



clean and wallet friendly meal plan

TIFF CLEVELAND



clean and wallet friendly meal plan

THIS WELL LIFE

Here is a 7-day clean meal plan that is also budget-friendly. You don't have to spend a lot of money to eat healthily. Please always check with your doctor first before starting any new meal plan.



MON



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Hard Boiled Eggs



LUNCH
Meal Prep Pasta & Meat Sauce



SNACK 2
Apple with Peanut Butter



DINNER
Ground Beef, Broccoli & Rice



SNACK 3
Blueberries

TUE



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Apple



LUNCH
Ground Beef, Broccoli & Rice



SNACK 2
Hard Boiled Eggs



DINNER
Slow Cooker Black Beans & Rice



SNACK 3
Blueberries

WED



BREAKFAST
Peanut Butter Banana Oat Smoothie



SNACK 1
Hard Boiled Eggs



LUNCH
Meal Prep Pasta & Meat Sauce



SNACK 2
Apple with Peanut Butter



DINNER
Slow Cooker Black Beans & Rice



SNACK 3
Blueberries

THU



BREAKFAST
Peanut Butter Banana Oat Smoothie



SNACK 1
Apple



LUNCH
Slow Cooker Black Beans & Rice



SNACK 2
Hard Boiled Eggs



DINNER
Lentils, Rapini & Mashed Potatoes



SNACK 3
Breakfast Oatmeal Cookies

FRI



BREAKFAST
Peanut Butter Banana Oat Smoothie



SNACK 1
Hard Boiled Eggs



LUNCH
Lentils, Rapini & Mashed Potatoes



SNACK 2
Apple with Peanut Butter



DINNER
Slow Cooker Black Beans & Rice



SNACK 3
Breakfast Oatmeal Cookies

SAT



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Apple



LUNCH
Slow Cooker Black Beans & Rice



SNACK 2
Hard Boiled Eggs



DINNER
Lentils, Rapini & Mashed Potatoes



SNACK 3
Breakfast Oatmeal Cookies

SUN



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Hard Boiled Eggs



LUNCH
Lentils, Rapini & Mashed Potatoes



SNACK 2
Apple with Peanut Butter



DINNER
Slow Cooker Black Beans & Rice



SNACK 3
Breakfast Oatmeal Cookies



MON

FAT 28% **CARBS 52%** **PROTEIN 20%**

Calories 1733 **Protein** 90g
Fat 55g Cholesterol 520mg
Saturated 16g Sodium 499mg
Trans 2g Potassium 3051mg
Polyunsaturated 8g Vitamin A 1966IU
Monounsaturated 23g Vitamin C 129mg
Carbs 232g Calcium 234mg
Fiber 33g Iron 14mg
Sugar 68g

TUE

FAT 17% **CARBS 66%** **PROTEIN 17%**

Calories 1618 **Protein** 70g
Fat 31g Cholesterol 446mg
Saturated 9g Sodium 819mg
Trans 1g Potassium 2730mg
Polyunsaturated 4g Vitamin A 1692IU
Monounsaturated 14g Vitamin C 127mg
Carbs 277g Calcium 311mg
Fiber 33g Iron 11mg
Sugar 62g

WED

FAT 28% **CARBS 55%** **PROTEIN 17%**

Calories 2034 **Protein** 88g
Fat 66g Cholesterol 446mg
Saturated 16g Sodium 739mg
Trans 1g Potassium 3472mg
Polyunsaturated 13g Vitamin A 1867IU
Monounsaturated 31g Vitamin C 48mg
Carbs 292g Calcium 505mg
Fiber 41g Iron 15mg
Sugar 66g

THU

FAT 24% **CARBS 61%** **PROTEIN 15%**

Calories 1796 **Protein** 71g
Fat 49g Cholesterol 372mg
Saturated 12g Sodium 1658mg
Trans 0g Potassium 4046mg
Polyunsaturated 12g Vitamin A 6244IU
Monounsaturated 23g Vitamin C 85mg
Carbs 286g Calcium 649mg
Fiber 43g Iron 16mg
Sugar 56g

FRI

FAT 29% **CARBS 56%** **PROTEIN 15%**

Calories 1988 **Protein** 79g
Fat 66g Cholesterol 372mg
Saturated 15g Sodium 1663mg
Trans 0g Potassium 4226mg
Polyunsaturated 16g Vitamin A 6244IU
Monounsaturated 31g Vitamin C 85mg
Carbs 293g Calcium 665mg
Fiber 45g Iron 17mg
Sugar 59g

SAT

FAT 16% **CARBS 69%** **PROTEIN 15%**

Calories 1708 **Protein** 66g
Fat 32g Cholesterol 372mg
Saturated 8g Sodium 1579mg
Trans 0g Potassium 3978mg
Polyunsaturated 8g Vitamin A 6035IU
Monounsaturated 14g Vitamin C 92mg
Carbs 303g Calcium 446mg
Fiber 45g Iron 16mg
Sugar 60g

