



## The Challenge

The challenge is to eat clean for 7 days. This means no processed foods for a whole week. Instead you will pledge to eat nothing, but real, whole, clean, and delicious food. Easy right?

## What We Provide

**The Menu.** We provide 7 days of recipes: Breakfast, Lunch, Snack, and Dinner.

**The Game Plan.** This will include a prep schedule, what meals to cook when, and tips and tricks for staying on track.

**The Grocery List.** We will provide you with a shopping list that includes everything you will need for the week.

**The Budget.** We will even provide you with an estimated budget (based on the total food cost from our 7-day challenge guinea pigs).



## Read Me First

- Read through the entire document before you start planning and shopping. Also, print it out.
- Shop in your kitchen first. Take a look at your spices and herbs and check off the ones you have already.
- Get the Sunday paper and browse the grocery store circulars. Check to see which store is having the best sales on the grocery list items for the week. Also, see if there are any coupons you can use.
- Our meal plan is based on a family of 4. If you are cooking for fewer or more people, adjust your quantities before heading to the store. You may need more or less quantity than what we have on the list.
- Spend some time with the recipes. Visit the recipes on the website ahead of time, that way you're already familiar with them when you start cooking.
- Clean and straighten up your kitchen before starting prep day. Commit to keeping it clean all week. It makes cooking so much easier.
- If you get discouraged or have questions, we're here to help. Just message us on Facebook or through the website. Remember, we've done this challenge ourselves, so we can help you get through it!





## Let's Get Started

The following information will be your guide through your clean eating adventure this week. Print them out and use them often.

Here's what you have:

### The Menu

We have provided the full menu; breakfast, lunch, snack, and dinner for 7 full days. We've tried to make it as simple as possible by reusing ingredients in a unique way so you don't feel like you're eating the same thing every day and don't break the bank at the store.

### The Game Plan

The key to clean eating success is Prep! Spending a few hours on Sunday can be a lifesaver later in the week. To get you started My Clean Kitchen has developed this game plan guide to make sure you can succeed at the 7 Day Challenge!








### The Budget

Our plan is based on a family of 4. The pricing and totals for ALL the items on the grocery list comes to \$286.25. The total for the shopping list minus common pantry items (spices, olive oil, baking soda, etc.) come to \$229.86. However, keep in mind food prices will vary. We also priced items individually and not in bulk. You may be able to get onions, apples, etc., cheaper by buying them in a bag. Also, we included every spice and pantry item in our total, and you probably have most of those already in your kitchen.


### The Shopping List

We have also prepared a shopping list for the challenge. The list includes all the ingredients you will need to make the dishes. Some of the ingredients may be ones you already have in your pantry, but we included them on the list just in case.

