pear; distilled water.	Baked tilapia; steamed spinach; steamed broccoli; ½ sweet potato; distilled water.
DAY 5	Millet topped with flaxseed and bee pollen; scrambled egg whites; distilled water or herbal tea.	½ apple; water-packed canned tuna; distilled water.	Baked tilapia with ½ sweet potato; bok choy and steamed tomatoes; distilled water.	Water-packed canned tuna; celery sticks; distilled water. ½ apple.	Roasted elk; ½ sweet potato; steamed asparagus; steamed green beans; distilled water.
DAY 6	Quinoa topped with flaxseed and bee pollen; hardboiled egg whites; distilled water or herbal tea.	Grilled chicken breast; celery sticks; distilled water.	½ sweet potato; spinach topped with water-packed canned tuna, sprouts; squeeze of lemon juice; distilled water.	1 pear; protein shake made with water and 1 scoop protein powder; distilled water.	Baked chicken breast; ½ sweet potato; steamed broccoli; distilled water.
DAY 7	Cream of Wheat cereal topped with bee pollen and flaxseed, hardboiled egg whites; distilled water or herbal tea.	½ apple; protein shake made with water and 1 scoop protein powder; distilled water.	Grilled tuna loin; ½ sweet potato; raw, sliced radishes; distilled water.	Hardboiled egg whites; sliced tomatoes; ½ pear, distilled water.	Grilled chicken; ½ sweet potato; steamed, sliced zucchini; steamed asparagus; distilled water.