

Clean Eating Meal Plan

PERSONAL INFORMATION

Name: _____ Age: _____

Height: _____ Weight: _____

Goals:

WEEK 1

Breakfast:

Lunch:

Dinner:

Snack:

Notes:

SAMPLE MEAL PLAN

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. Snack: Hummus with carrot and cucumber sticks or a handful of almonds. Notes: Feeling more energized

ADDITIONAL NOTES

Specify below:

HEALTHCARE PROFESSIONAL'S INFORMATION

Name: _____ License number: _____

Contact details: _____

Signature: _____