

4 WEEK CLEAN EATING MEAL PLAN

** breakfast, lunch, dinner, snacks, & dessert!*

** shopping lists, recipes, & nutrition info included*

** no refined sugar or artificial ingredients*



feel **great** in **8**

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hello!

I'm Tiffany, wife, mom of 4, foodie, blogger, dark chocolate lover, and Feel Great in 8 Challenge creator/host.

I'm so happy you signed up to receive Feel Great in 8 emails and that you are now officially part of the gang! I know I'm biased, but I think my readers and challengers are the best, most supportive, and uplifting on the web. I hope you'll enjoy being part of it all!

Before I get started with the meal plans and recipes, I just wanted to remind you of 2 quick things that I think are important ...

1. You are awesome exactly as you are. I'm a big believer in healthy habits as a way to feel great and care for your body, not as a way to deprive, punish, or change your body. I hope these ideas will help you do that.

2. Strive for progress, not perfection. In my house, we shoot for 80/20. In other words, we eat healthy real food 80% of the time and then have the other 20% freedom to enjoy some unhealthy favorites. A healthy longterm lifestyle isn't all or nothing.

Oh, and I also wanted to warn you that we don't do fancy or time-consuming meals in my house. I'm all about simple real food recipes, we repeat breakfast meals during the week, we eat leftovers for dinner two nights a week, and I'm incredibly boring at lunch. I hope you didn't come here looking for gourmet. :)

Happy healthy eating!

xoxo, Tiffany



#feelgreatin8 #feelgreatin8mealplans

week one

advanced prep:

[Homemade Instant Oatmeal Packets](#)

[3 Ingredient Peanut Butter Banana Cookies](#)

[Homemade Granola](#) or store bought {I like [Bear Naked](#) brand}

wash/chop vegetables for veggie tray {I LOVE this [Rubbermaid Party Platter](#) and fill it for me and the kids every week}

[Vegetable Pot Pie](#) {make 2 and freeze one to use in week 4}

[Healthy Homemade Chocolate](#)

breakfast:

Monday: [Homemade Instant Oatmeal Packets](#)

Tuesday: [3 Ingredient Peanut Butter Banana Cookies](#)
& [Immune Boosting Smoothie](#)

Wednesday: scrambled eggs & whole wheat toast

Thursday: [Homemade Instant Oatmeal Packets](#)

Friday: [3 Ingredient Peanut Butter Banana Cookies](#)
& [Immune Boosting Smoothie](#)

Saturday: [Homemade Whole Wheat Toaster Pastries](#) {i.e. Pop Tarts}

Sunday: [Homemade Granola](#) or store bought
{I like [Bear Naked](#) brand} & greek yogurt

lunch:

[Fresh Green Salad in a Jar](#)

dinner leftovers
greek yogurt & fruit
veggies & hummus

dinner:

Monday: [Vegetable Pot Pie](#)

Tuesday: [10 Minute Taco Soup](#) & [Baked Tortilla Chips](#)

Wednesday: leftovers

Thursday: [Creamy Chicken & Potatoes in the Slow-Cooker](#)

Friday: pizza night! [Tomato, Basil, & Mozzarella Pizza](#)

Saturday: leftovers

Sunday: [Slow Cooker Lemon Pepper Chicken](#) & [Roasted Garlic Asparagus](#)

snacks:

[Strawberry Salsa & Baked Cinnamon Chips](#)

[Caramel Pecan Apple Nachos](#)

veggies, fruit, string cheese, greek yogurt, nuts

desserts:

[Coconut Lime Crack Bars](#)

[Homemade Chocolate](#)

shopping list - staples

{make sure you have all of these on hand at the beginning of each week}

pantry staples

- [steel cut oats](#)
- old fashioned oats
- quick cooking oats
- [Bear Naked](#) brand granola
- [ground flaxseed meal](#)
- [chia seeds](#)
- sunflower seeds
- honey
- vanilla extract
- [unrefined coconut oil](#)
- sea salt & black pepper
- raisins & other dried fruit
- unsalted almonds & other nuts
- natural peanut butter
- [70% cocoa dark chocolate chips](#)
- good quality dark chocolate
- [unsweetened cocoa powder](#)
- [pure maple syrup](#)
- 100% whole wheat flour
- [Masa Harina - Corn Flour](#)
- vegetable & chicken stock
- [extra virgin olive oil](#)
- whole wheat bread
- vinegar
- yeast
- baking soda & baking powder
- [unrefined coconut sugar](#)
- popcorn kernels
- spices - dill, parsley, garlic powder, onion powder, chives, dry mustard, cinnamon, chili powder, thyme, lemon pepper, cumin, paprika, cayenne pepper

fridge staples

- real butter
- eggs
- milk
- plain greek yogurt
- string cheese
- hummus

canned goods

- kidney & black beans
- corn
- petite diced stewed tomatoes
- chopped green chilies
- canned pineapple in juice

