Clean Eating Plan Week 1: Simple Free 7-Day Printable PDF

Free printable. Full guide and tips: https://betterlifecarez.com/clean-eating-plan-week-1/

Clean Eating Plan Week 1: 7-Day Menu and Grocery List

Every meal below uses foods from a regular US grocery store. Cells give the meal name and a short note, not a full recipe. Swap days around as you like.

Week 1 Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Monday	Oatmeal, berries, walnuts	Chicken quinoa bowl, greens	Sheet-pan salmon, broccoli, sweet potato	Apple, peanut butter
Tuesday	Greek yogurt, berries, oats	Leftover salmon over greens	Turkey chili with beans (make double)	Carrots, hummus
Wednesday	Veggie egg scramble, whole-grain toast	Leftover turkey chili	Chicken stir-fry, brown rice	Orange, small handful almonds
Thursday	Overnight oats, banana	Leftover stir-fry	Black bean tacos, corn tortillas	Yogurt, cinnamon, berries
Friday	Spinach egg scramble, fruit	Chickpea salad, feta, lemon	Baked chicken, zucchini, quinoa	Pear, cheese stick
Saturday	Banana oat pancakes (oats, egg, banana)	Lentil soup (make double)	Whole-wheat pita veggie pizza	Air-popped popcorn
Sunday	Veggie omelet, toast	Leftover lentil soup	Turkey meatballs, whole-wheat pasta, green beans	Pepper strips, hummus

Four meals roll straight into the next day's lunch, so you cook fewer times than the table suggests.

Sunday Prep List (About 60 to 90 Minutes)

- Cook a pot of quinoa and a pot of brown rice.
- Bake about 1 pound of chicken for Monday's bowl.
- Wash greens and chop peppers, carrots and onions.
- Portion almonds and walnuts into small bags.
- Hard-boil 4 to 6 eggs for backup snacks.

Week 1 Grocery List

Amounts are approximate for one adult. For two people, roughly double the proteins and produce.

Produce

Item	Amount (approx.)	Used for
Spinach or mixed greens	2 large bags	Bowls, salads, eggs
Broccoli	2 heads	Salmon, stir-fry
Bell peppers	4	Stir-fry, pizza, snacks
Carrots	2-pound bag	Snacks, soup, chili
Sweet potatoes	2	Monday dinner
Yellow onions	3	Chili, soup, stir-fry
Garlic	1 head	Most dinners
Zucchini	2	Friday dinner, pizza
Green beans	1 pound (about 450 g)	Sunday dinner
Berries, fresh or frozen	2 pints or 1 bag	Oats, yogurt
Bananas	5	Oats, pancakes
Apples	3	Snacks
Oranges and pears	2 each	Snacks
Lemons	2	Salads, salmon

Proteins and Beans

Item	Amount (approx.)	Used for
Eggs	1 dozen	Breakfasts, pancakes
Chicken breasts or thighs	About 3 pounds	Bowl, stir-fry, Friday dinner
Salmon fillets	About 1 pound	Monday dinner, Tuesday lunch
Ground turkey	2 pounds	Chili, meatballs
Canned black beans	2 cans	Tacos, chili
Canned kidney beans	1 can	Chili
Canned chickpeas	1 can	Friday lunch
Dry lentils	1-pound bag	Saturday soup

Whole Grains

Item	Amount (approx.)	Used for
Rolled oats	1 canister	Breakfasts, pancakes
Quinoa	1 bag	Bowls, Friday dinner
Brown rice	1 bag	Stir-fry
Whole-grain bread	1 loaf	Toast
Corn tortillas	1 pack	Tacos
Whole-wheat pita	1 pack	Pizza night
Whole-wheat pasta	1 box	Sunday dinner
Popcorn kernels	1 small jar	Saturday snack

Dairy and Alternatives

Item	Amount (approx.)	Used for
Plain Greek yogurt	32-ounce tub	Breakfasts, snacks
Milk or unsweetened soy milk	Half gallon	Oats
Feta cheese	1 small tub	Salad, pizza
Mozzarella cheese sticks	1 pack	Snacks, pizza

Pantry and Flavor

Item	Amount (approx.)	Used for
Olive oil	1 bottle	Cooking, dressing
Natural peanut butter	1 jar	Snacks
Almonds and walnuts	1 small bag each	Oats, snacks
Hummus	1 tub	Snacks
Canned diced tomatoes	2 cans	Chili
No-sugar-added marinara	1 jar	Pizza, pasta
Low-sodium broth	1 carton	Lentil soup
Low-sodium soy sauce	1 bottle	Stir-fry
Chili powder, cumin, cinnamon	1 jar each	Chili, oats

Check labels on canned goods and sauces for added sugar and sodium, and rinse canned beans to wash away some of the salt.