



Balanced and Clear Menu Plan Spring/Summer

This menu plan has been designed specifically to make eating on the Balanced and Clear program, not only easy but tasty. All recipes are safe for the cleanse. Below are some tips for preparing this menu.

- A little bit of preplanning will make the entire week go smoother
 - Take a minute to look through the full menu and be aware of places where more will need to be made so there is enough for leftovers
 - To save time, spend an hour or so prepping as much as possible on the weekends. For example chop veggies for dipping, make sauces that will be used early in the week, or bag up snacks.
 - If your mornings are hectic, take a little time at night to prep foods for breakfast (i.e. chop veggies) and pack lunch and snacks for the next day
- Although proportions are taken into consideration in the recipes, you may wish to make adjustments to meet your own quantity needs
- **Bolded** means the recipe is included
- * means that recipe/ingredient will be used once more
- **means that recipe/ingredient will be used two more times
- Feel free to substitute ingredients and adjust spices to suite your own personal tastes, as long as substitutes are compliant with the guidelines laid out for the program.
- If you use any premade ingredients, carefully read all ingredient labels be sure you are avoiding any questionable ingredients such as artificial flavors, colors or preservatives, high fructose corn syrup, partially hydrogenated oils and MSG.
- In nearly all the recipes frozen vegetables can be substituted for fresh and canned beans are acceptable. Use what works best for your budget and schedule.
- The recipes are organized by meal in the order you will need them for the menu plan.

Enjoy!

Day	Breakfast	Lunch	Dinner	Snacks
Sunday	Ground Turkey Breakfast Skillet*	Large mixed green salad with veggies of your choice, white beans and homemade dressing	Dijon Baked Chicken* with braised greens with garlic and brown rice* drizzled with olive oil and sea salt	Berry Chia Pudding*
Monday	Leftover Ground Turkey Breakfast Skillet	Veggies (carrots, celery, cucumber, radish**) with hummus** and 1/2 and avocado stuffed with salmon/tuna salad	Chickpea and Summer Vegetable Stew*	Berry Chia Pudding Handful of raw nuts and/or seeds
Tuesday	Brown Rice Breakfast Porridge	Leftover Chickpea and Summer Vegetable Stew	Wild Salmon with Lemon, Garlic and Thyme* and steamed broccoli or asparagus topped with olive oil and sea salt	Fresh Fruit Leftover carrots, celery, cucumber, and radish with hummus
Wednesday	Power Smoothie	Large mixed green salad with leftover Wild Salmon with Lemon, Garlic and Thyme and homemade dressing	Chicken cubes sautéed in olive oil* with steamed veggies and Dairy Free Pesto over quinoa*	Leftover carrots, celery, cucumber, and radish with hummus Fresh Fruit
Thursday	Quinoa Breakfast Sauté (use leftover quinoa)	Steamed green beans and asparagus, black or kalamata olives, white beans, leftover chicken cubes and homemade white wine vinaigrette	Baked or grilled white fish* with Carrot Ginger Sauce* and cauliflower (steamed or sautéed in coconut oil) (Make Antipasto Salad*)	Ants on a Log (celery, almond or sunflower butter and raisins) Fresh fruit
Friday	Summer Museli	Antipasto Salad with leftover baked or leftover grilled white fish	Chicken Tacos with Cabbage Salad (sauté extra chicken without spices for breakfast tomorrow)	Fresh fruit Handful of mixed nuts
Saturday	Chicken Apple Hash (use leftover chicken)	Canned salmon or sardines over shredded beets, cabbage and avocado with leftover Carrot Ginger Sauce	Spiced Chickpea Salad over mixed greens	Antipasto Salad "Ice Cream"

Recipe Included

*Make enough for one additional meal

**Make enough for two additional meals