frozen produce

- frozen peas
- frozen mixed berries

supplies

- [Rubbermaid Party Platter](#)
- essential oils - here are the [8 essential oils I couldn't live without.](#)

shopping list - week one

fresh produce

- bananas
- oranges
- kiwi
- lemons or lemon juice
- limes or lime juice
- strawberries
- apples
- favorite veggies for veggie tray
- spinach for smoothies
- green leaf lettuce
- cherry tomatoes
- red potatoes
- fresh thyme & basil
- carrots
- celery
- zucchini
- yellow squash
- onions
- garlic
- tomatoes
- asparagus

meat & dairy

- chicken breasts
- sharp cheddar cheese
- fresh mozzarella

miscellaneous

- [PB2 - powdered peanut butter](#)
- real mayonnaise
- chopped pecans
- corn starch
- unsweetened full-fat coconut milk
- [shredded unsweetened coconut](#)
- [lime essential oil](#)

week two

advanced prep:

[Whole Wheat Banana Muffins](#)

[Homemade Granola](#) or store bought {I like [Bear Naked](#) brand}

wash/chop vegetables for veggie tray {I LOVE this [Rubbermaid Party Platter](#) and fill it for me and the kids every week}

[Healthy Energy Bites](#)

[Healthy Homemade Chocolate](#)

breakfast:

Monday: [Whole Wheat Banana Muffins](#)
& [Tropical Spinach Smoothie](#)

Tuesday: [Easy Overnight Steel Cut Oats](#)

Wednesday: scrambled eggs & whole wheat toast

Thursday: [Whole Wheat Banana Muffins](#)
& [Tropical Spinach Smoothie](#)

Friday: [Easy Overnight Steel Cut Oats](#)

Saturday: [Peaches & Cream Crepes](#)

Sunday: [Homemade Granola](#) or store bought
{I like [Bear Naked](#) brand} & greek yogurt

lunch:

[Healthier Chicken Salad](#)

dinner leftovers

greek yogurt & fruit

veggies & hummus

dinner:

Monday: [Ridiculously Easy Slow Cooker Salsa Chicken](#) & [Homemade Tortillas](#)

Tuesday: [Salsa Chicken Salads](#)

Wednesday: leftovers

Thursday: breakfast dinner - [Bacon, Mushroom, & Asparagus Quiche](#)

Friday: pizza night! [Easy Mexican Pizza](#)

Saturday: leftovers

Sunday: [Chipotle-Lime Pork Tenderloin](#), [Cilantro Lime Rice](#), & [Garlic Parmesan Cauliflower](#)

snacks:

[Healthy Energy Bites](#)

[Peanut Butter Greek Yogurt Fruit Dip](#)

veggies, fruit, string cheese, greek yogurt, nuts

desserts:

[Mini Chocolate Cheesecakes](#)

[Homemade Chocolate](#)

shopping list - week two

fresh produce

- bananas
- favorite veggies for veggie tray
- spinach for smoothies
- peaches fresh or canned in juice
- green onion
- celery
- red grapes
- green leaf lettuce
- avocado
- lime
- lemon or lemon juice
- onion
- mushrooms
- asparagus or leftover from week one
- Sunday dinner
- red bell pepper
- green bell pepper
- fresh cilantro
- cauliflower
- garlic

meat & dairy

- chicken breasts
- pork tenderloin
- bacon
- almond milk
- sharp cheddar cheese
- part skim mozzarella cheese
- fresh parmesan
- cream cheese
- cottage cheese

miscellaneous

- chopped walnuts
- raw almonds
- good quality dark chocolate
- real mayonnaise
- chunky salsa
- canned chipotle chili peppers in adobo sauce
- [brown rice](#)

week three

advanced prep:

[Whole Wheat Banana Oatmeal Pancakes](#) - freeze in [Ziplock Freezer Bags](#)

[Homemade Granola](#) or store bought {I like [Bear Naked](#) brand}

wash/chop vegetables for veggie tray {I LOVE this [Rubbermaid Party Platter](#) and fill it for me and the kids every week}

[Healthy Homemade Chocolate](#)

breakfast:

Monday: [Whole Wheat Banana Oatmeal Pancakes](#)

Tuesday: scrambled eggs & whole wheat toast

Wednesday: [Easy Overnight Steel Cut Oats](#)

Thursday: [Whole Wheat Banana Oatmeal Pancakes](#)

Friday: scrambled eggs & whole wheat toast

Saturday: [Whole Wheat Blender Waffles](#)

Sunday: [Homemade Granola](#) or store bought {I like [Bear Naked](#) brand} & greek yogurt

lunch:

[Fresh Green Salad in a Jar](#)

dinner leftovers

greek yogurt & fruit

veggies & hummus

dinner:

Monday: [Slow Cooker Potato Soup](#)

Tuesday: [Bullseye Salad](#)

Wednesday: leftovers

Thursday: [Wild Rice & Chicken Salad](#)

