

3-Day Clean Eating Plan for Busy Men

This simple, no-fuss 3-day clean eating plan is designed for busy men who want to fuel their bodies with whole, nutrient-dense foods. Each meal is quick to prepare, supports energy, muscle recovery, and keeps you feeling full and focused throughout your busy schedule.

Day 1

Breakfast:

- 3 scrambled eggs with spinach and tomatoes
- 1 slice of whole-grain toast
- 1 cup black coffee or green tea

Mid-Morning Snack:

- Greek yogurt (unsweetened) with a handful of mixed berries

Lunch:

- Grilled chicken breast
- Quinoa salad with cucumbers, cherry tomatoes, and lemon-olive oil dressing
- Steamed broccoli

Afternoon Snack:

- 1 apple with 1 tablespoon of almond butter

Dinner:

- Grilled salmon
- Roasted sweet potatoes
- Steamed green beans

Optional Evening Snack:

- Handful of raw almonds

Day 2

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Breakfast:

- Overnight oats (rolled oats, almond milk, chia seeds, and blueberries)
- 1 boiled egg
- Black coffee or green tea

Mid-Morning Snack:

- Protein smoothie (protein powder, banana, spinach, almond milk)

Lunch:

- Turkey lettuce wraps with avocado, bell peppers, and mustard
- Mixed green salad with balsamic vinaigrette

Afternoon Snack:

- Carrot sticks with hummus

Dinner:

- Grilled lean steak
- Brown rice
- Roasted asparagus

Optional Evening Snack:

- Cottage cheese with a few walnut pieces

Day 3

Breakfast:

- 3-egg veggie omelet (mushrooms, peppers, onions)
- 1 slice Ezekiel bread
- Black coffee or green tea

Mid-Morning Snack:

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- A handful of mixed nuts (unsalted)

Lunch:

- Baked chicken thighs
- Sweet potato mash
- Steamed zucchini

Afternoon Snack:

- Protein bar (low sugar)

Dinner:

- Baked cod or tilapia
- Wild rice
- Roasted Brussels sprouts

Optional Evening Snack:

- Sliced cucumber with sea salt and a squeeze of lemon

Tips for Success

- Drink plenty of water throughout the day (aim for 8+ glasses).
- Prep meals in advance when possible.
- Avoid processed foods, sugary drinks, and excessive salt.
- Prioritize sleep and manage stress to maximize results.