

3-Day Clean Eating Menu

Day 1

Meal	Dish	Ingredients and Notes
Breakfast	Greek yogurt bowl	1 cup plain Greek yogurt; 1/2 cup mixed berries; 1 tbsp chia seeds; 1 tbsp
Snack	Apple with peanut butter	1 apple; 2 tbsp natural peanut butter
Lunch	Quinoa veggie bowl	1 cup cooked quinoa; 1 cup mixed greens; 1/2 cup cherry tomatoes; 1/2 av
Snack	Carrot sticks with hummus	1 cup carrot sticks; 2 tbsp hummus
Dinner	Baked salmon, broccoli, sweet potato	4-5 oz salmon; 1.5 cups roasted broccoli; 1 medium sweet potato

Day 2

Meal	Dish	Ingredients and Notes
Breakfast	Veggie scramble with toast	2 eggs; 1/2 cup spinach; 1/4 cup diced bell pepper; 1/4 cup diced onion; 1
Snack	Cottage cheese with fruit	3/4 cup cottage cheese; 1/2 cup pineapple or berries
Lunch	Turkey avocado wrap	1 whole wheat tortilla; 3-4 oz turkey; 1/2 avocado; lettuce; tomato; mustar
Snack	Mixed nuts	1/4 cup mixed nuts
Dinner	Chicken stir-fry with brown rice	4-5 oz chicken; 1.5 cups mixed veggies (broccoli, bell pepper, snap peas)

Day 3

Meal	Dish	Ingredients and Notes
Breakfast	Overnight oats	1/2 cup oats; 1/2 cup unsweetened almond milk; 1/2 cup Greek yogurt; 1/2
Snack	Pear with cheese	1 pear; 1 string cheese or 1 oz cheddar
Lunch	Mediterranean quinoa salad	1 cup cooked quinoa; 1/2 cup cucumber; 1/2 cup cherry tomatoes; 1/4 cup
Snack	Hummus with bell pepper	3 tbsp hummus; bell pepper strips
Dinner	Shrimp taco bowl	4-5 oz shrimp sautéed with chili-lime; 3/4 cup brown rice; 1/2 cup black be

Hydration and Extras	Water 8-10 cups daily; coffee/tea unsweetened or a little milk; seasonings: salt, pepper, garlic,
Prep Tips	Cook quinoa and brown rice on Day 1; roast extra veggies; pre-chop salad items and store airt
Optional Swaps	Tofu for salmon; extra chicken instead of shrimp; cottage cheese swapped for Greek yogurt; c

Grocery List (3 Days, 1 Person)

Produce

Item	Quantity
Mixed berries	1–2 cups
Bananas	2
Apples	2
Pear	1
Pineapple chunks	1 small container
Avocados	2–3
Lemons or limes	2–3
Mixed greens or romaine	1 large box/bunch
Spinach	1 bag
Broccoli	2 heads or one large bag
Sweet potatoes	2 medium
Cherry tomatoes	2 cups
Cucumbers	2
Bell peppers	3
Red or yellow onion	1
Carrots	1 bag
Snap peas (optional)	1 bag
Garlic	1 bulb
Fresh cilantro or parsley	1 bunch (optional)

Proteins and Dairy

Item	Quantity
Salmon fillets	~10 oz total
Chicken breast	~1.5 lbs
Shrimp	~12–16 oz
Sliced turkey breast	8–12 oz
Eggs	1 dozen
Plain Greek yogurt	32 oz tub
Cottage cheese	1 small tub
Hummus	8 oz
Chickpeas (canned)	1 can
Black beans (canned)	1 can

Mixed nuts	8 oz bag
Natural peanut butter	Small jar
Cheese sticks or cheddar	Small pack/block
Feta cheese	Small container/block

Grains and Wraps

Item	Quantity
Old-fashioned oats	1 canister
Quinoa	1 lb bag
Brown rice	1 lb bag
Whole wheat tortillas	1 pack
Whole-grain bread	1 loaf

Pantry and Extras

Item	Quantity/Notes
Olive oil	Bottle
Honey or maple syrup	Bottle
Chia seeds	Small bag
Almonds	Small bag
Low-sodium tamari	Bottle
Spices	Salt, black pepper, garlic powder, paprika, chili powder, oregano, cinnamon
Pico de gallo or salsa	Small container
Olives (optional)	Small jar