Friday: [Healthy Family Pizza Night](#) & green salad with [Homemade Ranch Dressing](#)

Saturday: leftovers

Sunday: [Teriyaki Chicken & Veggies](#)

snacks:

[Homemade Kettle Corn](#)

[Oven Roasted Chickpeas](#)

veggies, fruit, string cheese, greek yogurt, nuts

desserts:

[Homemade Chocolate](#)

[Almond Joy Bites](#)

shopping list - week three

fresh produce

- bananas
- favorite veggies for veggie tray
- spinach for smoothies
- green leaf lettuce
- grape tomatoes
- carrots
- potatoes
- green onion
- garlic
- yellow bell pepper
- red bell pepper
- broccoli
- asparagus
- ginger
- avocado
- celery
- tomatoes
- red pepper
- sugar snap peas
- favorite pizza toppings

meat & dairy

- chicken breasts
- bacon
- almond milk
- sharp cheddar cheese
- sour cream
- fresh parmesan cheese
- mozzarella
- favorite pizza toppings

miscellaneous

- chopped walnuts & pecans
- wheat germ
- real mayonnaise
- low sodium soy sauce
- corn starch
- water chestnuts
- [wild rice](#)
- rice vinegar
- dijan mustard
- pizza sauce
- chickpeas (garbanzo beans)
- good quality dark chocolate

week four

advanced prep:

[Whole Wheat Blender Waffles](#) - freeze in [Ziplock Freezer Bags](#)

[Homemade Granola](#) or store bought {I like [Bear Naked](#) brand}

wash/chop vegetables for veggie tray {I LOVE this [Rubbermaid Party Platter](#) and fill it for me and the kids every week}

[Healthy Homemade Chocolate](#)

breakfast:

Monday: [Whole Wheat Blender Waffles](#) & syrup

Tuesday: [Strawberry Orange Spinach Smoothie](#)
& whole wheat toast with peanut butter

Wednesday: [Easy Overnight Steel Cut Oats](#)

Thursday: [Whole Wheat Blender Waffles](#) & syrup

Friday: [Strawberry Orange Spinach Smoothie](#)
& whole wheat toast with peanut butter

Saturday: [Whole Wheat Crepes](#) {w/ [Maple Whipped Cream](#)}

Sunday: [Homemade Granola](#) or store bought
{I like [Bear Naked](#) brand} & greek yogurt

lunch:

[Fresh Green Salad in a Jar](#)

dinner leftovers

greek yogurt & fruit

veggies & hummus

dinner:

Monday: [30 Minute White Chicken Chili](#)

Tuesday: [Vegetable Pot Pie](#)

Wednesday: leftovers

Thursday: breakfast dinner - veggie omelettes or
[Garden Vegetable & Cheddar Quiche](#)

Friday: pizza night! [Peach, Basil, & Mozzarella Pizza](#)

Saturday: leftovers

Sunday: [Southwestern Meatloaf](#) & [Cilantro Lime Rice](#)

snacks:

[Fresh Pico do Gallo](#) & [Baked Tortilla Chips](#)

[Pina Colada Popcorn](#)

veggies, fruit, string cheese, greek yogurt, nuts

desserts:

[Homemade Chocolate](#)

[No-Bake Coconut Cookies](#)

shopping list - week four

fresh produce

- favorite veggies for veggie tray
- spinach for smoothies
- oranges
- strawberries
- green leaf lettuce
- grape tomatoes
- carrots
- onions
- fresh cilantro & basil
- mushrooms
- green bell peppers
- red bell peppers
- peaches
- lime or lime juice
- tomatoes

meat & dairy

- chicken breasts or rotisserie chicken
- almond milk
- whipping cream
- monterey jack cheese
- sour cream
- sharp cheddar cheese
- fresh mozzarella

miscellaneous

- wheat germ
- frozen strawberries
- [shredded unsweetened coconut](#)
- great northern beans
- corn meal
- frozen corn
- [brown rice](#)
- [dried unsweetened pineapple](#)

enjoy!

I hope you enjoy these recipes and that these meal plans help you with your healthy goals! Remember, you can find more healthy real food recipes, meal plans, and tips on the blog...

www.FeelGreatin8.com/blog

Please let me know if there is anything else I can do to help! I also love hearing what kind of recipes and tips you want to see more of on the blog. Email me with requests and feedback...

tiffany@feelgreatin8.com

xoxo, Tiffany

DISCLOSURE

I am not a doctor, nutritionist, or trainer professional. Take this advice at your own risk and always talk to your doctor before starting this or any other diet and exercise plan.

Nutritional information may vary based on specific products and ingredients used.

I love sharing recipes and I'm sure you do too. If you would like to share the recipes in this book, please refer to the Feel Great in 8 blog and tell them how to obtain a copy of this eBook for themselves, rather than sharing your copy. Thank you so much!

Some links are affiliates. The products cost the same for you, but I get a small commission on the sale. Thanks for the support!

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