



Meal Planner

www.thesoberclub.com

Clean Eating Meal Planner – Adapt to suit your preferences.

Meal Planner

	Breakfast	Lunch	Dinner
Monday	New York Breakfast Wrap	Mexican Quinoa Salad	Stuffed Portobello Mushrooms
Tuesday	Morning Pina Colada	Mushroom Soup	Lemon Roasted Shrimp
Wednesday	Wild About Berries	Tasty Lunch Scramble	Roasted Jewels
Thursday	New York Breakfast Wrap	Broccoli Rabe Warm Citrus Salad	Braised Greens and Chickpeas
Friday	Wild About Berries	Mexican Quinoa Salad	Lemon Roasted Shrimp
Saturday	Simple Breakfast Porridge	Tasty Lunch Scramble	Stuffed Portobello Mushrooms
Sunday	Morning Pina Colada	Mushroom Soup	Roasted Jewels