

21 DAY CLEAN EATING CHALLENGE – WEEK THREE

	Dinner	Breakfast Options (choose one per day)	Lunch Options (choose 2 per day)	Snack Ideas (choose 2-3 per day)
Monday	Cajun Sausage & Veggie Kabobs with Rice	Instant Pot Hard Boiled Eggs & Berries	Meal Prep "Bagged" Salad Mix (see FB group)	Raw Veggies Fruit
Tuesday	Asian Turkey Lettuce Wraps	2 eggs with Tropical Green Smoothie (recipe shared in FB group)	Instant Pot Homemade Deli Meat	Hard Boiled Eggs Pickles & Olives
Wednesday	Loaded Baked Potato Soup (recipe shared in FB group)		Veggie Lentil Chili	Homemade Popcorn (stove or air popped)
Thursday	Grilled Bruschetta Chicken w/green salad		Apple Cinnamon Blender Muffins	
Friday	Sheet Pan Shrimp Fajitas	What to Prep <ul style="list-style-type: none"> • Hard Boiled Eggs • Salad Mix • Instant Pot Deli Meat • Veggie Lentil Chili • Veggies & Fruit for snacking • Spice blends (mon, fri, sun dinner) • Apple Cinnamon Blender Muffins (optional) 		
Saturday	Leftovers or Free Meal			
Sunday	Mix & Match Chicken Foil Packets			

SHOPPING LIST

Produce		Protein	Frozen	Pantry	Misc
Cucumber	Berries	Chicken Breast – 2 lb	Mango	Crushed tomatoes	Misc spices
Bell Peppers - 5	Kale	Large turkey breast	Pineapple	Lentils – 1 cup	
Onions – 3	Avocados	Ground Turkey – 2 lb	Cauliflower rice (optional)	Black Beans – 1 can	
Yukon potatoes	Carrots	Shrimp – 1 lb		Coconut milk	
Bananas	Limes - 1	Chicken Sausage – 1 lb		Water chestnuts	
Cauliflower – 1 head	Celery	Eggs – 2 dozen		Coconut aminos	
Basil	Zucchini - 3			Rice Vinegar	
Romaine lettuce	Shredded carrots			Broth – low sodium beef and chicken	
Tomatoes	Radishes			Balsamic vinegar	
Lettuce Cups				Arrowroot powder	
Minced garlic				Avocado/Olive Oil	
				Sesame Oil	