

# Clean Eating Meal Plan

Personal information					
Name:		Age:			
Height:		Weight:			
Goals:					
Week 1					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 2					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					
Week 3					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					

Week 3					
Day	Breakfast	Lunch	Dinner	Snack	Notes
4					
5					
6					
7					
Week 4					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					

Week 4					
Day	Breakfast	Lunch	Dinner	Snack	Notes
5					
6					
7					
Sample meal plan					
Meal		Food item (Examples)			
Breakfast		Overnight oats with almond milk, chia seeds, and fresh berries.			
Lunch		Grilled chicken salad with mixed greens, quinoa, and avocado.			
Dinner		Baked salmon, roasted sweet potatoes, and steamed broccoli.			
Snacks		Hummus with carrot and cucumber sticks or a handful of almonds.			
Notes		Feeling more energized			
Additional notes					
Healthcare professional's information					
Name:			License number:		
Contact number:			Signature:		