# The Menu

Day	Breakfast	Lunch	Snack	Dinner
Sunday 	<a href="#">Whole Wheat Oatmeal Banana Pancakes</a> (x 2 – Freeze the extra for Day 5)	<a href="#">Cheese and Black Bean Quesadillas</a>	<a href="#">Almond Butter with Bananas and Apple Slices</a>	<a href="#">Sweet Honey Chicken &amp; Ginger Honey Carrots</a>
Monday 	<a href="#">Turkey Bacon Egg Muffins</a> (Save half for day 4)	<a href="#">Nut Butter, Apple, and Honey Sandwiches, Cheese Stick, Banana</a>	<a href="#">Chipotle Rosemary Roasted Almonds</a>	<a href="#">Turkey Meatloaf, Whipped Cauliflower</a>
Tuesday 	<a href="#">Cinnamon Raisin Oatmeal</a>	<a href="#">Leftover Meatloaf Sandwiches</a>	<a href="#">Ants on a Log</a> (celery with nut butter and raisins)	<a href="#">Taco Tuesday, &amp; Mexican Bean Salad</a>
Wednesday 	<a href="#">Turkey Bacon Egg Muffins</a> (Reheated)	<a href="#">Whole Wheat BLT Pitas, Tomato and Cucumber Salad</a>	<a href="#">Trail Mix</a>	<a href="#">Chicken Lettuce Wraps</a>
Thursday 	Whole Wheat Oatmeal Banana Breakfast Pancakes (reheated-just pop them in the toaster)	<a href="#">Garlic Hummus</a> with Pita and Carrot, Celery and Green Pepper Sticks	<a href="#">Trail Mix</a>	<a href="#">Maple Bacon Cheddar Turkey Burgers, Sweet Potato Fries</a>
Friday 	<a href="#">Cinnamon Raisin Oatmeal</a>	<a href="#">Whole Wheat Caprese Pitas, Garlic Hummus</a> with Carrot and Celery Sticks	<a href="#">Hard Boiled Eggs</a>	<a href="#">Slow Cooker Lemon Roast Chicken, Balsamic Roasted Brussels Sprouts</a>
Saturday 	<a href="#">Tomato Basil Scramble</a>	<a href="#">Avocado Chicken Salad</a>	<a href="#">Kale Chips</a>	<a href="#">Spaghetti Squash with meat Marinara, Salad with Balsamic Vinaigrette</a>
	<p>DONE! Great job! Now, what are you going to do next tomorrow, next week, next month or next year? Visit <a href="http://www.mycleankitchen.com">www.mycleankitchen.com</a> for more clean eating recipes. Using the program you learned this week, create your own eat clean meal plan.</p> <p>Connect on <a href="#">Facebook</a> and <a href="#">Twitter</a>. We would love to hear from you and answer any questions you may have, recipe ideas, and clean eating stories!</p>			

# The Game Plan

	Meals to Pre-Make	Items to Pre Cook	Food to Prep (optional)	Food to Pre-Portion/Assemble (4 servings)
<b>Sunday</b> 	<a href="#">Garlic Hummus</a> <a href="#">Spinach Pesto</a> <a href="#">Trail Mix</a> <a href="#">Chipotle Rosemary Roasted Almonds</a>	3 packages turkey bacon (bake them in oven for less mess)	Dice - 6 onions, diced ( <a href="#">Turkey Bacon Egg Muffins</a> , <a href="#">Turkey Meatloaf</a> , <a href="#">Taco Tuesday</a> , <a href="#">Mexican Bean Salad</a> , <a href="#">Cucumber and Tomato Salad</a> , <a href="#">Maple Bacon Cheddar Turkey Burgers</a> , <a href="#">Avocado Chicken Salad</a> , <a href="#">Spaghetti Squash with Meat Sauce</a> )  Dice - 1 bell pepper ( <a href="#">Turkey Bacon Egg Muffins</a> , <a href="#">Taco Tuesday</a> )  Dice - 1 carrots ( <a href="#">Turkey Meatloaf</a> )	<a href="#">Nut Butter Apple Honey Sandwiches</a>  Cheese Sticks  <a href="#">Rosemary Chipotle Roasted Almonds</a>
<b>Monday</b> 				<a href="#">Leftover Meatloaf Sandwiches</a>  <a href="#">Ants on a Log</a>
<b>Tuesday</b> 				<a href="#">Whole Wheat BLT Pitas</a>  <a href="#">Tomato and Cucumber Salad</a>  <a href="#">Trail Mix</a>
<b>Wednesday</b> 			4 Carrots, cut into sticks ( <a href="#">Garlic Hummus with Pita, Carrot, Celery, and Green Pepper Sticks</a> )  4 Celery stalks, cut into sticks ( <a href="#">Garlic Hummus with Pita, Carrot, Celery, and Green Pepper Sticks</a> )  2 Green peppers, cut into slices ( <a href="#">Garlic Hummus with Pita, Carrot, Celery, and Green Pepper Sticks</a> )	<a href="#">Garlic Hummus</a> with Pita, Carrot, Celery, and Green Pepper Sticks  <a href="#">Trail Mix</a>
<b>Thursday</b> 		4 eggs hard boiled ( <a href="#">Hard Boiled Eggs</a> )	2 Carrot, cut into sticks ( <a href="#">Garlic Hummus with Carrot and Celery Sticks</a> )  4 Celery stalks, cut into sticks ( <a href="#">Garlic Hummus with Carrot and Celery Sticks</a> )	<a href="#">Whole Wheat Caprese Pita</a>  <a href="#">Garlic Hummus</a> with Carrot and Celery Sticks  <a href="#">Hard Boiled Eggs</a>
<b>Friday</b> 			*Remove extra chicken and save for <a href="#">Avocado Chicken Salad</a> *	
<b>Saturday</b> 				

