



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

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One Day Eat Clean Menu Plan

Calories: 1,514 Fat: 59g Sat.Fat: 10g Carbs: 178g Sugar: 59g Protein: 88g Sodium 698mg

Breakfast:

¾ 0% fat Greek Yogurt with 1 sliced banana or ¾ c blueberries, dash of each cinnamon and nutmeg, 1 tsp organic maple syrup & 8 crushed walnuts halves mixed in.
12 oz water with fresh squeezed lemon

Morning Snack:

1c kidney beans (preferably “Eden’s” brand), mixed with 1tsp organic honey & ¼ c each of diced carrot & celery
12 oz water or a cup of green tea

Lunch:

2oz of low-sodium, nitrate-free turkey breast on a toasted 100% whole-wheat Weight Watcher’s English muffin with 2 slices of tomatoe, 2 pieces of romaine lettuce and ½ tsp dijon mustard
12oz water

Afternoon Snack:

1c cubed cantaloupe
a glass of of low fat milk or unsweetened almond milk

Dinner:

4oz of broiled sea bass topped with 5 chopped almonds and 1 slice of lemon
1 small baked sweet potatoe
3c of spinach sauteed with ½ c onion and ½ tsp olive oil
12 oz water

If you are trying to lose weight, eliminate snacks, and if you weigh over 220 pounds and/or are very active add a protein shake to your menu plan.