

Clean Eating Meal Plan

Name: Maria Thompson

Age: 34

Date: Feb 7, 2024

This clean eating meal plan is designed to help individuals focus on consuming whole, unprocessed foods. It emphasizes the intake of vegetables, fruits, whole grains, lean proteins, and healthy fats, aiming to improve overall health and well-being.

Weekly Meal Plan Overview

Breakfast Options

Oatmeal topped with fresh berries and a spoon of almond butter
Greek yogurt with sliced strawberries and chia seeds
Scrambled eggs with spinach and whole-grain toast
Smoothie with spinach, banana, almond milk, and flaxseeds
Cottage cheese with pineapple chunks and unsweetened coconut flakes
Quinoa porridge with apple slices and cinnamon
Avocado on sprouted grain bread with poached eggs

Lunch Options

Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, and olive oil dressing
Quinoa bowl with black beans, corn, avocado, and lime vinaigrette
Lentil soup with carrots, celery, and onions served with a side of whole-grain bread
Turkey and hummus wrap in a whole wheat tortilla with lettuce and shredded carrots
Baked salmon with roasted Brussels sprouts and sweet potato
Vegetable stir-fry with tofu, broccoli, bell peppers, and teriyaki sauce over brown rice
Chickpea salad with cucumbers, olives, feta, and red wine vinegar

Dinner Options

Baked chicken breast with quinoa and steamed broccoli
Stir-fried shrimp with mixed vegetables and a side of jasmine rice
Zucchini noodles with turkey meatballs and marinara sauce
Grilled tilapia with a side of asparagus and a quinoa salad
Vegetarian chili with kidney beans, tomatoes, and corn, topped with avocado
Beef stir-fry with bell peppers, onions, and a side of cauliflower rice
Lentil curry with spinach served over whole-grain basmati rice

Snack Options

Sliced cucumber and cherry tomatoes with hummus
Apple slices with natural peanut butter
Mixed nuts (almonds, walnuts, and cashews)
Carrot sticks and bell pepper strips with guacamole
Greek yogurt with a handful of granola and honey
Fresh fruit salad with a sprinkle of chia seeds
Air-popped popcorn without butter

Goals	
Daily Caloric Intake Goal	1800 kcal
Protein Goal	100g
Fiber Goal	30g
Fat Goal	60g
Carbohydrates Goal	200g
Water Intake Goal	2.5 L
<p>Notes and Adjustments: Maria has a sensitivity to lactose, so lactose-free alternatives are used where necessary. She also prefers to avoid red meat, so plant-based protein sources and poultry are emphasized in her meal plan.</p>	
Healthcare Professional's Additional Notes and Recommendations	
<p>Maria should focus on incorporating a variety of fruits and vegetables to ensure she's getting a wide range of vitamins and minerals. It's also recommended to prepare meals in advance to maintain consistency with the meal plan and avoid the temptation of less healthy options. Regular check-ins every two weeks to monitor progress and make adjustments as needed.</p>	
Healthcare Professional's Name and Signature	Dr. Andrea James
Healthcare Provider	Main Street Nutrition and Health Coaching