## The Budget

When looking at this budget keep in mind:

- It's for a family of 4. You may spend less if you have a smaller family or it's just you.
- Prices will vary, so plan ahead by looking at the Sunday paper and grocery store circulars for savings and coupons.
- You'll be eating healthier than you probably ever have. It's worth the extra money at the grocery store. Plus, we bet you'll have left over for next week too!
- If you were eating out you'd probably spend at least \$60-80 on ONE dinner alone. That's 30% of your entire weekly food budget for this plan. For one meal!
- Don't forget to check your pantry for items on the grocery list first. You can make a bunch of stuff off if you already have it. Like Olive Oil, Cumin, catsup, mustard etc.

On the next page we have the grocery list. Each item has the estimated cost per item based on our research and shopping experiences. Here on this page I'll outline how much we think you'll spend on food groups based on grocery store sections.

**Fruits and Veggies** - \$77.92

**Canned or Box Products** - \$9.56

**Poultry and Meat** - \$40.38

**Fresh Herbs:** \$8.85

**Spices:** \$39.24

**Bread:** \$9.29

**Nuts and Dried Items:** \$17.14

**Dairy:** \$14.94

**Sweeteners, Cooking Oils, Pantry Items, & Baking Goods:** \$69.33

Grand Total (with spices): \$286.25

**Grand Total (without spices): \$247.01\***

**Grand Total (without common pantry items): \$229.86\*\***




\*Many people may have these in their spice rack already.

\*\* The common pantry items include the spices, olive oil, balsamic vinegar, baking soda, baking powder, and vanilla extract.



# The Shopping List

PRODUCTS PRICED AT TRADER JOE'S AND MARTINS FOODS



## Fresh Fruit and Vegetables

	Item(s)	Est. Cost		Item(s)	Est. Cost		Item(s)	Est. Cost
	1 large head of cauliflower	\$2.49		4 heads garlic (2/\$1.09)	\$2.18		5 heads romaine lettuce (2bags, 3 heads each \$2.99)	\$5.98
	16 medium tomatoes (.79 each)	\$12.64		9 carrots (2 bunches)	\$1.78		4 baby radishes	\$1.69
	2 cucumber (1.69 each)	\$3.38		3 large sweet potatoes (.49 each)	\$1.47		1 lb brussels sprouts	\$2.79
	2 cups cherry tomatoes	\$2.99		6 onion (.49 each)	\$2.94		6 limes (.29 each)	\$1.74
	5 medium avocado (\$1.29 each)	\$6.45		8 stalk celery	\$1.79		14 apples (.69 each)	\$9.66
	10 bananas (.19 each)	\$1.90		1 large spaghetti squash	\$1.49		6 lemon (.49 each )	\$2.94
	3 ½ green pepper (.79 each)	\$3.16		1 lb baby carrots	\$1.49		1 bag spinach	1.99
	1 red bell pepper	\$1.19		mushrooms	\$1.67			
	1 bunch kale	\$1.99		1 head Boston bibb lettuce	\$2.50			



