



CLEAN EATING

30 DAY CHALLENGE

COST	One Meal a Day	Two Meals a Day	Three Meals a Day
	Weekly (5 Days)	63.	109.
Monthly (20 Days)	250.	435.	710.

Name

Email

BREAKFAST



<input type="checkbox"/> OPTION B-1	Spinach	Basil Roma Tomatoes Caramelized Onions	Pesto Sauce	Hard Boiled Egg	Cilantro
<input type="checkbox"/> OPTION B-2	Sweet Potatoes Noodles	Sauteed Bell Peppers Caramelized Onions	Spicy Mexican Sauce	Whole30 Bacon	Jalapenos
<input type="checkbox"/> OPTION B-3	Rosemary Potatoes	Sauteed Bell Peppers Mushrooms	Red Bell Pepper Sauce	Cage-Free Chicken Breakfast Sausage	Basil
<input type="checkbox"/> OPTION B-4	Spinach & Sweet Potato Noodles	Avocado	Red Bell Pepper Sauce	Scrambeled Eggs	Chopped Scallions

LUNCH



<input type="checkbox"/> OPTION L-1	Cauliflower Rice	Zucchini Mushrooms	Sweet & Sour Sauce	Poached Shrimp	Sesame Seeds
<input type="checkbox"/> OPTION L-2	Sweet Potatoes Noodles	Sauteed Bell Peppers Broccoli	Roma Tomato Marinara	Gather Beef Crumble	Cilantro
<input type="checkbox"/> OPTION L-3	Spinach	Rosemary Potatoes Carrots	Pesto Sauce	Poached Shrimp	Roasted Almonds
<input type="checkbox"/> OPTION L-4	Spinach & Sweet Potato Noodles	Butternut Squash Caramelized Onions	Coconut Red Curry Sauce	Cage-Free Chicken	Sunflower Seeds

DINNER



<input type="checkbox"/> OPTION D-1	Cauliflower Rice	Zucchini, Carrots & Butternut Squash	Red Bell Pepper Sauce	Cage-Free Chicken	Cilantro
<input type="checkbox"/> OPTION D-2	Sweet Potatoes Noodles	Sauteed Zucchini, Broccoli & Sauteed Bell Peppers	Spicy Mexican Sauce	Gather Beef Crumble	Jalapenos
<input type="checkbox"/> OPTION D-3	Spinach & Cauliflower Rice	Carrots, Zucchini & Cauliflower Florets	Sweet & Sour Sauce	Cage-Free Chicken	Roasted Almonds
<input type="checkbox"/> OPTION D-4	Spinach & Sweet Potato Noodles	Sauteed Bell Peppers, Caramelized Onions & Basil Roma Tomatoes	Roma Tomato Marinara	Poached Shrimp	Basil