SUN

FAT 22% **CARBS 63%** **PROTEIN 15%**

Calories 1900 **Protein** 74g
Fat 49g Cholesterol 372mg
Saturated 11g Sodium 1584mg
Trans 0g Potassium 4158mg
Polyunsaturated 12g Vitamin A 6035IU
Monounsaturated 22g Vitamin C 92mg
Carbs 310g Calcium 462mg
Fiber 47g Iron 17mg
Sugar 63g



FRUITS

- 28 Apple
- 34 Banana
- 20 cups Blueberries

BREAKFAST

- 4 1/2 cups All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 8 Bay Leaf
- 1/4 cup Cumin
- 3 2/3 tbsps Sea Salt

VEGETABLES

- 8 cups Broccoli
- 4 bunches Rapini
- 16 Russet Potato
- 4 White Onion

BOXED & CANNED

- 6 cups Diced Tomatoes
- 8 cups Dry Black Beans
- 8 cups Green Lentils
- 14 cups Jasmine Rice
- 8 cups Whole Wheat Penne

BAKING

- 1/2 cup Dark Chocolate Chips
- 15 cups Oats

BREAD, FISH, MEAT & CHEESE

- 4 lbs Extra Lean Ground Beef

CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil
- 4 cups Tomato Sauce

COLD

- 56 Egg
- 6 cups Unsweetened Almond Milk

OTHER

- 36 cups Water



Oatmeal with Blueberries

4 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Water
2 cups Oats (quick or rolled)
2 cups Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	196	Protein	6g
Fat	3g	Cholesterol	0mg
Saturated	0g	Sodium	8mg
Trans	0g	Potassium	204mg
Polyunsat...	1g	Vitamin A	40IU
Monounsa...	1g	Vitamin C	7mg
Carbs	38g	Calcium	49mg
Fiber	6g	Iron	2mg
Sugar	8g		

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

NOTES

EXTRA TOPPINGS

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

NO BLUEBERRIES

Top with raspberries, strawberries, peaches or bananas.

NO STOVE TOP

Cook oats in the microwave instead.



Banana

4 SERVINGS 1 MINUTE



INGREDIENTS

4 Banana

NUTRITION

AMOUNT PER SERVING

Calories	105	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Trans	0g	Potassium	422mg
Polyunsat...	0g	Vitamin A	76IU
Monounsa...	0g	Vitamin C	10mg
Carbs	27g	Calcium	6mg
Fiber	3g	Iron	0mg
Sugar	14g		

DIRECTIONS

01 Peel and enjoy!

NOTES

MORE PROTEIN

Dip in almond butter.



Peanut Butter Banana Oat Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Oats (quick or traditional)
1/2 cup All Natural Peanut Butter
4 Banana
2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Protein	12g
Fat	20g	Cholesterol	0mg
Saturated	4g	Sodium	88mg
Trans	0g	Potassium	694mg
Polyunsat...	5g	Vitamin A	325IU
Monounsa...	10g	Vitamin C	10mg
Carbs	48g	Calcium	258mg
Fiber	7g	Iron	2mg
Sugar	18g		

DIRECTIONS

01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.



Hard Boiled Eggs

28 SERVINGS 15 MINUTES



INGREDIENTS

56 Egg

NUTRITION

AMOUNT PER SERVING

Calories	143	Protein	13g
Fat	10g	Cholesterol	372mg
Saturated	3g	Sodium	142mg
Trans	0g	Potassium	138mg
Polyunsat...	2g	Vitamin A	540IU
Monounsa...	4g	Vitamin C	0mg
Carbs	1g	Calcium	56mg
Fiber	0g	Iron	2mg
Sugar	0g		

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.



Apple

4 SERVINGS 2 MINUTES



INGREDIENTS

4 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Protein	0g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	2mg
Trans	0g	Potassium	195mg
Polyunsat...	0g	Vitamin A	98IU
Monounsa...	0g	Vitamin C	8mg
Carbs	25g	Calcium	11mg
Fiber	4g	Iron	0mg
Sugar	19g		



Meal Prep Pasta & Meat Sauce

8 SERVINGS 25 MINUTES



INGREDIENTS

8 cups Whole Wheat Penne (dry, uncooked)
2 lbs Extra Lean Ground Beef
4 cups Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	527	Protein	33g
Fat	13g	Cholesterol	74mg
Saturated	5g	Sodium	88mg
Trans	1g	Potassium	1146mg
Polyunsat...	1g	Vitamin A	549IU
Monounsa...	5g	Vitamin C	9mg
Carbs	69g	Calcium	31mg
Fiber	11g	Iron	6mg
Sugar	7g		

DIRECTIONS

- 01 Cook the pasta according to the instructions on the package.
- 02 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 03 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

NOTES

NO GROUND BEEF

Use any type of ground meat instead.

LEFTOVERS

Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

NO TOMATO SAUCE

Use canned crushed tomatoes instead.

GLUTEN-FREE

Use a gluten-free pasta like chickpea, quinoa or rice.

MORE VEGGIES

Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple
1/2 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Protein	8g
Fat	17g	Cholesterol	0mg
Saturated	3g	Sodium	7mg
Trans	0g	Potassium	375mg
Polyunsat...	4g	Vitamin A	98IU
Monounsa...	8g	Vitamin C	8mg
Carbs	32g	Calcium	27mg
Fiber	6g	Iron	1mg
Sugar	22g		

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ground Beef, Broccoli & Rice

8 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Jasmine Rice (dry, rinsed)
8 cups Broccoli (chopped into florets)
2 lbs Extra Lean Ground Beef
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	391	Protein	28g
Fat	12g	Cholesterol	74mg
Saturated	5g	Sodium	252mg
Trans	1g	Potassium	652mg
Polyunsat...	0g	Vitamin A	583IU
Monounsa...	5g	Vitamin C	81mg
Carbs	44g	Calcium	56mg
Fiber	3g	Iron	3mg
Sugar	2g		

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 04 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

NOTES

NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Slow Cooker Black Beans & Rice

24 SERVINGS 6 HOURS



INGREDIENTS

8 cups Dry Black Beans (uncooked)
4 White Onion (diced)
6 cups Diced Tomatoes (fresh or canned)
1/4 cup Cumin
1 1/3 tbsps Sea Salt
1/2 cup Extra Virgin Olive Oil
20 cups Water
8 Bay Leaf (optional)
12 cups Jasmine Rice (dry)

NUTRITION

AMOUNT PER SERVING

Calories	604	Protein	21g
Fat	6g	Cholesterol	0mg
Saturated	1g	Sodium	413mg
Trans	0g	Potassium	1005m...
Polyunsat...	1g	Vitamin A	275IU
Monounsa...	4g	Vitamin C	7mg
Carbs	121g	Calcium	124mg
Fiber	13g	Iron	4mg
Sugar	4g		

DIRECTIONS

- 01 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 02 Cook the rice according to the instructions on the package.
- 03 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

NOTES

LEFTOVERS

Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

SERVING SIZE

One serving is roughly 2 cups.

MORE TOPPINGS

Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.



Lentils, Rapini & Mashed Potatoes

16 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tbsps Sea Salt (divided)
- 16 Russet Potato (medium, peeled and chopped)
- 4 bunches Rapini (chopped, divided)
- 8 cups Green Lentils (cooked, drained and rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	307	Protein	18g
Fat	1g	Cholesterol	0mg
Saturated	0g	Sodium	972mg
Trans	0g	Potassium	1692mg
Polyunsat...	1g	Vitamin A	4978IU
Monounsa...	0g	Vitamin C	56mg
Carbs	60g	Calcium	179mg
Fiber	15g	Iron	7mg
Sugar	4g		

DIRECTIONS

- 01 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 02 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 03 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 04 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

NOTES

EXTRA CREAMY

Mash the potatoes with coconut or almond milk for extra creaminess.

NO RAPINI

Use broccoli, broccolini or green beans instead.

LESS BITTER RAPINI

Saute the rapini in your choice of oil and seasoning after boiling.

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

SERVING SIZE

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



Blueberries

4 SERVINGS 2 MINUTES



INGREDIENTS

4 cups Blueberries

DIRECTIONS

01 Wash the berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	84	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Trans	0g	Potassium	114mg
Polyunsat...	0g	Vitamin A	80IU
Monounsa...	0g	Vitamin C	14mg
Carbs	21g	Calcium	9mg
Fiber	4g	Iron	0mg
Sugar	15g		

Breakfast Oatmeal Cookies

16 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Oats (rolled)
6 Banana (mashed)
1 cup All Natural Peanut Butter
1/4 tsp Sea Salt
1/2 cup Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	258	Protein	7g
Fat	12g	Cholesterol	0mg
Saturated	4g	Sodium	41mg
Trans	0g	Potassium	322mg
Polyunsat...	3g	Vitamin A	28IU
Monounsat...	5g	Vitamin C	4mg
Carbs	31g	Calcium	21mg
Fiber	4g	Iron	1mg
Sugar	11g		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 03 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 04 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

NOTES

NO PEANUT BUTTER

Use almond, cashew, or sunflower seed butter instead.

GLUTEN-FREE

Use certified gluten-free oats.

SUGAR-FREE

Use sugar-free chocolate chips or dried cranberries.

LEFTOVERS

Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

SERVING SIZE

One serving is equal to one cookie.