## Canned or Box Products

	Item(s)	Est. Cost		Item(s)	Est. Cost
	1 container chicken broth (at least 1 cup)	\$3.98		2 15oz can black beans (.89 each)	\$1.79
	Water Chestnuts	\$2.00		3 15oz can chickpeas (.89 each)	\$1.79

## Meats

	Item(s)	Est. Cost		Item(s)	Est. Cost
	2 ½ lbs chicken legs and thighs (.99 per lb.)	\$2.48		2 packages turkey bacon (2.99 per package)	\$5.98
	4 ¼ lbs ground turkey (3.49/lb)	\$14.83		1 whole 6 lb organic chicken (\$1.49 per lb.)	\$8.94
	1 lb ground beef (90/10)	\$6.49		1 lb. chicken breasts or tenders	\$1.66



## Fresh Herbs

	Item(s)	Est. Cost		Item(s)	Est. Cost
	2 bunches fresh rosemary	\$1.69		1 bunch fresh thyme	\$1.69
	2 bunches fresh basil	\$1.69		1 bunch fresh sage	\$1.69
	cilantro	\$1.69			


## Spices (May Already Have These in Your Pantry)

	Item(s)	Est. Cost		Item(s)	Est. Cost		Item(s)	Est. Cost
	sea salt	\$1.99		black pepper	\$3.99		Ground mustard	\$1.89
	Cinnamon	\$1.99		ground nutmeg	\$1.99		garlic powder	\$1.99
	dried basil	\$1.99		dried thyme	\$1.99			
	smoked paprika	\$1.99		ground ginger	\$2.49			
	chipotle chili powder	\$4.99		cumin	\$1.99			
	onion powder	\$3.99		whole black peppercorns	\$1.99			
	dried parsley	\$1.99		dried oregano	\$1.99			



## Bread

	Item(s)	Est. Cost		Item(s)	Est. Cost
	10 slices whole wheat bread	\$2.49		8 whole wheat pitas	\$2.52
	8 whole wheat buns	\$1.99		8 whole wheat tortillas	\$2.29

## Nuts and Dried Items

	Item(s)	Est. Cost		Item(s)	Est. Cost
	medium container raisins	\$2.49		unsalted almond slices	\$2.69
	shredded coconut	\$1.99		raw almonds (at least 2 cups)	\$5.99
	dried cranberries	\$1.99		sunflower seeds (at least 1 cup)	\$1.99
	small container pine nuts	\$3.99			

## Dairy

	Item(s)	Est. Cost		Item(s)	Est. Cost
	Butter (organic)	\$2.79		2 block cheddar or colby cheese (2.19 per block)	\$4.38
	8 thick slices fresh mozzarella (1 logs at \$4.49 each)	\$4.48		7 1/2 cup milk	\$3.29
	small wedge of parmesan cheese for grating	\$3.66			



## Sweeteners, Cooking Oils, Pantry Items and Baking Goods

<input checked="" type="checkbox"/>	Item(s)	Est. Cost	<input checked="" type="checkbox"/>	Item(s)	Est. Cost	<input checked="" type="checkbox"/>	Item(s)	Est. Cost
	balsamic vinegar (pantry)	\$3.99		extra virgin olive oil (pantry)	\$3.99		whole wheat pastry flour (or whole wheat flour)	\$4.25
	2 dozen eggs	\$1.99		almond butter	\$8.86		dark chocolate chips (at least ¾ cup)	\$1.99
	Medium sized honey	\$2.99		rolled oats (oatmeal, at least 5 cups)	\$2.69		vanilla extract (pantry)	\$3.99
	Tahini (look near the organic nut butters)	\$6.49		Worcestershire	\$3.29			
	maple syrup	\$5.49		Dijon mustard	\$3.59			
	baking powder (pantry)	.99		baking soda (pantry)	.99			
	coconut palm sugar	3.99		coconut aminos (If you can't find this, try gluten free soy sauce)	\$3.50			
	organic catsup	\$2.91		rice wine vinegar (pantry)	\$3.35			

Notes: